



A shark in the waves

Positivity

If my mind is still enough, I can see the deeper meaning behind each situation. No matter how bad a problem may seem on the surface, if I remain positive eventually I will see how everything has worked out for the best.

Steps Of Determination (Part 1)

A very important and influential aspect of our lives which we sometimes do not give adequate importance to, is how determined we remain at every step of our lives and how we use that power of determination to conquer different types of obstacles. It is commonly said that – ***faith can move mountains and faith is nothing but a strong thought of determination at every step of your life***, telling yourself that you will remain free from negative and unnecessary thoughts. And you will also fill your mind with positive thoughts which are required in every situation, to overcome difficulties and achieve success in them.

Also, determination means that no matter how strong the winds of different negative situations may be, remembering that my stable internal state of mind is more powerful than the external situation and if we remain strong, the situation will weaken and go away within a very short period of time. So it's not about fighting the situation in different ways but it's about changing the different scenes of the situation so that they become as per what you desire, with the help of your inner power. Very often situations are not as per our desires and we can keep fighting externally to bring them to what we want. Sometimes we may succeed and sometimes we may not, largely because our internal state of mind is not powerful enough and also the power of determination inside our minds is lacking. So, **bringing yourself to a stage of power, which is not external power, but internal power, the power of the mind, based on mental strength and not physical strength or the strength of our role or position which we might possess, will make us free from the influence of difficult situations** of varying intensity. And it will also change them in a short period of time or make them positive soon.

(To be continued tomorrow ...)

How are you going to handle people's opinion of you?

Everything about you speaks volumes to others. And everyone is going to have an opinion about you.

You can't stop people having their opinion, but what you do with those opinions is entirely up to you.

Are you going to let it bother you, be offended, worry about it, do something to change their opinion...?

Message for the day

To leave weaknesses is to decorate with virtues.

Thought to Ponder: True decoration is to decorate ourselves with virtues. For example, happiness and peace brings decoration to my face. In order to be decorated, I need to leave attachment to weaknesses. When I am able to give up weaknesses, my virtues too are uncontaminated. In order to give up weaknesses, I need not give too much importance to them. Instead, I need to focus on working on my strengths.

Point to Practice: Today I will decorate myself with one virtue. I will start with happiness. When anything happens to take away my happiness, I will remind myself that I cannot spoil my decoration. I will do all that I can to make happiness a natural part of my life.

*In Spiritual Service,
Brahma Kumaris*