



## The Illusion of Dependency

The more a person depends on a pattern of thinking, a particular person or a particular role, the more there is fear of loss. The security created by dependence is illusion. The reality of life is that anything external to us can, at any time, vanish. What will we do then? Where is our life's anchor? If it is not within, we will suffer.

### **Steps Of Determination (Part 3)**

Almost every single day, our determination will be tested, which is a common experience of many of us. Every time, we make a promise of determination to ourselves, there will be a difficult situation which will try and break the promise that we have made to ourselves and try and make us emotionally unstable and weak. We have to ensure that does not happen and continue on the path of determination and achieve our desired objective in the shortest possible time. **Being determined means not a single thought should be there in our mind, which has weakness or a lack of power; only positive thoughts and thoughts of victory, which you tell yourself, is certain.** Thus, in this way, we will not only become more successful but also the thought that victory is like my birth-right, which can never go away from me, for even a single second, will be like the fuel which will run all our actions with a lot of strength and there will be positive success at every step. There cannot be constant success without determination. Sometimes, even when we had negative thoughts in our consciousness, we are successful. It can happen at times that what you did not even anticipate or expect, suddenly happens, in spite of a weak state of mind. What this can do at times do is that we become used to that and expect that to happen every time. But, that will not be the case every time. Finally, **we have to empower or strengthen ourselves so much as to weaken situations through our powerful thought and not let them reduce our determination. We need to do this so that the next time we have a difficult situation, we are mentally prepared for it and we change the situation from a negative one into a positive one successfully.**

## The Problem

Solutions are never necessary because there are no problems, only our perception makes it seem so, and only our minds make our perceptions seem real. If there is a problem it is our perception. That is hard to see in a world that celebrates and rewards the finding and solving of 'the problem'. When you decide that you will no longer perceive the problem, you will see only the facts or a situation. Facts are just facts and any and every situation can always be improved, unless it is in the past, then it's just a memory, and memories are never a problem, are they? If you can cancel from the patterns of your perceptions, the very idea of 'problem' then you will not only be a positive thinker and positive proactive actor, you will be a leader.

## Message for the day

**To finish weaknesses from the seed is to ensure they don't come back.**

**Thought to Ponder:** When I don't understand the real cause of my weakness, I cannot get rid of it fully. It, then, keeps coming back again and again in some or the other form. So, the first thing I need to do is to understand why that particular weakness is coming up again and again. For example, if my weakness is laziness, I need to check if it is because of escapism or fear of failure or any other weakness. This practice helps me to work on my real weakness.

**Point to Practice:** Today I will pick out one weakness of mine, which I want to do away with. I will then, try and discover what the real cause of my weakness is. I will then try and work on removing that weakness first. I will also do this with a lot of self-respect without any negative feelings.

*In Spiritual Service,  
Brahma Kumaris*