



Thought Power

Spiritual knowledge is like a sieve through which we can filter out the untrue. Running our thoughts through it constantly ensures that we are heading in the right direction.

When thoughts are brought into action, they can be seen immediately. When the mind is filled with virtues, they will be revealed in our actions. By elevating our thoughts, we can literally end up purifying the self, inspiring others to do likewise. Our life will be the inspiration for them to change. There won't even be the need to say anything.

Our vibrations of pure thought can reach out and touch the whole world. Our very life can do the work of a lighthouse.

Spreading The Fragrance Of Happiness (Part 1)

A beautiful aspect of each one of our lives is living a life full of enthusiasm and joy. Also we keep spreading the same to others through our entire personality and through our actions and attitudes. It is one thing being happy yourself and another to share that happiness with each one at every step. For some, it is a hobby to start the day with wishing everyone with greetings of happiness and give them a feel of love filled joy. By doing this, they spend the entire day ahead free from the tensions that they might face and full of lightness filled thoughts and feelings.

Also, give a new flavor to each day, of different experiences filled with different types of qualities. Qualities such as cheerfulness, contentment and lightness, which are all different colours of happiness will make life a beauty filled journey. It is journey in which you are accompanied by others. Also, you along with others will share and receive these beautiful experiences. This giving and receiving will make this complete life journey full of something you look forward to and enjoy to the fullest. These experiences are like gifts that we share with each other and gifts always bring happiness. Physical gifts are limited to particular days and particular people. But these invisible gifts of different positive happiness emotions are unlimited and can be shared with each and every one. We can do this in our homes, at our workplace, with your close friends or in society in general.

(To be continued tomorrow ...)

It can be difficult to learn, who to trust.

When we have had bad experience with people who betrayed our trust in the past, it can be difficult to let anyone else in. It can take some time to learn to trust anyone again.

Trust goes both ways. If I want to gain someone's trust, I have to show them that I trust them before he or she will open up to me.

When I am truthful, this will be evident in everything I say and do. When others realize this, they will begin to trust me. From trust, love begins to grow.

Message for the day

The power of good wishes enables disheartened ones to experience happiness.

Expression: The usual reaction to the negativity in another person is to behave negatively too, i.e., to express negative qualities. This continues although this does not bring about the desired change in the other person. On the other hand, when there is the ability to see the positive qualities in the other person and have good wishes based on that it becomes a source of power to bring about a change to positivity.

Experience: When I have the ability to give positive feelings and good wishes to the other person even when they are negative, they are able to get the power to change the negative to positive. I find that the change that I seek for in others is much quicker and easier than if there is the emphasis just on negativity.

*In Spiritual Service,
Brahma Kumaris*