



Feeling Great

Enthusiasm is the master key to feeling great. It keeps the self extremely positive beyond the pull of negativity while simultaneously making others feel uplifted too. To develop enthusiasm, have faith in the goodness of life, and in the original goodness of the self and others.

What is Will Power?

The expression *will-power* is often used to refer to our ability to put into practice the ideas we know to be for our well-being and to resist actions (*karmas*) which are harmful. This is directly related to the soul's intellectual strength. When we speak of weakness or strength in the soul we are referring to the intellect. In the case of a weak soul (one with lower *will-power*) it is almost as if the intellect plays no part in determining which

thoughts arise in the mind, but they come as if pushed by the *sanskaras* (mainly in the form of habits) or are triggered by the atmosphere around or the moods of others. On the contrary, a powerful soul (one with higher *will-power*) enjoys the experience of its own choice regardless of external stimuli (influence).

Meditation develops the intellect to such an extent that this degree of control is possible. A practitioner of meditation can be in the midst of a situation of intense disturbance, yet remain so unshakeably calm that the inner strength becomes a shelter and inspiration to others lacking in that strength. The weak soul is like a leaf at the mercy of the storm, the strong one, a rock in the face of a rough sea.

Down Memory Lane

Memories pop into our minds out of nowhere, bringing with them buried feelings. If it's a happy memory, it gives us a boost. If it's not, it triggers the associated negativity, causing heaviness in our minds.

Reframe the negative memories & free the mind. How? When a memory comes up, accept it & then spotlight the positive. What good came out of this? Did I gain something new, a skill, a friend, an opportunity, a lesson, resilience, confidence?

Reframing takes the sting out of the memory. If reframing doesn't work with certain memories, talk to someone you trust.

Message for the day

To listen to others fully is to be able to be free from repeating mistakes.

Expression: When there is criticism that comes one's way, it should be carefully analyzed to see if there is any truth in it. If there is correction can be made accordingly. On the other hand, if others' criticism is ignored or there is a tendency to defend oneself, there cannot be any correction and mistakes are repeated.

Experience: When I listen to others with honesty, I am able to discover even the most negligible aspect in my behaviour which I can change. So I find myself

constantly improving and progressing and moving on towards success. So having brought about a change, even the criticism that comes my way stops.

*In Spiritual Service,
Brahma Kumaris*