



HAVASUPAI: Arizona's Desert Oasis

Change Skill

There is nothing more certain than that the world will continue to change. Accepting and not resisting this, is the first and most important inner skill in this frenetically changing, modern world. Life tests us every day to see how well we have developed this ability. Equally, there is nothing more real than the inner space within each of us that never ever changes. We may change our thoughts, our feelings, even our sense of who we are, but we fail to visit the unchanging centre of our own self. The ability to be in this inner space, where our peace is found, when all around would prefer chaos and crisis, is the deepest spiritual change skill. It is the eye of the storm, it is the oasis in the desert, it is the place where peace is power. Call in today. You'll be surprised how much it can influence and change everything and everyone around you!

Attaining Success Using The Tool Of Visualization

A study shows that the majority of sportsmen and women, who win at prominent international events, are trained to use the tool of visualization to achieve success. Many months before the actual event, they visualize i.e. they create pictures of success inside their minds that they have already achieved their goal. The same principle of visualization is also used to cure patients from major illnesses including cancer. Patients are taught to visualize their diseased organs free from illnesses or visualize the organs receiving healing energy in some form or the other. **Visualization helps people to have 100% belief in themselves that they will achieve the desired goal. The efforts made with this powerful energy of belief have a greater probability of success than when you make the efforts without believing in what you are doing and without visualizing yourself as achieving your objectives.**

If you think about your failures from the past, you stop believing in yourself, lose your enthusiasm and get frustrated. Visualizing images of a positive future helps you work from the present towards the future, without allowing the past failures to have any negative influence on you. **You visualize yourself as a person, who has already overcome his fears and negative habits, and the fears are removed and the negative habits are transformed.** You see yourself **already** transformed e.g. you say - ***I am** a soul full of all powers* and **not** - ***I am going to or am trying to fill myself with all powers.*** The power of that vision and the positive affirmations, combined together, is such that it helps you to bring about a major change in yourself, not just a small change, because you make it easy for your sub-conscious mind that is sleeping to wake up and realize its potential. You stop always expecting the worst and hope for, visualize and believe in the best.

I want, I want, I want.

Recognize your "I want..." thoughts and the number of times you give in to greed.

Acknowledge the number of times you look away from greed and carry on.

Try to contain your greed and life might be much simpler, free from greed!

Message for the day

To let go of worry of the problem is to find the right solution.

Expression: When the mind is caught up with any problem there is a great difficulty in finding solutions. Instead when the mind is free from worry, it finds the answers that lie within. So whatever the kind of situations or problems, the one who is free from worry is the one who is able to respond to the situation in the right way. Nor does such a person take time in making decisions during challenging times.

Experience: When I only continue to worry about my problems it is like cursing the darkness. It will not bring light. All I need to do is light a little lamp and I will find the light coming in slowly spreading all around. I find that it is very easy to find the solutions that are already within me.

*In Spiritual Service,
Brahma Kumaris*