



Subconscious Mind

Our subconscious mind has no sense of humour, plays no jokes and cannot tell the difference between reality and an imagined thought or image. What we continually think about eventually will manifest in our lives.

Regaining The Lost Paradise (Part 1)

We live in a world full of different types of people belonging to different countries and religions. All of us aspire to create an existence for us, which is very beautiful and completely free from any sorrow and peacelessness. **We all want to live united and share peace and happiness with each other. Also, all of us want to live like a big family, where there is no difference of opinions amongst people and everyone loves and respects each other a lot.** Sometimes, many world leaders, in the world's history have tried to create a world of peace and joy and even today many countries aspire for that. Even organizations like the United Nations aim for that.

So, one thing is certain that the desire is there in everyone's hearts. Most importantly God is the world's Spiritual Father, who wants His every child to be happy and free from any sorrow or the pressure of difficult circumstances. But it is also true that there are certain factors like the existence of many people with very negative personalities in the world, natural disasters and also terrorism which stop this from happening. Also, wars are being fought in certain corners of the world along with the existence of other anti-social elements, which prevent this from happening. Along with that, the deteriorating natures of people in general, where anger, ego, greed, jealousy and hatred have become a part of the personality of a lot of people is also not letting this purpose to be achieved. So, what should be done so that what we want, we are able to fulfill. This dream cannot become a reality without spiritual power. **And the only one who can provide spiritual power is the One who is completely full with it i.e. our Supreme Father or God. He is called the World Almighty or the most powerful one** and here we are referring to spiritual power and not physical power. Physical power cannot achieve this purpose, as we have already seen happen in the world in the past.

(To be continued tomorrow ...)

Smile

A smile from the heart is the best accessory you can wear.

So if you're not smiling from the heart - why not? What's stopping your heart reaching your face?

Add that warm, wholehearted smile to your appearance and it will make you feel good, look good, and do good!

Message for the day

To watch with detachment is to give the best performance.

Though to Ponder: Any actor would like to portray his best on stage. He would have utmost attention to every small action or expression. When I become an audience to my own act, I would be able to give my best performance too. Then, I also need to watch my act as the audience. Then, I can applaud my best performance and improve upon what is not good.

Point to Practice: Today I will imagine being photographed at every step. I will see myself as a camera would see me. This detached perspective will give me a clear indication of what my behavior, actions and expressions are and what I would like them to be. Then, I would be able to make an attempt to portray my best.

*In Spiritual Service,
Brahma Kumaris*