



Cordoba, the City of Flowers

## **Get Grateful Now**

Even when you feel as though things aren't going well in your life, you have reasons to be grateful. Today, take time to appreciate the gift of life and all its wonders. Count your blessings and cherish what you have.

## **Regaining The Lost Paradise (Part 2)**

Let's go back into the history of the world. We are not talking about only recorded history. Let's talk about those moments of the world which are not in our history books. Who is the one who knows those moments the best and with complete accuracy? Not any of us, but only the One who has seen those moments without playing a part in them. God has seen those moments. He has seen us play a role in those scenes which took place in the world. Those moments are called by different names – **Paradise, Heaven, Swarg, Garden of Eden, Garden of Allah, Bahist in different religions and countries of the world.** This world existed before our recorded history. It was a world where the seven basic virtues of humans – peace, joy, love, bliss, purity, power and truth existed in abundance. Also, because human souls were full of these qualities, they never experienced sorrow because no negative actions were performed. This is the world, where richness and health were also present in complete positivity with no trace of poverty and illness.

**This is the world that was created by God and that is why God is also called the Heavenly God Father and the world that He created is called heaven.** In this world, there was complete unity and love amongst humans and no wars were fought and no natural disasters ever took place. This is because nature was complete pure. Also, the physical bodies made of the five elements of nature were not only very beautiful and pure but also completely free from any type of disease or illness. Even animals lived in complete harmony and peace amongst each other. Also, everyone in this world was holy. This is our unrecorded history which is never spoken about so much. It is only mentioned in our scriptures or *shastras*.

(To be continued tomorrow ...)

## Finding Solutions

When something is going wrong for someone.... we often start providing solutions, simply because we want to help them work things out.

However, what they may need and what may work best is our support, not our solutions.

That doesn't mean you can't help them. Ask questions that lead them towards a solution. Help them find their own solutions and they're more likely to apply those solutions and work things out.

## Message for the day

**To water seeds of positive thoughts is to bring it to fruition.**

**Though to Ponder:** Every seed needs the right amount of water at the right time to help it grow. In the same way, when I have a good thought, I need to provide with what it needs to take it fruition. Understanding it in a deeper way, by churning about it; adding it with good wishes and pure feelings; reminding of this thought again and again... these are the things which help the seed grow fully.

**Point to Practice:** Today I will take up a good thought and provide the right environment for it grow. I will not do anything that will take me away from that thought. On the other hand, I will do every possible thing to help it grow. I will repeat that thought to myself, not only as a reminder, but also as an experience. This will help me sustain it.

*In Spiritual Service,  
Brahma Kumaris*