



## Kindness

Kindness in words creates confidence.

Kindness in thinking creates profoundness.

Kindness in giving creates love.

### **Regaining The Lost Paradise (Part 3)**

We all know about the day night cycle and the cycle of four seasons. Day is always followed by night and then day after that and the four seasons always repeat every year. In the same way, **the day of happiness of the world has existed in the past and was followed by the night of sorrow. In fact the world has also passed through four stages – the morning, afternoon, evening and night.** And as the world passed through these stages, sorrow kept increasing and happiness kept reducing. In fact, the first two stages of the world history, which is the unrecorded history, the knowledge of which is known only to God, have been of complete happiness. These two stages are called heaven or paradise or often referred to as the day of humanity. The last two stages saw negative *karmas* or actions being performed and the fall of human virtues happened, not all of a sudden but gradually. These two stages are often referred to as hell or the night of humanity.

As souls went through the process of birth and rebirth, they forgot their original spiritual identity and instead started considering the physical body as their identity. This wrong identification caused souls to come under the influence of different types of weaknesses or negative personality characteristics. *I am a soul* was forgotten and *I am this body which I occupy* became our incorrect belief. This is how we started falling down over the steps of the sorrow and sin and came to the end of the night of humanity, which is the present moment. Today, inspite of immense scientific advancement, there is enough sorrow of the mind, body, relationships and role in the world. Lot of people feel that we cannot go further down anymore. It's at this moment when God is performing His role of changing the world and bringing the day of humanity back because the cycle of time repeats itself. Day was followed by night and night will be followed by day. **This is also the objective of the Brahma Kumaris – to change the world, make it a beautiful and joyful place to live in and regain the lost paradise.**

## Enthusiastic Greetings

Have you noticed how enthusiastically most dogs greet?

The tail wagging, leaping, jumping, bounding around you, it's bound to put a smile on your face.

Let's all try and improve how we greet and meet people.

Be more dog and greet with more enthusiasm, more smiles, more heart, more hugs, more nods.

## Message for the day

**To have the right intention while performing actions is to bring success.**

**Though to Ponder:** When the heart recognizes the need to do something, there has to be reasoning in the intellect, why I want to do it and with what intention. Without the right intention, feelings can make me get carried away, not able to contribute my best. For example, if I want someone to change (feeling) because I want to be more comfortable, it will not work. But, if I bring the thought that I want them to change, because they would be happier. This is the right intention, which would bring success to my feeling.

**Point to Practice:** Today I will do actions with the right intention. All the major tasks that I do, I will first take a thought about why I am doing it. I will then do that action. This will enable me to bring quality to the actions that I do. So, whatever I do, I will be successful in that.

*In Spiritual Service,  
Brahma Kumaris*