



## Power of Positive Thoughts

The positive is more powerful than the negative. The positive is innate. The negative indicates what is missing inside you. Light exists and its absence is darkness.

Never forget you are a human being who can decide the attitude you take in life. You have an enormous positive inner potential still to be discovered.

These thoughts will help you face any circumstance in life with a different perspective.

## **Understanding And Overcoming Ego (Part 2)**

To conquer ego, humility and honesty are required. We need the courage to look into the self honestly and acknowledge that the characteristics of *I know* and *I control* exist and have to be removed, if there is to be truth and happiness inside. We need to remember the original *I am* e.g. *I am a child of the Supreme Soul, similar to him in qualities and powers, I am the soul which is seated on the Supreme Being's (God's) heart throne, I am a knowledgeable soul, I am a blissful soul who gifts everyone with the treasure of happiness* etc.

Through meditation and remembering the true *I am* (shared above), the pollution of the selfish ego is gradually replaced by the remembrance and the experience of the pure self: the *I* that is not attached to anything, or anyone, but is completely whole within itself. The expression of this pure entity is not selfish but selfless and the person begins to share with others, everything that he/she possesses – knowledge, specialities, talents, virtues etc. where necessary, facilitating the awakening of the true potential of others, just like sunlight. Light is a great facilitator. It steps in, awakens and then moves on. An egoless person acts, interacts and expresses themselves in this way.

## Let go of Attachment

Just as the bird has to find the courage to let go of the branch in order to fly, so we also must let go of our branches if we are to know the exhilaration of soaring to the highest potential of our life. The branches we hold to are our inner attachments - our beliefs, ideas and memories. And then there are the outer attachments - people, possessions, positions and privileges are a few. But as long as we hold on to them we will live in fear (of letting go and loss) and we will never be free. And just watch those birds, by letting go of one branch they are able to spend the rest of their life alighting on a million other branches, and they enjoy the view from each. Are you flying and soaring in your life, or are you stuck on one branch, cursing others as they fly past. Go on, try it ...let go!

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### Message for the day

**A single step of courage brings a lot of progress.**

**Expression:** The understanding that one can do a lot and reach great heights enables one to take courageously a step forward. With each step taken with courage, there is a hundred-fold help received. Also courage means to understand the accurate method of achieving things. When there is this kind of courage, there is a lot of progress in whatever is being done.

**Experience:** The aim to achieve the best enables me to have the courage to take a step forward in all situations. So I am able to be light yet powerful under all circumstances. Because I also find myself receiving help, I am able to further increase my own courage. There is nothing to stop me, but I continue to experience progress, in both the positive and negative situations of life.

*In Spiritual Service,*

*Brahma Kumaris*