



Paintings by Lisa Adams

React Positively

Our first reaction to a difficult situation is often negative. There is a tendency to be carried away in a storm of negative thoughts. Such thoughts are of no use and lead us further from the solution.

Thinking one positive thought everyday helps me to maintain stability. Constant practice will help me remain stable even in the most difficult circumstances.

Success In Your Stride (Part 2)

Success stories across the world are measured for their worth not just by what was achieved in a particular life sphere. They are also seen by how the people excelling in their field took success in their stride. Also, how much did they dedicate the success to the Higher Power with the wisest intellect and the one responsible for bringing them the success directly or indirectly. We commonly say *Thank God* in our thought prayers to him. This has been done since hundreds of years. But do we ever be an embodiment of that i.e. do we really, in our interactions with others and in our sacred space of our mind be completely sweet and humble in *living* our success. Our success should be filled with the fragrance of God's love and a dignified and humble feeling of servanthship dedicated to the Supreme. Only then, will we be called *completely* successful.

There was once a daughter of a farmer in a far off land, who was married to the richest prince of that particular time. She started ruling the kingdom with the newly crowned king with much pride and confidence. There was no one in the kingdom who did not look up to her. She controlled the treasure of the kingdom, which included ruling many far off lands. From a simple village girl, she had the whole kingdom giving her the respect and praise, reserved for the highest of the highest. All was good, until slowly over a period of time, she starting becoming arrogant and her relationship with the successful king and the people of the kingdom starting suffering. She forgot that this sudden change in her fortune was a gift of her noble actions that she had performed in her past births. Also to maintain the rich fortune that she had earned, she had to continue her noble actions i.e. she had to remain egoless and sweet because that is the first sign of nobility. Also, she forgot that a humble leader, before ruling people had to rule their hearts, which is the sign of a true leader. When that happened, people of the kingdom starting remaining away from the queen and she starting being seen with disrespect and she lost all that she had earned. So success can come crashing down in a few moments or days if not maintained by remaining noble and humble.

(To be continued tomorrow ...)

Quietness

Have you ever wondered why libraries have special atmospheres? They are places where many congregate but where silence is the code. Quietness in an atmosphere means there is the presence of quiet minds, and quiet minds are not only relaxed, they can concentrate easily and create more freely. Imagine you are in the library of your mind, browsing the accumulated wisdom on the shelves of your life - listen to the silence, be aware of the stillness. Now you can really listen. Now you can really hear. Now you can really think. Now you can create. And behold, you are an artist. Did you not know that silence and creativity are lovers?

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Message for the day

To have the right understanding is to have the ability to finish the past.

Thought to Ponder: What happened in the past continues to bother me, unless I make an attempt to resolve it. When I bring understanding to the incident, I am able to finish the pain of the past. That means I need to learn something from it, or see some benefit that has come from it. Either way, once I resolve, I would find myself moving forward with lightness, without the burden from the past.

Point to Practice: Today I will resolve one thing of the past that is bothering me. I will take some time and try and bring meaning to what happened. There is surely something that it was trying to teach, if I am open to learning. So, today I will get to the bottom of the situation and take the learning.

In Spiritual Service,

Brahma Kumaris