



## No Problem

Solutions are never necessary because there are no problems, only our perception makes it seem so, and only our minds make our perceptions seem real. If there is a problem it is our perception. That is hard to see in a world that celebrates and rewards the finding and solving of 'the problem'. When you decide that you will no longer perceive the problem, you will see only the facts or a situation. Facts are just facts and any and every situation can always be improved, unless it is in the past, then it's just a memory, and memories are never a problem, are they? If you can cancel from the patterns of your perceptions, the very idea of 'problem' then you will not only be a positive thinker and positive proactive actor, you will be a leader.

## **8 Keys To Success For Facing Exams (Part 1)**

We all live our lives with different types of challenges always in front of us. **One of the most important challenge which all of us at some time or the other face is giving a school or college exam, which will determine our future. And such an exam is as important as anything else.** We often hear some of our close ones tell us that yes – we have an important exam in the coming days. These are mostly school or college exams and the ones giving them are important to us and we want them to do well in the same.

So, what should I, as a parent or a friend or a relative, give advice to people close to me so that they succeed in exams? A first step in giving exams that are extremely important is being determined and strong mentally and having a positive vision as well as attitude to them. Very often, some very intelligent children or grown-ups don't do well in their exams. This is because of a lack of concentration which is affected by fear and nervousness. Very very well prepared students with their courses and syllabus, at the last moment, are not able to answer the questions presented to them because their minds are flooded with lots of thoughts. Most of such thoughts are negative ones of failure and the fear of the same. On the other hand, students who are lesser prepared but more strong mentally sometimes do well because their mental stability and the drive to excel positively is a lot more. **In this message, we shall explain eight ways of increasing mental strength and focus, which will help students in their exams.** They will also help you, even if you are not studying for any exam.

(To be continued tomorrow ...)

## Purity

A powerful, yet often misunderstood, aim of spiritual study is purity. Purity of the soul means to return to its original divine qualities. The soul has become so polluted with less than divine qualities, it can hardly enjoy being alive. Purifying the soul puts the higher self back in charge - useless and negative thoughts are removed and annoying habits finish. A pure soul cannot be touched by sorrow; indeed the power of purity is such, it serves to remove the sorrow of the whole world. Purity restores happiness - even bliss. All you need to do, in order to re-establish your purity, is want it. But you need to want it intensely, to the exclusion of everything else. The one thought, "I must become completely pure". sparks a fire of love between you and God. This fire melts away all the pollution, and your purity becomes such a power that it frees you from all battles for ever.

## Message for the day

**To be a giver is to understand others' needs and give accordingly.**

**Thought to Ponder:** When there is a conflict, it is easy to expect from others. But, the other person too is expecting from us. Instead, it is important to make an attempt to understand what the other person needs and provide accordingly. For this, I need to be full too. So, I need to ensure that I constantly recharge myself and replenish my inner treasures.

**Point to Practice:** Today I will contribute. Whatever is missing, that's what I choose to contribute. If someone is lacking peace, because of which he is shouting, I need to contribute peace. I don't depend on the external situation to get what I have to but I delve within and find what I have to. This helps me contribute what is required.

*In Spiritual Service,  
Brahma Kumaris*