



## Garden of your Mind

The most important part of you is your mind. Care for your mind, make friends with it, always feed it healthy food, engage it in positive activity, and exercise it with knowledge and wisdom.

Like a garden returns fragrance and beauty according to the care invested, so your mind will repay you with thoughts, ideas and visions of great beauty when tended and invested with care.

## **The Method Of Realizing Your Purpose (Part 2)**

A question that can help you to find the purpose for your self is: **when you feel absolutely on top of the world, very much content and full of enthusiasm, what is there in you?** Who are you at that moment? What is the energy inside you at that time? What do you give to your surroundings and to others? This stage is something that you want to reach all the time and keep with you. Ask yourself that question. Visualize that moment, which at some time in life you must have experienced. If not, visualize what you would like to experience.

Second question to find your purpose related to the world: **What is it that you want to radiate to others? What is it that you want to give? That is, what do you want to devote yourself to?** This isn't limited to your job or a hobby or a sport for e.g., but rather applies to what you offer and radiate in the whole day, in relationships, with people through your thoughts, words and actions - in the family, at work, in the market, friends, acquaintances and even strangers.

To carry out this inner inquiry (in both the cases above) you need to go to its deepest part. What is your purpose? Not your purpose for this weekend you want to go for the club meeting or not, or that in the holidays you want to visit a hill station; all these are short term purposes. Your life purpose refers to what it is that you really want to reach. If you clarify it, it will help you to make decisions with clarity and determination in your life.

## Hero Actor

Normally it is understood that to get the best role is to be a hero actor. So we are more inclined towards a role where we can get people's praise. If people praise us we feel good about it and if they don't we are disappointed. We are usually dependent on people's appreciation. Yet it doesn't come by so consistently. We can be a hero actor at all times when we have attention on every act of ours. We make sure that none of our words or actions are ordinary or waste. Since we pay constant attention to everything we do, we find that we are able to give our best. We are then satisfied with whatever is happening since we know what we do is not as important as how well we do it.

## Message for the day

**Success comes to the one who absorbs only the good and positive aspects.**

**Expression:** The one who has the power to absorb, naturally absorbs only the positive aspects of everything he comes into contact with. So the response too is always positive. Never is there reactions towards difficult situations or people, but there is the natural ability to absorb all that is good and respond positively accordingly.

**Experience:** Once I instill the habit of seeing only the positive aspect in everything, I find myself getting free from negativity. It is like filling in fresh water into a pail of dirty water. When there is a continuous flow of fresh water into even the dirtiest water, gradually the water getting purified. So too I find myself getting internally cleansed of all negativity with a continuous flow of positivity.

*In Spiritual Service,  
Brahma Kumaris*