



Good Vibrations

Every thought creates vibrations. Vibrations are like sound waves or radiations. No obstacles, no hurdles can stop them.

Start each day by creating and nurturing good vibrations within, this will then silently touch everyone I come into contact with.

Playing My Part As A Hero Actor (Part 1)

While just as beings we reside in the soul world, as human beings we play our many roles through many physical bodies in this beautiful world drama on this amazing, colorful and round stage called planet Earth. Each day is filled with multi-million scenes in different locations on this very big stage. Some scenes are directly related to us, some indirectly and a lot many aren't related at all. **Each scene that we are directly involved is an opportunity to not only play our role in the best possible way but also as a result shape the role in the most appropriate way possible. Therefore, we are all hero actors who by playing our roles as well as possible, create the script of our own life i.e. create our own destiny.**

And do remember doing this has a positive influence on others' scripts also, which rebounds back to us and in return helps us in our making our scripts better. While we have been given a role to live the entire birth right from childhood to old age, we possess the power, the remote control to dictate and control as to how exactly we will live the day, the year and each year of our present birth, our present role. Each day offers us multiple options as to not only how we act but also how we respond to the world around us and our script or destiny gets shaped up according to the options we make. **Our destiny is decided not by what happens to us or around us, but by (i) how we act (sometimes the actions are responses to external events and sometimes they are not) and (ii) how we respond to a million events and circumstances which we encounter as we make this complete journey of life.**

(To be continued tomorrow...)

Give Support

Usually in relationships we begin to expect from people whom we get close to. We feel that because we have love for them we have a right over them. Because of our expectations we are not able to give the other person freedom to move forward or progress. When we have true love we are able to provide the right environment for people so that they can bring about progress in their life. We will not hold on to them and expect them to do everything according to our needs, but give them real support.

Message for the day

A powerful stage is like a switch which finishes darkness of negativity in a second.

Expression: Darkness is dispelled when a light is switched on. Similarly, a powerful stage is also a light switch. When this switch is on, one can put an end to all wasteful darkness and no longer have to labour to stop any wasteful thoughts. By becoming powerful, one can naturally become a donor, as there is nothing waste within.

Experience: When I am aware of my positive qualities and what I can contribute to others, I am able to be powerful. This naturally enables me to be light and spread the inner light to others. I am never influenced negatively with any kind of waste or negative, but am always able to maintain my own positivity and that of others too.

*In Spiritual Service,
Brahma Kumaris*