



Trust Grows From Faith

It can be difficult to learn who to trust. When we have had bad experience with people who betrayed our trust in the past, it can be difficult to let anyone else in. It can take some time to learn to trust anyone again. Trust goes both ways. If I want to gain someone's trust, I have to show them that I trust them before he or she will open up to me. When I am truthful, this will be evident in everything I say and do. When others realize this, they will begin to trust me. From trust, love begins to grow.

Absorbing Spiritual Light (Part 3)

Continuing from yesterday's message, we should not keep the vices bottled up inside us like prisoners. Prisoners are always plotting to escape. If we change them into our friends they can help us. For example, the energy required to be stubborn is almost the same as that required to be determined except that one is positive and the other negative. **The soul learns to transfer such energy.** Anger becomes tolerance. Greed can be transformed into contentment. Arrogance, or the respect for false identity, can become self-respect. Attachment can be changed into pure love.

The more I inculcate the Supreme Soul or God's virtues, the closer I feel to Him, but if I allow inner disturbances due to any vice, my high stage is grounded. All the power stored up until that moment will leak away. I must recognize that I really do not like being body-conscious. As I wish for higher experiences I choose to live the life of a meditator with purity in thought, word and action. Obstructions come within and without, but through my connection with God I am drawing so much power so as to remain unaffected. This needs soul-consciousness. **So in discarding the rubbish of the vices I have gathered over many births, I become my original form and maintain it through my closeness or companionship with God.**

Make up

While we spend much time 'making up' our faces to ensure our appearance is beautiful for others, we forget to make up our minds. This is not about making decisions. Making up our mind means ensuring that our thoughts are positive and our feelings towards others are filled with good wishes. When we do, others begin to sense a deeper beauty emanating from behind the skin! This is inner beauty. Don't hide behind your face. Let the real you show through...

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Message for the day

Royalty of personality lies in cheerfulness.

Thought to ponder: A royal person maintains his royalty and poise in all circumstances. Cheerfulness in all situations is royalty. There might be situations challenging my state of self-respect and happiness. But I will continue to move forward with a sense of self-respect and positivity.

Point to practice: Today I will remain seated on my secret of self-respect in all I do. I will order situations, my mind and my own sense organs whilst seated on this seat. I will not come down and get colored or affected by the negativity of the situation.

*In Spiritual Service,
Brahma Kumaris*