



Creativity

Acts of virtue emerge from deep within, from an inner sanctuary of silence from which inspiration flows. Every action has its seed in a thought and every thought is a creation of the thinker, the soul. I choose what thoughts I want to create and as is my thinking so are my actions and also my experience in life. Going within, I touch the stillness and pure love that lie at the core of my being and every thought that I create is of benefit to myself and of benefit to humanity.

Internal And External Attachments (Part 3)

Each time we attach ourselves to anything which is external or internal (we have mentioned some common examples of both types of attachments in the last two days' messages), **we create fears, amongst which the main one is the fear of loss of what I am attached to. The attachment not only gives rise to fear but also brings with it emotions like anger, ego, sadness, jealousy, greed, comparisons, hatred etc.** All these emotions have their roots in attachment, which gives rise to insecurity.

Any type of attachment out of the ones mentioned in the last two days' messages or some other is a *sanskar* that is so deeply embedded inside us that it seems normal to us. It is just a *sanskar* but it has immense amount of power and it manages to imprison us completely, but most of the time we do not even realize we are imprisoned. The negative emotional states connected with this kind of attachment create a state of internal mental pressure or an inner emptiness and make us feel absolutely helpless at times. Over a period of many births, we have become so accustomed to these attachments and the various forms of suffering connected with it that we have started believing that these are an integral part of the human personality and human life since the beginning and are, therefore, natural. And so we continue with the *sanskar* and even keep strengthening it, never ever thinking that it should be removed. We do this with internal stress and unhappiness to the point that even our health gets affected adversely. **The natural state of the self is free and not attached in this way to anything. Attachments, whether external or internal, are acquired at different points of time in birth-rebirth cycle and are not natural or there from the beginning.** All the things mentioned in the last two days' messages have existed from the beginning but attachment to them has not. The present suffering indicates to us that these types of attachments are something abnormal or not natural.

The Canvas of your Mind

Every day is an opportunity to be creative - the canvas is your mind, the brushes and colors are your thoughts and feelings, the panorama is your story, the complete picture is a work of art called, 'my life'. Be careful what you put on the canvas of your mind today - it matters.

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Message for the day

A pure state of mind brings tirelessness.

Thought to ponder: A pure state of mind means being positive in spite of the situations. When the mind is clean and pure, there is energy in the mind and so the body too. Even there is exertion in the body, the power of the mind can recharge the body. On the other hand, negative thoughts drain us of energy and enthusiasm.

Point to practice: Today I will keep my mind clean. I will not let any negative thought creep in. I will focus on what is positive. Even if I am exhausted physically, I will take some time off to make my mind positive, peaceful and powerful. This will help me rejuvenate and re-energize.

*In Spiritual Service,
Brahma Kumaris*