



Vibrations

Your thoughts don't exist in isolation, they affect the world.

Every thought creates vibrations.
Vibrations ripple out into the universe.

Send your thoughts and vibrations to:
a crisis somewhere in the world;
someone you know who's in difficulty, experiencing illness or
pain.

A Journey To Happiness Or A Journey Of Happiness (Part 3)?

It is said that the power of love can move mountains. We need to look at resources like love that exist in the universe, in our relationships which can uplift our spirits and reduce the tightness that exists due to unfinished tasks and objectives. It is said that any type of intoxication can reduce our stresses and make us optimistic in times of distress. Love is one such type of intoxication and here love can range from the love between two friends to that between a mother and her fledgling (young) child. Love can also be spiritual i.e. the love experienced from a strong relationship with a deity or God. For some even love for the self, nurtured by giving time to an art, music, a sport, a good book, a hobby or a meditation, can be energizing and liberating. For another set of people, love for a figure head who may be a politician, an entertainer, a sportsman or an actor can be an uplifting power.

So instead of becoming subservient (under the influence of) to time, instead of saying that *time will tell* and *time will heal*, let's use the power of love to remain satisfied to the core in the present. Life is full of so many beautiful relationships (a few mentioned in this message) and the different shades of love that each relationship provides. By emerging these different shades of love in our consciousness at different types depending on the situation scenario, the clouds of unfulfilled expectations or expectations that are to be fulfilled sometime in the future (but uncertainty regarding them exists); will disappear. **A roller-coaster life ride full of the rises of *will happens* and the falls of *will not happens* will get replaced by a smooth train ride in which you constantly experience the breeze of satisfaction and joy to the fullest.** So do tap the power of love and enjoy every moment without losing focus of your aspirations (goals). This is the method of experiencing true happiness and this is our experience here at the Brahma Kumaris. So do give it a try!

Soul Sustenance

Pure Cooking (Part 2)

1. First, it is essential to develop a positive attitude towards cooking. Before undertaking any food preparation, ask yourself. 'Do you consider the project at hand to be an enjoyable, creative activity or an unpleasant time-consuming boring, repetitive karma?' Find a way of enjoying it, by playing spiritual songs or trying new recipes and having deep meditation while cooking.
2. Before cooking, make sure the kitchen is clean and in order. Take out all the things you will need to make the meal and place them where they will be used. This makes the process of cooking more smooth and enjoyable.
3. While cooking avoid doing other work in between. You will actually be saving time and the food will definitely turn out better.
4. As much as possible, remain in silence, paying attention to the quality of the thoughts you have. Try to have pure and peaceful thoughts. This creates a powerful atmosphere that fills the food with pure vibrations and brings personal benefits as well.

Message for the day

To see good is the easy way to become good.

Checking: In all the people that you are coming into contact with check to what extent you are able to see the good in them. Also check if you are able to see good in the situations too.

Practice: Each day tell yourself that you are only going to see the good in people and situations, because the more you see good, you can become good too. Even when you find yourself seeing negativity, remind yourself of this thought and change your way of thinking.

To be egoless is to learn from people.

Each and every person I come into contact with has something to teach me. When I work with ego, I become deprived of this learning. I am not able to see the positive in people. Nor do I have the humility to understand that there is a lot to learn and improve. Being egoless helps me continuously learn and progress. Today I will learn something from someone really close to me. I will take one point that I feel that I should imbibe from this person. I will consciously work on imbibing this point into my life.