The secret to inner strength is natural enthusiasm

When we remain enthusiastic, even in the face of difficulty, it is a sign of our inner strength. When we listen to the news and look at situations around us, our enthusiasm can drop. But if we can pull the mind away from outer situations and focus instead on what is in front of us, we can preserve our enthusiasm. Enthusiasm is evidence of our ability to discuss the mind. It is evidence of a clean mind, an unmuddled mind. When our thoughts are unadulterated, we have power manifest as enthusiasm. In this state, we do not allow weak thoughts to enter. Enthusiasm is also connected with external situations. Any feeling may be impossible. Weak thoughts, from self-doubt come from delegation in the mind. We can come from memories of past experiences, which may not be able to achieve something or when something did not work out the way we had hoped. This memory can cause stress to leave us vulnerable to the present. A secret to maintaining a steady flow of enthusiasm is to have a kind of mastery of the mind that keeps it pure and powerful. All of us have a part to play. We adopt different roles. You may, for example, be given a role of a “hero,” oneself and acquire the qualities and powers you need to play your part in such roles. It is that “hero role” becomes your part. There is a subtle difference. A role is given to us, but we play our part according to our particular specialities. Our ability to play our part with natural energy and enthusiasm requires preparation and very subtle, quiet contemplation in the mind.

When you are in a particular state of mind, you feel your way to peace and happiness. An unadulterated mind is a quiet, peaceful, clear mind. Experiment with this in internal enlightenment and the clarity of peace and unadulterated mind. A key to an unadulterated mind and to maintaining internal enthusiasm is purity.

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The world is full of thorns, sometimes difficult to see. I can develop my powers. "Know your labels it carries; male/female, of only being a body with the soul, connecting with the Divine, the Supreme Soul, in the greatest karma I can perform." Karma Law is over 35 years of experience in management and is based at the Devkina Karori Mahila

A thought for today

The world is full of thorns, spikes, prickly people and sticky situations. It is sometimes difficult to see the best bits, the life-giving core of a situation or a person. However, like a bee who buzzes by to get the nectar from even the prickly plant, I develop my tolerance and understanding of the best bits. This requires the knowledge that nectar is found beneath the thorns. Although outer layers may appear ugly, there is always something positive and life-giving at the core of any situation.

The dilemma

We all wish to be prosperous. Complete prosperity encompasses not just material success but also physical well-being, peace of mind, and a state of happiness. We have now increasingly recognized that the pursuit of material wealth alone does not bring lasting happiness. For many people, the desire for wealth in order to lead simpler, more contented lives. This happens because in chasing riches many people compromise their health, relationships and mental and spiritual well-being. If one measures success only in monetary terms, one would try to get rich at the expense of everything else. Someone single-mindedly devoted to making money as quickly as possible may not hesitate to rob roughnecks over others to achieve medical goals. When faced with a moral choice, he might even stifle his conscience if doing so, he stood to gain substantial wealth.

Once someone gets accustomed to doing this, they stop feeling any qualms about it. It is a slippery slope that can lead to dishonesty, selfishness and even crime. One may become very wealthy this way but lose the love and respect of others.

Many people compromise their health as they work relentlessly to make money. They get rich but suffer from diseases resulting from unhealthy lifestyles. Some become victims of depression, anxiety disorders or other mental ailments. By shortening their days, they ruin their health to earn money and then spend that money to regain their health.

Prosperity, in its fullest sense, encompasses health, wealth and happiness. Such prosperity comes from purity, which is the foundation of peace. Purity here means freedom from corruption of any kind, including moral and financial.

Prosperity, in its fullest sense, encompasses health, wealth and happiness. Such prosperity comes from purity, which is the foundation of peace. Purity here means freedom from corruption of any kind, including moral and financial. It is no coincidence that most countries with high levels of corruption rank low in economic development. This is despite the fact that some of those countries are rich in natural resources. At the individual level, purity means living in harmony with nature and appreciating the world. It means living in harmony with nature and appreciating the world. It means living in harmony with nature and appreciating the world.

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Positivity enables us to learn from and appreciate others, cultivate virtues, overcome setbacks and remain happy in challenging situations.

To put it simply, the law of karma functions, not based on the act itself, but on the intention behind the act. Positive action will always be positive. If I perform an action that is positive, another action will always be positive.

A positive attitude also translates into better directorial and professional relationships, which bring success at work. These qualities constitute a personality that attracts others, draws us towards the open hearted, open and receptive.

We are all bound by the laws, so that they can work as intended by the Brahma Kumaris Mediation and are based at the Devkina Karori Mahila Centre, Leukin, UK.

In material terms means having the means to download continual powerful energy that not only pays off our debts but also helps us accumulate wealth for the future. We cannot change the past. We cannot change the past. We cannot change the past.

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For more information on the Brahma Kumaris, visit www.brk.org.