



Thought for Today Calendar 2021 (English)

Tip: You can view the calendar daily from this PDF, or Print it for easy daily access.



Source: www.brahma-kumaris.com , www.bkgsu.com (Brahma Kumaris main website)

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Visit BK Google – www.bkgoogle.com to search anything related to Brahma Kumaris Godly Spiritual University.



Thought for the Day



Brahma Kumaris
Mount Abu, Rajasthan



Brahma Kumaris is the largest spiritual organisation in the world led by women. It was the founder, Prajapita Brahma Baba, who chose to put women in front from the very beginning, and it has set Brahma Kumaris apart on the stage of the world's religions and spiritual organisations. Brahma Kumaris has a mission to empower every single individual with spiritual education, which is simple yet very efficient, to accomplish a common goal of establishing a value based society in the world.

Brahma Kumaris offers the foundation course, Rajyoga, a meditation practice combined with spiritual self-knowledge through each of its centres spread across the world.



Rajyoga Meditation is the journey inwards, a journey of self-discovery or, in fact, re-discovery. In Rajyoga Meditation, the soul experiences a connection, or mental link, with the Supreme Soul. The process of establishing this link begins with a journey into one's inner world to discover one's true, spiritual identity.

The process of going within, experiencing oneself as a spiritual being or a divine soul, which is a self-luminous, divine point of energy, and then connecting with the Father, the supreme source of energy and virtues, empowers the self in a long-lasting way.

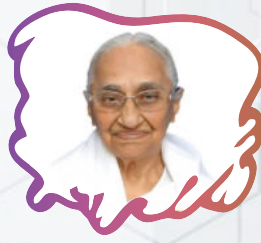
Blessings from Senior Rajyogis



Dadi Gulzar ji

**Administrative Head
Brahma Kumaris**

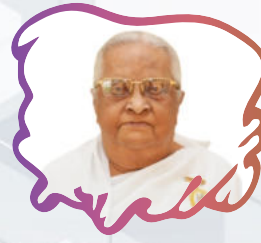
Self-Transformation in us can bring positive change in the world.
I congratulate Brahma Kumaris for taking initiatives to spread joy, peace and happiness in an environment filled with anxiety & uncertainty.



Dadi Ratan Mohini ji

**Add. Administrative Head
Brahma Kumaris**

The Retreats/Conferences organized by Brahma Kumaris provide everyone with the necessary 'Applied Spiritual Tools' to help them thrive, not just survive, in the modern times.



Dadi Ishu ji

**Joint Administrative Head
Brahma Kumaris**

Spirituality offers unique and effective solutions to the challenges of emotional, social & physical levels.
Brahma Kumaris is doing a great job of giving the message of Rajyoga Meditation & Spiritual Knowledge to all.



Nirwair Bhai ji

**Secretary General
Brahma Kumaris**

Brahma Kumaris employs spiritual tools & principles to create raining courses and modules. Rajyoga meditation is used as a key tool for igniting the spark of self-transformation among the participants.

JAN
01



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Remembrance

Loueful & Powerful remembrance
of God works like chemotherapy.
Germs of vices remaining in the
soul get destroyed with such
remembrance.



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A person is sitting on a wooden dock, looking out at a calm lake. In the background, there are steep, forested mountains. The scene is peaceful and serene.

JAN
02



Silence

The power of silence can bring peace to any situation. In silence we step inside and connect to the original quality of peace and stabilize ourselves.



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JAN
03



Love

A life without love is life
without hope and sweetness.
Love creates and sustains
human relationship with
dignity and depth.





JAN
04



Visualization

Visualization helps us to completely believe in our ability to achieve a desired goal. The efforts made along with the powerful energy of self-belief have a higher probability of success.



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JAN
05



Being Happy

Be so happy hearted
that the happiness in
your mind is clearly
visible on your face.



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JAN
06

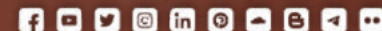


Courage

When we make courage
our companion in every
task, we will definitely
be successful.



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JAN
07



Perceptions

Our thoughts are the
foundation of our perceptions.
Thoughts of positivity in the form
of Self-belief and willpower lead
to positive perceptions.



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JAN
08



Power

We always have the power to be happy, irrespective of the situation. We need to counsel ourselves and create positive thoughts to feel good.



JAN
09



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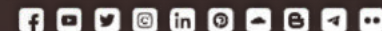


Tolerance

Be tolerant in every
situation and you will
continue to experience
pleasure.



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A circular inset image showing two people rock climbing on a steep, overhanging rock face. The climber at the top is a man in a yellow shirt and blue shorts, hanging upside down. The climber at the bottom is a woman in a black sports bra and leggings, reaching up. The background of the circle shows a lush green valley with a river and distant mountains under a blue sky.

JAN
10



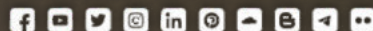
Faith

Faith in the self gives
us the power to
face challenges.



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JAN
11



Thinking

Thinking right, thinking
clean and having integrity
in our thoughts, words and
behavior is the easiest
way to create happiness.



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JAN
12



Strong

When the boat and the
boatman are strong, even
storms become a gift.



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JAN
13



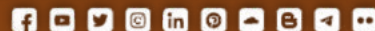
Determination

Difficulties create
barriers but
determination
breaks them.



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JAN
14



Being Example

Instead of teaching others
by telling them, teach by
example.



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JAN
15



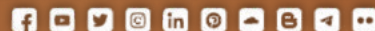
Forgiveness

Forgiveness means
letting go of pain
and resentment. It
empowers the soul.



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JAN
16



Happiness

Happiness is a state of
being created while working
towards the goal, not a
feeling to be experienced
after achieving the goal.



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JAN
17



Honesty

To be honest to one's real self and to the purpose of a task earns trust and inspires others.



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JAN
18



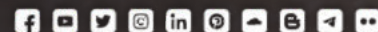
Meditation

Daily meditation and connecting
with the Supreme Power
re-emerge our inner power so
that we can go beyond imitations
and create a destiny of our choice.



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JAN
19

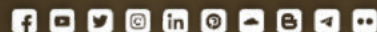


Decide

Instead of wasting time,
instantly take decision
and resolve everything.



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JAN
20



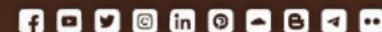
Progress

Use your specialities and
you will experience
progress at every step.



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JAN
21



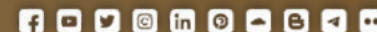
God

Man gets and forgets
but God gives and
forgives.



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JAN
22



Good Wishes

To finish our own worries
and the worries of everyone
else is to have good wishes
for everyone.



JAN
23



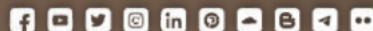
Relationship

In the situation involving another person, compassion, consideration, and sensitivity towards them heal effectively. If we lighten our state of being with these qualities, we value the relationship.



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24



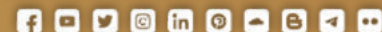
Art of Living

To keep our mind in
constant spiritual
pleasure is the
art of living.



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25



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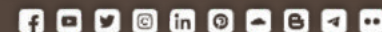


Success

The one who accumulates
blessings at each step
attains success easily.



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26



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Freedom

Full freedom functions only
when rights are balanced with
responsibilities and choice is
balanced with conscience.



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JAN
27



Faith

Always have faith that
whatever is happening,
is good and that whatever
is going to happen,
will be even better.



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JAN
28



Peace

The power of peace is the
means to extinguish the
fire of anger in others.



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JAN
29



Thought

Thought is more powerful than an automatic rocket. In less than one second, you can go wherever you want, experience closeness to anyone, or adopt whatever state of mind you wish.



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JAN
30



Zeal & Enthu

Constantly maintain your
zeal and enthusiasm and
the laziness will finish.



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JAN
31



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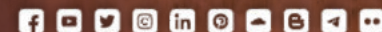


Spiritual

The happiness in your
behaviour and on your
face is a sign of a spiritual
personality.



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FEB
01



Blessings

Give blessings and receive blessings.
While giving, we are the first to
receive the energy. Blessings
received from others increases the
soul strength many folds.



FEB
02



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Nourishment

With the nourishment
of happiness, remain
constantly healthy.



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03



Responsibility

When we take personal responsibility for our emotions, we conserve energy and also take responsibility to heal.



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04



Meditation

Meditation teaches us
to be in the present
moment and focus on
one thing at a time.



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05



Humble

In order to receive
everyone's respect, be
humble hearted.



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FEB
06



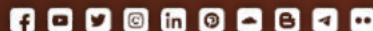
Personality

Lightness and subtlety
of the intellect form is
the most beautiful
personality.



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FEB
07



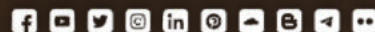
Harness

By consciously choosing the right quality of thoughts, accompanied by powerful visualization, over time, we can train our mind to harness thoughts that will attract more and more goodness and positivity into our lives.



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08



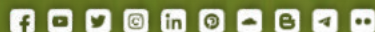
Transformation

With a stock of good wishes, transform the negative into positive.



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09



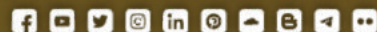
Treasure

Become full of the
treasure of happiness and
all other treasures will
automatically come.



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10



Transformation

A self-transformer is the one who always has good wishes emerged to transform the self and not to seek revenge.



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11



Mind

Our mind has the power to control our physical, emotional and even spiritual wellness. Let us take out some time every day to watch our mind and replace any negative thoughts with pure, positive and happy ones.



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12



Inspiration

Those who inspire others
with their every thought,
word and deed are
images of inspiration.



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13



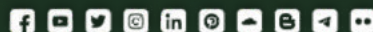
Decoration

Make divinity and
spirituality the
decoration of your life.



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14



Love

Love is a virtue filled with extremely positive energy. It lays an invisible but strong foundation in our life and is a key source of motivation and inspiration.



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15



Success

Success comes to those who make a promise with the self. No matter the number of times they fail, they will always rise with a higher magnitude of courage, preparation and determination.



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16



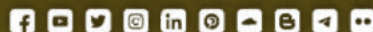
Peace

Peace is the prominent characteristic of a civilized society and the character of a society can be seen through the collective consciousness of its members.



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17



Introspection

Instead of speaking too much
and wasting your energy,
experience an introspection
and taste its sweetness.



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18



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Truth

When we have the
power of truth and
fearlessness, nothing
can shake us.



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19



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Peace

We want a world of
peace. For that we need
to constantly create
thoughts of peace.



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20



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Coolness

Cool down the fire
of anger with the
powers of humility
and patience.



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FEB
21



Response

Our stress is not caused by rising pressures in professional or personal life. It is caused by responding to life with an emotionally disturbed mind.



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FEB
22



Love

Unconditional love is an energy where we only want to give and not take or expect. It empowers and heals us but never hurts or inflicts pain.



FEB
23



Truthfulness

The greatness of life is the power of truth. Truthfulness is powerful enough to give us confidence.



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FEB
24



Magic

God-consciousness
makes troubles
disappear like magic.



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25



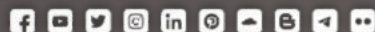
Easy

In order to save yourself
from any conflict of nature,
make your intellect, vision
and words easy.



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FEB
26



Silence

The way to chase
away all types of
mental illness is the
power of silence.



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FEB
27



Attention

You need to pay attention to the quality of your thoughts. Ask yourself, “do I have pure and positive thoughts for everyone, including myself?”



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28



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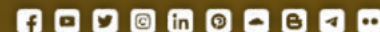


Fortune

Give the experience of
your fortune of
happiness through
your face and activity.



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FEB
29

Respect

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Respect

Those who respect
everyone become
ideal images.



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MAR
01



Good Thoughts

Good thoughts are like
morning sunbeams.
They make our life
shine beautifully.



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MAR
02



Visualize

When we visualize ourselves
to have overcome our fears
and transformed negative habits,
we can see our fears removed
and negative habits transformed.



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MAR
03



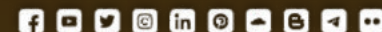
Cautious

Let the past be the past,
learn a lesson from the
past and remain cautious
in the future.



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MAR
04



Spiritual

Spirituality nourishes
the self to discharge all
roles and responsibilities
efficiently and optimally.



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MAR
05



Radiate

Law of attraction does
not mean we get what we
desire; it actually means
we get what we radiate.



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MAR
06



Experience

Experience is the best teacher.
Every experience in our life
teaches us something we need
to know to move forward.



MAR
07



Integrity

To have integrity in our relationships, we need to have Integrity within ourselves. Integrity means our thoughts, words and actions are in harmony.



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MAR
08



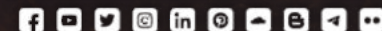
Soul Power

When we think and speak only about our strengths and virtues, we experience our own peace and purity. It increases our soul power.



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MAR
09



Enthusiasm

To be free from
carelessness is
to be constantly
enthusiastic.



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MAR
10



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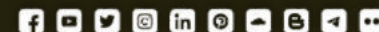


Control

To control oneself is
to have everything in
control.



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MAR
11



Humility

One word spoken
in humility has the
significance of a
thousand words.



MAR
12



Love

The more effort is
made to love, the
more love is received.



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MAR
13



Qualities

The original qualities of a soul are peace, happiness, love, bliss, purity, power and wisdom, which undergo a change depending on the actions performed by the soul. Positive actions increase these qualities, and negative actions decrease them.





MAR
14



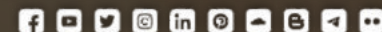
Mould

Those who mould
themselves to any
situation become worthy
of everyone's blessings.



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MAR
15



Remembrance

To forget your
troubles, remember
God.



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MAR
16

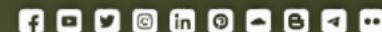


Compassion

We need to practice creating compassion for somebody who is emotionally ill, just like we are compassionate towards the physically ill. Emotional illness can be in the form of their anger, irritation, hurt, jealousy, or fear.



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17



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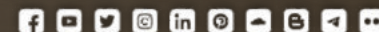


Honesty

Honesty is to speak that
which is thought and to do
that which is spoken.



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MAR
18

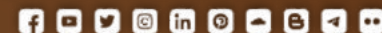


Cheerful
Cheerfulness
is the beauty
of face.



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MAR
19



Visualize

Visualize the best, but accept
the reality and create only right
thoughts, irrespective of what
the outcome is.



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MAR
20



Vision

Those who have a
positive vision of the self
are always happy.



MAR
21



Introspection

Introspection helps me
to get intouch with my pure,
original and perfect self.



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MAR
22



Create Personality

Thoughts of great people are royal and beautiful. They don't waste their time by keeping their minds occupied in trivial matters.



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MAR
23



Spiritual Server

Be a true spiritual server
and serve everyone with
love and a true heart.



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MAR
24



Truth

The boat of truth may rock, but
it will never sink. Truthfulness
provides long lasting happiness,
contentment, peace and helps one
to remain so amidst all problems.



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MAR
25



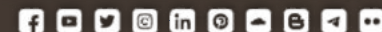
Patience

Patience enables one
to develop detached
observation.



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MAR
26



Persistence

Long lasting happiness
emerges from working
persistently towards a
specific goal.



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MAR
27



Determination

Determination means you care about something so much that even when it is really hard, you keep on going.



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MAR
28



Easiness

Internal honesty and
cleanliness within is
revealed when there is
easiness in your nature.



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MAR
29



Companion

Loneliness comes when I
forget that God is my
Supreme Companion.



MAR
30



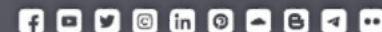
Solution

**Make negative
reasons into positive
solutions.**



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MAR
31



Compassion

Practicing compassion
brings happiness to
the life.



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APR
01



Pause

Before beginning any task, let us
pause for a moment and observe the
quality of our thoughts.

Positive, powerful and happy
thoughts will empower us to succeed.



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APR
02



Seeing Self

Instead of looking at others,
look at the self and remember:
Whatever actions I perform, those
who see me will do the same.



APR
03



Being Creator

Spirituality makes it possible
to shift us from complaining
about lack of time to
becoming creators of time.



APR
04



Respect

Respect is to recognize
and appreciate
the unique role of
everyone.



APR
05



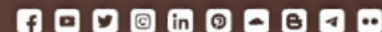
Self Control

Self-control is having
ability to channel thoughts
in the right direction.



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APR
06



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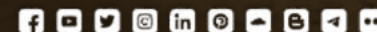


Truth

The sign of someone having
the power of truth is that
person will always be
fearless.



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APR
07



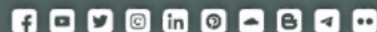
Codly Gift

Storms keep coming in the
ocean of life. Storms turn into
gifts for you, as the boatman of
your spiritual life is God Himself.



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APR
08



Determination

Determination makes you
to sit up straight and love
everything, because it's all
part of moving forward.



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APR
09



IT WING



Happiness

Happiness is your special
treasure; never let go
of this treasure.



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APR
10



Flawless

Honesty makes for a life of integrity because the inner and outer selves are mirror images. It is as distinct as a flawless diamond which can never be hidden. The worth is visible in one's action.



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APR
11



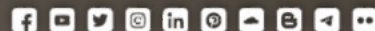
Responsibility

Responsibility means accepting credit when things go right and accepting corrections when things go wrong.



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APR
12



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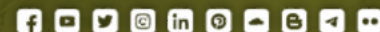


Simplicity

Simplicity is beautiful
and harmonious.
Simplicity in life
leads to peace.



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APR
13



Appreciate

The beauty of all things
lies in our ability to
appreciate them.



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APR
14



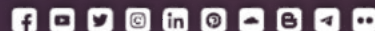
Generosity

Generosity is seeing an opportunity to share what you have and then giving just for the joy of giving.



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APR
15



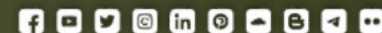
Stability

The power of stability
can transform any
situation.



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APR
16



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Forgiveness

When we forgive someone, we are doing ourselves a favor, because through forgiveness we release all the negative thoughts, emotions and energies that we are holding onto in our anger.



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APR
17



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Success

Success is achieved
through determined
effort.



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APR
18



Harness

Every thought is an energy which travels and hence it is in the air. A strong, silent mind can receive this energy and decipher the thought. The first step to harness this power is to finish wasteful and negative thoughts.



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APR
19



Detachment

Detachment is best
learnt from God, who
sees everything but
never stops loving.



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APR
20



Determination

Determination is
using will power to do
something even when
it isn't easy.



APR
21



Vision

The vision of seeing
specialties frees the mind
from negativity.



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APR
22



Save Mother Earth

Earth is our Home and we are responsible for our Home. To take responsibility of one's own responsibility is the greatest responsibility.



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APR
23



Good Will

The will to serve
others creates
opportunity.



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APR
24



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Responsibility
True responsibility
brings inner
lightness and joy.



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APR
25



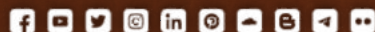
Power to Face

When we learn to face obstacles in life, we can remain positive in all situations of life. Placing the obstacles in proper perspective, we will find that it is not as hard as our minds think it is.



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APR
26



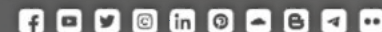
Openness

Openness to learning brings progress. We need to keep our mind constantly open to learning in order to experience constant progress.



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APR
27



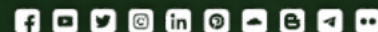
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Understand
To understand others
is to be in harmony
with them.



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APR
28



Celebrate

Life becomes much different
when we celebrate every
moment of it. The more we
praise and celebrate our life, the
more there is life to celebrate.



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APR
29



Thinking

We interact less with others
but we constantly interact with
ourselves. The way we think
about ourselves becomes our
habitual way of thinking.



APR
30



Victory

Intense effort-makers
are constantly
victorious.



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MAY
01

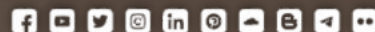


Serve

What we are Doing is the purpose
of our role, how we are Being
while we are Doing is our higher
purpose. Just by taking care of the
Being, we are Serving the world.



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MAY
02



Charity

To give happiness to those
who are unhappy is the
greatest act of charity.



MAY
03



Solution

Instead of trying to break a mountain of problems with the hammer of wasteful thoughts, take a high jump and jump across the mountain.



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MAY
04



Weapon

Weapons by themselves
are not dangerous; it is
the anger within man
that is harmful.



MAY
05

? !



Full Stop

To put punctuation marks
on paper is easy, but can
you put a full stop to
waste thoughts?



MAY
06



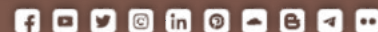
Unity

Diversity divides and unity
brings us into a gathering.
Gathering brings success and
division brings defeat.



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MAY
07



Efficiency

Calmness and tolerance
act like air-conditioning
in a room, they increase
our efficiency.



MAY
08



Forget

To taste the sweetness
of life, we must have the
power to forget the past.



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MAY
09



Celebration

The meaning of life
is not celebrating our
birth; it is celebrating
every moment of life.



MAY
10



Great Day

If every morning we can
spend a few moments to
sort out our thoughts and
remember God, our day will
be filled with magic.



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MAY
11



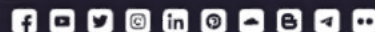
Discipline

A disciplined
life gives happiness
as well as success.



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MAY
12



Equanimity

If we allow ourselves to be
puffed up by praise and fame,
then insult and defamation
will destroy us.



MAY
13



Meditation

Meditation is a process by which, through contemplation and relaxation, we can begin to loosen the grip of self-critical thoughts and emotions.



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MAY
14



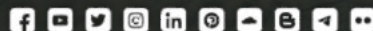
Hope

To give someone
hope is to help them
overcome their
weakness.



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MAY
15



Happiness

Happiness is not in our accomplishments. It is not to be postponed until our goal is reached. Happiness is in our way of thinking along the way, while working towards the goal.

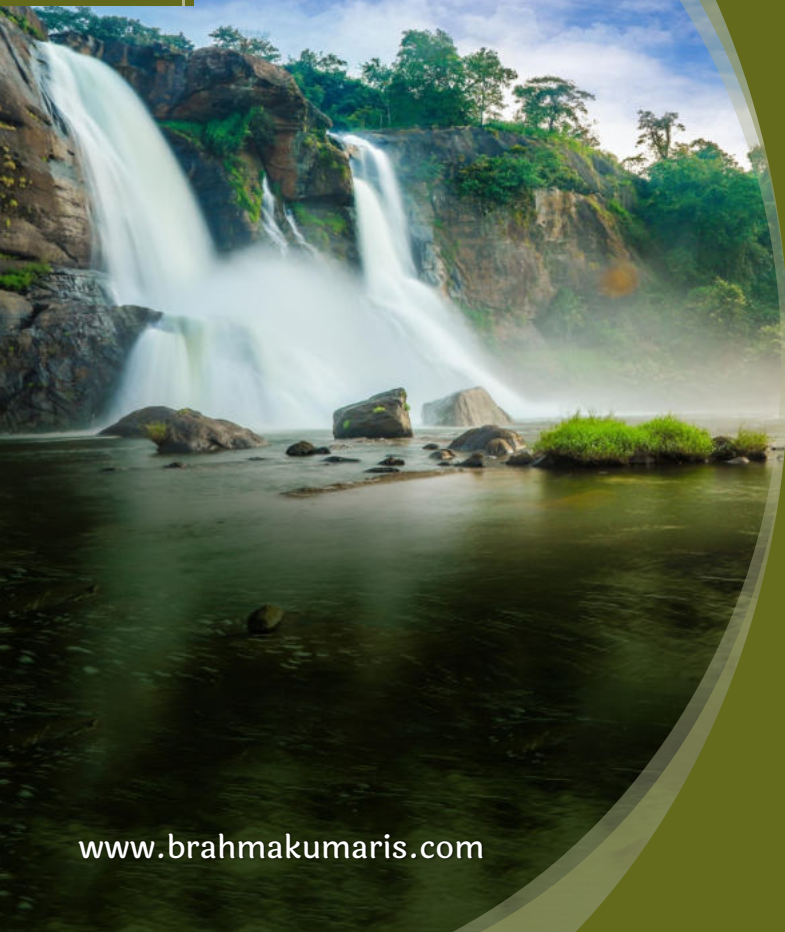


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MAY
16



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Flexible

To know the art of being
flexible is to create
beauty in one's life.



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MAY
17



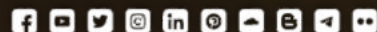
Silence

Power of silence
dissolves negativity
and promotes a
positive attitude.



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MAY
18



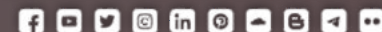
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Value of Speech
Of all the words that
you speak, how many
are towards God?



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MAY
19



Experience

To UNDERSTAND something
we need knowledge, but to
FEEL it we need experience.



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MAY
20



IT WING

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Freshness

Create limited thoughts and
replace negative thoughts
about others with thoughts
of their strengths. This keeps
the mind fresh.



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MAY
21



Achieve

Perform every act
considering its past and
future, you will continue
to achieve success.



MAY
22



Goodness

To develop enthusiasm, have
faith in the goodness of life, and
in the original goodness of the
self and others.



MAY
23



Knowledge

Knowledge is might; with
the internal weapon of
knowledge, we can attain
success in all situations.



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MAY
24



Forgiveness

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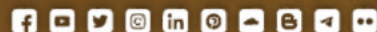


Forgiveness

Forgiveness is getting your
thoughts in line with the
divine law of harmony.



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MAY
25



Introspect

When we introspect our feelings towards anyone whom we consider irritating or intolerable, we realize that it is our perception and expectations making us feel that way about them.



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MAY
26



Fudge

To judge is to think, to
arrive at a mental verdict
or conclusion in your mind.



MAY
27



Thinking

The habitual thinking of
our conscious mind
establishes deep grooves in
our subconscious mind.



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MAY
28



Life

The great things of life are
simple, dynamic and creative.
They produce well-being
and happiness.



MAY
29



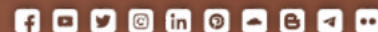
Happiness

Happiness is our inner experience of which we are the creators. It is a feeling and is defined by the quality of our thoughts.



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MAY
30



Cooperation

In the process of world transformation, the time is now for each person to lend a finger of cooperation.



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MAY
31



Holy

Be a holy swan and
transform wasteful
thoughts, words & deeds
into powerful ones.



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JUN
01



Thankful

The thankful heart is always close to the creative forces of the Universe, causing countless blessings to flow towards it.



JUN
02



Certain

Do the thing you are
afraid to do, and the
death of fear is certain.



JUN
03



God's Love

In order to receive the
key to all treasures, be
experienced in God's Love.



JUN
04



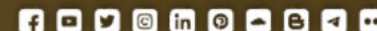
Learn

Try to learn something new
every moment of the day,
and you will find your mind
will always be young.



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JUN
05



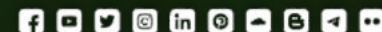
Environment

The environment is both a direct and indirect manifestation of the effect of our thoughts. Positive and powerful thoughts rejuvenate, empower and activate us as well as our environment.



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JUN
06



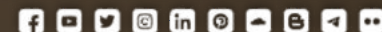
Love

Love is a great power,
but it takes power
to have pure love.



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JUN
07



Balance

Balance of being loveful
and detached (like a lotus
flower) gives us experience
of closeness to God.



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JUN
08



Laugh

Look at your fears; hold them
up to the light of reason.
Learn to laugh at your fears.
This is the best medicine.



JUN
09



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Clarity

Our mind is a mechanism,
works best when there is
clarity in it.



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JUN
10

GIVE
RESPECT
EARN
RESPECT



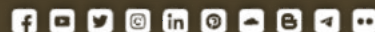
Respect

To know one's own worth and to honor the worth of others is the true way to earn respect. It is an acknowledgement of the inherent worth and innate rights of the individual and the collective.



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JUN
11



Optimism

Optimism opens a
door in difficult or
hopeless situations.



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JUN
12



Enthusiasm

Enthusiasm is the master
key to feel great. It acts
like a double energy boost.



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JUN
13



Peace

When the feeling of peace and positivity remains constant, no outside event or other person can interrupt the flow.



JUN
14



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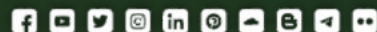


Silence

Power of silence fills
the soul with clarity
and righteousness.



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JUN
15



Compassion

Self-Compassion is about a change in attitude and is linked with greater well-being as well as superior performance outcomes.



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JUN
16



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Feeling Great

Feeling great is about putting
our life in order, rather than
having a good time or feeling
good at any cost.



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JUN
17



Cooperation

The method to give cooperation is to use the energy of the mind to create vibrations of good wishes and pure feelings for others and for the task.



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JUN
18



Cleanse

Our words have power to
cleanse our mind of wrong
ideas and to instill right
ideas in their place.



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JUN
19



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Comfort

The warmth and
comfort of happiness is
hidden within the self.



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JUN
20



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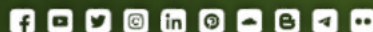


Companion

When we keep God as our
companion and have good wishes
for all, we remain constantly
cheerful beyond questions.



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JUN
21



Meditation

When we practice meditation,
we develop the ability to
silence the conscious layer
of the mind, so scattering of
our thoughts stops.



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JUN
22



Be Happy

A happy person is
loved by himself and
everyone.



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JUN
23

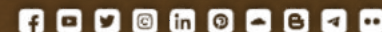


Cooperation

Cooperation requires
recognizing the unique role of
every individual while
maintaining a sincere and
positive attitude.



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JUN
24

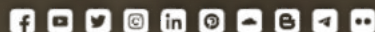


Donate
Donate the
imperishable
jewels of knowledge.



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JUN
25



Peace

Peace should be an
easier and a natural
response, irrespective
of the stimulus.



JUN
26



Independent

If we become dependent on people's approval for taking decisions in life, we may end up with decisions that are not right for us.



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JUN
27



Silence

Inculcate the virtue of
silence in your life and you
will easily pinpoint and
remove your weakness.



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JUN
28

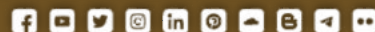


Service
Selfless service
leads to
satisfaction.



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JUN
29



Communication

Clean communication
lays the foundation for
creating and sustaining
beautiful relationships.



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JUN
30



Meditation

Meditation helps us to
develop a positive attitude
and respond
better to situations.



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JUL
01



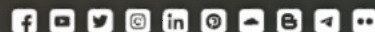
Let Go

To tolerate life's
inconvenience is to
let go, be light, make
others light and move on.



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JUL
02



Light the Lamp

When the lamp
of the soul is lighted in
life, we can easily rise
above the vices.



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JUL
03

*Attitude
is
Everything!*



Attitude

Those with the right
attitude make the best
contribution.



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JUL
04



Be Positive

Thoughts create
destiny, so a positive
mind attracts positive
circumstances into life.



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JUL
05



Zeal & Enthu

Zeal and enthusiasm are the wings on which we can fly over all circumstance and turn mountains into molehills.



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JUL
06



Blessings

Cultivating the habit
of blessing rather than
judging strengthens our
capacity to give.



JUL
07



Success

Repeated and lasting success
requires a positive combination
of our state of mind, intelligence,
personality traits and skills.



JUL
08



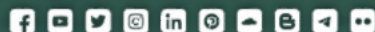
Free

To be free from
expectations is to
be free from sorrow.



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JUL
09



Silence

Silence slows down the mind
so it creates fewer thoughts
that are powerful, positive
and peaceful.



JUL
10



Truth

Speaking the truth with
humility and in a sweet manner
does not make anyone angry
rather it increases the heartfelt
respect of others.



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JUL
11



Being Powerful

Whatever is happening,
is good and whatever will happen,
will also be good - this powerful
thought finishes
the web of weak thoughts.



JUL
12



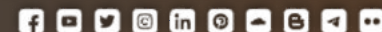
Concern

Complaining depletes our energy because we are thinking about what is not in our control. Complaining means focusing on the problem and concern is focusing on the solution.



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JUL
13

virtue

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Virtues

A person becomes good human being by filling virtues in the self, looking at virtues in others, donating virtues and discussing virtues.



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JUL
14



Responsibility

At every situation, taking personal responsibility of our thoughts, words and deeds helps us to respond in a positive way. This is our 'response-ability'.



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JUL
15

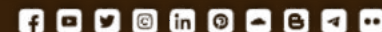


Success

Success is achieved when decisions are arrived at, after listening to, understanding and clarifying things patiently and carefully.



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JUL
16

CONTENTMENT
IS THE ONLY
REAL
WEALTH

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Contentment

While question mark (?)
increases waste in life,
full stop (.) is the sign of
contentment and well-being.



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JUL
17

SELF DISCIPLINE



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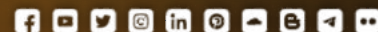


Self Discipline

Self-discipline is self control.
With discipline you take
charge of yourself.



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JUL
18

peace

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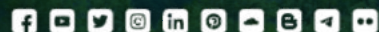


Peace

Peace gives rest to mind.
Sometimes rest is the only
medicine needed.



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JUL
19



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Mastery

To be master over
thoughts means to control
and stabilize thoughts
whenever one wishes.



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JUL
20

Silence
is Golden

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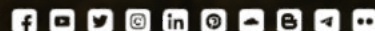


Silence

Inculcate the virtue of
silence in your life and you
will easily pinpoint and
remove your weakness.



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JUL
21



Courage

Courage is required to do
anything auspicious and
courage comes from truth.



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JUL
22



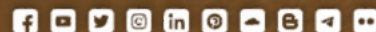
Cooperation

The world becomes
a happy place with
the cooperation of
everyone.



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JUL
23



True Heart

God is pleased with a true heart. We receive a thousand steps of help from Him when we take one step of courage.



JUL
24



Good Wishes

Good wishes are that
magic which makes
right a spoilt task, and
spoilt mood.



JUL
25

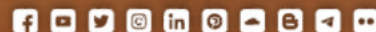


Conscience

The most potent power to
put an end to internal and
external wars is the human
conscience.



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JUL
26



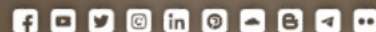
Truth

Truth is the imperishable
essence. We overcome
falsehood and illusion through
practicing the power of truth.



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JUL
27



Enthusiasm

Having good wishes for
everyone fuels our
enthusiasm.



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JUL
28



Benefactor

Just as every father wishes only good for his children, God is the constant Benefactor. It's one's own actions that cause sorrows.



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JUL
29



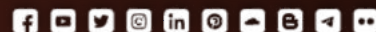
Fly High

It is difficult to cross a mountain
of problems by foot, but it is
easy to cross it by flying in an
airplane of blessings.



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JUL
30



Be Cool

Getting angry is like grasping
a hot coal & throwing it at
someone else. It is the self
who gets burnt first before
the other person.



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JUL
31



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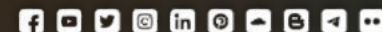


Happiness

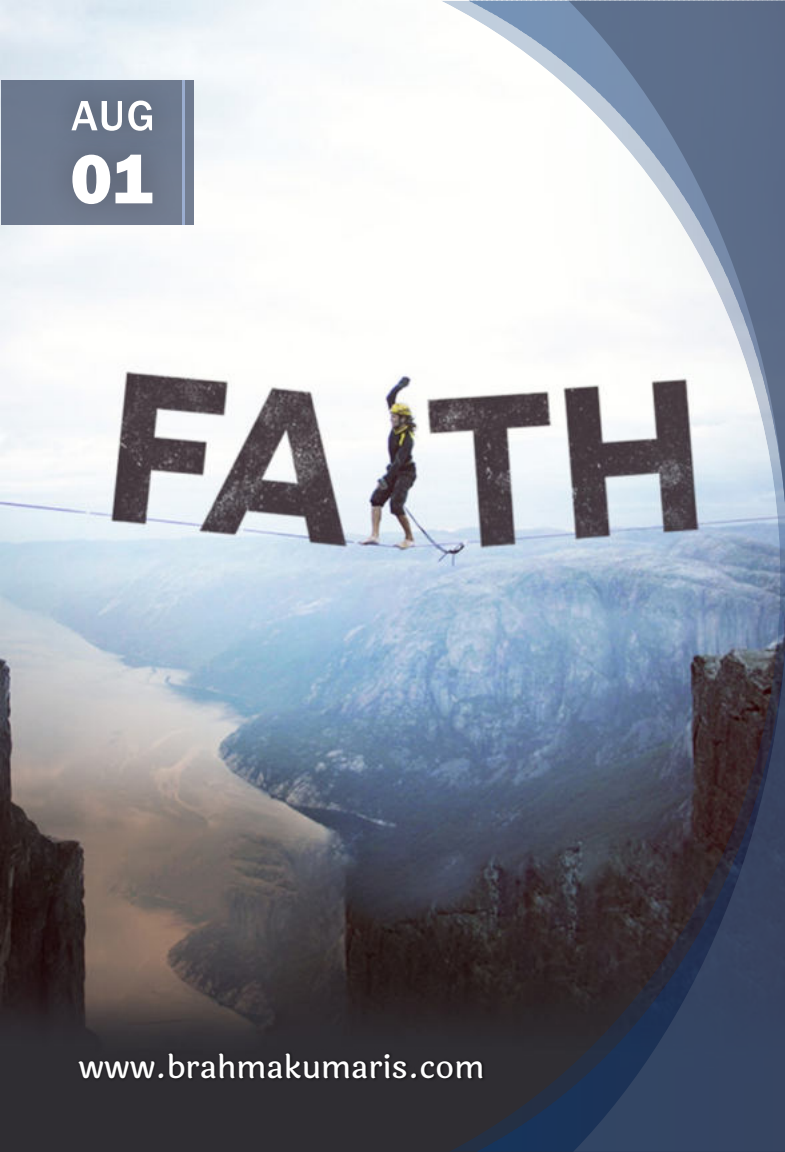
Our thoughts create our
external world. Positive
and concentrated thoughts
bring about a world of
lasting happiness.



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AUG
01



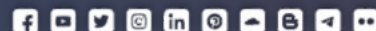
Faith

You receive help at every step as a result of having this faith that God is yours and you belong to God.



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BRAHMA KUMARIS



AUG
02



Be Happy

To be happy and to make
others happy is to give
blessings and receive
blessings.



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AUG
03



Coordination

Co-ordination
awakens the
feeling of service.



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AUG
04



Self Respect

It is a subtle thing that
only those who stay in
self-respect will be able to
give respect to others.



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AUG
05

"The *Truth*
will make you
Free"



Truth

Truth is the ultimate power.
It provides long lasting
happiness, contentment, peace
and helps one to remain so
amidst all problems.



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AUG
06

Humility

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Humility

Humility is a value that
is manifested through
acceptance, selflessness
and contentment.



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AUG
07



Art of Civing

In a world where all relationships
have accounts of happiness
and sorrow, the greatest lesson to be
learnt about being happy is:
“Give happiness and Take happiness,
don’t give sorrow and take sorrow”.



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AUG
08



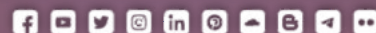
Save Energy

Speak Less,
Speak Softly,
Speak Sweetly
and Save Energy.



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AUG
09



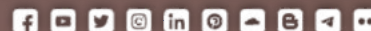
Meditation

Meditation is a personal
relationship and a
conversation with God.



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AUG
10



Stay Light

The mind is an emotional carrier
bearing the weight of our thoughts.
If thoughts are fewer and lighter,
the mind remains light.



AUG
11



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Humility

When one has the virtue of
humility, everyone bows
down, since everyone bows to
those who themselves bow first.



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AUG
12



Vibrations

Our thoughts become the energy field we carry around, like the perfume we use. People receive our vibrations even before they receive our words and behaviour.





AUG
13



Donate Organs

Life is caring and sharing. On this eternal soul journey, we move from one lifetime to another and take a new body. Why not donate organs that we cannot carry forward, and save lives?



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AUG
14



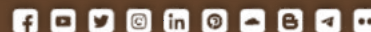
Transformation

Self-transformation
begins the process of
world transformation.



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A circular inset image on the left side of the page shows a person in silhouette jumping off a grassy cliff edge. Below them is a large, vibrant blue lake nestled in a mountainous valley. The person's arms and legs are spread wide in a 'V' shape, symbolizing freedom.

AUG
15



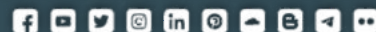
Freedom

Freedom is when we
consciously choose our
thoughts and feelings
independent of anything
and anyone outside.



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AUG
16

God
is love



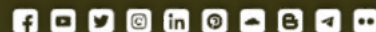
Love

To have love for
God is to love
humanity.



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AUG
17



Relationship

The key to healthy relationships is in obeying our consciousness and not doing anything against it.



AUG
18



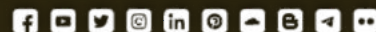
Enjoy

Remember to enjoy the journey of life. Life will bring scenes that are positive and negative, and neither of them stays forever. Even in a negative situation we can be free from anxiety and worry, knowing that it shall pass.



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AUG
19



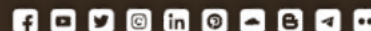
Being Fortunate

Fortunate souls are those who
receive blessings from the
hearts of all souls on
the basis of truth.



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AUG
20



Choice

People's behavior towards us is an external force and not in our control. The thoughts we create in response to that is an internal energy, which is completely our choice.



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AUG
21

negative
THINK
Positive



Thinking

Think positive about yourself,
people and situations. Don't be
critical or judgmental.





AUG
22



Optimism

Optimism is the key to a better future. And we always have a choice to be optimistic.



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AUG
23



Remain Stable

Stability is love of equanimity in the midst of adventure. When we master the art of remaining stable even in the most negative situations, we learn to use the treasures hidden within us.



AUG
24

COMPASSION



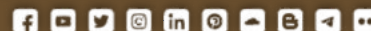
Compassion

Compassion generates love, kindness and support without boundaries; it is something to be felt and experienced individually.



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AUG
25



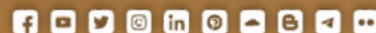
Appreciation

The magic of appreciation can turn negative thoughts into positive. Being appreciative of any given thing simply adds to the quality of the life.



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AUG
26



Flexible

With flexibility you are
willing to change in
thoughts, words and deeds.



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AUG
27



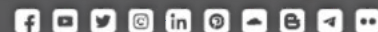
Appreciate

Cultivating the ability
to appreciate our surroundings
can enhance our mood and
help us to maintain a
positive attitude.



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AUG
28



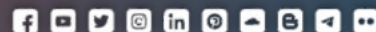
Safety

Detachment is a great virtue, it is to remain stable, create our feelings independent of others emotions. It brings emotional safety.



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AUG
29



Compassion

Compassion is a skill that needs
to be learnt and practiced.
It's a choice we make
that love is more important
than comfort.



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AUG
30



Discern

Discerning our thoughts helps us decide our response to people's behavior. Power to discern will be accurate when we go beneath surface behaviors and see the intensions.



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AUG
31



Balance

Equanimity means to
maintain inner balance in the
face of success and failure,
riches and impoverishment,
praise and blame.



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SEP
01



Stability

The power of stability brings forth the best decision in the most difficult times and brings solution. When we are stable, situations will not influence us, but we will influence them.



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A lion's face is reflected in a large, ornate, oval mirror. A small, brown tabby cat is sitting on the floor in front of the mirror, looking up at the lion's face. The background is a warm, brown, textured surface.

SEP
02



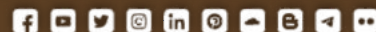
Self Respect

Self-respect removes
tendencies towards jealousy
and comparison. It enables
us to have good wishes and
pure feelings towards others.



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SEP
03



Appreciate

When we begin to appreciate the world around us, we might even start to see and be thankful for things we may never have normally noticed.



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SEP
04



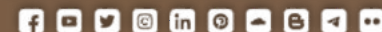
Happy

Soul is happy in original form. Happiness is our internal creation and can be created irrespective of external factors.



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SEP
05



Imbibe Knowledge

When we imbibe the spiritual knowledge imparted by God, the supreme teacher, we transform ourselves into divine souls.



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SEP
06



Independent

People may not be nice to us, but let us think right, forgive, bless and be nice to them - because we want peace and happiness. How wrong they were is independent of how right we can be.



SEP
07



Importance

Time cooperates with each
person if one chooses to
recognize its importance.



SEP
08



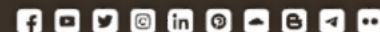
Succeed

Silence brings the
strength to go on, the
steadiness to succeed.



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SEP
09



Generous

To be generous hearted and
share the gifts of virtues through
your face & activity is to have
good wishes and pure feelings.



SEP
10



Silence

When the mind is silent, the intuition is active. Acting in the state of silence brings blissful and fruitful results.



SEP
11



Understanding

If we have the spirit of understanding everything in a positive way, we will enjoy each and every moment of life, whether it's pressure or pleasure.



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SEP
12

and sending you
smiles
and
good wishes
*to lift your spirits
and brighten your day.*



Good Wishes

Words filled with good
wishes bring good
change in others.



SEP
13



Powerful

Make your attitude
powerful and there
will automatically
be growth in work.



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SEP
14



Responsibility

Our thoughts and feelings are our personal responsibility. But we React out of habitual ways of thinking, speaking and behaving, created over years or lifetimes. A little practice helps us pause, see our options, evaluate them and choose a Response.



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SEP
15

FORGIVE
■ AS GOD ■
FORGIVES

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Forgive

Forgiveness means having the power to love unselfishly and freely. Our attitude of forgiveness has the power to transform and inspire others.



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SEP
16



Karma

Everything happening to us is accurate and beneficial. Accurate because it is according to our karma. Benefits will get revealed later, and even if there is no outward benefit, we come out of the situation emotionally empowered, that is an inner benefit.



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SEP
17



Giving

It is greater to give a handful
of rice with love and honesty
than to give a thousand
dollars with the desire for
name and fame.



SEP
18



Charging

When every thought, word and action is a product of our spiritual charging, we will experience peace even while working and meeting targets and deadlines.



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SEP
19

SUCCESS



Success

Where there is faith and
victory in the mind, success
can be gained. If thoughts
are weak, there is defeat.



SEP
20

BELIEF

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Belief

Our belief systems decide our way of living. We need to experiment with what we learn, in order to change incorrect belief systems.



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SEP
21



Radiate

The universe sends back whatever we radiate. Thinking about peace, happiness, strength, success attracts those qualities into our life.



SEP
22



Feelings

Each of our external actions
form one aspect of life
while internal feelings form
another aspect. Both are
independent of each other.



SEP
23



Help

To help under normal
circumstances is a good thing,
but helping in times of need
fetches multifold blessings.



SEP
24



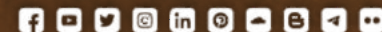
Wise

The wealth of a rich person
can be stolen or burnt, but
the happiness and wisdom
of the wise remain.

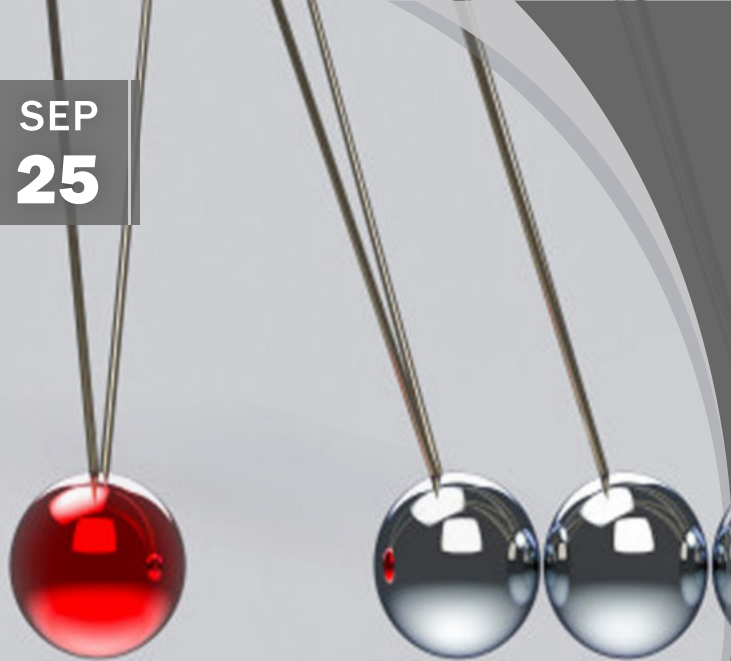


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SEP
25



Energy

The energy we send out as thoughts, words and actions is our karma; and when the energy returns, it is our destiny.



SEP
26



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Possible

Those who make the
impossible possible,
experience success.



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SEP
27



Freedom

Respect is giving people the space to be themselves, the freedom to think, feel and be their way. It is about accepting them along with their behaviors, ideas and perspectives even when these do not match ours.



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SEP
28



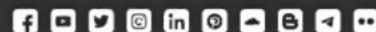
Unity

Unity is harmony within
and among individuals in
the group.



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SEP
29



Meditation

Meditation increases soul power
and strengthens our original
quality of respect, so respecting
people comes naturally.



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SEP
30



Goodness

If we talk and share about
the goodness in a person,
we can intensify the
positivity in the person.



OCT
01



Spirituality

Spirituality teaches that every thought that the mind creates amounts to our karma. Mind is not only where our karma is first created, but is also where 'maximum' karma is created, as our thoughts outnumber our words and actions.



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OCT
02



Non Violence

Non-violence does not only mean not to wound physically but also means not to wound with words or thoughts.



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OCT
03



Thought Power

Using the power of thoughts the mind creates four impacts at every moment - it creates our feeling, it affects every cell of our body, it reaches the person about whom we are thinking, and it radiates into the environment.



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OCT
04



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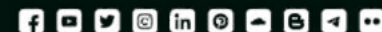


Peace

When we are at peace
with the self, people and
situations, we tune into a
frequency of forgiveness.



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OCT
05

ReSPeCt



Respect

When we respect each
other's opinion, we
become respectable.



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06



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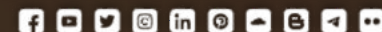


Consciousness

Situation-proofing is a powerful consciousness which is free from question marks and exclamation marks arising about any situation. It gives little or no room for negative or waste thought patterns.



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OCT
07



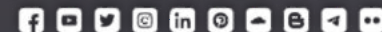
Strong

We become strong by
overcoming difficulties.



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08



Viceless

A good karma needs that the
Self does not come under the
influence of vices like anger,
ego, attachment, greed,
hatred, jealousy etc.



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09



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Always Happy

Those who remain beyond
questions remain constantly
happy hearted.



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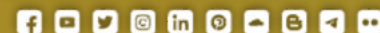
Happiness

Happiness is not just about a mood or feeling; it equips us with the power to cross any challenge that comes in our way. It causes our mind, intellect and body to function out of calmness, wisdom and optimism.



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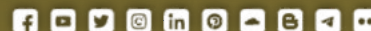
Soul Power

When we exercise our will power and discernment to do what is right for the soul, our karma becomes clean and soul power is automatically enhanced.



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Humanity

Humanity is quality of
being human; it is extending
unconditional love to each and
every living being on earth.



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OCT
13



Patience

Patience is the companion
of wisdom. Patience is being
calm and tolerant when
difficult things happen.



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OCT
14



Strong

Obstacles come to make us strong. Therefore instead of being afraid of obstacles, overcome them by considering them to be an entertaining game.



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Respect

We believe people respect us and value us for what we have achieved, what we wear and what we possess. But true respect and value is gained for the person we are and for our values.



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16



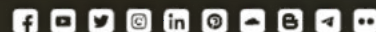
Truth

The power of truth is
such that we need never
be concerned about
proving it.



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Desireless

Desires are like a shadow. If you try to catch a shadow, it runs ahead of you and if you turn your face away from it, it follows you. Desires don't let us become a good person.



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18

LOVE TO
LEARN



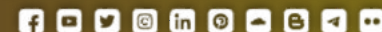
Learn

Instead of being scared
in sensitive situations,
learn lessons from them
and mature yourself.



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19



Be Fearless

If we get involved in fears
about the future, we shall
miss the chances that the
present offers us.



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OCT
20



Discipline

Discipline is that bitter medicine
which creates balance in life.
Being disciplined gives us
strength to withstand hardships
and difficulties, whether
physical, emotional or mental.



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OCT
21



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Success

You get success always as
you put your thoughts into
action with determination.



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OCT
22



Being Aware

The mind is our powerful instrument.
If we take care and live a life of
awareness and choice then we control
the mind. If we are unaware then we
live an automated life and the
mind starts controlling us.



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OCT
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Willpower

Will power is like a muscle,
the more we use it, the
stronger it becomes.



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24



Self Respect

When we have strong
self-respect, we will be generous
in recognizing and encouraging
the expression of qualities and
specialties in others.



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OCT
25



Let Go

Love and truthfulness
help others to change
themselves, and let go of
negative tendencies.



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OCT
26



Introversi

Without introversion, we cannot do anything worthwhile. With it the heart becomes full and the intellect concentrated.



OCT
27



Transformation

Our personal transformation
not only benefits us
or people around us, it
influences the world.



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OCT
28



Power

The power of ignorance is
anger and the power of
knowledge is peace.



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OCT
29



Happiness

Happiness is only possible
when we are able to accept
everyone as they are.



OCT
30



Greatness

To sit on the throne of
humility and to wear the
crown of responsibility is
greatness.



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OCT
31



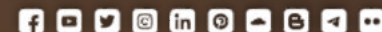
Being Yourself

Wanting to be better than others is a never ending race. We will not be happy in this race because there will always be someone ahead of us.



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NOV
01



Careful

Like we take care of what we speak to others, we need to be careful about how we speak to ourselves. We are constantly listening to our inner conversation.



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NOV
02



Optimism

Optimism is a skill of emotional intelligence, which translates to a better career and greater success in life.



NOV
03



Respect

When we create a thought that someone is wrong, we are disrespecting them. When we understand that they are different, we are respecting them and their perspective.



NOV
04



Habit

Thinking, speaking and
behaving in the same manner
repeatedly becomes a habit,
and it soon becomes an
automated way of responding.



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NOV
05



Good Wishes

When our stock of
good wishes is full,
a full stop is applied
to all waste.



NOV
06



Trust

Trust is having faith. To
earn the trust of others, you
must become completely
selfless and honest.



NOV
07



Appreciate

Self-criticism depletes our energy. Appreciating and motivating ourselves creates a new, positive self-image.



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NOV
08



Responsibility

Our first responsibility in any situation is to first take charge of our state of mind because that is the only entity in our control.



NOV
09



Cooperation

One who cooperates
receives cooperation.



NOV
10



Energy

Our thoughts and feelings create our energy field. If our energy field is pure and powerful, everyone will get influenced by our pure vibrations. This will help them to emerge their own purity and power.



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NOV
11



Accept

Accept the people as they
are without noting their
weaknesses.



NOV
12

Simplicity is the
ultimate sophistication



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Simplicity

Simplicity combines sweetness
& wisdom. Be simple to be a
sample for many.



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NOV
13



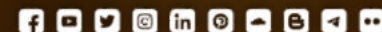
Responsibility

The true meaning of
responsibility is not just duties
to be done, but has more to do
with a sense of purpose.



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NOV
14



Merciful

To be merciful means always remembering only that which is good and beneficial, and never letting go of giving love.



NOV
15



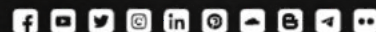
Tolerance

Tolerance is bouncing back even when we are thrown against a very hard wall. It comes from sensing that everything is a riddle and that all things work in cycles, that what is uncomfortable now will soon change.



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NOV
16



Stable

Be stable in your
original religion of
peace.



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NOV
17



Vision

Our thoughts are the
basis of our attitude
and our attitude makes
our Vision.



NOV
18



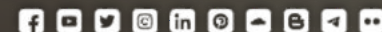
Feel Good

Blaming people, situations,
past or the world for how we
feel is the prime reason for
depletion of soul power.



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NOV
19



Stay Light

Life is about staying light,
and drawing on God's
might. Then everything
becomes right!



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NOV
20



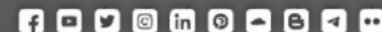
Reality

To resolve any problem, we only need to create thoughts to match the reality we desire, rather than thinking about the present reality.



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NOV
21



Stay True

A responsible person fulfils
the assigned duty by
staying true to the aim.



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NOV
22



Act of Giving

If our hands are always
giving, always bestowing,
joy will be ours in death as
well as life.



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NOV
23



Right Thought

Creating right thoughts
in the face of challenge not
just helps us respond strongly
but also change the situation.

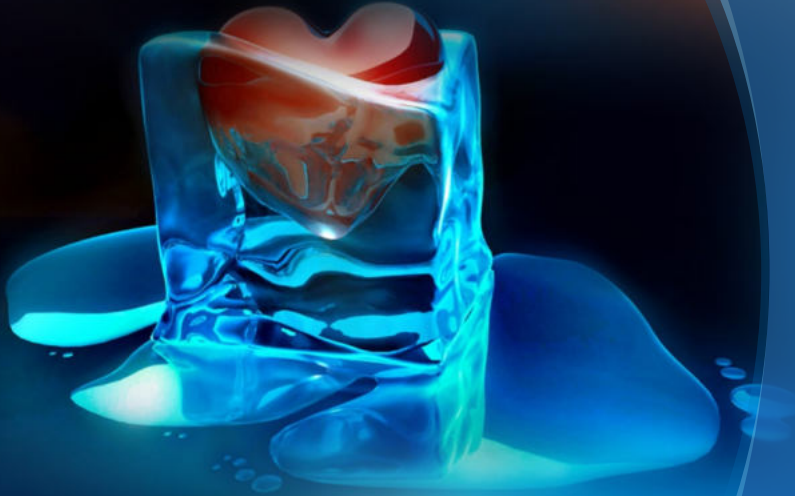


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NOV
24



Love

Love is acceptance and
acceptance is respect.



NOV
25



Mould

Those who mould
themselves to all
situations are real gold.



NOV
26



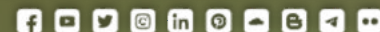
Transparency

Transparency is about having a clean and clear mind, free from all attachments. If we are transparent, our heart is open and approachable for others.



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27



Weapon

When we use the weapon of anger to get our work done, our work gets done but our energy gets depleted.

Repeated depletion affects our happiness, health and relationships.



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28



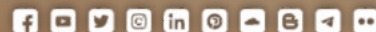
Maturity

Maturity comes naturally with lessons learnt and experiences gained. It leads to a strength that nurtures love, kindness, and compassion.



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29



Positive Energy

When honesty and love are in our words and actions, along with the feelings of appreciation and friendship, others draw on this positive energy to fill whatever is lacking in them.



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NOV
30



Success

When we have the power of
determination, success
will become a garland
around our neck.



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DEC
01



Calmness

A strong mind brings positivity
and hence contentment which
helps us remain calm amidst
challenges.



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DEC
02



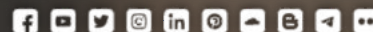
Thinkless

Over-thinking opens the door to ego and spoils our value. When we think a lot, it is as if the head starts to speak without heart.



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DEC
03

TRUTH



Truth

Truth is self-evident. Truth
cannot remain hidden
permanently, sooner or
later it emerges.



DEC
04



Optimism

Optimists believe that their own actions result in positive things happening, that they are responsible for their own happiness, and that they can expect more good things to happen in the future.



DEC
05



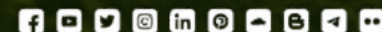
Maturity

Maturity cultivates a dignified heart that is disturbed by nothing and no one.



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DEC
06



Stay Happy

To become upset or unhappy about anything or to be in a bad mood is to “put a drop of poison in a pot of nectar”.



DEC
07



Pure Heart

A pure heart is a clean heart.
Truth lives in the heart that is
housed with pure feelings.



DEC
08



Benevolence

Words convey the sentiments of the heart. Words spoken from the seed of love and respect color the world with sweet vibrations of benevolence.



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DEC
09



Feel Great

Feeling guilty is like sitting in a rocking chair. We rock back and forth emotionally, but it doesn't get us anywhere!



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DEC
10



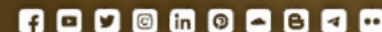
Compassion

Compassion means to refrain from being vindictive, to identify with the person's plight and recognise that it could be your own.



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11



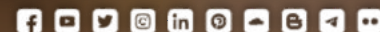
Earn Blessings

While at work, if we are compassionate towards everyone working with us, if we cooperate with everyone, then we are not only earning money but also earning blessings and good wishes.



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DEC
12



Humble

A humble heart is an honest heart that dances to the beat of happiness with no limits or conditions.



DEC
13



Sharing

It is natural to share our resources with others. We need to appreciate the fact that there is joy in sharing the gifts of virtues.



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14



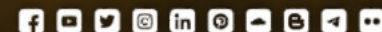
Silence

When the mind is quiet and in silence, the soul can be free from any type of reaction. When there is heaviness inside, we have a reaction. When we remain light, there is no chance for reacting.



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DEC
15

JUST
BE
YOU.



Being True

Being true to yourself means that you show people who and what you are without exaggerating or trying to be something you are not.



DEC
16



Contentment

Contentment is the mother of all virtues because it emerges other virtues too. Virtues like Patience, Tolerance, Acceptance, Humility etc. will be emerged when there is contentment.



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DEC
17



Right Attitude

When we are in a conflict,
the one factor, which decides
whether we will damage the
relationship or heal it,
is our attitude.



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DEC
18



Define

When we judge others,
we do not define them,
we define ourselves.



DEC
19



Love

Love flows naturally through us if we remove the blockage created by ego, labels, criticism, blame, control, comparison or competition.



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DEC
20



Forgiveness

Forgiveness of others is
essential for mental peace
and radiant health.



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DEC
21



Purity

Purity in thoughts, words and
deeds is the beauty of life.
A fraternal attitude of purity
is the foundation of peace
and happiness.



DEC
22



Manage

Managing stress is all about taking charge of our thoughts, our emotions, our schedule, our environment and the way we deal with the problems.



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DEC
23



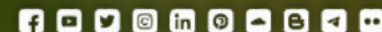
Cheerful

Never become confused,
always remain cheerful.



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DEC
24



Be Stable

When we lose control over
our stable state of mind,
we shift from our original
quality of peace.



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DEC
25



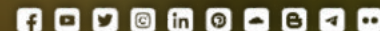
Being an Angel

The presence of the true Christmas spirit in our lives takes us beyond the pressures of materialism into a space of peace, love and joy. Shift from Invoking Angels to Being an Angel.



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26



Trust

Trustworthiness is the characteristics or behaviour of one person that inspires positive expectations in another person.



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27



Serve

We wrongly believe in survival of the fittest. But the purpose of our life is not to Survive, it is to Serve. Everything in nature is for serving others. Our purpose is to serve others with our vibrations of peace and love.



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DEC
28

"HUMBLE"



Humble

When you are humble, you
don't consider yourself
more important than
other people.



DEC
29

*Quality of
Thoughts*



Quality

The quality of thoughts
we radiate, trigger similar
quality of thoughts about
us in the other person.



DEC
30



Absolve

Every time we blame people
for our reaction, we are
reaffirming that we are
weaker than the other person.



DEC
31

ART OF SILENCE

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Silence

Silence enables us to become
introverted, and introversion
enables us to understand the
value of silence.



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