

Disheartenment to Cheerfulness

by Dadi Janki

- ❖ Don't engage too many thoughts on the 'reasons' behind situations;
Work on the solutions.
- ❖ Maintain elevated good feelings for the family.
Their nature should not change your sanskars.
- ❖ Use the course of realisation to end yours and others' weaknesses.
 - ❖ **The Murlis hold all the answers...**
- ❖ My cheerful face will end the sorrow of others and spread peace.
Cheerfulness is the result of diving into knowledge.
My face can bloom when I maintain an avyakt stage and spiritual outlook.
- ❖ Look closely at your personality: remember whose child you are.
- ❖ **The nourishment of happiness makes us strong on the service field.**
I can only share when my treasure-store of happiness is full.
- ❖ Do not accept even a 'pinch of sorrow' from people or situations.
- ❖ **Follow Baba's elevated teachings and you will never have to lower your head.**
Inner stability means neither arrogance nor low self-esteem.
- ❖ Visualise the world through your Third Eye and
as Knower of Three aspects of Time.
- ❖ Earn an income naturally by valuing all the attainments received
through
Sakar Baba, Avyakt BapDada and the Yagya.

Om Shanti