



## Change

When there is growth, changes are automatic, if I fear change,  
how can there be growth?

## An Open Mind

When someone corrects or gives any advice or suggestion, there is usually some amount of resistance and we become unwilling to listen. When I put in a lot of effort, I normally feel I have done the task to the utmost perfection and so am not able to listen to any suggestions from anyone. But this kind of attitude does not help to learn and progress. I need to keep my mind constantly open to learning in order to experience constant progress. When I have the attitude of learning I am able to learn from everything that happens. And thus I will also be able to bring improvement in each and every task that I do.

## Factors That Shape Our Perception (cont.)

If someone believes that Indians are very generous, good-hearted people, and they have this ingrained in their subconscious, this thought will form part of their perception of India. Perhaps not only part of their perception: they may even identify fully with this belief. In other words, the **thought becomes a belief and finally one identifies with the belief**. The same holds true for any negative belief about anything or anyone.

There are four main criteria that may influence how our perception of reality is distorted or altered (changed). These are:

### **Mental Positioning**

Mental position is the internal position from which we see situations, and may be positive or negative. For example, we are really excited about owning a new car, but after buying it we start worrying about where to park it, if it may be stolen or we might meet with an accident. Another example is that of the professional who has always dreamt of being promoted at work and, when he gets it, starts to fear losing it. **According to our mental positioning we experience fear (a negative state of mind) or we feel confident (a positive one)**. A correct mental positioning broadens our conscience and improves our lives and relationships.

To live in the present in a relaxed way and planning the future with an open and optimistic view, we should be able to free ourselves from preconceived ideas and the influences that dominate our perceptions. To do this, **the best mental position is that of being an impartial observer. In this way we can observe, recognize and transform (change) those thoughts, attitudes that cause us pain, anxiety and stress.**

(To be continued tomorrow ...)

## **Soul Sustenance**

### **Practical Ways of Changing Old Habits or Beliefs (Part 1)**

#### **Motivation for Change**

An important factor to start positive change in our lives is for there to be a passion, a powerful force that leads us, a final goal that keeps us motivated. It is important to set yourself goals, to be convinced and to have the confidence and faith that one can reach them, since in this way we will make a daily effort to achieve those goals. There needs to be a clearly defined sense of purpose to your existence, clarifying the values that must guide your life in order to achieve these goals and establish the steps you must take for inculcating these values. If, at a subconscious level, you allow a mistaken purpose to be created, or there is a lack of true purpose in your life, then you will not be motivated to know and change yourself. Many people think that the purpose of their life is to survive and they use the language of survival in this way: "Life is hard out there. You must get whatever you can". They are not aware that they have chosen this purpose, but subconsciously it is what they believe they are here for, and this makes them think that they must accumulate, take, create barriers to protect themselves and compete with others.

(To be continued tomorrow .....)

## Message for the day

**Where there is humility there is the give and take of love.**

**Expression:** Usually we don't even know when we are working with our ego because it is deeply concealed. Even when someone points out our ego, we don't want to accept it and we continue to work with it. Ego finishes the ability to learn and negatively effects our relationships because there is no give and take of love.

**Experience:** The method to overcome ego is to develop humility. Humility means to be strong within yet to be gentle and flexible. This enables us to bend i.e., to bow. When we bow it doesn't mean we are defeated, but reveals our own victory. It is only when we bend and forgive that we will be able to allow the flow of love in relationships.

In Spiritual Service,  
Brahma Kumaris