



As Beiras (Portugal) a CORES !!!

Life is a Work in Progress

Life is not something that can be rushed.
Things take time, lots of patience and hard work.
It is a continual process of learning.

Build upon each lesson to constantly refine who you are,
what you do and how you do it.

Being A Good Transformation Agent (cont.)

If you go inside yourself and observe, with sincerity, your feelings towards someone that you consider unbearable or intolerable, you will see that your **perception** (way of looking at them), your expectations and your bad feelings make you feel that the other is unbearable or intolerable. You have allowed the other to influence you in the creation of your bad feelings. You have lost compassion (kindness) and the capacity to accept and understand the other.

Being a good **transformation (change) agent** requires having full control over your inner world. **If you are the victim of your rapidly moving mind, your bad feelings, your aggressive emotional states and of your not-very-healthy habits, you will easily feel yourself to be the victim of others, of circumstances, of time and of society.** In relationships, the key is in living with your consciousness awake and not to do anything that your conscience does not agree with. In doing so, you don't have to fear the opinion of others. You don't have to feel insecure or doubt yourself. If not, we will continue to act against our own consciousness and we will feel ourselves to be victims. To avoid pain or the unhappiness that arises automatically when we act against our own consciousness, we look for guilt excuses: "Because of... I haven't acted as I should." We blame or we make excuses. That way we suppress the voice of our consciousness until the suffering and unhappiness is such that our conscience scolds us, which increases our unhappiness even more. A good transformation agent will always obey the voice of the inner conscience. By remaining in tune with our conscience and creating right thoughts, words and actions, it becomes easier for us to move from victim consciousness to transformer consciousness (one who brings about change).

Count your Blessings!

What a great blessing it is to have God as a friend, with a heart so trusting you may safely bury all your secrets in it, who can relieve your cares by His conversations, your doubts by His counsels, your sadness by His good humor and whose very looks give you comfort.

Soul Sustenance

The Search for Peace, Love and Happiness

We are constantly searching for true values. In consciousness we mistakenly think that the physical world and physical relations can provide us peace, love and happiness. However peace, love and happiness are not the properties of matter, nor of the physical identity, but the true properties or characteristics of the soul. This has to be realized.

Imagine a scene in which you are surrounded by all your favourite things; food, music, fragrance, scenery and companions. Just about to enjoy your meal, the telephone rings and you are told that a person close to you has just died. Instantly, that scene of "favourites" melts into a distasteful and superficial experience. Something has happened that shakes the soul and it can no longer enjoy those things. At the same time it finds itself powerless in the face of the bad news as understanding and power are missing. Life is full of experiences such as this and it becomes clear that physical things are not the sources of peace, love and happiness, but that understanding and inner strength are.

One of the basic facts of human psychology is that we do not seek or desire something that has not been experienced previously. For example, if one has never tasted a mango, there cannot be a burning desire to have a mango. This suggests that desires might be arising from previous life experiences. In fact, it is impossible for a human being to act or desire outside the field of his or her own experience. The search for peace, love and happiness is so fundamental to the human spirit because these are the original and true qualities of the soul itself.

Message for the day

Accuracy brings perfection and speciality in all that is done.

Projection: To be accurate means to take up full responsibility for every task and do it to the best of one's ability. That means all resources that one has are used in the best possible way for the best result of the task. This naturally brings perfection in everything that is done.

Solution: When I am accurate in everything I do I am able to be free from carelessness and negligence. I find myself bringing specialty and uniqueness in what I do. For having done things with accuracy, I also find myself becoming trust-worthy and I am also able to be satisfied with myself.

In Spiritual Service,
Brahma Kumaris