



Choose Feelings

If your days seem filled with unwanted negative feelings, there is only one cure. When they come, choose them. Don't ask why, don't wonder how, don't fight them and never put yourself down for having them. But most of all never blame someone else for how you feel. If you do, it means you are still fast asleep and your choice is to be a victim. When the feelings come, even big disturbing emotional feelings say, "I choose this feeling" and know it comes because of something you have thought or done in the past, perhaps a certain belief that you have learned or an attachment that is threatened. Choice does not mean you want the feelings, but it does mean you are taking responsibility for them. And that is the beginning of self mastery. It is the first step to the healing and resolving of your emotions. But only the first step. Try this today and then ask yourself what the next step might be. If you are really interested to know, you will come to know!

Self Empowerment

Your strengths, talents, capabilities and resources are very important as the foundation of your self progress. Having a clear knowledge of them will help to keep you moving forward, and enable you to take up new opportunities when they arise. Our internal strengths create the foundation on which we make our decisions in life, how we relate to others and how we understand ourselves. For most people their strengths are understood but never made very conscious. They lie below the surface and are not openly talked about. Bringing them into our conscious understanding improves our process of self-empowerment. Also assess your areas of weakness or those aspects of life that are holding you back in some way and/or are causing you some sorrow or discomfort.

Exercise: Make a list of your strengths and weaknesses (5 each)

Now create questions (5-6) which will help in your self progress. Looking at your strengths and weakness, judge how effectively you are using these strengths to improve your personal and professional life, and what negative effects are your weaknesses (shortcomings) having on the same. These are some examples of questions that you can ask yourself at the end of each week:

How are my present strengths being used to improve my worth (value) at the workplace (office)? Is any weakness of mine proving to be an obstacle (barrier) in maintaining a healthy relationship with my spouse (partner)? Am I using my strengths in helping others or doing social service? Does any weakness exist inside me, which if removed, would make my relationships harmonious (peaceful) in the family and office?

Soul Sustenance

Soul Power over Role Power (Part 1)

Every act that we are involved in throughout the day is made possible or real by two entities - role and soul working in conjunction with each other. Although, it is a spiritual fact that the soul is the master and makes the role function, without the soul the role cannot function; while playing any role in our day-to-day life we tend to forget this fact and our entire focus falls on the role that is to be played, forgetting that by doing that, we bring down the probability of success of that role in our personal or professional life. **Focusing positively on the soul and its components while playing the role fills the role with soul power and focusing on the role and its components while playing the role fills the role with something you could call role power.** We need to create a balance between the role and the soul and a balance in using both role and soul power to bring about the success of the role, the role could be of any type. Even a project that you have to work on in the office which is going to last for a month is an example of a temporary role you have to play. There are many other examples of roles - getting your child's homework done, preparing food for the entire family, doing charity work at the club together, taking part in an extracurricular activity in school or college, etc.

Any such or other role will consist of some or all of these components - various tasks, interaction with people or relationships, mediums like wealth and other objects, time, knowledge of everything connected with the role including the components that make up the role, etc. All these components are physical in nature and make up the role. The power that these components possess makes up what we call role power. Now, what happens is that as soon as we step into the role each day or on a particular day, obviously our aim is to bring about success of the role, but to achieve that, **our entire focus falls on using the power of the role, neglecting the immense potential that soul power possesses.** We spend our day and night in streamlining the role components for the well being of the role, not realizing that this purpose could be more easily achieved, if the focus is more on using soul power, obviously without neglecting role power (without which the purpose cannot be achieved). **In tomorrow's message, we shall explain the various components that make up soul power.**

Message for the day

The right way of living spreads joy to others.

Expression: When people around me are not happy with me, I usually believe that I am right and they are all wrong. I then cannot check or realise my own mistake. So I rarely make an attempt to change myself and continue to wait for others to change or understand me.

Experience: If people around me are not able to get happiness from me or the way I live, I need to look at my own life in a detached way to see where I could change. Even a slightest change brought by me with sincerity will have a great effect on those around me.

Humility-1

True humility comes from self-respect. When we are full and in our state of self-respect, we will be able to remain humble in all situations. When there is no self-respect, any comments or criticism hurts the ego and we tend to lose our humility. When I find myself getting affected by criticism, I need to check whether I am sure of what I'm doing. Let me look within myself and see what specialties I have that I can use in my daily life. So when I increase my own confidence in this way and do everything with this confidence, I'll be humble.

In Spiritual Service,
Brahma Kumaris