



Balance

Most of us find it hard to keep a balance whilst trying to juggle all the different things in our life.

Whilst we may not be in "perfect balance", the key is to continually reflect and make small adjustments.

Make time for what matters most. Enhance your well-being and quality of life by creating a lifestyle that works for you.

Value time

Punctuality matters. It's a sign of respect for yourself and others. So if you have the habit of running late, it's time to be punctual.

Value time and manage it properly. Prepare beforehand and avoid leaving things to the last minute. Aim to arrive early and then if there are delays or any unexpected problems, you'll still arrive on time.

Improving The Quality Of My Actions (Part 3)

Karma performed for leisure or entertainment

When someone says they don't have time for meditation or for their spiritual development, it generally reflects an unwillingness to face the self rather than an actual lack of time. The fact that average T.V. viewing time in many countries runs to more than 15 hours a week tells its own story. To the extent that I value my time, I value my life and make myself valuable. **Valuing my time, energy and money is very much a part of the whole karmic story of give and take: what they are used for, how well they are used, whether they are wasted and so on.** Difficulties with time, one's own bodily energy and finances are the fruits of past indifference or wastage of these resources (either in this birth or previous births). The world financial crisis is the karmic sum total of all such individual difficulties. Am I using all that I have in a worthwhile way? Am I just wasting it or am I using it for benefit for myself and for others? These questions, answered correctly, often spell the difference between success and failure.

(To be continued tomorrow ...)

Soul Sustenance

Taking The Path Of Spirituality (Part 1)

To rediscover, become aware of and finally experience our relationship with God, beliefs in God are initially, not a necessity; in fact, on the contrary, they can be an obstacle! Sounds strange, but before being introduced into spirituality, if we have already developed or learnt certain concepts or beliefs about God, these concepts or beliefs may themselves be a barrier in our spiritual progress. To start your personal journey on the path of spirituality, the only requirement is **openness to a basic idea that there may be a greater or higher source of spiritual energy than ourselves**. Only if our minds are open, can we be ready to communicate personally and directly with this source.

What tends to keep our minds closed to God are either the beliefs we have learnt or inherited from our family, our education, our culture or the trust that we have in those who themselves, whether it be our parents or grandparents or our spouse or our friends, have a closed mind and are unaware of it. It is at this point that we find that religion and spirituality part ways.

Religion would have us 'believe' there is a God, and often a belief that it is not possible to know God, directly or indirectly, or to even approach God i.e. there are fears and inhibitions related to God. Religion sometimes teaches us to be in awe of God.

Spirituality, on the other hand, encourages us to leave all limited beliefs behind and be both humble and open to the possibility of the presence of God in our life. Hence, in spirituality, personal experience is given more importance than a **learned or inherited belief**. Hence the essential need for a method such as meditation to make the bridge from belief to direct experience. In meditation the soul/self releases any false attachments, including learned beliefs, and opens to receive and directly experience the spiritual light of the Source.

(To be continued tomorrow ...)

Message for the day

You will experience all attainments when there is faith.

Expression: At the end of each day, check if you are aware of and experiencing the things that you have attained for the day. If you are not able to experience the attainments, it means you do not have sufficient faith in yourself or in the things that are happening.

Experience: Tell yourself each day that you have the faith in yourself and in things that they will ultimately turn out to be the best. When you practice in this way you can begin to experience your attainments.

In Spiritual Service,
Brahma Kumaris