



## Resilience

Where there's resilience, irritation and annoyance disappear .....  
and nothing disturbs the mind.

**Loving yourself is the best gift you can give yourself.**

Be your own best friend. Be attentive to the little details that make you unique.

Treat yourself as you would treat anyone who is special to you. Pamper yourself to a treat of your choice.

Give up negative self-talk. Speak to yourself, respectfully.

### **At Peace With Time**

To live in freedom you have to live at peace (harmony) with time; live the dimension of time as a **creator of time and not a slave of time; live without being either a prisoner or victim of time.** To live at peace with time is to live in harmony with nature, beginning with your inner nature. When you plant a sapling today, you cannot accelerate the process so that the next day you have a tree. When it is summer, you cannot make the earth revolve around the sun quicker or slower for winter to arrive before or later. Everything has its rhythm in nature. We have distanced ourselves from the natural rhythm and our accelerated mind exercises pressure, creates stress and causes anxiety. We plan the future, we are stuck in the past and the present escapes us.

Many worries have to do with how we live time: the past, the present and the future. **Worrying about what might happen (future), when the moment has not yet come for it to happen, takes away from us the necessary energy to deal with it when it finally arrives.** Living in memories drains our energy; the past already happened and no longer exists, except in our memory. **We feed memories, not realizing that emerging the memory in our mind distracts us from the present and weakens us.** It is like being a plug that connects to a socket with no current passing through. We lose our energy. We want to relive an experience that already happened, and in the end we feel disappointed, feeling a mental and emotional waste.

(To be continued tomorrow ...)

## Soul Sustenance

### Limiting Influences On Your Decision Making Ability (Part 2)

With whom does the choice to make your decisions lie? Are you going to be dominated by your fears and others' negatively powerful influences, which paralyze your judgment power and confuse you sometimes or are you going to exercise your choice? **When someone dominates you, they control you and make you feel irritated, frustrated and weak; they satisfy their own ego like that by controlling you and bringing you under their influence.** You need to decide if you are comfortable being a victim of the other by being the one who satisfies the egos of others. It is not a very healthy attitude, on their part, but it happens in many relationships and we fall prey to that, because of a lack of spiritual power. Get back your personal ruling and controlling power and do not be afraid to be free and responsible for your choices. From today on, promise yourself that you will not allow your husband or wife, or children, or your friend, or mother-in-law, or your office colleague, anybody for that matter, influence the power of choice, the power to decide, that you possess. In the end, that way they will be happier; perhaps not at first, because a power game is created. Your personal freedom will lead to a healthier relationship, in the long run. **Its fine to take an opinion or a viewpoint or support from someone, but there is a fine line between that and being controlled by someone, which we, many a times cross, and become a victim.**

You are free when you take responsibility for what you are and how you feel. In meditation you can realize everything that has influenced you and know how to clear it, so that only the highest, the most positive influence you. This depends on each one of us. In our present society, there are many influencing factors, from the most negative, violent, corrupt and mediocre, to the purest, highest and most spiritual. It depends on each one what you want to consume and allow to be influenced by.

## Message for the day

**To bring equality in whatever I understand, desire and do is to be truly successful.**

**Expression:** Although my understanding of right and wrong is really good, I am not usually able to be or feel successful. This is because I notice a mismatch between what I know and what I want. So I am not able to bring that knowledge into action.

**Experience:** A conscious effort needs to be put in from my side to compare and see which is better for me - what I know is right or what I feel I want. When I compare in this way, I will be able to change my desires in keeping with the right thing. When these two match, I will be able to bring it into action too. So I will be able to be successful.

In Spiritual Service,  
Brahma Kumaris