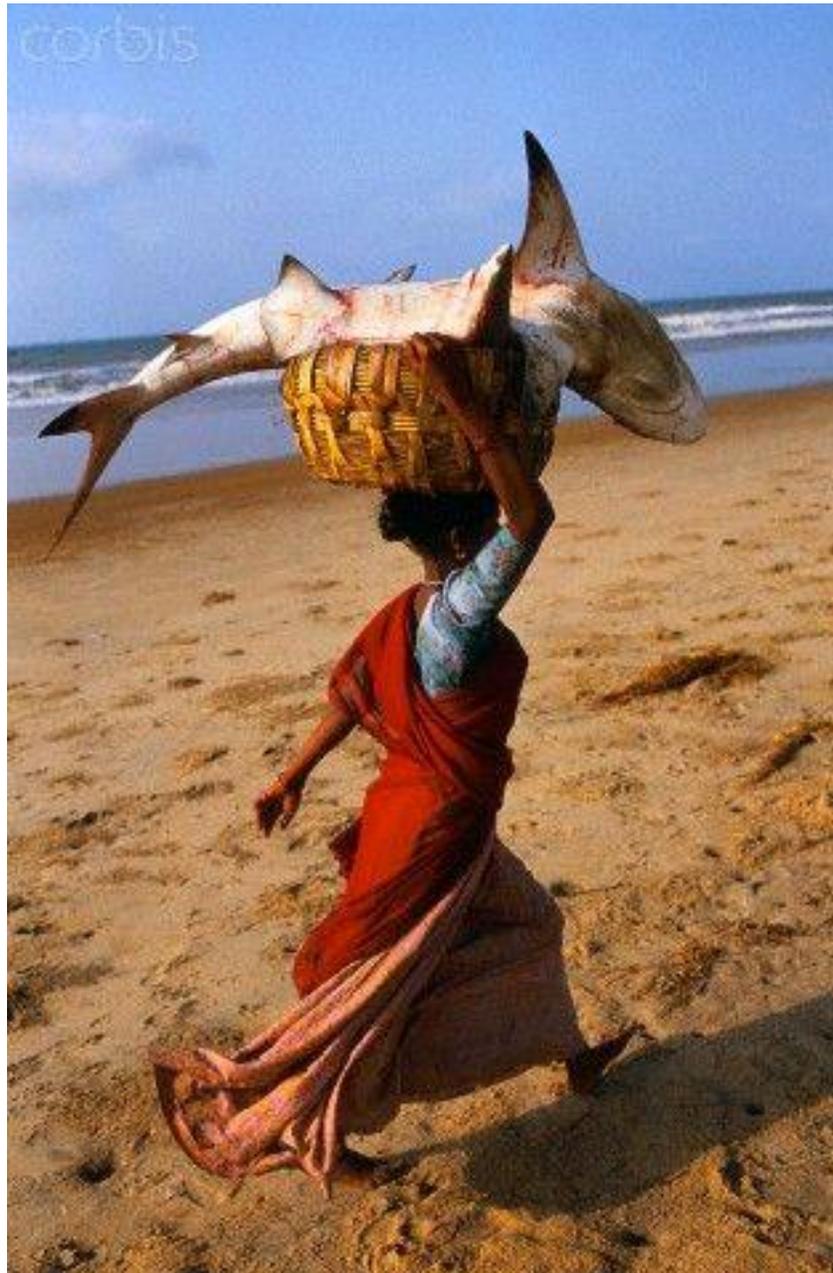


Today's Thoughts: December 01, 2020: Perseverance



Perseverance

Learning to enjoy the present moment and give my best, no matter what the situation, protects me from becoming jaded by life.

If when my stamina begins to diminish I remind myself to enjoy whatever I do and pour love into every task, then my energy will be replenished.

God And I - The Relationship We Share (Part 4)

A relationship with God is incomplete without His remembrance in the right way. Of course, there are millions of people in the world who love God and keep Him in His heart in different ways. **But as a student of the Brahma Kumaris, we have learnt a lot about God and as many people all over the world share their experience that what they learnt here was a complete description of who they are and also about God and His spiritual form, His qualities and extremely importantly His role of the present time.**

You might say that we already know God in some way or the other but don't forget that there is always room for more to learn, which should not be ignored. So keep your minds and hearts open to new knowledge of the world and the world Father and Mother, whom we call God. God has opened many secrets about Himself, which many people all over the world have learned and made a part of their life by being a part of our introductory course that we offer here at the Brahma Kumaris, which is held for one hour every day and lasts for a week. After that, it is upto you to make a choice whether you continue inculcating more knowledge or you do not but this course will open your mind and give your inner thinking a different point of view and for some it can be a life changing experience. We invite you to any centre of the Brahma Kumaris, which are present in 115 countries of the world and all over India. The course is conducted free of charge and the Brahma Kumaris offer this course to people from all the different religions and irrespective of age, gender and occupation. What that means is that anyone and everyone can take up the course and a time can be fixed up as per your convenience and the convenience of the centre and the teachers at the centre. This will give you an idea of God's personality and also His present task of world change which is known to a few people only and is something which is being learnt at a fast pace by a large number of people who have taken this first step.

(To be continued tomorrow ...)

Plan Downtime

We all need a bit of downtime, and if it's getting relegated to the sidelines, here's a reminder to reserve time for downtime.

How you use your downtime depends on what you need at that time. Nap, read, sketch or just sit and do nothing, but do give yourself the space to recover and recharge your batteries.

Carve out some time daily, weekly or monthly, perhaps plan for some downtime when you come out of a busy period or finish a big project.

Just remember, downtime isn't wasting time, so enjoy it, guilt free - you deserve it!

Message for the day

To end waste means to be free from defeat.

Expression: The one with faith in the intellect always remains at a distance from waste, whether it is waste thoughts, waste words or waste actions. To move away from waste means to be victorious. The one who is free from waste is busy with the positive and useful. Such a person is constantly searching for solutions and trying to make the best out of the situation.

Experience: It is because of waste that I sometimes experience defeat and sometimes victory. If I am able to finish waste, I am able to finish defeat. Because whatever the situation may be, however challenging it may be, if I am able to finish waste I am able to recognise the benefit that is merged within it and so I am able to experience being constantly victorious.

