



The Choice is Yours!

There are some things in life that can't be changed, but you still have some **choices** that are yours to make:

- to love or hate
- to embrace or ignore
- to accept or resist

Going Beyond Others' Perception Of Us

Watch how many things you do during the day are dependent on how you imagine the other sees you: your husband, your friend, your child, your cousin, your aunt, your boss, the secretary or whoever. You imagine how they are going to look at you and, as a result, you mould yourself accordingly. If you depend on the look of the other, inwardly you will always feel fear. You want to please the other so that they continue to see you as you want.

Because of the dependence that we have on the other to appreciate us, value us and not to reject us, we want to please them. If, in spite of doing everything possible, they do not appreciate us or are not happy, how do we feel? Cheated. After having done everything out of wanting to please them! Inside, you want to please them because you want them to keep on loving you, or you don't want them to sack you from your job, or you are afraid of being different or not being accepted. That kind of dependency takes us away from our true authenticity. If you look at yourself well, in the end, others will look at you well and the one who does not look at you well will perhaps teach you something, but your value and self-esteem do not depend on the look of the other. In this state, you are open because you trust yourself and you have personal security.

The other entity can also be the Supreme Soul (God). We are afraid that God might judge us for being sinners or not. If I think God looks at me with that vision of whether I am a sinner, whether I am this or something else, I distance myself from Him. A judge like that does not help me to live with wholeness. In general, in society, there has been a distancing from the relationship and experience with God, because we have learned that He is a strict being and a judge. Actually, God is love; God looks at me well and sees my potential and my beauty (which reflects His), God embraces me and, in this embrace, He frees me: He does not allow me to depend on Him?

Need to be always Right

Who doesn't enjoy being right?

But it becomes a problem when the conversation turns into an argument where each one wants to prove that they are right.

Even when you know you're right, instead of trying to win the argument and prove the other person wrong, try to:

- let go of your need to be right
- stay open to other possibilities
- discuss for better understanding.

Soul Sustenance

The Method Of Realizing Your Purpose (Part 2)

A question that can help you to find the purpose for your self is: **when you feel absolutely on top of the world, very much content and full of enthusiasm, what is there in you?** Who are you at that moment? What is the energy inside you at that time? What do you give to your surroundings and to others? This stage is something that you want to reach all the time and keep with you. Ask yourself that question. Visualize that moment, which at some time in life you must have experienced. If not, visualize what you would like to experience.

Second question to find your purpose related to the world: **What is it that you want to radiate to others? What is it that you want to give? That is, what do you want to devote yourself to?** This isn't limited to your job or a hobby or a sport for e.g., but rather applies to what you offer and radiate in the whole day, in relationships, with people through your thoughts, words and actions - in the family, at work, in the market, friends, acquaintances and even strangers.

To carry out this inner inquiry (in both the cases above) you need to go to its deepest part. What is your purpose? Not your purpose for this weekend you want to go for the club meeting or not, or that in the holidays you want to visit a hill station; all these are short term purposes. Your life purpose refers to what it is that you really want to reach. If you clarify it, it will help you to make decisions with clarity and determination in your life.

Message for the day

You will continue to remain happy when your each action is such that it doesn't cause sorrow to anyone.

Expression: In all that you do throughout the day check if any of your actions is such that there is suffering for anyone. Also check if you are yourself happy with what you are doing. Where the action is right, you will not experience unhappiness.

Experience: Take a thought in the morning that you will do what is the best throughout the day. Also before you take any decision about any action ask yourself if it is going to harm anyone. Your decision to perform the action or not should be based on this.

In Spiritual Service,
Brahma Kumaris