



## **Go for the Goal**

Your goal is to maintain peak performance and to reach your personal best.

The only person you're competing with is you. Keep your sights clearly on your goal and go for it.

There is no room for doubt. Setbacks, off-days and disappointments are all stepping stones to your success.

## **Soul Power Over Role Power (cont.)**

Continuing from yesterday's message, **the remaining components of soul power are:**

**The power of good wishes, desires and feelings full of love for others**, while coming in contact with them. These type of feelings will bring good wishes in return from the other to you, which will not only empower you, but will also assist your physical role on a subtle level.

**The power of complete purity and cleanliness in thoughts, words and actions** - A state where one is not under the influence of vices like anger, ego, attachment, greed, hatred, jealousy etc.

**The 8 main powers - the power to tolerate, accommodate, face, pack up, discriminate (or discern), judge (or decide), withdraw and co-operate** - their implementation on an internal and external level i.e. not only in words and actions, but also on a thought level. Where there is lack of any of the above powers inside me, there will definitely be waste and you will be weakened, which reduces the probability of success of your role.

**The power of truth or spiritual wisdom** - A state where the self has deeply realized and understood eternal truths of the soul, the Supreme and the Law of Karma and has drawn immense amount of power and experience from that knowledge. The power of physical knowledge would fall under role power, which has been explained earlier.

By focusing on each of the above components of soul power and those explained in yesterday's message, by giving them more weightage and using them along with the components of the role, which were mentioned in the message before that, one can experience the desired success in any role in any sphere of life very easily without much effort.

## Now

The past is history, so let it go. The future is a mystery, so let it come. The present is a gift - be truly in the present today and release all your fears (based on the past) and your worries (imagined futures) - this is the work of someone who truly wants to awaken, and break free from the anchors and burdens of dead yesterdays and speculative tomorrows. Be here now they say, easier said than done, I hear you say. But no one can stop us, except for ourselves. There is only now - everything else is avoidance. relax7

## Soul Sustenance

### Discovering Inner Compassion (Kindness) - Part 1

Competence and compassion are the two most important aspects of our professional life. We would contend that compassion needs to be valued at least as much as competence in our work and in education.

There are many reasons why we find it difficult to be compassionate in our job; often there is not enough time to respond to competing demands, we have to concentrate on our tasks, we feel too exhausted physically, mentally and emotionally to give any more. Then there are the negative feelings that block out compassion. Being clear about what we mean by compassion can help us to understand how it can be an integral part of our work. This will help us to be caring in our work, without suffering compassion fatigue and emotional burnout.

Our own negative feelings, such as anger, hatred and jealousy, can prevent us showing our compassion. By understanding those feelings and how they affect us, we can release them and allow ourselves to be more compassionate. **Compassion can be compared to the sun; it is always there but sometimes it cannot shine through because of the clouds. The clouds are the negativity that hides our true nature of compassion.** (To be continued tomorrow ...)

## Message for the day

**To make use of situations in a positive way is to experience constant progress.**

**Expression:** Each and every situation comes with a hidden blessing - a hidden opportunity. It of course brings challenges, challenges that could bring out the best potential from within. But the one who is caught up with only weaknesses never gets a chance to use these challenging situations as opportunities. On the other hand, the one who uses his potential is able to be from his weaknesses also.

**Experience:** When I am able to use all situations as opportunities to recognise and use my inner potential, I am able to be free from the influence of my weaknesses. This freedom gives me the ability to enjoy this moment without filling the mind with unnecessary doubts and questions. It gives the ability to bring about progress in my life, whatever the circumstance may be.

In Spiritual Service,  
Brahma Kumaris