



Bridge of Immortals, Huangshan, China

Determination and Patience

Determination is the strength that will enable you to pass the barrier of useless thoughts in order to create positive thoughts and to be successful in whatever you wish. It comes from within and its partner is patience. Patience teaches you not to push but rather to wait and appreciate the game of life instead, knowing that nothing remains the same, and everything will change at some point.

Frozen Perceptions

Like water, which over a period of time freezes and takes the form of frozen ice cubes, when kept in an ice tray; perceptions **of different things, people and events, inside our consciousness, which come onto the surface of our consciousness regularly i.e. we shape our thoughts, words and actions based on them, regularly, take the form of rigid perceptions over a period of time.** These rigid or 'frozen perceptions', which sometimes never liquefy in our entire lifetime, are commonly called our beliefs, which can stick in our consciousness like ice cubes and be difficult to uproot at times. **One of the greatest harms that holding to a set of beliefs does is, that it doesn't let us see from other peoples' point of view.**

Let's say two people look at the same painting from two different points in a room. One describes what she sees and how the painting looks to her. Then the other describes how the painting looks to him. Both perceptions are bound to be different to some extent. They are different because they look from different angles, different *points (places) of viewing* in the same room. So who has the right view? Neither. But what both of them see is right from their point of view. Another e.g. is, there is Mrs. A at my workplace, whom over a period of time, I have been seeing from a certain *point of view* and have started perceiving to be inefficient. Bringing this perception into my consciousness repeatedly has frozen this perception inside my consciousness and it has taken the form of a belief, which may be incorrect or correct, partially or completely. Now even if three different people who have all seen Mrs. A from three different *points of view* i.e. in three different set of circumstances, and have seen three different shades of the same virtue i.e. efficiency in her; come and share their different, but all positive and right perceptions with me, depending on their respective circumstantial view, I will not agree with them and not respect their perception because a person with unfrozen perceptions would at least give a hearing to others' perceptions, but someone with frozen perceptions, i.e. with fixed beliefs, is not able to that and is not able to empathize with or see from others' point of view.

Cooperation

When each one is working towards a common task, cooperation becomes easy. To get others' cooperation we need to share the task and the information regarding the task with others. When we communicate our motives using easy and simple language, everyone can understand and feel a part of the whole and they would naturally contribute their best. Any new task that we take up we need to make sure we inform all the details to everyone related to the task. Even the minutest details when communicated to others, helps in creating a priority in them to give their best to the task.

Soul Sustenance

Improving The Quality of Different Areas of My *Karmas* (Part 3)

***Karmas* 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 ...)

Message for the day

Negative situations can be transformed into positive with the power of stability.

Expression: When faced with a negative situation, usually the mind gets affected. Lot of questions arise in the mind that don't allow me to be stable at that time. Because of the thoughts in my mind, Although it is in my hands to work at transforming the situation I don't make use of this opportunity but only end up adding to the negativity.

Experience: In a negative situation, it is necessary for me to maintain my own inner stability. I need to free myself from wasteful thoughts. Then the negativity in the situation will finish, first in my mind and then in the situation itself. My own internal stability will help in finishing the influence of the external situation.

In Spiritual Service,
Brahma Kumaris