



Ostrich Run

Get Set, Go!

Set goals and go for them.

Make a list of your goals, career as well as personal goals, both short-term and long-term.

Prepare yourself with the right tools to help you accomplish your goals. Choose the action you will take immediately.

Stillness of the Mind

One of the best ways to remain light, even in the middle of chaos and heaviness, is to keep a conversation with God. Chatting to God, whose responsibilities are unlimited, about trivial matters that are wearing us down gives us a more entertaining view of life. It requires a certain stillness of mind to hear His advice, but with practice we learn to sense His perspective on our minor irritations. Since His mind radiates lightness and love, the very act of opening ourselves up to Him enables us to lighten our burdens.

When To Say Yes And When No

When you are faced with different situations or opportunities, which do you say yes to and which do you say no to?

In order to decide, it is important to keep the vision of your dream and what you the soul really wants, in front of you. Be aware of what is essential for you. **From this space of inner focus, we should see which of these situations/opportunities are going in the direction of your dream, what is essential and what takes you away from your dream;** also be aware that sometimes situations are like 'mirages' (illusions) that seem to offer something easy and attractive, but which distance you from the essential or the truth. They are opportunities that seem easier and, out of laziness, it would be easier to say yes. But within you, if you listen, you know that, in the long term, you will not be happy, content and peaceful given that you have avoided or are running away from the challenge, you haven't listened to your heart. We need to refuse to allow ourselves to be carried by the current.

When you say yes to the proposal, situation or action that is close to your essence of your spirit, it is a yes in which there is not submission, where you do not lose your freedom or your self-esteem. It is a **yes** with the certainty that, learning from what life offers you; you and others will move forward in a positive sense.

Soul Sustenance

Fulfilling Desires By Changing Your Belief System (Part 1)

One most important characteristic that differentiates the Supreme Soul from human souls is that the Supreme Soul is the only entity that exists in this World Drama that is completely desire-less and remains that way eternally. If we were to make a list of desires that human beings have, we would name a lot many and various different types of desires. **Whatever *karma* or action any soul performs at different points in the World Drama, whether positive or even negative, pure or even impure, they are all performed to fulfill these different types of desires. But when seen from a spiritual perspective, whatever the external form of the desire may be, the internal desire is always very simple – to go back to its eternal (or inert) state of peace or original state of peace, love, joy and power.** The eternal or inert state of each soul is the state in which it exists before it begins its journey of birth and rebirth, when it resides in the soul world and the original state of each soul is the state in which it exists when it has just begun its journey of birth and rebirth i.e. at the beginning of the birth-rebirth cycle. Even negative *karmas* based on the personality traits of anger, greed, ego, lust, etc. may externally seem to be filled with violence or impurity, but internally, each time any soul performs such *karmas*, all it desires is a return to its eternal and original state (we shall explain this in tomorrow's message). But it does not realize how these *karmas* take the soul away and not close to these states.

This is where the role of the Supreme Soul comes in. The Supreme Soul is completely desire-less and possesses the capability, knowledge and power to fulfill these desires of the soul.

Being the Supreme Teacher, He guides and teaches us what are the right *karmas* or actions that can help us fulfill our desires and take us closer to our eternal and original state and which actions, take us away from it. Also He is the only one who can teach us how to connect with Him so that these desires are

fulfilled, because he is the Ocean of all the qualities that exist inside us in our eternal and original state and connecting with Him fills us with these qualities. The connection and the right actions, both, are vital for our progress.

(To be continued tomorrow...)

Message for the day

The difficulty of the situation lies in one's own state of mind.

Expression: To make something big as small or to make something small as big depends on one's state of mind. When one's state of mind is good, to deal with situations becomes easy. So even difficult situations are crossed over with great ease. Then there will be no dependency on the external situations to change the internal state of mind. That is, there will never be a reaction to external situations but there will be always stability.

Experience: When my state of mind is good and powerful, I am confident of myself and am able to easily win over all obstacles. Otherwise, the situation takes hold of the internal state of my mind and I find myself bound by the situation. At such a time, I find the smallest situation to a very big obstacle. But with faith in myself I am very easily able to use my inner power to overcome situations.

In Spiritual Service,
Brahma Kumaris