



## Start Early

The best time to awaken both body and spirit is in the early morning. We are fresh, in solitude, and the vibrations of the world are at their calmest. It is not surprising that you will find all experienced meditators and yogis up with the dawn, inviting the sun of spirit to shine into the heart of their soul. The first half hour of conscious awareness will be the foundation of your day. Make an early start. Meditate, set the switch of your consciousness and calibrate your energy for the day. You'll be surprised the difference it makes.

## **To be a hero actor is to have full responsibility.**

I need to understand that I am the hero actor of my life and everything revolves around me. If the story has to be interesting, entertaining and good, I need to be sure that as a lead actor I am making the right moves. Once I ensure my actions are good, the drama of life unfolds and beautiful scenes are revealed to me. Today I will remind myself that I am the master of my life and have the ability to write my own script. With this power, I will do at least one thing that will create a beautiful 'today' for myself. It could be something as simple as smiling at a stranger or appreciating someone whom I have been working closely with me.

## **The Spiritual Concept Of Becoming A Trustee (cont.)**

In the physical world, one common example of a trustee is when a multi-millionaire does not have any heirs, he or she will leave his or wealth in the hands of a trustee or a group of trustees, to ensure the right use of his/her wealth as per his/her last wish. Another common example is of trustees associated with temples and welfare organizations. All the wealth and ornaments that devotees offer in temples out of faith, love and devotion for God or all the wealth and property that people give in charity to welfare organizations is taken care of by a group of trustees. In all these cases and more, while taking care of the wealth, **honest trustees always keep the consciousness that this is not their wealth or property and will always use it in the right way, as they have been directed. This is called 'keeping the trust' of the owner/owners of the wealth,** hence the word **trustee**.

In this way, now as a trustee, throughout the day I keep a consciousness that the treasures of my mind, my thoughts, words, actions, virtues, powers, time, my physical wealth, physical body etc. are the Supreme Being's property and I have been appointed as a trustee to take care of them. In this way, I will use these treasures in a positive way, for a positive purpose (as mentioned earlier for a purpose of bringing myself and other close to a state of truth) only; in a way the Supreme Being wants me to and has instructed me to do so. This establishes a relationship of detachment with the treasures I possess and also brings about my spiritual self-growth.

## **Soul Sustenance**

### **Maintaining Positivity**

When we feel ourselves to be surrounded by violence, suffering and pain, we find it difficult to sustain hope. We need to understand the causes of that suffering, to go to the root that brings it into being, since only thus will we be able to keep the light of hope on. Understand that pain is a sign that indicates to us that something has to change. If your tooth didn't hurt you wouldn't go to the dentist nor would you realize that something in your tooth isn't working. In the same way, emotional and mental pain suggests to us that something is not right. Understanding the signs that suffering brings us helps us to accept the causes of the pain and to generate the power to transform or change it. Out of understanding, acceptance and being willing to change, we relieve the pain and keep hope alive.

In spite of all the international, national, local, family and personal conflicts that there may be, there are many positive things to be happy about. There are more and more people becoming aware of the importance of personal development, and of taking care of oneself on a physical, emotional, mental and spiritual level. There is a list of positive things and situations to be happy about. Be grateful for and discover the benefit that there is behind everything that happens. All of it helps you to strengthen hope in yourself, in others and in humanity.

## Message for the day

**To understand and accept people's ideas is to increase the power of unity.**

**Expression:** When one suggests something and the other accepts, it gives power to the gathering. So instead of expecting others to accept suggestions, it is better to understand and provide with what the other person needs. The more something is given with generosity there is happiness for the one who is receiving and for the one who is giving. And there is power because of being together in the task.

**Experience:** If I take something with force I find that others give it to me only temporarily. Instead if I give with happiness, I find that others are able to share with me with happiness. So what I give, I find, remains with me permanently. So there is an experience of fullness and the happiness of having attained even while giving. And with this I am able to experience the power of unity, and the joy of doing things together.

In Spiritual Service,  
Brahma Kumaris