

Today's Thoughts: November 29, 2020: Self-confidence



## Self-confidence

Self-confidence is to know your way around yourself so instinctively that you always have a strength to draw on. Somewhere inside, from the stillness, you always find something that can meet your need.

## **God And I - The Relationship We Share (Part 2)**

**Taking God with you to your office, having Him with you while having lunch, sleeping in His lap, talking to Him when faced with a challenge, putting your head on His shoulder when in trouble and taking support, are some of the common experiences** of God and His children here at the Brahma Kumaris. These are the same experiences which you might also have gone through even if you are not attached to a particular spiritual organization. But the one important thing that we would like to share with you is that even we, in our journey with the Brahma Kumaris, define being with God in a different way as we spend more and more time with Him. So say 5-6 years ago, we used the same words – we love God and enjoy being with Him throughout the day, but the same words mean a lot more now than what they meant 5-6 years ago. Today we experience God much closely than we did say a few years ago, even though we were with a spiritual organization like this one at that time also. God keeps revealing Himself more and more as we become cleaner and purer even at the most subtle level of the consciousness.

So it's the same God and it's the same me but our consciousness has changed in say 5 years because of which God is inspired to fill us more and more with His divine experiences and a walk with God with His hand in our hand today means something much more beautiful than what it meant at that time. Also don't forget the same experience will be much more deeper after the next 3-4 years. So God does not change but because He reveals different characteristics of His personality from time to time we grow closer and closer to Him and a companionship with God at all levels of thought, word and action takes a newer meaning every day. **Based on this type of spiritual life which keeps becoming more and more beautiful every day, we welcome you to the centers of the Brahma Kumaris to learn meditation and join us in these life changing experiences of seeing God as closely as what you might ever be able to imagine.**

(To be continued tomorrow ...)

## Tired?

Tiredness can often be like a cloud of feelings that we just need to push & move through.

Disperse the clouds of tiredness with rejuvenating thoughts.

Let the current of your rejuvenating thoughts pass through your mind, like a rocket; leaving you feeling revived & alert.

But if you're feeling tired all the time, then you might want to examine your current lifestyle. Catch the culprit & make easy changes to improve your energy levels.

## Message for the day

**To fill the ones who are hopeless with hope is the greatest service.**

**Expression:** To have faith by seeing the positive qualities even in the most negative person is to fill them with hope. Also to fill hope means to encourage others to move forward in the most negative situation. When this is done they are able to use their potentials for a positive purpose and slowly bring about a change for the better.

**Experience:** When I am able to see positivity under all circumstances, I am able to have the courage and enthusiasm to make the best out of every situation. This also naturally makes me an inspiration for those around me too and makes me an image of support for those who want to make effort.