



The Tibetan Bridge in Claviere, Piedmont, Italy

Self-Limiting Beliefs

How often do you hear yourself say, "I can't", "I'm not able" or "I never will"? Can you identify self-limiting beliefs you have about yourself?

Can you then challenge them and say: "I can", "I'm able", "I will"? Choose self beliefs that work for you, beliefs that give you a chance to succeed.

Performing A Spiritual Audit At The End Of The Day

Our normal day at the office or/and at home is filled with lots of actions and interactions. On a normal day, without realizing consciously, we create almost 30,000-40,000 thoughts. So, not only are we active physically but extremely active on a subtle or non-physical level also. **Imagine sleeping with all this burden of thoughts, words and actions which have been created throughout the day, many of which have been waste and negative in nature. What would be the resulting quality of my sleep?** So it is extremely important to perform a spiritual/emotional audit or evaluation at the end of each day.

In a lot of professional sectors of life today, people recognize the need for reflection and audit, not only of financial records but also a general evaluation of the respective sector, to maintain and improve both the service to customers and the job satisfaction of people working in the sector. **Checking my own behavior, as a daily exercise; not just checking, but also bringing about respective changes for the next day, enables me to continue to develop and grow, as a human being and in the quality of my work and personal and professional relationships.** Have gone through the self-evaluation, it is also advised to become completely light by submitting the mistakes made and heaviness accumulated in the day to the Supreme Being. Doing this helps me put a full-stop to the same and settle all my spiritual accounts at the end of the day. I need to put an end to all commas (when looking at scenes that caused me to slow down and reduced the speed of my progress), question marks (when looking at scenes which caused a why, what, how, when, etc.... in my consciousness) and exclamation marks (when looking at negative or waste scenes, which were unexpected and surprising) which were created in the day's activities. Along with remembering what all good happened during the day, what did I achieve and what good actions did I perform, there is lots to forget at the end of the day, which should not be carried into my sleep at any cost. Disturbed, thought-filled, unsound sleep, will result in a not so fresh body and mind the next morning, which will cause my mood to be disturbed, adversely affecting the following day.

(To be continued tomorrow...)

Innate Nature

When something negative happens that negativity tends to colour the surroundings too. We tend to react negatively to that situation. We forget to use our virtues and react with some negative trait. So the impact is obviously negative too. To recognize the truth is to bring about beauty in each and every word and action. To recognize truth is to appreciate our true innate nature. When we are able to be aware of and use our innate nature, we are able to maintain sweetness, however difficult or challenging the situation might be.

Soul Sustenance

Repairing the Engine of Your Consciousness

You can spend your life driving a car and never know what's wrong when it breaks down. You are then completely at the mercy of others to repair it. At that moment you probably think to yourself, "God, I wish I knew how this thing works..." Sounds familiar? Unfortunately, God cannot help with car mechanics!

It's almost the same with your inner self. The presence of any stress, or any form of mental/emotional pain, is a signal that something has broken down inside the engine of your consciousness. If at that moment you don't know who you are, and how you work, how will you repair things in the inner self when they break down? We are not talking about the body here. If you have something seriously wrong with your body you obviously need to see a doctor. But even then, if you are a little enlightened spiritually, you know that the original cause of your physical disease lies within your consciousness, your state of mind, your feelings and emotions, which, in turn, lies in your beliefs, most of which lie deep down in your subconscious. So, if repairs are to be carried inside your consciousness (to keep the mind and body functioning smoothly) you need to know certain things - essential things - about your spirit, mind and heart. That's what spiritual knowledge is all about. Spiritual knowledge is the complete knowledge of the spirit (or soul) and how it works. Fortunately, the Supreme Spirit (or God) can help us with this knowledge that he alone possesses!

Message for the day

The one who works to remove the sorrow of others is the one who is loved by all.

Projection: When there is the one aim of helping to remove the sorrow of others, there will be nothing negative while dealing with others. There will also be no expectations from others. Working with the natural desire to bring benefit to as many as possible, enables one to continue to contribute to whatever extent possible.

Solution: When I am able to have this one desire of helping others be more happy, I am able to make a contribution for others' happiness and progress. I then find that others naturally appreciate my selfless contribution and their good wishes help me feel light and experience progress.

In Spiritual Service,
Brahma Kumaris