



Succeed In Life

The best way to succeed in life is to act on the advice you give to others.

Self Esteem

Self-esteem is the foundation of our self-confidence and self-motivation. Self-esteem is how we feel about ourselves at any given moment. Almost all of us have been taught to build our self-esteem on wrong foundations. We build it on something external instead of something internal. We are taught to connect it to our position, material possessions and pay, and by how much regard we receive from others. This is why we very rarely meet people who have rock solid self-esteem. Most of us learn how to hide our delicate self-esteem. Finally the disguise tires us completely and we surrender to the tension. Each and every one of us will have to go back to school to learn this inner lesson and find our true inner strength. Life gives us many signals and offers many opportunities to do this, but most of us either avoid the message or shoot the messenger, preferring to live with the tension and keep up the deception.

Self Confidence

Self-confidence is very much linked to the understanding that I definitely have something to contribute to life through my own uniqueness. Each one of us is unique. That goes without saying. Unless a person has a sense of contributing, or offering, something to life, they cannot really be happy. I cannot be happy and confident when I am just taking; it simply doesn't work. I can only be happy when I am sharing and offering the best of myself. In that way, I don't feel depleted. When I offer the best of myself in an unselfish way, my happiness and confidence increases - the more I give, the more I receive. We start to understand that the well-being of individuals begins when they can contribute what they are, and what they have, to others. To be a truly self confident human being means to have true spiritual powers, like love, peace and happiness, which are brought into daily life - not just appearing as words or emotions, but truly displaying themselves in our behavior and bringing benefit to others.

Soul Sustenance

Limiting Ourselves In Comfort Zones

We are basically unlimited beings. But we limit ourselves in many comfort zones. We have a lot of conditionings which, in reality, are mental.

Some mosquitoes were put in a box and they kept jumping a lot. The box was covered from the top and each time they jumped they hit the top of the box, and when they jumped too close to the right or the left they hit the sides of the box. Slowly, to avoid harming themselves, they learned to jump just under the cover and without reaching the sides of the box. One day all the four sides of the box were opened. The mosquitoes were free, but they kept on jumping as far as the limit they had learned. The physical limits were no longer there. But they had become conditioned mentally. The same thing happens to us. We have to open the sides of the box and take off the top, or we can continue to live inside the box created by our own mind.

Given below are some conditionings under which we work, because of which we do not experience complete freedom.

- * **Beliefs**, acquired since our childhood, which limit us.
- * The **negative images of low self esteem** that we have created of ourselves.
- * The damaging **thoughts of doubt**, which does not let the highway of trust to build up inside ourselves and does not allow the creative energy of positivity to flow from inside us to the outside.
- * The **fear of failure** or not being to able to succeed completely. A lot of times the fear exists due to past experiences of failure or not having succeeded as much as you would have liked.

We need to become aware of what our pattern of thoughts is, which brings us under the negative influence of mental conditionings. When that happens, we will be able to become free of these conditionings. While we do not become aware, we will continue to remain under its influence.

Message for the day

The method to serve is to become an embodiment of power.

Expression: Service to others is usually understood as bringing benefit to others through what I do. I have love for such service and make an attempt to do it too. But sometimes busy in such service, I find that my own self-progress is left behind.

Experience: I need to pay attention for my own self-progress by learning from everything that happens. I thus find myself improving and filling myself with power. This power spreads around and shows the right path to others, just like a lighthouse and others continue to take benefit from me.

In Spiritual Service,
Brahma Kumaris