



Think Big

Rise above little things. Be a big thinker. You are what you think. So just think big, believe big, act big, dream big, work big, give big, laugh big, live big.

Taking Time Off From Busy Lifestyles (cont.)

Technology can be our best friend, and technology can also be the biggest party spoiler of our lives. It interrupts our own story, interrupts our ability to have a thought or a daydream, to imagine something wonderful and create something beautiful, because we're too busy bridging the walk from the cafeteria back to the office on the cell phone, one of the favourite pastimes of our current lifestyle.

We've talked of being busy for so long that we've forgotten that being busy was never the goal. We are not on this earth to be busy. **We are here to build relationships, experience life, go places, create things, help others, or whatever else you decide. Our reasons for being will all be different but if you reflect deeply, you will realize and also feel that none of us feel we are here simply to be busy.** But this thinking has lead us to think being busy is good, no matter what we're busy with. **Being busy is not the way we should measure our worth and being busy is a not a worthy goal for any of us.** Before you know it, you might get caught up being busy doing worthless things. Sadly the business world continues to train us this way as employees are expected to put in 8-10 hours of work a day even though on some days they might have only 2 or 4 hours of productive things to do. Poor training!

God's plan for enlarging and creating His beautiful kingdom of heaven, a new world order of peace, love and happiness of the future is so simple - one person telling another about God, the Savior and the Liberator i.e. giving the Supreme's message of joyful, loveful and spiritual soul-conscious existence to each one. Yet we're busy and full of excuses. Just remember, someone's eternal destiny is at stake, that someone who is to receive the message from you. **The joy you'll have when you see that person in a liberated and joyful state not only here but in that kingdom of heaven being created will far exceed any discomfort you felt in sharing the gospel or message with him by taking out time from your busy existence.**

(To be continued tomorrow ...)

To understand is to be open to learning.

When someone says something that I don't like, I usually see the other person's negativity and continue to find fault with him. This is usually because I am not able to understand the particular situation. I need to recognize the fact that people in my life are there for a reason and I can learn from everything that happens through my interactions with them. Recognizing this fact will stop me from blaming others and start using each learning for my own personal growth.

Soul Sustenance

Understanding The Different Types Of Thoughts That The Mind Creates (Part 2)

We had explained Necessary Thoughts yesterday. Today we explain:

Unnecessary (Waste) Thoughts

Unnecessary thoughts are thoughts that are produced at untimely moments that fill us with worry and anxiety when they appear in our minds. They have no constructive use. Unnecessary and useless thoughts are quick and repetitive which lead you nowhere. Often they refer to things from the past: * If this hadn't happened? * Why did she have to say that to me? Too many thoughts are about things that we cannot change, or worries about the future, like: * What will happen tomorrow? * How will it happen? * What will I do if I find myself on my own? * If I had been there at the time, this disaster would not have happened. * If I had had this information at the time, I would have won the case. * When I get the qualification, I will be more respected by my superiors.

Your ability to concentrate is weakened by these useless thoughts. If you have a lot of these thoughts you use more energy and time to undertake each task. The origins of negativity also reside in them.

From the time that the past has already passed and the future is yet to come, these kinds of thoughts are not useful and they also weaken your inner strength and exhaust you. It is vital that we learn to avoid this pattern of thinking. In this way you will be more focused and your decision making capacity will improve. (To be continued tomorrow

Message for the day

To be successful I need to have the balance between the head and the heart.

Projection: In my interactions with others, I sometimes only use my head, i.e., my logic. I am very logical and understand the facts very clearly. But if I keep myself limited only to the facts, I tend to forget to use my heart. I then am not available to the other person and fail to understand him.

Solution: In order to be successful in my interactions with others I need to have the right balance between my head and my heart. I need to see beyond what the facts say and try to listen and understand the other person too. When I do this I will not hurt people with my attitude but will be able to maintain harmonious relationships.

In Spiritual Service,
Brahma Kumaris