



Aurora Rainbow, Dead horse to Homer, Alaska

Embrace Change

When you are aware and accept that everything around you is constantly changing, and that you have no control over 99.99% of it, you are able to embrace change like a close friend! Change is a like a river, constantly flowing and moving things around. The river of life is constantly bringing you ideas, people, situations – each one is an opportunity to be enriched or to enrich others, and to learn. Change is the play of the universe as it entertains us in the biggest light and sound show of all time. Why not sit back and enjoy the show! relax7

To be free from carelessness is to be constantly enthusiastic.

Carelessness has a tendency to spread from one person to another.

When I see someone working carelessly, I need to remain strong within myself and pay close attention to my work.

This will help me to move ahead with enthusiasm.

Symptoms Of Stress

When we feel stressed we experience certain physiological (related to the body) and psychological (related to the mind) symptoms, whose importance we may not fully understand. These are normal signs that we should re-check our priorities - our body, or our state of mind, is telling us that something in our lives needs to change. Listed here are some of the common signs:

1. Loneliness - We may feel isolated (lonely) from friends and family, or experience a lasting sense of being "lonely in a crowd".

2. Insecurity - We may suddenly feel shy or exposed around people with whom we are usually filled with confidence. Or we may believe that we are always being judged or criticized.

3. Loss of concentration and memory - We may find it hard to recall recent conversations or promises. We may often feel confused, so that understanding and remembering information could also be very difficult.

4. Fatigue (Tiredness) and sleeping difficulties - Although we may feel constantly tired, we could also find it impossible to get to sleep.

5. Tears and mood swings - One of the most common symptoms is that we cry easily. We may also experience mood swings - joyousness followed by sadness or vice versa.

Soul Sustenance

Practical Ways of Changing Old Habits or Beliefs (Part 5)

Exercises of Silence

Exercises of silence help you concentrate your mind and intellect, and go within yourself to recover the positive and eternal energies. With the appropriate concentration of the mind and intellect towards your constructive inner forces of peace, love and happiness, you can strengthen yourself. Being strong means staying positive when faced with negative situations, peaceful when everything around you is chaotic: in other words, not being influenced negatively but influencing the situation with your positivity. When you stay calm in your inner power of peace, you can transmit this to others and help them to calm themselves. When you begin exercises of silence, concentrate primarily on peace. This is the basis of the practice, as when there is inner balance and harmony it is easier to build over these the other values love, happiness, truth and sincerity. The experience of deep peace calms you, clarifies you and fills you with energy to think and act positively and achieve your purpose that you have set for yourself.

Message for the day

The fruit of elevated actions will be revealed at the right time.

Projection: When I do something good for someone I expect them to reciprocate the same. But not always does this happen, in fact sometimes I find a negative response. This discourages me from being positive.

Solution: I need to understand that the seeds of my elevated actions will bear fruit at its own time. When I have this in mind, I will continue to do good without expecting immediate fruit. And I find the result coming naturally at the right time.

In Spiritual Service,
Brahma Kumaris