



### **Giving Feedback**

Here are a few suggestions for giving feedback to others, especially if something needs to be corrected:

- be respectful and ask if you can provide feedback
- keep the feedback constructive and issue specific
- make your words kind and considerate

Your suggestions are impactful when you walk your talk and are willing to do everything you're recommending to others.

## **Playing My Part As A Hero Actor (cont.)**

In yesterday's message we had discussed how we possess the potential in our hands to write the scripts of our lives, our destinies. Some of us do not like this idea because we have been taught since we were small that life is all about luck, but this incorrect belief does not let us realize the immense internal power or potential that we possess of shaping up our destiny, our future. **By resigning ourselves to a life of luck, we do not use our potential and conveniently avoid doing the inner work of becoming awake and aware of who we are as spiritual beings and the masters of our own destiny.** This is why waking up from the sleep of this wrong belief is the first step towards empowering ourselves, towards taking responsibility for our life, for our present, our future.

Also there are some of us who hold the belief that the course taken by each one of our lives is not written by luck but is decided by God, so it is egoistic on our part if we believe that we can write our own scripts, interfering with the plan that God has in his mind for us. So in times of challenges in our lives, although its not wrong to pray to God at those times, we commonly use words like 'if God would like it, I shall overcome this obstacle or I will be successful in this particular task or my health will get okay or I will pass this exam etc.' In times of happiness, although it's not wrong to thank God at those times, we completely submit ourselves to God's will, thinking that it is he and he alone responsible for what good that is happening in my life. In the case of the sorrow we forget that although God can help us to some extent, whether we will surpass the sorrow or not is very largely dependent on our past actions which are influencing the present situation. In the case of the happiness, we forget that though God's blessings do help and work, our past actions are a very important dominant factor which is creating situations of positivity in our present lives.

(To be continued tomorrow...)

## Soul Sustenance

### Crossing Negative Circumstances/Situations (Part 2)

The challenge lies in knowing what the strategy is to learn to live through negative situations without allowing them to influence our emotional and mental state.

**In order to achieve that, in the first place, we should change our interpretation. Instead of interpreting the situation as an obstruction, interference or barrier to our path, we need to change our perception. We can ask ourselves questions like: What has this situation taught me? What does it say to me? Remain detached, observe and listen before reacting immediately. From detachment, observation and listening we can have a more practical and wider perception.**

**We are the creators of our realities.** Reality, in itself, does not create for us stress, pain or unhappiness. It is our way of looking and interpretation of reality that brings about these reactions. Therefore, we have to review how we perceive situations and with what beliefs we interpret and judge them. Reinterpreting the situation, the concrete reality, implies allowing the old perception to die in order to make room for a new vision. Without the old dying, the new cannot be built correctly. Instead of seeing people or situations as obstacles on the path, we can see them as opportunities to practice patience and tolerance, to know how to listen, thank and love. They allow us to widen our capacity to co-operate and enlarge our heart so that we might be more generous.

(To be continued tomorrow ...)

## Message for the day

**To be powerful is to fly easily over the biggest obstacle.**

**Expression:** When there is an awareness of the inner strength, difficult circumstances seem very easy to cross over. Nothing seems difficult or as a big obstacle, but the inner strength gives the power to very easily and quickly cross over all difficult and challenging situations.

**Experience:** When I have the power to fly, i.e., to go above the situations, I do not feel the bondage of the situation. So when I am up above everything down below (even the biggest mountain) seems very tiny and insignificant. So there is quick and steady progress experienced even when there are difficult situations in my life.

## No Expectations

It is very natural for me to help others when I see them in need. At that time I don't expect anything from them and continue to help. But when I need help or support I begin to expect from those whom I had helped and if they don't, my feelings are hurt. At the time that I am providing help, I need to consciously remind myself not to have expectations. Again when I need help and I find myself expecting from others, I need to explain to myself and have faith that whatever help I have given will surely come back to me at the right time. The seed that I have sown will not be wasted away but will surely bear fruit.

In Spiritual Service,  
Brahma Kumaris