



Aurora Borealis in Iceland

## 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?

## Overcoming Frustration In Relationships

**There are two things in life that we can never change:**

**\* the past and**

**\* other people**

This often brings us one frustration after the other, especially when we do not get the results that we want. **Frustration is also a sign of failure, and every time that you fail in getting what you want from the other, your self-esteem and self-confidence are reduced.**

**Frustration is a form of anger.** You allow the negative emotion to control you, and therefore you lose control. Most times situations will not be as you want them to be and neither will people behave as you want them to. Therefore, you can decide now if you want to continue allowing the other to dictate your reactions according to how they behave, which results in the loss of your rule, control and personal power, or you can decide that no matter how the other behaves, you rule over your responses; you decide what you want to think and feel.

When another tries to control you and then gets frustrated because you don't do what he or she wants or you aren't who he or she expects you to be, they get in a bad mood with you; they look at you with anger and what do you do? You then place an invisible barrier between you and him or her. In such a way that they cannot 'enter' into your world and you do not leave yours either, they lose their influence over you. In the same way, **when you try to control people you lose your influence over them and distance is generated.**

## **Sense Organs**

We are usually controlled by our sense organs. For example, whatever our eyes see, we are distracted with that. Thoughts continue to wander in that particular direction and we have no control over them. At that time even if we do try to control, we find it very difficult. The stimulus the sense organs get is not in our hands, but how we choose to respond definitely is. So we need to give the training so that we see only positivity in everything, i.e., we also have the power to transform even negativity into positivity. Then at the right time, this training will help us keep our sense organs under control.

## **Soul Sustenance**

### **Creating a Positive Atmosphere**

To create a positive atmosphere at home or at office, while interacting with your family members or colleagues, emerge positive energizing thoughts in your mind like \* I am a peaceful soul, child of the Supreme Soul, the ocean of peace, \* I am a loveful soul, \* I am a blissful soul, \* I am a powerful soul, etc. These positive thoughts spread in your home and office in the form of positive vibrations and have a positive influence on your family members and colleagues also. As a result you can maintain your peaceful, positive state even amidst actions and interactions with them. When you are clearly established in this stage of self-respect (positive consciousness), they will be more co-operative in your work and will have greater respect for you. Obstacles from your surroundings will not affect you.

## Message for the day

**True spirituality is that which makes one practical.**

**Expression:** Usually spirituality is perceived as something that has to be kept separate from the normal daily life. But true spiritual life is that which is very practical. The one who is able to fill himself with spiritual power is able to use this power for being better and better in his practical life.

**Experience:** When I am able to recognize the inner beauty and am able to give myself time to be in touch with this spiritual aspect, I am able to be powerful and beyond chaos in all situations. I am able to go within to find the immense power and use it in practical situations. So I find myself being successful in practical situations.

In Spiritual Service,  
Brahma Kumaris