



## Change your Life

The world is how you think it is. Think of it differently and your life will change.

## **To be strong is to ensure positivity in life.**

When I am weak, I am actually inviting wrong and weak things to enter my life. If I am strong, I only know to move on with self-respect and pride. Even weakness will hesitate to come my way. I will be able to use my strength under all circumstances. Today I will make a list of my own specialties and keep that in my awareness through out the day. I will remind myself of this at least 10 times during the day. So, today I will move forward with an awareness of my strength.

### **Observing But Not Absorbing**

To observe means we take a new, appropriate mental position in whatever situation, or in whatever relationship, we find ourselves. **Observation is a silent skill -- a skill we need to learn if we are to assess clearly what positive changes are needed to be made in the self in a particular situation or relationship.**

If we fail to learn this art of observing, we are likely to react and absorb ourselves in the negativity of the person, or event. We get lost in the quicksand of 'what's wrong?' which prevents us from putting things right. As we absorb and fill ourselves with negative emotion, we become heavy and remain helplessly rooted to the ground. The gravity of overload does not allow us to rise above a situation and to understand the reality of what is happening. As a result, we lose perspective and overreact.

If we wish to understand how the mental position of observation gives us the power of perspective, we can look at the example of the bird and the ant. The ant, extremely busy, running here and there, scrambling over everything in its rush to find and collect food, will see only what is in front of its nose. The bird, on the other hand, leaves the earth and, as it flies higher and higher, starts to see the bigger picture, compared to when it was on the ground, or on the branch of a tree. Seeing the whole picture, it has a completely different perspective. It is only then that it can truly see where to go and what to do. When we get absorbed in a situation or relationship, we lose perspective, we are like the ant, we get too involved in the details, missing the obvious, and cannot imagine, or think of other possibilities.

## Soul Sustenance

### Ending The Day In The Presence Of God (Part 2)

Inspite of the fact that the Supreme Soul already knows whatever I have done right through the day on a physical as well as on a non-physical level; there is immense benefit in meditating for a few minutes, before going to bed at night. **It is wise that before I sleep, I have a face-to-face meeting with the Supreme and I become a child, become humble, and put my entire day with obedience, transparency, loyalty and love; before the Supreme.** In this stage of transparency, I definitely receive a response from God, which may be in the form of a thought vibration immediately or as soon as I get up from sleep or through some other medium the next day, when I read something positive the next morning or may be in the form of a loved one at home or even a friend or colleague at office, who may become instruments used by the Supreme to communicate with me. **The Supreme Being has His ways of responding to your act of honesty and love of sharing the day's happenings with Him.**

**He is the Ocean of Truth and His response will be one which is filled with the light of truth or wisdom which I make use of, to illuminate the path or road of my life.** Using this light, I'll find I am helped to see clearly where there has been progress, and where I failed, with accurate judgment, so that I learn. God, the Supreme Companion or Friend or Beloved is with me, wanting to lead me to my destination of perfection. I want to fulfill my side of the relationship with Him, so His light will help me recognize where I must change, and what I must do to make corrections to any damage for which I have been responsible. Where my actions have been positive and right, the subtle blessings of 'well done child' that I receive from Him, will make me aware that the strength behind these actions came from my relationship with Him – He is permanently and was my back-bone right through the day. Then there will be neither worry (due to mistakes committed by me) nor laziness or complacency (due to positive actions done by me), but only love and contentment in my dreams. If I do not surrender the day's happenings to Him in this way, although He loves me and is concerned for me, He might and will most probably remain detached and not guide me in any way.

## Message for the day

### The one desire for perfection ends all other desires.

**Expression:** The desire for perfection brings the capacity to keep on learning from all situations. There is something new to learn and so there are no other desires. Since the mind is busy with bringing about perfection, there is no time for waste and negative. There is the ability to transform negative to positive.

**Experience:** Love for perfection makes me experience constant progress. I have no thought about what I have to get, but continue to attain from each moment and each situation. I am then naturally free from all other desires.

In Spiritual Service,  
Brahma Kumaris