



## Head, Heart & Guts

The anatomy of success:

Heart = the passion to catch your dream

Head = creative and logical thinking for action

Guts = stepping out of your comfort zone, even when it's uncomfortable

Head + Heart + Guts = Success

## **Great actions make life worthwhile**

To make actions great, I need to pay special attention to what I am doing on a daily basis. I don't have to do anything great or spectacular. Instead, my attention should not be more on what I do. Instead, it should be on how I do it. Adding quality to everything I do makes my actions special. Then I can really enjoy what life brings my way. Today I will remember my specialties before I start any work. I will make sure I will add that specialty into what I do. Even the way I sit or walk or see or talk can make a difference when I make my actions special using my specialty.

## **Letting Go Of Hurt**

### **Meditation:**

Relax your body and your mind, make your thoughts slow down and let your mind calm itself...

Create the thought that "I am a peaceful being of light situated at the center of my forehead, I radiate beautiful rays of peace ..."

Let the energy of peace envelop you completely and dissolve the tensions...

Keep your body relaxed, your mind serene...

Something hurts you in your heart. Observe it without judging it, without questioning it...

Let the energy of peace overpower and envelop that pain and dissolve it...

It forms part of the past...

Now I let it go. I let go of it...

The light of peaceful and serene love surrounds me in an energy that dissolves the pain...

I let the wings of my heart open without fear...

I am brave. I am strong. I trust...

I accept and I forgive...

My being wants to be free in order to enjoy this instant...

The pain has already gone. It does not belong to me any more...

I feel freed. Peace floods my being and my heart opens to love...

I am peace...

I am love...

## Soul Sustenance

### The Mental Kaleidoscope (Part 2)

We are so used to controlling people and situations to obtain a particular result that we have forgotten how to use the power of faith.

The Law of Faith says, **Plant the right seeds, make the right effort, but also let things be.** Faith does not mean to be passive (inactive) but rather to have acted and thought about something and then have the patience and trust that the Drama of Life is also taking care of it; the outcome of any action is not just up to me.

In the spiritual knowledge taught by the Brahma Kumaris, we often hear the term 'a consciousness full of faith is victorious'. As the Drama of Life turns, such an intellect works like a kaleidoscope and can perceive and see the often hidden, beautiful patterns in life's situations that, in time, become visible and benevolent.

**Success, or victory, depends as much on doing the task with the right intention, as it does on allowing things to take their own course. Wisdom is an awareness of this balance.**

### Message for the day

**The one who recognises the needs of others is the one who gives real happiness.**

**Expression:** I usually make a lot of effort to give in some way or the other to those around me. Yet I sometimes find that people are not able to be happy with me. What I give is usually based on what I feel the other person needs. I continue to give in this way and begin to expect from others too, and find myself disappointed when I am not appreciated.

**Experience:** I need to be a giver in the true sense. Before I think of giving, I need to recognise the needs of others. The more I keep myself tuned to this I will enjoy what I am giving and the impact of it will be there on the others too. I will then find that others are pleased with me too.