



## Ending Waste Thoughts

'Why did this happen?' 'What happened?' When such questions enter our intellect again and again we start a queue of waste thoughts. This queue is very long and complicated. So whenever something happens instead of thinking 'why' or 'what' think 'there is something good in whatever happens'.

## Aligning Your Action With Your Purpose (Part 1)

In the day-to-day routine you can have different desires and want different things: what you want for today; what you want to do at the weekend; what you want to achieve with your professional career; the results that you want to get this year; what relationships you want to focus on. **But, at the bottom of all this, what is your purpose? What are you doing here? What do you want? Where do you want to go and how far do you want to get?**

When you open yourself within to answer these questions, you will see that the inner voice that answers you is the voice of your own consciousness and is connected to some value: what you want is to discover how to live in the truth and not appearances, what you want is to live from an inner space of love, what you want is to be free, you want peace. **If you listen to and follow this voice, you will come close to your wholeness and your contentment, because you will then align your energies: your vision, your intention, your motivation, your consciousness, with your action and your life.** Each morning, on looking at yourself in the mirror, ask yourself: *If today was the last day of my life, would I want to do what I am about to do?* And if for various days in a row the answer has been no, then it is a sign that you have to change something, given that your **action** is not aligned with your **purpose**.

(To be continued tomorrow ...)

## What are your Everests?

A difficult project, the laundry, a 20 minute run....

You don't have to climb Mt. Everest, or ride a hot air balloon in Myanmar to live fully.

Simply challenge yourself not to avoid anything or anyone that comes your way; & your Everests will come to you!

Recognize & face your challenges, even if they're only in your own mind. Then work out what you need to do to climb that mountain.

And when you conquer your Everests, you'll know that you've lived fully, because there's nothing more exhilarating than reaching the summit!

## Message for the day

### Honesty inspires trust.

**Expression:** The one who is honest is clean and clear within. He is aware of his resources and uses them sincerely for his own benefit and that of others. Honesty also means to speak what is thought and to do what is spoken. So there are no discrepancies in thoughts, words and actions. So others are able to trust the one who is honest. Each action of an honest person becomes an inspiration for those around.

**Experience:** When I am honest I break internal barriers. I am not caught up with the seeming negativity of the situation, nor do I feel helpless by the limitations set out by the situation. I am able to enjoy the gift of each moment and use it to the fullest extent. I find myself becoming an example for many, as others are inspired by whatever I do.

*In Spiritual Service,  
Brahma Kumaris*