



Balance in Life

The indication of balance in life is a sense of well-being, optimism and a clear conscience. The foundation for achieving this is to look after myself spiritually – making my mind peaceful, loving and thoughtful at all times. Then I will instinctively know how much to spend on my own well-being and how much on fulfilling other responsibilities. I can only give my best to others when I am myself at my best.

Changing My Thought Patterns

Why is it that we can't change the pattern of our thoughts so easily? Imagine a bird being so comfortable in its nest that, though perhaps sometimes it stands on the branch of the tree to inflate its chest and adjust its feathers, it never wants to fly and does not even realize it could fly. It never knows the blissful freedom of flight, never feels the wind through its wings. It thinks the other birds that are flying around are unwise or foolish. In much the same way, we never really leave our nests of old thought patterns. Our habitual thoughts become our comfort zone and each repetitive thought pattern is like a twig in the nest, which makes the nest stronger and our stay in the nest seemingly comfortable and permanent. We never experience our true spiritual freedom or flight or feel the breeze of our inner beautiful nature. Even the thought, *I am a soul* has to be realized eventually, so that we can actually experience its deepest truth.

In the world of spirituality, thoughts are like the map, but they are not the territory nor the reality of the experience. **Thinking *I am a peaceful soul* or *I am a loveful soul* or *I am a powerful soul* is not being soul-conscious, it is only theory or knowledge, but it is definitely an essential start.** Maps are important and necessary, until we know the way home to **experience. Reaching this final destination of experience makes it easier for us and empowers us to transform or change our old thought patterns.**

To have focus on the self is to become praise-worthy.

I normally try to do things for others - to seek their recognition or appreciation. So I am busy trying to prove myself to others as being special and different. I then am not able to appreciate my own inner qualities. Instead of trying to prove things to others and trying to get their appreciation (which I don't always get anyway), I need to focus on myself. I need to make my actions such that I am proud of myself. This will automatically bring speciality in my actions and I become praise-worthy.

Message for the day

The power of determination makes possible, even what is impossible.

Thought to ponder: Determination is to keep on trying till what I want to achieve, happens. If I am caught up in a maze, I need to try every way there is to come out. If I try one or two ways and give up, there is a likely chance that I will never find my way out. Determination brings the power to make things happen, even those things which seem impossible.

Point to practice: Today I will make a firm promise to myself to take up something that I had always wanted to do. I will tell myself repeatedly that I can do it and will achieve. I will continue to sustain this with the waters of my determination till I see the fruit of it - even if it is one small result.

*In Spiritual Service,
Brahma Kumaris*