



### Self-respect

Self-respect is not a matter of what you are doing in your life, but rather of how you are doing it. It requires that you bring quality and virtue into each action, whatever that action may be.

## **Radiating The Right Energy (Part 1)**

A very important feature of our life is building a strong relationship with God, in such a way so as to be able to live our life complete with trust and understanding and without any doubts in the help that God is ready to give us. God is awake every moment of our complete 24 hour day ready to provide us protection and care. All we need to do is remain connected with Him on a subtle level and never leave His protection of love and power. The moment we lack trust in God, God also distances himself from us and becomes unavailable to us. So it is up to us to reach out to God in a natural way throughout the day by talking to Him and keeping Him in a powerful bond with us and not letting Him go away at any moment. Although God can help us even if we do not keep Him with us in every action of the day, but this is not how God works and this is not His personality. **He is the one Father and we are all His children and if He wants He can be with each one of us at one time. But the law of the world and its Father (God) is that if I remember Him, He offers help in return.**

That does not mean God is not unconditional but we have to understand that **God is our parent and for a parent, all children are equal but He also observes their actions and how much are they like His actions and then offers His help.** This is the reason why so many souls in the world are in pain today and yet God is not always helping them or removing the sorrow from their life. A beggar on the street is also God's child, but he is in sorrow. So can't God send someone for his help and bring lots of money to the beggar, so that he could live life in happiness. Why does the beggar continue to be in sorrow? Because he has performed some negative actions in this or a previous life and as a result of the actions, today he is in sorrow. But if in the present, he remembered God a lot and continued to perform good actions, slowly over a period of time, God would help him and he would overcome the sorrow in his life. Also, by remembering God and performing positive actions, the influence of his past actions on his present would be reduced, so as to bring a positive change of events on his life which would make him happier. This is true for all of us.

(To be continued tomorrow ...)

## **Stop feeling terrified, start feeling terrific!**

Often when we feel unsure about ourselves & are unwilling to do something different, we slip into feeling terrified.

Each day decide to feel terrific & have a terrific time.

Feel comfortable in your own skin & give yourself the permission to feel confident & feel great. Then you'll be ready to seize the moment & be terrific.

### **Message for the day**

**True introspection is realization of our inner qualities.**

**Thought to Ponder:** Realizing one's own mistakes and making amendments is usually associated with negative feelings. But true introspection lies in realizing one's own positive qualities. It is to see ourselves with "real eyes" and see the hidden potential and strengths. When we truly realize, there is change and that mistake would never be repeated.

**Point to Practice:** Today I will see a strength of mine. This is some quality that I really like about me. In whatever I do today, I will keep awareness of this specialty as a background. This will help me bring quality to whatever I do.

*In Spiritual Service,  
Brahma Kumaris*