



Artist: Maxfield Parrish

Miss Nothing

Being enlightened means being self-aware. Awareness of yourself means you don't miss anything inside. You are aware of things like the quality of your thoughts and feelings, of how you sometimes give your power to others, and how your self-esteem occasionally fluctuates. You don't miss anything because you know that knowing yourself is vital to being comfortable with yourself. Are you comfortable with yourself? No! Then be with yourself, talk to yourself, listen to yourself today. Take a few moments out and have a meeting with yourself. Put yourself in your diary. Put yourself at the top of your to list. And write next to it, 'being with myself'. Miss nothing in yourself.

Living A Life Rich With Relationships (Part 6)

A life full of relationships will make your life a smooth ride and not a difficult journey and a tiring one. We all know that relationships are valuable and precious and we need to take care of them so that they help us at all times and at every step. Distance in relationships at times causes situations to seem bigger than what they are. Love in relationships is the basis of a life full of strength and power. They say a person with spiritual strength can overcome difficult situations but the spiritual strength comes very largely with the love not only experienced from human beings but also from God. The one who is close to God is able to defend himself against negative attitudes, words and actions of others which very commonly come to test us in our lives. Also the one with the power of the non-physical love of God is able to remain stable when the physical body creates problems and is not the way it should be. Some people are able to remain stable and happy in a challenging illness much more than others because they are always under God's canopy of protection which is full of love. Also, the person who is always holding the hand of God at every step is able to cross all problems of wealth and the role in personal and professional life and other challenges in family and at the workplace with the power of his or her relationship with God. There are people who have lost their complete wealth in difficult financial situations of the world but came back with their faith and love for God in a big way and recovered their lost fortunes and damaged roles in the financial sphere of life.

Lastly, if there is one relationship which is equal to all the relationships with others in your life put together or even higher, it is your relationship with God. **A beautiful relationship with God makes all the other relationships beautiful and that in turn makes life full of joy and happiness and a beautiful obstacle-free existence. Relationships are thus the primary wealth of our lives and the key to a content mind, illness-free body and a successful personal and professional role.**

Needs of the Needy

Everyone thinks they need to get something. But the truth is we don't need anything. We already have what we need. Trouble arises when we think we have to keep what we receive. It's the keeping that sustains our neediness. But whatever comes to us is not for keeping, it is for giving. And when you give, you get. Deep down we all know this eternal truth. It's one of those cast iron laws of the universe. But we are conditioned to think the opposite. No wonder there is a poverty of faith. Not religious faith, but the faith that the universe will bring us whatever we need, at the right moment in the right way. So start today -- give, give, give - time, energy, assistance, care, co-operation. On how many levels do you see the opportunity to give? It's good to be a just do it person. Even better to be a 'just give it person'. And the paradox will make itself known - when you give you will realize you already have everything you need.

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Message for the day

To be free from guilt means to ensure quick and easy progress.

Thought to Ponder: Blaming oneself for all that happens and taking the mind to extreme levels of guilt takes one to a sense of unworthiness. Such a person loses the strength and is unable to look for solutions in difficult situations. Hence there is nothing new that can be thought of, and the situation doesn't get any better.

Point to Practice: When I continue to blame myself, I believe that I deserve neither happiness nor love and that the sorrow that I am experiencing is a deserved punishment. So I lose all enthusiasm to improve the situation and have no awareness of the treasures that I have. So I experience no progress in my life.

In Spiritual Service,

Brahma Kumaris