



Procrastination

The less I think about doing something and the faster I just get on with it, the fewer problems I cause myself. Good planning is always helpful, but time spent fretting and procrastinating is a major drain on my energy.

Taking Time Off From Busy Lifestyles (Part 2)

Technology can be our best friend, and technology can also be the biggest cause of obstacles of our lives. It interrupts our own life story, interrupts our ability to have a dream and create something beautiful, because we're too busy on our cell phones, one of the favourite pastimes of our current lifestyle.

We've talked of being busy for so long that we've forgotten that being busy

was never our aim. **We are not on this earth to be busy. We are here to build relationships, experience life to the fullest, create things, think positive, help others or experience joy. Our reasons for being will all be different but if you reflect deeply, you will realize and also feel that none of us feel we are here simply to be busy.** But our lifestyles have lead us to think being busy is good, no matter what we're busy with. Sadly the business world continues to train us this way as employees are expected to put in 8-10 hours of work a day even though on some days they might have only 2 or 4 hours of productive things to do.

God's plan for enlarging and creating His beautiful heaven on earth, creating a new world order of peace, love and happiness of the future is so simple - one person telling another about God, the Savior and the Liberator i.e. giving the Supreme's message of joyful, loveful and spiritual soul-conscious existence to each one. Yet we're busy and full of excuses. Just remember, someone's eternal destiny is at stake, that someone who is to receive the message from you. **The joy you'll have when you see that person in a liberated and joyful state not only here but in that world of happiness being created will far exceed any discomfort you felt in sharing the message with him by taking out time from your busy existence.**

(To be continued tomorrow ...)

Are you aware of how influential you are?

Realize the influence you have on everyone you come into contact with, and then check whether it's positive or negative.

Recognize how you influence. Not just your words and actions but also your intentions and motivations.

Influence others, but not to make people do what you want. Influence positively and you'll bring out the best in yourself and in others.

Message for the day

To recharge body and soul is to be immune to disease.

Thought to Ponder: Body gets recharged with good diet, exercise and rest. With these three, we can become immune to disease. For the mind too, we need good food (positive thoughts), exercise (practicing with channelizing thoughts in a positive direction) and rest (peace of mind). When I have these, my mind and soul gets charged and I remain strong. So, I don't succumb to the negativity of the situation.

Point to Practice: Today I will read something positive (food). I will remind myself of this at least 5 times (exercise) and I will spend at least a few minutes in peace (rest). This will induce a practice of a positive life style.

*In Spiritual Service,
Brahma Kumaris*