



$$\text{Ego} = \frac{1}{\text{Knowledge}}$$

*"More the Knowledge
Lesser the Ego,
Lesser the Knowledge
More the Ego..."*

-Albert Einstein.

Banish Ego

Ego is not just having a big head. Ego is present every time you feel any kind of fear, or hear yourself saying "That's mine". The truth tells us that nothing is 'mine' or 'yours', we are all trustees, and fear is only present where there is the voice of attachment. Detach from everything, and you will banish ego, fear will be no more, and only then can true love return.

At Peace with Time – The Key To Relaxed Living (Part 1)

To live in freedom you have to live at peace (harmony) with time; live the dimension of time as a **creator of time and not a slave of time; live without being either a prisoner or victim of time.** To live at peace with time is to live in harmony with nature, beginning with your inner nature. When you plant a sapling today, you cannot accelerate the process so that the next day you have a tree. When it is summer, you cannot make the earth revolve around the sun quicker or slower for winter to arrive before or later. Everything has its rhythm in nature. We have distanced ourselves from the natural rhythm and our accelerated mind exercises pressure, creates stress and causes anxiety. We plan the future, we are stuck in the past and the present escapes us.

Many worries have to do with how we live time: the past, the present and the future. **Worrying about what might happen (future), when the moment has not yet come for it to happen, takes away from us the necessary energy to deal with it when it finally arrives.** Living in memories drains our energy; the past already happened and no longer exists, except in our memory. **We feed memories, not realizing that emerging the memory in our mind distracts us from the present and weakens us.** It is like being a plug that connects to a socket with no current passing through. We lose our energy. We want to relive an experience that already happened, and in the end we feel disappointed, feeling a mental and emotional waste.

(To be continued tomorrow ...)

To give regard to all is to have control.

I usually want to control people and want regard from all. In the process I show my authority to those around me and try to get things done. Yet I find that when I do this I am not able to have any control others or their behaviour. The best way to get things done is by giving regard to all. When I have true regard for them, I am also able to receive regard from them. It is this regard that will make others understand and behave according to my needs.

Message for the day

The more I sow seeds of effort, the more I reap the fruits of result.

Thought to Ponder: When I go on putting in effort in the right direction, I will keep gaining qualities. I will be able to keep drawing the best from everything around and also keep receiving cooperation from people. If, in between anything or anyone hinders this, effort needed to be put in at that time will be not so much because I am continuing to put in my efforts anyway.

Point to Practice: Today I will put in efforts towards my aim, without worrying about the results. I will at least do 3 things that can take me towards my aim. This will ensure that I have a practice of continuous inputs. For, I know the result will come anyway, at its own time.

*In Spiritual Service,
Brahma Kumaris*