



*“People do not decide to become extraordinary.
They decide to accomplish extraordinary things.”*

SIR EDMUND HILLARY

On 29 May 1953, Sir Edmund Hillary and Nepalese Sherpa mountaineer Tenzing Norgay became the first climbers confirmed to have reached the summit of Mount Everest.

Achieve the Impossible

When you refuse to set boundaries to what is achievable, you can inspire others to believe that they, too, can make the impossible happen.

At Peace with Time – The Key To Relaxed Living (Part 3)

To live at peace with time is to live it with peace, trust and determination. It is different to living it out of conflict and forcing things. **In order to live true freedom of being, we have to make friends with time and stop living stressed in time.** We have to trust. Trust that you will arrive on time, that you will do it on time and, if not, that a particular problem will be solved. Don't let time be a stress factor. When we live stressed because of time, we lose the best of life. We stop living what is essential and important, and we get lost in the details: I have to go here, I have to finish this, I have to call up someone and endless amounts of - *I have to...*s that consume our mental energy and make us get lost in the details of the trivial (ordinary). As well, in hurrying, we lose quality. **You can do everything, but without losing what is essential; do it with love, with care, with interest, with enthusiasm, with motivation and with focus.** That way every small action that you take will have a greater impact, will be more fulfilling and will bear a more positive fruit.

You choose whether, each morning, you want to get up and begin with watching television, reading the newspaper over a cup of tea, or you want to get up and listen to peaceful music, read a couple of pages of spiritual knowledge that inspire you and you begin the day with enthusiasm and by visualizing it positively: today will be a marvelous day, I shall enjoy it ... yes!! Such spiritual practice will give you a feel of time being elastic. In such a consciousness, a minute will seem eternal i.e. time can seem to come to a standstill (if I am surrounded by a positive set of circumstances which are spiritually uplifting) or can seem an instant, i.e. I get a feeling of time passing very fast (if in a negative set of circumstances). Thus, I learn to be a creator of time; living in time without being a slave to it. True freedom lies in being content now. You can be content in the present moment by resolving the inner dialogue that generates stress and conflict in you. When you are content, enjoying yourself and having a good time, you don't realize how time passes. **This means that, if we lived in a state of constant happiness, we wouldn't realize how time passes. Time would be at our service. We would be the rulers and controllers of time and not the other way round.**

True victory is to have internal stability.

Whenever the situation is good and I am experiencing success, my internal state of mind is good too. But when something challenging happens, I begin to experience fear or anxiety. More than the situation going wrong, it is in fact my reaction that goes wrong. In order to experience success or to feel victorious, I need to change the way I respond to situations. Even in the most negative situations I need to remind myself that the situation itself is not in my hands but how I choose to respond is surely in my hands. So I naturally make the best choice.

Message for the day

To have self-respect is to move ahead with confidence.

Thought to Ponder: Normally, we are very caught up with the opinion of others. This leads to fear of making mistakes. Also, it makes us weak, when we don't get appreciation. But, I need to ask myself if I am leading my life in a way that I am proud of myself. Then, I am able to appreciate myself first and others are also able to appreciate me.

Point to Practice: Today I will appreciate the qualities in me, pat myself on my back for what I am and move on. Only when I appreciate myself, others will also be able to appreciate me. So today I will appreciate myself, even by learning from mistakes. I will do things, not just to please others, but to please myself first.

*In Spiritual Service,
Brahma Kumaris*