



Busy People

We live in the age of 'busy'. Busy people not only do a lot, they think a lot. Being lost in thought, is not only tiring and a brilliant way of waste energy, it's as if we have forgotten the very ground of our being which is still and silent. Learn to meditate and turn the eye of your attention and awareness within, let your mind be quiet and allow your being to be still.

When We Change Others Change (Part 1)

Living a life full of many different types of relationships sometimes brings with it different types of challenges and relationships can become a test of our mental strength when what we expect from others is not what we receive. **Expectations from others can sometimes burden us so much that at times we can find people extremely difficult to deal with and also we may lose interest in our lives to an extent, difficult to imagine.** There was once a king who ruled a very big kingdom, which was full of different types of people, who were not only different in their roles but also very different in their natures and personalities. The king sometimes wondered that I am not able to satisfy so many different people because everyone has different expectations from me. At the same time, his different expectations from the people of his kingdom were immense and at times it became difficult for him to experience peace and inner stability while handling their concerns and demands. A minister of the king gave him a suggestion that instead of trying to focusing on everyone's desires and what they wanted, you be your good self and focus on playing your role in the best possible way and leave the rest to happen as it happens.

Many a times, **it's not about making the effort to change others but it's changing yourself which brings positive results because it is your change which inspires others to change.** Remember everyone will not act or behave as we want and sometimes it can be difficult to cope with this but if we remain determined in our positive behavior and change, they will, after seeing our change, over a period of time, begin to realize their mistakes and become the way you expect them to be.

(To be continued tomorrow ...)

How you start the day sets the tone for the rest of your day!

When the alarm goes off in the morning, do you drag yourself out of bed, jump out of bed or hit snooze, again, and again, oversleep and then end up rushing around because you're late?

Here are a few tricks to get out of bed and stay out:

- Place your alarm out of reach, so you have to get up to turn it off.
- Do a few stretches in bed, to energize you to get out of bed.
- Put a glass of water near your bed and drink it as soon as you switch off the alarm. It hydrates and wakes your body up.
- Make your bed when you get out of it, so it discourages you from climbing back in.

Message for the day

To be free from past is to take the gifts of the present.

Thought to Ponder: When my mind is continuously dwelling on the past, I miss out on the opportunities and gifts of the present. I need to remember that if my past has helped in shaping up the present, then this moment would be the past of tomorrow. So, I need to use the present moment well, so that I can make both my present and future beautiful.

Point to Practice: Today I will do something that will make me happy. It could be a simple thing like resuming with a hobby or saying hi to an old friend or even spending time with nature. This will enable me to spend time fruitfully with the present moment. By making it a practice to use of all these moments in the right way, I will be enriching myself each day.

In Spiritual Service,

Brahma Kumaris