



Life

Learning and teaching are players in the same game. If either one stops everything becomes heavy and ceases to be fun. Learning is the reward for respecting life and teaching is the fruit of experiencing life.

Three Components Of Change

In order to bring about a fundamental (major) change, three elements need to exist simultaneously:

Focus: A clear sense of purpose in life and clear goals to guide your life's activities.

Will: The motivation and enthusiasm to introduce and sustain the actions.

Capabilities: The skills and abilities to fulfill your purpose and goals.

But where do you start? There is definitely a right place to begin and that is with your **focus**. Why? Because if your **focus** is powerful and based on a very deep sense of your inner most purpose in life, then that will provide you with the **will** power you need to keep going. Then if you have a clear driving **focus** in life and lots of **will** power to back it up, you will soon develop the skills and **capabilities** you need to make it happen. You may not have them yourself, but your enthusiasm and passion will certainly inspire others who do have them to join you.

Self-awareness

The foundation of all spiritual growth and personal development is the awakening of self-awareness. Most people however are not yet self-aware, and the majority of those, are not aware that they are not aware. Self-awareness is easy and begins with simply taking a mental step back, and observing your thoughts, feelings, attitudes and actions. Whenever you do you learn about our self and the basis of personal change and growth is always learning. Step back, what do you see, what enters your awareness? What does it tell you? What does it show you about yourself? Don't judge it, just see it. Don't run away from what you see, just watch it. Accept it. Allow whatever is happening within your thoughts and feelings just to be. And suddenly you will find that inner peace which surpasseth all pleasure.

-relax7

Message for the day

The art of giving happiness lies in being happy.

Thought to Ponder: If I am not happy with something or someone and I am not able to resolve it, I will not be able to give happiness to others too. If I am bringing about a change in myself for someone and am not happy about it, I will not be able to make a difference. Whatever I do for others, I need to do it with happiness.

Point to Practice: Today I will make a small change in myself or my life style for giving happiness to someone important in my life. This could be something that they have always been expecting, but it need not be anything big. But, while I am making this change, I need to first ensure I am not bothered or am not feeling heavy about it. When I do it with love, it will give me power and positivity.

In Spiritual Service,

Brahma Kumaris