



Famous debate moment: Bush, Sr. checks his watch in 1992

## Remaining focused

Many of us have the tendency to postpone even the most important things to the last moment. We assume we will be able to get things done later. But sometimes the unexpected intervenes and everything collapses under the added strain.

When I remain focused I am able to prioritize. I understand that small tasks can be as important as the larger ones, and I make sure I get them done at the right time. I make sure I leave time for the unexpected, too. This lifts the pressure and allows me to give my best in every situation.

## **The Ego Sacrifice (Part 1)**

Relationships are life's primary treasure but they go the wrong way when there is a development of ego in either person in the relationship. You will find that **people are always satisfied with those who are humble. Also the relationships of the ones, who are egoless, are problem-free and free of differences of opinions.** It is also said that the relationship in which either person learns to sacrifice his or her ego at the right time and when required, is the one in which there is continuous peace and goodwill. Very often the only reason for blockages in a relationship is the inability to sacrifice the *I*, the *me* and the *my*. It sometimes seems very strange but love is lost in so many relationships because of the inability to mould and sacrifice the ego and become as the other person expects you to be. Differences of opinions are often seen in all relationships but to be able to solve them and rise above them is the challenge which actually every human being has to face at some point of time or the other. **All of us desire for love filled relationships but are we able to make that much needed sacrificial bow?** What that means? Something like – *I lose* or *I am not always right* or *Please go ahead of me* or *You take charge* or even accepting that – *You are better than me.*

Sometimes it is seen in many different types of relationships in the family or in the office, that at first everything is fine and then as time passes and two people come closer to each other, there are misunderstandings. The relationship becomes like a boat without a rudder and it loses its direction. Why does this happen and why not right at the beginning? Initially the hearts are close and everything is easy like making the sacrifice and becoming the less dominant person in the relationship. But slowly the two people will start understanding becomes filled with thorns of sorrow and personality clashes, taking each other for granted and what seemed a beautiful relationship full of love.

(To be continued tomorrow ...)

## **Transform regrets into realizations**

and therefore ensure that what could become waste is made into something worthwhile.

### **Message for the day**

**As is the aim so is the qualification.**

**Thought to Ponder:** If I have a high aim, I will set high standards for myself. I will make efforts to reach that aim. So the qualities that I imbibe will be of a great standard too. So, it is important that I constantly set high standards for myself and make my life qualitatively better.

**Point to Practice:** Today I will, in any one aspect, set an aim for myself. I will then check to see if I can do a bit better than what I think I can do right now. I will make sure I will set an aim for myself a bit higher than what I normally do. This will increase my qualities and will automatically keep me prepared for higher things.

*In Spiritual Service,  
Brahma Kumaris*