



## Patience

Patience is a reflection of the peaceful mind. My peaceful mind is able to cope with all situations without becoming disturbed and agitated. It calmly accepts the resolution of circumstances and, with this patience acquires the power to deal with all situations.

## The Ego Sacrifice (Part 2)

Whenever you come into contact with another person, see to it that you are yourself but at the same time you give the other person space by letting him or her be themselves. What that means is that **let the other person express themselves in a way they want to and not necessarily in a way that you want them to express or act.** They shouldn't be a puppet in your hands. Tell them, guide them, but always be ready to sacrifice your opinion, your view point, attachment to your virtue or particular *sanskara* which you think is absolutely right and perfect. Also be ready to let the other person's opinion rule the situation involving the two of you. Some people find this as the most difficult thing to do in a relationship and this requires spiritual power and also a lot of love inside you for the other person. Also, we need qualities like humility and contentment, which are extremely important. We are talking about any relationship - at home or in your friend circle or anywhere else; with the opposite gender or with the same gender; with your child or with your boss, with a friend or with your spouse.

There is a fine line between remaining in a high self-esteem about what you think is right and what you know about a particular situation and letting the other person also contribute in that thought process. What that means is you need to allow the other person to enter that personal space of your thought process. Very often we construct walls around our thinking process and don't let the other person enter it because of the fear that the other person might dominate that space and also the attachment to one's own space. Remember the ones who bow down and are comfortable with people's views and give them as much respect as their own opinions and viewpoints are the rulers of everyone's hearts. **People are not ruled by power but their hearts are filled with love to get their love and respect in return. And that happens by keeping the other ahead of you in interactions not only on a physical level but also on a thought level and the level of emotions.**

(To be continued tomorrow ...)

## Take time

Take time to laugh, it is the music of the soul.

Take time to think, it is the source of power.

Take time to read, it is the fountain of wisdom.

Take time to love and be loved, it is a God-given privilege.

Take time to work, it is the price of success.

## Message for the day

**To be full of all powers is to be giving according to need.**

**Thought to Ponder:** If I do not have all powers or if I am not able to recognize the need, I cannot provide what is needed. If I give even variety food to someone who is thirsty, he will not be satisfied. In the same way, I need to understand what power or virtue the other person needs and give accordingly. It is not what I think he needs but I need to understand and recognize what he really needs.

**Point to Practice:** Today I will give one person a quality, virtue or power that he needs. I will pay attention not to judge or have negative thoughts. Instead, I will give. This practice will help me give instead of just expecting.

*In Spiritual Service,  
Brahma Kumaris*