



Spiritual Progress

There is benefit for you in every situation. If, that is, you know how to look for it. The idea behind steady spiritual progress is to see every circumstance and situation (particularly those that challenge you) as a tailor-made lesson in your personal plan for self-development. For example, in a situation where hurtful or angry words were exchanged, why not see it as the chance either to perceive things about your own character which need changing or to rehearse some virtue or quality that you need to put into practice more often? Actually, we should be grateful for the opportunity to evaluate ourselves. In this way you can transform anything into a constructive lesson. Never think that you've learned enough and now can stop. You should love it when people try to correct you or give you advice. It keeps you alert and gives you plenty of opportunity to put your truth into practice. It's a sign of great danger to be unable to accept criticism and instead use your understanding to criticize others. Realize deeply the significance of every moment, and your spiritual progress will be assured.

The Ego Sacrifice (Part 3)

Remember that in every relationship the person who keeps the other ahead is the one who leads the relationship although it may seem otherwise. Keeping the other ahead means saying *yes* to the other person even if at times you do not agree with the other person's opinion in a particular matter of common interest. Very often in offices and in homes; you will see at some places, people are so closely knit together. At some other ones, there are negative energy as well as negative word exchanges due to different ways of how people manage the relationships. At one place, the two office colleagues have such a beautiful bond with each other where a day at the office is like a smooth ride and they will never quarrel with each other. On the other hand, in another office, two different people just cannot work with each other and cannot see eye to eye. The main reason for this is simple – *I am smarter than you* or *I am more efficient* or *I work harder than you* or *I am more intelligent* etc. Such thoughts spoil the relationship and don't let it become a beautiful bond full of love and closeness.

They say - *forget the differences and become friends*. But an important point to note that differences between any two people will always exist. There are no two people with exactly the same view points and ideas. But these differences have to be forgotten. In other words they have to be resolved. That is the key to success. Success in an office is not measured only by your talents and how well you perform alone but also by how well you handle your relationships or how sweet and humble you are. Such people are respected immensely in a workplace. People want to be in their company much more than the ones who are egoistic and extremely rigid in their views and are unable to bow down or sacrifice the ego when required. **Remember life is short. So why not enjoy each day with your parent, your spouse, your office friend, your mother-in-law, whoever it may be. They all matter to you and you all matter to them. So cherish their blessings by making the ego sacrifice.**

I'm Possible

If you think or say, something is impossible, it probably will be. 'Impossible' disempowers you and stops you finding a way to make things possible.

As Audrey Hepburn said, "Nothing is impossible, the word itself says 'I'm possible'!" So change 'Impossible' to 'I'm Possible'.

Break through your self-limiting thinking and all things remain possible. When you are open to all possibilities, you will find a way to make things possible.

Message for the day

To love myself is to be loved by all.

Thought to Ponder: When I love myself, I will use all my qualities without being affected by the external situations. I will then use my capability to the fullest. This self-esteem brings respect from others too. Others will continue to see and respect those specialties as I am using them consistently.

Point to Practice: Today I will pat myself on my back and say to myself "you are special and I love you and am proud of you". Just as we tend to encourage others, we need to encourage ourselves too. This will help us get in touch with our own qualities, which would then be expressed in all we do.

*In Spiritual Service,
Brahma Kumaris*