



Holiday Everyday

How do you feel when you're about to set off on a holiday? Can't control the smiles, can't hold in the anticipation of discovering new landscapes, and the promise of exciting adventures!

How exciting would life be, if you set off on your morning commute, every day, with that same holiday feeling!

Set off with a smile, an anticipation of discovering something new, a promise of an adventure, and make every day feel like a holiday.

Performing A Spiritual Audit At The End Of The Day (Part 1)

Our normal day at the office or/and at home is filled with lots of actions and interactions. On a normal day, without realizing consciously, we create almost 30,000-40,000 thoughts. So, not only are we active physically but extremely active on a subtle or non-physical level also. **Imagine sleeping with all this burden of thoughts, words and actions which have been created throughout the day, many of which have been waste and negative in nature. What would be the resulting quality of my sleep?** So it is extremely important to perform a spiritual/emotional audit or evaluation at the end of each day.

In a lot of professional sectors of life today, people recognize the need for reflection and audit, not only of financial records but also a general evaluation of the respective sector, to maintain and improve both the service to customers and the job satisfaction of people working in the sector. **Checking my own behavior, as a daily exercise; not just checking, but also bringing about respective changes for the next day, enables me to continue to develop and grow, as a human being and in the quality of my work and personal and professional relationships.** Have gone through the self-evaluation, it is also advised to become completely light by submitting the mistakes made and heaviness accumulated in the day to the Supreme Being. Doing this helps me put a full-stop to the same and settle all my spiritual accounts at the end of the day. I need to put an end to all commas (when looking at scenes that caused me to slow down and reduced the speed of my progress), question marks (when looking at scenes which caused a why, what, how, when, etc.... in my consciousness) and exclamation marks (when looking at negative or waste scenes, which were unexpected and surprising) which were created in the day's activities. Along with remembering what all good happened during the day, what did I achieve and what good actions did I perform, there is lots to forget at the end of the day, which should not be carried into my sleep at any cost. Disturbed, thought-filled, unsound sleep, will result in a not so fresh body and mind the next morning, which will cause my mood to be disturbed, adversely affecting the following day.

(To be continued tomorrow...)

Love what you do

Approach everything you do, with love. And when you come across any difficulties or tasks that you don't like to do, remind yourself: I love what I am doing!

Do things with love and you begin to develop an interest, a love for what you do.

Love just makes things seem easier, more like a game to be enjoyed. With love, even difficulties stand aside to let love in.

Message for the day

Wisdom lies in being strong, rather than being vulnerable.

Thought to Ponder: When something happens that is not to my liking, I need not get caught up with it. The situation tends to colour my thoughts and I become negative because of the situation. Wisdom lies in being strong, uninfluenced. I need to become a source of power rather than becoming vulnerable to the weaknesses.

Point to Practice: Today I will smile at everything that happens. Every scene in the drama of life, as it unfolds in front of me, has something beautiful in store for me. It has a gift (maybe in disguise). Today I will appreciate the gift that it brings and move forward.

*In Spiritual Service,
Brahma Kumaris*