



## Space for God

The best solutions to problems will not be the result of hard thinking.

Use your time better by creating peaceful thoughts, and problems will cease to affect you. Do not try to solve everything on your own.

Leave some space for God to come and help you.

## **Performing A Spiritual Audit At The End Of The Day (Part 2)**

Yesterday we had explained how self-evaluation at the end of the day is extremely vital to one's progress and development. A useful exercise in this regard is keeping a daily chart for **about 3 personality traits or points** and filling it up every night (lesser than 3 is also fine, but not more, because then you might feel lazy in keeping the chart after a few days and also you might lose focus and the personality traits may not transform as much as you want). You could either evaluate yourself with a yes or no or perform a percentage wise evaluation like 50% or 90% for e.g. we have mentioned below, some of the common traits from which you could select the traits to keep a daily chart for. You could incorporate some other specific traits (not mentioned in this list), which you want to change or develop, depending on your personality:

### **In the entire day, today; not only in my words and actions, but also in my thoughts:**

- Did I see everyone's specialties and keep good wishes for each one, in spite of obvious weaknesses being visible?
- Did I remain free from all forms of anger, like irritation, frustration, grudge, revenge, etc.?
- Did I ensure that I neither give nor take sorrow, hurt, pain from anyone?
- Did I remain free from waste and negative?
- Did I remain ego less?
- Did I remain untouched by name, fame, praise, insult?
- Did I remain stable?
- Did I remain free from judgments, criticism, jealousy, comparison, hatred, etc.?
- Did I keep a conscious of serving each one whom I met?
- Did I bring the 8 main powers into practice and experience being powerful?
- Did I remain in self-respect and give respect to everyone?
- Did I practice being soul-conscious in actions and interactions?
- Did I take a one minute break every hour to reflect, meditate and control the traffic of thoughts in the mind?

## Life is a mystery

We live in a world that tries to explain everything. But does everything need to be explained? Should all of life's mysteries be unraveled?

Well, life is a mystery. And mystery matters!

Search. Seek. Wonder.

And bask in the mysteries of life.

Keep interested in life and it keeps life interesting.

## Message for the day

### To be impressed is to imbibe virtues.

**Thought to Ponder:** When I see someone whose qualities I like, I tend to admire them. But, this is not enough. If I really admire them, I need to make an effort to bring those qualities in my life. Inspiration always leads to transformation. It becomes easy for me to see an example and follow.

**Point to Practice:** Today I will pick up one quality in the person I admire and make a conscious effort to bring it into my life. That is the tribute that I would be paying to that person. When I keep doing that with every person who is important in my life, I will be free from feelings of inferiority, jealousy or any other weakness.

*In Spiritual Service,  
Brahma Kumaris*