



Artist: Josephine Wall: Whispers

Let Be

Many of us spend most of our life trying to live someone else's life. We are great fixers, and as we watch others we can hear ourselves attempting to 'sort them out'. We hear it in our conversations with others and with ourselves. It sounds like, "They shouldn't...weren't they awful...did you hear about so and so...in my opinion they should".

In these moments we waste time trying to write the script of others and forget to write our own. We have no right to write another's script and any attempt to do so is futile, frustrating and doomed to failure.

So let be, and taste the freedom from the subtle tensions and anxieties about others by letting them write their own script. Don't miss your life by trying to live someone else's.

The Journey Of Purpose (Part 1)

Living a life with a purpose can at times make the journey extremely eventful, with different scenes which may be seen on the way. These scenes make the whole journey, not only challenging, but full of varying types of experiences. These experiences can at times not only provide learning, but also help in increasing various qualities and powers inside us. Every second on a journey of purpose should be given immense value, as it will help you take you to your destination in the shortest possible time. **Every different test that comes your way is not a test, but a learning experience that will make you more and more powerful. This is because in overcoming that test you will use your mind in different ways and come to a positive solution.**

Some of us have a lot of enthusiasm inside us and are always busy in thinking about how our life purpose will be reached. We even enjoy the journey as it takes us to different places and we also meet different people. It also makes our life full of different types of positive relationships, all of whom help us in achieving our life purpose. Different people will hold our hand at various times in our life and we will learn a lot from them. That would not be possible if life was a predictable and routine filled journey.

(To be continued tomorrow ...)

Opinions of Others

When someone brings their opinions to a conversation, armed and ready for battle, it's easy to react or get defensive.

How about taking a moment to:

1. Think through how you can disarm the other person and voice your opinions tactfully.
2. Decide if you want to continue with the conversation, redirect it or resume it at a later time.

Remember, you don't have to engage in the conversation. You can always make a graceful exit from the conversation!

Message for the day

Self-respect creates inner peace and harmony.

Thought to Ponder: When I take pride in my own role and have value for the contribution I (can) make, there is self-respect. Self-respect helps me to let go of expecting to be understood, to be considered, to be recognized. It helps me understand that it is my mixed emotions that create dependence, taking away inner peace and harmony.

Point to Practice: Today I will tell myself that everything cannot always happen as I wish. When something unwanted happens, I know I have to deal with it and am also well equipped to do so. This helps me know what I can do to correct the situation, without losing hope, peace and harmony.

In Spiritual Service,

Brahma Kumaris