



Artist: Michelle Oravitz: Divine Transcendence

### Creating Thoughts of Benefit

Acts of virtue emerge from deep within, from an inner sanctuary of silence from which inspiration flows. Every action has its seed in a thought and every thought is a creation of the thinker, the soul. I choose what thoughts I want to create and as is my thinking so are my actions and also my experience in life. Going within, I touch the stillness and pure love that lie at the core of my being and every thought that I create is of benefit to myself and of benefit to humanity.

## **The Journey Of Purpose (Part 2)**

Life brings with it many different types of surprises that we do not expect. Also, a journey of purpose that we all are undertaking in our respective lives, will bring with it different types of people, with different personalities and natures. On such a journey, there will be times, when the going can get tough, especially when you have in front of you a difficult person. Such a person may not have views similar to what you may have and it may be difficult to adjust to that. Also, such a person may sometimes take decisions or perform actions which you may not expect and this can take you by surprise. In such a case **we need to check whether we are prepared enough to face such a person. Also we need to bring about changes in the self that will help us withstand or face such a person.**

Very often, a single person can be so demanding that it can at times take long to adjust with that person inspite of constant efforts. Also, we may try and change the person to become like what we want but we may not achieve success in the same. **A very common response to such a person is – *they need to change* whereas the right response is *I need to change*.** I adjust my life journey and the path I am taking accordingly, so that the person does not become an obstacle in me achieving my purpose. Moulding yourself at every step and using your inner specialties and virtues is the hidden self-effort required from me. This is the foundation of achieving success inspite of difficult circumstances and difficult people standing in my way.

(To be continued tomorrow ...)

## **To be enthusiastic is to be free.**

A caged bird has the ability to fly, but is unable to spread its wings and soar. I need to remind myself that being enthusiastic in all situations is like being a free bird reaching great heights. When I experience this inner freedom and appreciate the joy it brings, I will be able to sustain it even when things go wrong.

## **Message for the day**

## **To respect and value time is to use well the treasures it has to offer.**

**Thought to Ponder:** When I don't value time, my mind remains cluttered. I am not able to recognize the treasures that time has to offer. Drops of time, of pure silence, on the other hand, allows good things to flow and like a rising sun, brings good things into life.

**Point to Practice:** Today I will make time for time. I will make some time for myself (as the most important person in my life is me). I will take some valuable thoughts, those thoughts that add value to what I am doing. When I combine elevated thoughts from time to time, I would have used my time well. Such drops of time help me recognize the value of time and use it well.

*In Spiritual Service,  
Brahma Kumaris*