



## Letting Go of Sorrow

If I allow bitterness and resentment to fester inside, it will make my relationships guarded and unsatisfying. The more I close down to others, the more I become a stranger to myself. By letting go of sorrow and negativity, I can keep my nature open and loving. Remaining open to life, with its constant adventures and opportunities to grow, is the only way to reach my full potential.

### **The Journey Of Purpose (Part 3)**

**In any success driven journey, in any sphere of life, we need to remember that every difficult obstacle on the journey is there for a reason. Also, remembering that everything happens for a reason, for a hidden benefit, will make you emotionally powerful.** And as is the case every time the hidden benefit reveals itself a little later and may not be visible at that time. In such a testing time phase, we require patience and the hidden eye to see where my role or any other aspect of life will show me success on another path. This path could be different from the one I was on. Life is full of different opportunities and is never short of them. Its upto us to remain determined and this power of our determination is the key to our future success. And it will also help us in crossing a temporary setback which may try to take us far away from our destination instead of bring it closer to us. So always remember and keep the simple words in your mind – *wait and watch* and become an embodiment of that. Time reveals its hidden positive scenes even when a negative scene is in front of us and it may seem temporarily, that all is lost. Also, it depends on us how light we remain in that waiting time period and not lose our happiness at any cost. Also, the wait can be shortened by our mental lightness.

There are some people, who possess the qualities of truthfulness and humility, who are like valuable jewels, who can never be hidden. They will always find a way to reveal themselves and bring their desired success and positive opportunities back to them, no matter what. They will never lack enthusiasm and joy when faced with temporary setbacks. **Those who are powerful and determined, they will come back strongly to make a mark on the landscape of life. And they will contribute to it with colours of their specialties and successes in a very big and magical way.**

## Perfectionism

Perfectionism can be a good thing but too much of perfectionism is not. So when your perfectionism shows up, use it in a good way.

Put in a good effort without fussing or tweaking things too much. Relax your high standards without becoming slack.

And do your best without putting unnecessary pressure on yourself and others.

## Message for the day

**To be free from weakness means to have the power to mould.**

**Thought to Ponder:** When there is a weakness, it becomes difficult to mould according to the needs of the situation. Weakness creates hardness and rigidity not allowing the situations to create internal beauty. So the one who is constantly working with one's own weakness finds it difficult to stop the negativity from being expressed immediately. The weakness is revealed inspite of making effort not to and there is unpleasantness created.

**Point to Practice:** To have the ability to mould means to become real gold. I become as flexible and beautiful as pure gold, which is ready to take beautiful shapes when it comes under the influence of the heat of the situation. So I have no hard feelings for having to adjust, but I am able to enjoy the beauty I create and the joy I spread.

*In Spiritual Service,  
Brahma Kumaris*