



Simplicity

Simplicity is being comfortable with all the circumstances which shape our lives without worrying or making matters complicated. Simplicity gives birth to inspiration. It is the quality of the very young and of the aged. One who is simple lives from the heart.

Creating A World Of Forgiveness (Part 3)

There is a saying in India that in a home where the fire of anger exists, pots of water also dry up. Anger is a name given to a large collection of desires that exist inside the human consciousness which prevent us from forgiving. **Filling the emotions inside our mind with love and pacifying the emotions of subtle desires is the second step in creating an environment of forgiveness wherever we are.** Imagine a world without the numerous desires that exist in our lives - *I need, I want, I own, I expect, I am right, I envy* – these are subtle fires that burn up the energy of pure soul-to-soul love, that exists inside us instinctively, because we are children of God, the Supreme Soul, who is an Ocean of love.

So waking up in the morning and starting the day with a warm Good Morning to this Ocean of love and having a heart-to-heart conversation and a deep loveful communion with Him and filling myself with the deepest pure love existing in this complete Universe, is paving the way for my heart to be cleansed of the various ego-based emotions. And also for it to become moulded as a forgiving one, because the more I fill my heart with God's love, the more I am enriched with soul-to-soul love and the more sweet and humble I become. And such a transformed me, then is able to win the hearts of each one and create an atmosphere of love and forgiveness around me.

(To be continued tomorrow ...)

Be a little less self-conscious

A little bit of self-consciousness is OK, isn't it? It keeps us on our toes and best behaviour. But when we're overly self-conscious, we often miss out on opportunities and having a good time.

So the next time you want to do something, but don't, because you don't want to make a fool of yourself, be a little less self-conscious. Loosen up, embrace embarrassment or awkwardness and go for it.

Message for the day

To understand that I am a creator of my thoughts is to have the power to control them.

Thought to Ponder: To control thoughts after they go out of control is really difficult or almost impossible. But when I understand that I create thoughts, I can have mastery over them. From time to time, I need to remind myself of this, keep a check on my thoughts, steer and stop them whenever and wherever necessary.

Point to Practice: Today I will take one thought, "I am the master and creator of my thoughts. So, I have the reins in my hands and can guide them how I want.". Even if any other thought comes, I can have a control over them, instead of them controlling me.

*In Spiritual Service,
Brahma Kumaris*