



Coolness

Maintaining a state of inner calmness protects me from becoming a slave to my emotions. It also helps me to keep a cool head when I see others becoming heated or angry. Coolness is not to be distant or uncaring; rather it requires that I develop the deeply caring nature of a peacemaker and serve others in the best possible way.

Check And Change (Part 1)

We all live our lives from morning till night without ever reflecting on what actions of ours go in the wrong direction and what actions are right and accurate. There was once a businessman who lived his life and his every day's routine making a lot of mistakes and he never thought where he was going wrong. Life was just a fast line of actions for him, where even wrong actions were allowed because it was part of his business. **They say, first think, then speak. First think, then act. But for many of us, it is first speak, then think or first act, then think i.e. first we perform the action and then reflect on it or think about it.** It becomes very difficult for us when we do not check our actions and change them. In fact, we should check and change our thoughts first. Then, automatically our words and actions will get changed. That is the first step. So, just like the businessman, a lot of people are not sensitive enough to think as to why they should not perform negative actions and if they do perform the actions by mistake, as some of us do, they will not be sensitive enough to realize that they have to correct the negative actions and not perform them again which is only called – **check and change** in spiritual language. Life is short and we cannot afford to go after one action and another without using our intellect carefully. So, plant the seeds of good actions in the fields of life and the results of such actions will always be good in a way that is extremely natural and a law of life. A farmer also will check the quality of seeds that he is using in his physical field and bringing up into a crop. The same principle applies to life.

(To be continued tomorrow ...)

Become Attractive

If my friends and relatives do not choose to accompany me on my spiritual path, why should I chase after them trying to get them to change?

They won't listen to me anyway, no matter what I say. A better approach is to focus on my own change process.

A river doesn't need to urge people into drinking its water. People are naturally drawn to it, provided its waters are pure, free flowing and sweet.

In the same way become so attractive through your spiritual efforts that everyone will want to join you naturally.

Message for the day

To have the light of knowledge is to have the ability to finish darkness.

Thought to Ponder: When I have the light of knowledge about something I need to be able to put it into practice. Knowledge then helps me to finish negativity. If knowledge is not finishing my negativity, I need to check if I am understanding things accurately. Knowledge also means that I need to understand if I have the power to transform too. So, I do all that it takes to bring about transformation.

Point to Practice: Today I will take up something that I am bothered with and work on it. I will see what point of knowledge I need to use to make it possible to change that negative into positive. I will bring out all those points of understanding and practice, which will help me to overcome that negativity. This will help me get the courage and also give me the determination to do the needful.

*In Spiritual Service,
Brahma Kumaris*