



Ronald Reagan and Margaret Thatcher

It is well known that Ronald Reagan and Margaret Thatcher were close allies and kindred political spirits. During their eight overlapping years in office, the U.S. president and the U.K. prime minister worked together to promote lower taxes, deregulation, free trade, and an aggressive stance against the Soviet Union.

## Take Time to Laugh

Take time to laugh, it is the music of the soul. Take time to think, it is the source of power. Take time to read, it is the fountain of wisdom. Take time to love and be loved, it is a God-given privilege. Take time to work, it is the price of success.

### **Check And Change (Part 3)**

Checking your actions and then changing them should be a natural habit and not something that is a burden on the mind. It's as if the mind becomes accustomed to sub-consciously transform one's habits or personality and keeps making easy and natural efforts to become a better human being at every step of life. This is living life correctly and carefully. **Life is not just about performing actions but performing good actions which will give you happiness first and to others after that.**

It's very easy to not take up responsibility for your actions and say that it does not matter. But it does matter a lot to our inner being, which becomes pure or impure depending on the actions we perform. Say for e.g. one day you have been very irritable since the morning and it's not been a nice day for you. You have lost your temper a few times and at the end of the day you say I have performed a lot of incorrect actions. So on a physical level there is nothing that you feel except a little anger, also sorrow and may be you repent that your actions have not exactly been of the highest level. But on an emotional level and internally, the soul or the inner being has the *sanskaras* or the impressions of every action that you have performed and those are negative impressions. So the soul becomes impure after even a single day of wrong actions. And imagine if we spent our complete life performing negative actions, without giving a thought to them, how it would cause us internal harm. In the same manner, **by performing positive actions or by checking negative actions and changing them for the future, we will become purer and as a result happier human beings.**

## Change your Perception

How our reality appears to us says a lot about our perceptions, because our perception creates our reality.

To change our reality, we need to change our perception.

Remember we're changing only our perception of a situation or a person, not the person or the situation itself.

## Message for the day

**The one who defames or criticizes is a true friend.**

**Thought to Ponder:** If one has a clear vision of where he wants to go, he constantly looks for opportunities and means to move ahead. When someone criticizes, it is an opportunity to learn something, to check and change what I might have missed. It doesn't matter with what intention the other person is criticizing. It is more important whether I have learnt from it or not. So he actually becomes a friend who is helping me progress.

**Point to Practice:** Today I will listen to people carefully and take at least one point that I could bring about a change. I will then explain to myself that this particular aspect is going to help me to move forward. This is what I will bring into action.

*In Spiritual Service,  
Brahma Kumaris*