



Comparison with Others

Comparing yourself with others will leave you vulnerable on three counts: you'll either feel inferior, superior or impressed. All three of these states are dangerous because they all disregard the underlying principle of our true connection with each other – mutual love and regard, based on independently generated self-esteem. To protect yourself from this vulnerability, make sure that your attention remains turned within, towards the spiritual experience of pure pride. Staying centered in your elevated self-respect will help you remain undisturbed by others around you. Keep asking yourself, "Who am I?" "How would my spiritual personality respond to this event or person?" this will help to center you further, and allow you to enjoy the successful efforts of others.

Steps Of Determination (Part 2)

Determination is a power of the mind, which is present inside each one of us to some extent or the other and we all can increase it as much as we want. First, the realization needs to be there that I need to become determined and challenge my life's negative situations or even improve my nature as a person or become successful in every sphere of my life or give love and keep good wishes for everyone or make my relationships more beautiful and full of peace, love and joy or make a rich career or shape up my role in a positive manner. These are some of the different aims and objectives we may have at different stages of our life and the start to fulfilling these objectives, apart from doing something or the other on a physical level and on an external level, is an internal thought and deep feeling of determination.

Without determination, anything we do on an external level, we will not be able to achieve its desired aim and objective because the moment we begin our journey of fulfilling our aim, there could be an obstacle in our path and the moment we see the obstacle, we may not have the spiritual power to cross the obstacle. The spiritual power that needs to exist in our mind should in the form of thoughts and feelings as well as an attitude full of hope, patience and of course, determination. So, **the start has to be made in any purpose with our minds oriented very very consciously towards determination and then that determination should come into action.** And this determination will then become the secret key in opening opportunities, which will lead you to your desired destination of success.

A New Recipe

We benefit from enjoying the company of the people around us. Not only do we learn other people's life lessons but we also learn to improve our ability to communicate, tolerate and collaborate.

But we don't always get to choose the company we keep. So even if we don't like someone, we can always find a way to enjoy their company.

Maybe be less critical and more appreciative. Maybe find a common interest or show a genuine interest in their hobbies. That way you can share interesting tidbits you've picked up, a new exhibition at a gallery, something new...

Message for the day

The method to be easy is to be busy in the mind with right things.

Thought to Ponder: If I don't keep my mind busy with the right things, it will just wander and maybe even go to those things that are harmful. The mind is like a child. I need to know the art of keeping it busy, so that it is not attracted to anything harmful. So, it is important that we keep a schedule for the mind too, just as we keep a schedule for the activities of the day.

Point to Practice: Today I will make a schedule for myself for the mind. My schedule for the mind would be that which inspires me to change my consciousness while I am doing what I am doing. I will remember one quality or specialty of mine and keep it as a background in all I do. For example, I take the thought, "I have a special role to play in the drama of life. I am a good actor using all my best qualities and abilities" It could also be a thought like, "I am contributing my sweetness (or any other value) in all I do".

*In Spiritual Service,
Brahma Kumaris*