



Be Here Now

The past is history, so let it go. The future is a mystery, so let it come. The present is a gift – be truly in the present today and release all your fears (based on the past) and your worries (imagined futures) – this is the work of someone who truly wants to awaken, and break free from the anchors and burdens of dead yesterdays and speculative tomorrows. Be here now they say, easier said than done, I hear you say. But no one can stop us, except for ourselves. There is only now – everything else is avoidance.

The Limitless Mind

If we compare the two entities – **mind** and **matter** – the most obvious difference between the two that comes to the forefront is that one is non-physical and the other is physical. Another very important difference between the two is that whereas on one hand, **matter has limits**, in the sense, that's **its fixed in time and space. The mind, on the other hand, is beyond limits, in terms of physical parameters. It's not fixed in time and space.**

When we take a close look at what is going on in our mind, its power becomes visible to us. Since its not fixed in space, it can link me to a friend in, as far as, Washington or Singapore in less than a second. My mind can even move in many different directions at once. Since the mind is not fixed in time, I can think about yesterday, or about fifteen years ago; about tonight, or the next three years. That's the reason we can say that the mind is limitless, hence powerful.

Thoughts also have different levels of power. Sometimes they fly past the mind leaving hardly any impact on us. At other times, they are accompanied by such feelings so as to influence our entire perception, even our complete inner mental state. Thinking about a visit to Kashmir I made last year, for e.g., I could find myself carried back mentally into the beautiful experience and its attached emotions. Filled with happiness, I will even radiate this happiness to others nearby, through my thoughts, facial expressions, words and actions. On the other hand, thoughts about the death of my close relative a few years ago will have an opposite impact on me in the present moment.

The mind is where everything starts, the good, the bad and the ugly. To get the best out of your mind, learn to harness it. How? Make it your friend.

Befriend the Mind

Good friends are honest and they very kindly tell you when you might be messing up. But they certainly don't call you every morning with a list of everything that's wrong with you. So don't let your mind tell you things that you would probably never accept from a friend.

Start befriending the mind and your mind will be a good friend to you!

Message for the day

To be fortunate means to do everything with love.

Thought to Ponder: Life gives opportunities constantly to express my qualities or to gain new skills. When I understand this, there is no effort in doing things. Each and every action is done with love. Such a person is truly fortunate, because where there is love, everything becomes easy. No new challenge or demand from the external situation is seen as a threat. It, in fact, becomes an opportunity to express my qualities or discover new qualities from within me.

Point to Practice: Today I will move forward with courage. Whatever situations life brings me, I am going to welcome them with love. I will deal with all those situations with the right spirit. With love I /find things becoming easy. I also win the good wishes of others, helping me to move forward with more ease.

*In Spiritual Service,
Brahma Kumaris*