



True Winning Is Accepting Not Resisting

If you ever find yourself defending a position, explaining why, or justifying anything, it means you have been defeated. It means you have not been able to accept the others point of view, or the fact that you may be wrong. Fear has conquered your mind and your heart. Your defenses are up and you are running scared. It's not that the other person has conquered you, it's the self-created fear that is in control. Until you can accept the other (you don't have to agree) and you are not threatened by the other, your victories will be delayed. It's a funny old world when true winning is accepting not resisting, when victory is found in the wisdom to stop fighting and to begin engaging.

Taking Responsibility, Overcoming Guilt (Part 3)

There is a difference between when we have established our own code of values or beliefs in life, and when we feel obliged (forced) to obey an imposed code of beliefs. **It is important for us to accept on an inner level the code by which we think we should be guided and act.** When we act out of obligation (compulsion), by following a code of beliefs or behaviors that we feel have been imposed but aren't accepted as our own, we should ask ourselves why we act out of obligation (compulsion), basing ourselves on a code we have not accepted. Are we perhaps afraid that, if we don't do it, we will feel guilty?

When we violate the codes of belonging to a group, family, social class or community, generally we feel guilty. If this guilt leads us to question ourselves about what is right for our conscience, we progress in our personal growth and improve our clarity. **It is necessary to respect ourselves, being clear about what the beliefs are on which we base our life, think, feel and evaluate.** This will help us to avoid the gap between what we should and what we want to do. **Until the should and the want are joined, we leave an open space for guilt.**

When we act according to how we feel we **should**, we will feel guilt for not doing what we **want**. While we act according to what we **want**, we will feel guilt for not doing what we **should**. When guilt warns us that there is something to check and correct within us and we are willing to see it, have a dialogue with the self and clarify, we are on the right path. Sometimes guilt acts as an excuse for us to apologize without really taking on the responsibility for what happened; we pass on the responsibility to the established norms, norms that in this case we haven't accepted as our own. In any case, the solution to guilt is to take on self-responsibility.

Feedback

The gap between what you say and what you do, between what you promise and what you deliver is like a drain in the road.

The drain is where water escapes, just as your power will seep away if there is a difference between your words and your actions.

Ask yourself every day, were your thoughts, words and actions aligned?

Ask someone else what they saw in you too.

Feedback is the food of all positive change.

Message for the day

Faith is the key to the best use of one's fortune.

Expression: For the one who has faith, in the self and in things, there is only positivity. Under all circumstances, there are only opportunities and treasures seen. Each moment is an inner urge to discover these hidden treasures and make the best use of them. So, the one who has faith, draws out the best from each and every situation.

Expression: When I am able to move forward with faith, I am encouraged to give my best under all circumstances and am able to enjoy the best fruit of the effort that I put in. Faith gives me the courage to go on even during difficult times and so I have the satisfaction of bringing about constant change and progress in my life.

*In Spiritual Service,
Brahma Kumaris*