



Self-Development

See every circumstance and situation (particularly those that challenge you) as a tailor-made lesson in your personal plan for self-development.

For example, in a situation where hurtful or angry words were exchanged, why not see it as the chance either to perceive things about your own character which need changing or to rehearse some virtue or quality that you need to put into practice more often? Actually we should be grateful for the opportunity to evaluate ourselves.

In this way you can transform anything into a constructive lesson. Never think that you've learned enough and now can stop. You should love it when people try to correct you or give you advice. It keeps you alert and gives you plenty of opportunity to put your truth into practice. It's a sign of great danger to be unable to accept criticism and instead use your understanding to criticize others. Realize deeply the significance of every moment.

Experiencing A Spiritual Lifestyle Without Renouncing Society

A good meditator is one who has a mental link or union with the internal self and the Supreme Soul or God who is the source of all goodness. This, along with an understanding of the laws of action or the laws of karma, which govern the behavior of souls, means that one does not have to renounce or leave society in order to achieve enlightenment. Rather, **the soul filled with spiritual illumination faces society directly with understanding and the generosity to serve it and to elevate (improve) it.**

The soul becomes elevated not by the renunciation of responsibilities or worldly duties but by a **renunciation of the negativity that exists within the role** being played by it in society. A good meditator does not try to escape social obligations (duties) but rather **purifies those duties** by becoming filled with light, love, peace and happiness. **The stage of self-awareness and God-communication injects a subtle richness into one's life-pattern.**

There are those who believe that the elevated state is beyond society and its duties. They find a quiet spot in the jungle or an ashram and contemplate (think about) deeper things. There are others who are stuck in the quicksand of their problems, and believe that those who leave society and take up a spiritual lifestyle are saints. However, **holiness and virtue are qualities attained in one's life situations**, not in running away from them. The elevated state is not merely a matter of elevated thoughts (which can be experienced in a *sanyas*), but elevated actions also, for the benefit of the self and the world. We are what we do and not so much what we imagine ourselves to be.

To follow someone else's truth is a trap.

The best strategy is to know your own truth, face it and live by it.

Others may inspire, guide, give you directions, but ultimately you have to cut your own way through the jungle.

You could always be asking others where North is, and they will tell you.

Someone will say North is this way and someone else that North is that other way - and both would have been sincere. But you alone have to find your true North.

Message for the day

Easy nature makes tasks easy.

Expression: The ones with an easy nature constantly think of solutions instead of problems. So such individuals are free from the burden of problems and are constantly contributing to make things easy for themselves and others too. The right environment to bring out the best result is naturally created by them.

Expression: When I have an easy nature, I am able to put a full stop in a second with great ease. I am not caught with the waste questions and exclamations. So I am able to enjoy everything that comes my way and move forward constantly with lightness.

In Spiritual Service,

Brahma Kumaris