



Love is connected to virtues

Virtues create love both within the self and within others.

When virtues reduce, the quality of love also reduces.

When all virtues are present, there is complete and pure love.

Keeping The Balance With Ease (Part 1)

Living a life which involves different actions, all of which are important in their own way, sometimes requires adjusting to them at every step. E.g. this morning, you have a meeting which is going to last for a couple of hours. After that you have to work on a project, which is pending in your office for a long time. And then, there are some phone calls to complete. This can go on and on every day and for day after day. **This is called being action oriented. I work and work very hard every day to bring success in my role. Also, I want to keep love and respect maintained in my relationships and at the same time maintain my peace of mind and contentment.** All this, I do, also realizing that my physical body is to be kept healthy and also other different areas of my life are to be maintained. Also, my personal time space in which I just give time to myself is not to be forgotten.

So, a lot of actions filled in a day are tiring us at times. The above is a typical day in the life of a working professional. The day just starts and ends before you know it, with no free time. Also, nowadays, an added dimension in almost everyone's lives is travel time. Then, there are things to be taken care of like diet, rest and sleep and even taking care of what everyone expects from me, fulfilling their demands and satisfying them. Amongst all this, the one thing that remains constant is I, the inner being. **Spirituality teaches the technique of keeping myself stable and rich with my internal treasures like peace, love, joy and power. I need to do that when everything around me is so changeable and constantly moving.** Everything moves around me, whereas I remain constant. That means I remain in one positive state of mind constantly. Also, I don't react, but only respond. I act, but don't become action oriented. I remain soul conscious, or inner being conscious.

(To be continued tomorrow ...)

Every day we start with a blank page.

In the story of our life, so far, the main characters have been introduced, themes have developed, and events have unfolded.

And although the previous pages influence the next page in the story, each morning we really do start out with a blank page.

A blank page offers freedom from the way things have been. Its potential is unlimited because anything can happen now, the story could take a twist, or a whole new chapter could begin.

How will the story unfold? How will you fill today's blank page?

Message for the day

The one who is humble is always successful.

Expression: The one who is humble is free from desires and is in a state of appreciation and contentment of what he has. So he does not want to prove to himself that he is successful. He only enjoys the process of learning and progressing. He is never deterred by criticism and takes it in the right spirit.

Expression: Humility enables me to appreciate the effort put in by those around me. I would naturally be able to see the specialities in others and respect them for it. There would be no feeling of envy. So I would naturally be able to have the quality of contributing for the progress of others too.

*In Spiritual Service,
Brahma Kumaris*