



Mistakes

Expand your awareness a little and mistakes no longer need to make you feel guilty.

For example, if you saw your life as an Actor does his play, you would see one scene unfolding after another.

Each passing scene, having passed is now over. Wisdom says: "This is how to see it"

Letting bygones be bygone is easier if you remember you cannot change the past but you can definitely change the future.

The Car-Driver Comparison To Aid Self Realization (Part 1)

One of the comparisons which help in self-realization i.e. in strengthening the awareness that I, the soul, a non-physical energy am different from this physical body is that of the driver and the car, where the driver represents the spiritual energy and the car represents the body which is controlled by the spiritual energy. **The biggest reason why I do not have the desired control over my physical body, my vehicle, my sense organs today is that I lost the consciousness of being a driver which could control and rule the vehicle.** Instead I developed the consciousness that I am this vehicle, this physical body. This consciousness disconnected me from the ability and the power I possessed inside me to control the vehicle. If I want to achieve the desired control, I need to be in a driver consciousness i.e. in the awareness that I am a soul and my body is a vehicle, through which I experience life. Being in this awareness, in this consciousness awakens me and empowers me to regain the much required control over my body.

The car controls are the gears, brakes, accelerator and steering wheel which can be compared to the sense organs of the soul which are the mind, intellect and *sanskars* and those of the body which are the eyes, ears, nose, hands and tongue. A good driver is one who remains extremely alert and is able to use the gears, brakes, accelerator and steering wheel effectively and efficiently, in order to be fully in control of the vehicle and avoid any accidents. In the same way, **as I move on the road of life, I need to keep my mental and physical sense organs (mentioned above) in complete control. If I do that, they will keep my journey enjoyable and take me to my desired destination of mental peace and happiness safely and successfully.** If I don't do that and let them overpower me, accidents will definitely occur, making me peaceless and sorrowful.

(To be continued tomorrow ...)

Putting your punctuation in the right place matters, right!

Do you punctuate the thoughts in your mind?

Insert commas to separate & slow down your thoughts, question marks for contemplation & problem solving, exclamation marks to emphasize & accentuate, & most importantly, apply a full stop. Put a full stop to end any unnecessary & unproductive thoughts. Use a full stop to create closure when you go from one conversation, task, situation... to another.

Punctuate your thoughts & you'll develop better mastery over your mind.

Message for the day

To understand the uniqueness of every individual is to love unconditionally.

Thought to Ponder: Everyone is unique with their own unique set of specialties. When I understand and appreciate the contribution they make, I will be able to value it. My love then becomes unconditional. I don't expect people to behave in a particular way because I know they are right in whatever they are doing according to the part that they are playing.

Point to Practice: Today I will appreciate and love unconditionally. I will think of one person I have been having problems with. I will remember this person and the expression of his qualities through the role that he is playing. I will also appreciate the contribution in my life. It is because of this person that I have learnt some quality or the other (maybe patience, harmonising or any other quality).

*In Spiritual Service,
Brahma Kumaris*