



Doing Your Best

As you do, so you become. Every action that you perform is recorded in you, the soul. These imprints ultimately mould your character and destiny. When you understand this principle, you will pay more attention to bringing your best to everything you do.

Time Management With Ease (Part 2)

Whenever we are very busy, we need to take a break for a minute or two and talk to ourselves and give ourselves a few positive thoughts. In this way, the negative thoughts will be replaced and reduced in your mind. We need a concentrated mind and intellect to perform actions in a positive manner. E.g. if at a certain point of time, the requirement of your mind is peace, say to yourself - *My real nature is peace and I am originally a peaceful being or energy*. Also, look at everyone around you and create the simple thoughts - *The energy of my peace is spreading to everyone around me and giving peace to them*. In a similar manner, if you are stressed because of a relationship, talk to yourself - *I am a sweet natured soul and I have to give love to everyone, even if I am not receiving the same from others*. You could also think – *I am radiating love to my home or my office and changing its atmosphere to a one filled with good wishes and good feelings*.

This can be done for one minute every hour. As explained in yesterday's message, depending on what you need, create the relevant thoughts. Remember, **these thoughts will make your workplace and your home as per what you think and feel. Also, before that happens, your own mind will become just like what you think. Your thoughts will influence your feelings and attitudes accordingly.** Relationships will become successful and people will start co-operating with you much more. Also, you will be able to satisfy people much more with your words and actions.

(To be continued tomorrow ...)

EGO

The difficulty with ego is that it is deeply concealed. Most of us don't even know we have it.

Ego destroys love. It destroys the ability to learn, so there is no more give and take. No more love.

We go through many kinds of situations all day long so we should make sure we don't stop exchanging love.

Ego can be overcome by developing humility. If we don't know how to bow love finishes.

Message for the day

To be committed towards one's own progress is to help others to move forward

Expression: The one who is committed towards his own self-progress, is free from criticizing others when he sees them make mistakes. Having realized what is wrong, such a person makes corrections immediately. He is able to realize his own mistake in a second and take the chance for self-improvement. This naturally gives the ability to help others also to bring about a change for the better.

Experience: Since I am committed to my own self-progress, I am able to become stronger and stronger with each passing situation. I find that I become a source of inspiration for those around, as I continue to learn from all that happens. I don't put people down for their mistakes, but am able to give them the help to be better.

In Spiritual Service,

Brahma Kumaris