



## Give Time

Whatever or whoever you give time to, you give your attention to. Whatever gets your attention gets your energy. Whatever gets your energy must grow. So what will you give your time to today – who will get your attention? What or who needs your attention? Is it a task, a process or a relationship? Or are you waiting for these things to give you time and attention? How long have you been waiting? Why are you waiting? Are you a leader or a follower, a master or a slave? Mmmm...all questions today!

### **Time Management With Ease (Part 3)**

**Very often, apart from creating the right type of thoughts, which help in proper time management, what is required is a good balance.** I need to check myself whether my time given to different actions is being distributed properly. These actions could be your work, your hobbies, your personal life, your health, your relationships and all other areas of your life. Very often we define success wrongly for ourselves and run after it with the wrong beliefs acquired over a long time. As a result, our time sometimes gets utilized in the wrong way. So, I need to check aspects like which relationships of mine are the most important ones. I need to also check how much importance do I give to my work and to what extent I give it time. Also, is the balance between my personal and professional life okay? I analyze all this, keeping in mind the correct definition of success, which is not only material success, but a content mind and heart. **Contentment is inner success and more important than material success. Once I understand my priorities correctly, my time starts flowing in the right direction, in the right manner.**

I need to also check what I may gain or lose in every action of mine in the form of my internal mind's treasures like peace, love and joy. Suppose I am running after my work ambitions in the search of success, but am I neglecting my relationships, my health or my peace of mind in the process? Also, some relationships may be giving me temporary happiness but are they taking me away from my relationship with God? After all, if my relationship with God is strong, all my other relationships will be successful. The answers to all these and many such similar questions lead me to a good time distribution in my life, also called time management.

## The Secret of Happiness

The secret of happiness is to be free of fear. Fear is like a toxin that runs through much of our thinking. It feeds on insecurity, feeling of loss, loneliness, inadequacy and attachment.

You are loveable and loving. Accept this as Truth. Appreciate and care for yourself - truly, deeply, intensely, in a way that reflects your real value.

Then you will automatically have the same regards for all other living beings and things.

## Message for the day

**To contribute specialities is to have the power to cooperate.**

**Expression:** Each individual is unique with his own unique set of capabilities. The one who is aware of his specialities and contributes them to any task is the one who is able to cooperate under all circumstances and with all people. There are no conditions attached to contribute these resources.

**Experience:** When I contribute to every task with my own specialities I have double satisfaction. I have the satisfaction of having contributed something and I am also free from expectations from others. I also find that because I am able to give unconditionally, others too are able to cooperate with me.

*In Spiritual Service,  
Brahma Kumaris*