



Understanding Misunderstandings

Most people don't understand themselves or others. We need to make time for this. We get too impatient. Very often, because we are not willing to take this time, misunderstandings continue.

We don't take time to listen to someone quietly and try to understand them. Then we start inventing things about them, because we simply haven't taken the time to understand.

Creating The Destiny Of Your Choice (Part 2)

We want a destiny of peace, love, happiness, health, wealth and harmony. To change our destiny, we will need to create the right thoughts and to make that happen in a natural way, we need to consume pure information. Stop and check the quality of information we are feeding the mind daily. Very often, we are feeding our self with information full of terror, violence, hatred, ridicule, impurity, manipulation ... which is reflecting in our destiny today. The next time we receive any information, we need to check whether it is the right diet for us to be spiritually, emotionally, physically and socially healthy. If not, let us not read or absorb it, like we refuse to eat food which is not right for us. Reading negative information and sharing it with friends is creating a deep *karma* of radiating negative energy and this collective energy makes our world what it is today.

Let us begin the day with ten minutes of healthy information. Spiritual information can be our friend on this journey. Information full of wisdom and deep insights which nurture the mind and empower us to create right thoughts in every situation and choose a beautiful destiny daily. Facing a challenge or just a little confused ... our friend is always with us. Just read a little piece of spiritual information and read every word and feel the mind getting strengthened to cross the challenge in a dignified way.

Creating a destiny of our choice ... It's only one thought away!

Bringing about a change

The one who is tireless works quietly to make changes in themselves and others.

When things go wrong, tirelessness enables me to work toward bringing about a change without complaining. Like when we add bricks to build a foundation no one notices the actual work, but the result speaks for itself.

Sometimes it can be difficult to adjust, especially when the adjustment required is due to someone else's mistake. When this happens I have to have faith that this is my contribution to bring about a change. When I adjust and adapt to the situation without feelings of negativity, I will find things changing for the better.

Message for the day

The one who has courage to bring about a change is free from excuses.

Expression: For the one who recognizes the need for bringing about a change, every situation is an excuse for doing something new. If there is no commitment to change in every situation, excuses are given and others are blamed. So there is nothing new that is done and nothing new achieved.

Experience: Life becomes very interesting for me when I am willing to take up the challenges that it brings. I am not afraid of new situations and challenges but am able to make the best out of the situation, I am free from fear and have the courage to bring about a change easily and naturally.

*In Spiritual Service,
Brahma Kumaris*