



Kalk Bay near Cape Town, South Africa

Stability

Amidst the earthquakes of unexpected situations, the hurricanes of unreasonable behaviour, when fortune strikes against me, I will remain unmoved, knowing that finally all will be well.

Receiving The Gifts Of God (Part 1)

Have you ever wondered what it would be like to experience the highest authority in the universe - God? God is the ocean of knowledge, the ocean of love, the ocean of power and the ocean of bliss. He brings with Him thousands of treasures like knowledge, virtues, powers and blessings, which we can take from Him by connecting and communicating with Him.

We can experience God so close to us whereby He can be just like any other person in our lives. We can come so close to Him that we can discuss just about anything that we wish with Him just like we do with anyone in the physical world. Also, to go further, we can also receive helpful friendly responses from Him when we are faced with difficulties. God can hear the voice of our hearts. He offers the gift of His company to us in less than a second and is someone whom we can receive sustenance from, just like physical parents give to their children. Also, He shares with us the secrets of living life the right way and be free from confusion. He is someone whom we share our happiness with when he showers our life with His help and success. God fills us with thousands of virtues and powers. He is the most powerful one whose divine hands we can experience on us while performing the most routine actions of the day. We can experience all this by making God our constant companion at every step.

(To be continued tomorrow ...)

What's your opinion?

Do you have strong opinions on just about everything? Or do you sway from one opinion to another, depending on your mood? If we hold on tightly to our opinions, we narrow our perceptions and perspectives.

Have the confidence to know when to:

- stick to your opinions
- challenge yourself to see alternative perspectives
- reconsider and reformulate your opinions
- not have an opinion

Message for the day

To give regard is to bring transformation.

Expression: When there is regard for each and everyone, others' specialities are easily visible. There is appreciation of each one's specialities. This appreciation creates a good feeling in the other person. And with every interaction the other person continues to bring transformation.

Experience: I am able to recognize specialities in others when I have regard for them. I am able to see the positivity even when their negativity is being expressed. This naturally brings transformation in others and of course I find my intellect too changing to the positive, because of a long time of practice of seeing positivity.

In Spiritual Service,

Brahma Kumaris