



### Spiritual Change Skill

There is nothing more certain than that the world will continue to change. Accepting and not resisting this, is the first and most important inner skill in this frenetically changing, modern world. Life tests us every day to see how well we have developed this ability.

Equally, there is nothing more real than the inner space within each of us that never ever changes. We may change our thoughts, our feelings, even our sense of who we are, but we fail to visit the unchanging centre of our own self.

The ability to be in this inner space, where our peace is found, when all around would prefer chaos and crisis, is the deepest spiritual change skill. It is the eye of the storm, it is the oasis in the desert, it is the place where peace is power. Call in today. You'll be surprised how much it can influence and change everything and everyone around you!

### **Beauty In Character (Part 3)**

We live in a world where we are all closely connected with each other. We all want to have a good nature but what is stopping us from changing ourselves? Is it a lack of determination or is it because we see everyone around us performing different types of negative actions which prevent us from seeing our own weaknesses. We think its fine to make mistakes and that's the way the world works. Is it not high time we took on the responsibility of self-change and brought positive changes inside ourselves, which others can see and we also know and realize are happening inside us?

**So, let's make a promise to ourselves that we will look inwards and check where we are making mistakes.** We will check deeply and not only on the surface. And then we will take the help of God and use our own spiritual strength to bring those changes in ourselves. Let's do this favour on ourselves. Good human beings are few but they will always get the love and respect of all those whom they come in contact with. So, perform a simple practice for the next few months. Take one quality which you want to see in yourself and for one week, keep attention on yourself that you will bring that quality in your thoughts, words and actions. Then in the week after that, take one weakness and ensure that is not seen in your personality for that particular week. Do this for some time and see the difference it makes to your personality. Choose different qualities that you like and different weaknesses that you dislike and work on them separately. This will make you a perfect person. Of course, the tools that will help you in this process are introspection, spiritual wisdom and methods like meditation. **So, let's make a start today. When we change, the world changes. Self-transformation will lead to world transformation.**

## Happiness

Happiness is the art of living, the purpose of our existence. Happiness is the true index of quality of life. Without happiness, life is dry and meaningless. With happiness, life immediately becomes fulfilling and wonderful. Happiness is an infectious feeling that immediately lifts the sagging spirits of people. Happy people keep themselves happy because they know the little ways to appreciate themselves and to see the humour and magic in each moment.

### Message for the day

**Commitment      for      truth      brings      constant      happiness.**

**Expression:** For the one who is constantly with the truth, there will be no fluctuations in the happiness - experienced by the self and expressed to the others. So there is benefit for both the self and others through this. Only when there is no truth, the support of falsehood is taken to prove and defend oneself. So the happiness is not retained constantly.

**Experience:** When I am committed towards living by the truth, I will not be influenced by the different situations that I am faced with, but will be able to experience constant happiness. I will never be influenced negatively by negative situations and allow myself to lose my happiness. Also I naturally find my happiness rising constantly.

*In Spiritual Service,  
Brahma Kumaris*