



Giving

With habits, never give in or we lose our dignity.

With the self, never give up or we lose our destiny.

With others, never give your worst, or you will never develop your best.

The saying, "what we give is what we receive".

The lesson: Just to give.

Understanding And Overcoming Ego (Part 1)

Identification with the ego and the external self creates a false identity and extremes of feeling inferior, or superior, depending on the circumstances and people. It brings with it the thought of *I am*, which is based on gender, religion, nationality, achievement or talent, creating an attachment to the self, which always compares and competes with others. This insecurity leads a person into forcing others to act and think in the same way as them. An egoistic person, rather than recognizing that everyone is unique with a unique personality and has a right to express his/her respective personality, sees difference in personalities as a threat to himself/herself.

Where there is such ego, only *yes* people (who have the same opinion as yours) are allowed to come close: anyone with a difference of opinion is rejected. With ego, the original uniqueness of the self is denied, unrecognized and buried deep in the layers of wrong identity. This is why, these days, there is such an identity crisis - humanity has lost its soul, or rather, sold its soul to external traditions and attractions.

With ego, then: is the idea of *I know best* and consequently such a person tries to control and manipulate others. This results in the spoiling of the creativity and uniqueness of others.

(To be continued tomorrow...)

Spiritual Battery

Each day we all need to recharge our spiritual battery, otherwise the light of our consciousness becomes dim, thoughts become fuzzy, and decisions are impregnated with doubt. Power is available inside and outside. Inside us we have a spiritual centre, at the core of our consciousness, pure radiant spiritual light. This is what we are. However it is now blocked by our attachments, the record of all our life experiences and many learned beliefs and perceptions. Outside us we have the sun of spirit, the source, invisible to our physical eyes but only one second away when we are able to quieten and focus our mind. Meditation connects us to both sources of power - that's why meditation is the way to access the real vitamins and the minerals that spirit craves. The vitamin of pure love and the minerals of truth and wisdom. Take time to empower yourself today. Sit quietly and connect your mind to each source and allow yourself to recharge and renew.

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Message for the day

Life's situations are a game for the one who is prepared to face challenges.

Expression: For the one who is a skilled player, every situation, however challenging it may be, seems like a game. Even the most difficult situation is faced bravely, knowing that it has come to teach something and increase the skill within. So such a person becomes a source of support to those around during difficult times.

Experience: When I am aware of my own skills and specialities, I am able to face all life's situations with lightness and confidence. I enjoy everything that comes my way. I also am able to experience progress as I use all situations as a means for further increasing my own potential.

*In Spiritual Service,
Brahma Kumaris*