



Creating Harmony

Love dissolves hate.

Kindness melts cruelty.

Compassion calms passion.

Cooperation evokes love and when we bow, others bend.

This creates harmony.

Playing My Part As A Hero Actor (Part 2)

In yesterday's message we had discussed how we possess the potential in our hands to write the scripts of our lives, our destinies. Some of us do not like this idea because we have been taught since we were small that life is all about luck, but this incorrect belief does not let us realize the immense internal power or potential that we possess of shaping up our destiny, our future. **By resigning ourselves to a life of luck, we do not use our potential and conveniently avoid doing the inner work of becoming awake and aware of who we are as spiritual beings and the masters of our own destiny.** This is why waking up from the sleep of this wrong belief is the first step towards empowering ourselves, towards taking responsibility for our life, for our present, our future.

Also there are some of us who hold the belief that the course taken by each one of our lives is not written by luck but is decided by God, so it is egoistic on our part if we believe that we can write our own scripts, interfering with the plan that God has in his mind for us. So in times of challenges in our lives, although its not wrong to pray to God at those times, we commonly use words like - *if God would like it, I shall overcome this obstacle or I will be successful in this particular task or my health will get okay or I will pass this exam etc.* In times of happiness, although it's not wrong to thank God at those times, we completely submit ourselves to God's will, thinking that it is he and he alone responsible for what good that is happening in my life. In the case of the sorrow we forget that although God can help us to some extent, whether we will surpass the sorrow or not is very largely dependent on our past actions which are influencing the present situation. In the case of the happiness, we forget that though God's blessings do help and work, our past actions are a very important dominant factor which is creating situations of positivity in our present lives.

(To be continued tomorrow...)

Focus on the Goal

While moving towards my destination, I tend to get distracted with even the little things that happen. Even a small negative or positive incident is enough to distract my thoughts from my destination. I am sometimes so busy with such things that my vision moves away from my destination and I stop moving forward. I need to first clarify my goal. Once I have done this, I need to take care that my vision is focused on it. Even when situations come by, trying to distract me I need to remind myself that these are only side-scenes which are not important for me. It is more important to keep my energies focused towards the goal.

Message for the day

The right solution is found by the mind which is free from worry.

Expression: No matter how hard one worries about a problem, there can be no solution found. When the mind is free from worry, it is able to be calm. Then there will be no struggle but very naturally the right decision is made, which would be for the benefit of the self and that of others too. On the contrary, a mind that is worried would make decisions that are harmful, even after a lot of thinking and rethinking.

Experience: When I keep the mind free from worry in the most difficult situation, I am able to experience inner calm, in spite of the outer disturbance, because there is no disturbance in my natural thinking process. There is a lot of peace within, which enables me to be free from negative feelings for everyone. I also naturally have good wishes for myself and others, so whatever I do would be for everyone's benefit.

*In Spiritual Service,
Brahma Kumaris*