



Get Past Your Past

Let the past be the past – both my past and the past of others. There's no need to keep repeating the past in my head.

Think: Whatever happened, happened, it's OK for me to move on. Let me be supportive and make it easy, not difficult – for myself and others. When I stay in the present, everything is pleasant.

Accept Change, Don't Resist It (Part 1)

Change resistance or the inability to adapt to change is the most common reason for the life stresses that all of us are faced with. There used to be a time when change was not so sudden as it is now. The modern lifestyles have made change so sudden that we have reached a point where change resistance has almost become like a syndrome or illness. There was once a businessman, who was very successful in everything he did. He earned success in his profession, relationships, earning wealth and everything else. It was all great going until one day his company began to go into a loss. At the same time, his relations with his family began to get disturbed, because of this. As a result, his self-esteem began to fall. Life was not the same again for him.

This can happen to any of us, a sudden change of fortunes. Suddenly one single negative event, only a single change, can change our lives. What should have the businessman have done, to remain positive? He became, from extremely successful to unsuccessful. A change of perception you would say. And here we also throw light on the golden principle of acceptance. Acceptance follows the change of perception and also cannot take place without the perception change. It is an opposite emotion than the one which we commonly experience – that of resistance, when faced with a difficult situation.

(To be continued tomorrow ...)

Aim at the Goal

While moving towards the destination, we generally tend to get distracted with even the little things that happen. Even a small negative or positive incident is enough to distract our thoughts from the destination. We become so busy with such things that our vision moves away and there is no movement forward. We need to first clarify our goal. Once we have done this, we need to take care that our vision is focused on it. Even when situations come by, trying to distract us, we need to remind ourselves that these are only side-scenes, which are not important for us. It is more important to keep our energies focused towards the goal.

Message for the day

The power of cooperation enables the most difficult task to be successfully done.

Expression: To have the power of cooperation means to have the ability to see and use the specialities of others in any task that is to be done. It is the ability to respect and use the suggestions and ideas of each and every one which contributes for the success of the task. So the one who is able to use this power is able to be successful in any task that he takes up.

Experience: When I am able to give cooperation and take cooperation from those around me, I never experience fear for any task that has to be done, but am able to be at ease, knowing that everything is possible. I am also able to earn the respect of those around me for having made the best use of their specialities, which further facilitates the success of the task.

*In Spiritual Service,
Brahma Kumaris*