



Google Workplace

Thank God, It's Monday

Forget TGIF (Thank God, It's Friday). Think TGIM (Thank God, It's Monday) ! Increase your motivation, commitment, passion and the feeling of fun in the workplace. In other words, love what you do. Then you'll happily go to work, Monday after Monday!

Accept Change, Don't Resist It (Part 2)

Taking the message further from yesterday's example of a businessman who resisted change, accepting a difficult situation wasn't easy in his case. This is a case of a person who benefitted from the teachings of the Brahma Kumaris. He was given a five point spiritual power formula to implement. The five powers helped him reshape his perception into a positive one. As a result he accepted a difficult situation.

The first power was the power to transform one's thoughts as per one's own desires using the power of meditation. Rajyoga meditation, as taught by the Brahma Kumaris, is a connection between two minds – your own mind and the Supreme source of spiritual power – God. He is invisible to the physical eyes but visible to the eye of spiritual wisdom or what we call *third eye*. This connection causes spiritual energy in its purest form to be absorbed from God. It flows into one's *sanskaras* and changes the *sanskara* of thinking negatively.

The second power was the power to discriminate between negative and positive information that one is exposed to throughout the day. Very often a negative piece of information received from the daily newspaper can make the perception of a negative situation full of confusion and a lack of clarity. This can cause us to become emotionally weakened. So, the businessman was given a simple advice – read the newspaper in the afternoon or evening and not the first thing in the morning. At that time, the mind is not so fresh and the absorption capability of the sub-conscious mind is lower than what it is during the morning.

(To be continued tomorrow ...)

Love and blessings

The world is trapped in the mire of barriers (politics, language, caste, gender) and this has distanced us from each other, and from what we require for wholesome existence: love, respect, understanding, and freedom. We are scared to love for fear of being taken for granted but God's love is very liberating, since God's vision surpasses all physical and imposed barriers: every soul is seen for what it is and what it is capable of; no one is condemned for their past; no expectations are kept nor requests for anything in return but yet God does know the value of His love. God has the faith that love and blessings will transform negativity in His children eventually. True love and good wishes for another soul is the seed that shall bear fruit in time. God says, you cannot love Me completely if you dislike any of My children because God cannot reside in a heart filled with hateful feelings.

Message for the day

Introspection enables one to be free from the influence of negativity.

Expression: Introspection means the desire to be good. Introspection brings the ability to look within and see the true self in the mirror of the heart, thus enabling one to activate the inner spirituality. Then all effort made will be towards activating this inherent goodness. And slowly one finds that the behaviour associated with negative traits are no more expressed, as they begin to lose their hold.

Experience: When I am able to introspect and look within, I can find the goodness that is there within me. Because of this, I naturally am free from expectations from others that they should recognize my goodness or consider me good. Instead I find myself content with what I am and continue to bring out the best from within me. I also continue to learn from all situations and experience progress.

*In Spiritual Service,
Brahma Kumaris*