



Transform Obstacles

Is life an obstacle course? Sometimes it may feel like it. If you join the military you will be sent around an obstacle course of increasing degrees of difficulty. Why? To increase your strength and stamina and expand your creative capacity under strain. So it is on the course called 'life' – you can choose to perceive people, situations or events as obstacles, or you can choose to use these things to strengthen and expand your capacity to be creative and to find ways round, under, over. The choice lies in your perception. Obstacles are never ever 'out there', they are always in our own minds.

God's Help At Every Step (Part 1)

We all live our lives looking for perfection in every sphere and always look for ways to achieve that with ease. Also, perfection cannot come unless we have the right path to achieve that. Have you ever given a thought to what God's mind would think about various actions that we perform in life? What that means is if I have to meet a few of my family members or friends today for a purpose or deciding what should we do for a particular issue and we didn't know what to do - in this case, could we look up to God for a solution? And how would we take that help from God? Have you ever wondered? How many of us are so close to God that we can take His help in this manner for little actions of life? Have we won God's heart so that we can just remember Him for a minute in a difficult situation and He would provide us His guidance or the path of what to do? Let's give it a thought in this message.

First of all, **I need to check my mind as to how clean and pure it is? Because the more my mind is transparent and a mirror image of God's purity and cleanliness, the more help I will receive from God.** Some people wonder are there some people in this world who receive more help from God? Or is it only our own actions of the past and present which help us in a difficult situation? It is actually both – the help from God as well as our actions. The important thing is that help from God can be a magic factor in difficult situations, which can be our savior. **And if we want to receive it, perform good actions and make yourselves virtuous and full of truth, sweetness, purity and humility, the qualities God likes.**

(To be continued tomorrow ...)

Using Specialities

When we come into interaction with others we are concerned with their negative aspects. We are aware of where they are going wrong and we try to correct them too. But usually the other person doesn't realize his mistake. The more we try to emphasize on negativity, the more difficult it becomes to make him realize. On one hand we find that he is not benefited, and on the other, we are filling ourselves with negativity too. The best business in life is that of seeing specialties and contributing our own specialties for others' growth. When we are aware of others specialties, we are able to encourage them to use them for growth. Also we are free from negativity. Further, using our own specialties enriches others and us too. These specialties are easily available for us at the time of need, for having used them properly.

Message for the day

Greatness lies in revealing one's own speciality.

Expression: Greatness means recognizing one's own speciality and being a donor with it. It also means being royal and great in what is given to the mind - that means giving the mind only the positive. When there is greatness in this way there is speciality and uniqueness seen in every act of mine.

Experience: When I am able to perceive my inner greatness, I am able to be content because there are no expectations, but there's only a feeling of being a giver. I find myself to be light and easy and enjoying each moment of my life, slowly moving towards perfection. I am also able to attain the blessings and good wishes from others.

*In Spiritual Service,
Brahma Kumaris*