



## Offer Up

Free yourself from forcing, expecting or wanting someone to receive what you think they should take – it could be your idea, opinion, or an opportunity you think they should accept – you can't make anyone take anything – your own experience probably confirms this. Offer humbly. Offer gently. Offer as if you are a master, and then let go, and retire like a shy child. When you can dance the dance between being master and child, you'll be surprised how much more others will accept what you have to say, and how much more they appreciate your offerings.

## Internal And External Attachments (Part 2)

We had explained some common examples of **external attachments** yesterday.

Some common examples of **internal attachments** are attachments to:

- your ideas,
- your beliefs,
- your opinions or viewpoints,
- your memories,
- a certain way of thinking
- a particular virtue/virtues or specialty/specialties,
- a particular power/powers,
- a particular *sanskar/sanskars* - either positive or negative, etc.

Whether the attachment is external or internal, the act of attaching is always internal. e.g. if you attach yourself to your job, you will say *my job*. Your job is something external, but you hold on to it inside you - inside your consciousness.

(To be continued tomorrow...)

## Keep sense organs under control

We are usually controlled by our sense organs. For example, whatever our eyes see, we are distracted with that. Thoughts continue to wander in that particular direction and we have no control over them. At that time even if we do try to control, we find it very difficult. The stimulus the sense organs get is not in our hands, but how we choose to respond definitely is. So we need to give the training so that we see only positivity in everything, i.e., we also have the power to transform even negativity into positivity. Then at the right time, this training will help us keep our sense organs under control.

## Message for the day

### To move forward is to be on a pilgrimage.

**Thought to ponder:** When someone goes on a pilgrimage, there is only one thought of moving forward. Our life too is a pilgrimage of experiencing progress in all we do. When something uncomfortable comes up, my vision needs to be fixed only on the goal and nothing else.

**Point to practice:** Today I will create an aim for myself of something I want to achieve. This could be even a short term goal or even imbibing a quality in myself. Every time I am faced with any difficult situation, I will focus my energies on achieving my goal instead of wasting time and energy worrying over what is wrong.

*In Spiritual Service,  
Brahma Kumaris*