



## Banish Ego

Ego is not just having a big head. Ego is present every time you feel any kind of fear, or hear yourself saying "That's mine". The truth tells us that nothing is 'mine' or 'yours', we are all trustees, and fear is only present where there is the voice of attachment. Detach from everything, and you will banish ego, fear will be no more, and only then can true love return.

## **The Mind In Control (Part 1)**

**A very important and challenging part of our lives is managing our thoughts and feelings as per how we want them to be.** Very often, our mind is full of scattered thoughts which we have to reduce and focus on a task. This is because when we are working on a particular task of work we need to have a few thoughts only which are related to that particular task. Sometimes these few thoughts are accompanied by thoughts of the past actions or of future actions to be done or of other people and their words and actions. Then we take greater amount of time to perform the task at hand. Also, it is seen that efficiency at the workplace or in offices is greatly reduced because of this. It is said that if a person works for 8-10 hours in a day in his or her office, the actual time being given to the work is less than 100%. Because of this, there is a great need of techniques like meditation and mind relaxation, which will help in reducing the speed of thoughts and hence as a result the number of thoughts. Presently, we are all in touch with technology a lot. The more this is happening and the more different media touch our minds constantly, the more our mind becomes filled with thoughts. These thoughts are difficult to stop at times for many of us. So, a connection at regular intervals during the day, with a peaceful source of spiritual energy is required. It is said that there are two sources that we are disconnected from at the present moment of time. **The first source is inside us and is our own spiritual self and the second source is outside us and is the Supreme Soul or God.** The spiritual self is originally very peaceful and by remembering it, we experience peace and the Supreme Soul is an ocean of peace. (To be continued tomorrow ...)

## Acceptance

If you ever find yourself defending a position, explaining why, or justifying anything, it means you have been defeated. It means you have not been able to accept the others point of view, or the fact that you may be wrong. Fear has conquered your mind and your heart. Your defenses are up and you are running scared. It's not that the other person has conquered you, it's the self-created fear that is in control. Until you can accept the other (you don't have to agree) and you are not threatened by the other, your victories will be delayed. It's a funny old world when true winning is accepting not resisting, when victory is found in the wisdom to stop fighting and to begin engaging.

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## Message for the day

**The one who is open to learning always finds an opportunity to learn and change.**

**Expression:** Life has plenty of opportunities for the one who wants to learn. Each situation and person that comes one's way is an instrument for a new learning. Constant learning brings about a deep internal change and progress in one's life.

**Experience:** When I am able to learn from all that happens, I am able to be content for both what I have learnt and the change that I have been able to bring about. This contentment also keeps me enthusiastic and my mind open for further learning. I naturally become an embodiment of what I have learnt.

*In Spiritual Service,  
Brahma Kumaris*