



A Language of Trust

To create the future we desire we need a spiritual language; we must speak from the heart and in the language of the soul – a language of trust, faith and higher values, of inner growth, love and listening.

Reliving The Memories Of The Past (Part 2)

While some people realize that remaining in the present is the ideal way of living, but sometimes in their daily life, they find it difficult in not allowing the past in influencing their present life situations. And also their way of looking at them. **Also, some people say its fine not to think about the failures of the past but it is unrealistic to not think about past successes, because they are positive events.** Some people are so tied up with past success stories of their lives and are so attached to them that it slowly takes the form of a type of ego. This then starts reflecting negatively in their present behaviour and relationships.

Suppose, I have been very good at my studies and I was one of the best in school and college, in excelling in my education. So, do I forget that or remember it because doing that gives me joy? When a joy out of a positive past event becomes excessive and unnecessary, the joy turns into a negative emotion of ego. It crosses the limits of pure pride or self-esteem. Speaking about past successes to each one we meet can easily be seen by others as unnecessary. Also, some people don't prefer listening to success events of others beyond a certain point. This is because it's very clear in these cases that the other person does not have an intention of informing only. Ask any person about how they felt after having listened to others' success stories repeatedly and they will give you a frank opinion that it was slightly egoistic behaviour. People will always like those who mention their successes but at the same time they are humble and remain incognito in not mentioning them repeatedly. That is for speaking about past events of a positive nature. The same applies to thinking about them.

(To be continued tomorrow ...)

To enjoy a carefree life, renounce the consciousness of I and mine.

The more we surrender our ego, the lighter and easier our life becomes. The consciousness of I and mine either makes us arrogant or weak. It creates a lot of conflicts in relationships and finishes the beauty of life. When we consider everything we have as God's property then our responsibilities become His responsibilities. He fills us with extra specialities and powers to carry out His task no matter however daunting it may seem. When we surrender our will to Him everything happens for the best.

Message for the day

Self-respect brings constant learning and an experience of success.

Expression: Where there is self-respect, there is naturally a positive and elevated state of mind. There is openness and enthusiasm to bring about progress in one's life. Everything that is done is towards this end. So, the one with self-respect naturally reveals one's speciality in all thoughts, words and actions.

Experience: When I am able to maintain my own state of self-respect, I am able to enjoy the beauty that life brings. I'm able to understand, accept and make use of all situations in the right way. So, whatever the situation may be, for me there is a constant experience of progress.

In Spiritual Service,

Brahma Kumaris