



Mother Teresa with Princess Diane in Kolkata

### **Simplicity and Royalty**

There's great beauty in simplicity. It's not plainness; however it is plain in the sense that words and actions are enacted with great royalty, full awareness and with so much significance. Simplicity takes us away from artificialities, it simply accepts and in that acceptance shows us grace and humility in every circumstance.

## **8 Steps On The Road To Success (Part 3)**

The road to success is filled with major changes which we as travelers on it need to be able to adapt to and face, without the changes affecting us negatively. There are people who are very weak at adapting to change because of lack of spiritual strength and the tendency to look at and perceive the changes negatively. It is said at the Brahma Kumaris that the one who moulds becomes real gold or valuable or in other words spiritually pure or powerful. So, the **ability to mould or the ability to change** as per the different milestones one sees on the road to success is a spiritual power which we need to fill ourselves with. Also, as with traffic signals, also required is **the ability to stop on the road to success** on passing certain signposts which convey to us that crossing them at that moment of time at the speed at which we are, will cause an accident in the form of an ill physical body or a broken relationship or a stressful mind or a harmed professional or personal role which is being used to reach the destination of success in any sphere of life, and bring the journey to the destination of success to a standstill.

Another spiritual ability is the **ability to inculcate new creative and constructive *sanskaras* as per the demands of what side-scenes** (which may sometimes be surprising for many) are seen on the road to success. The type of *sanskaras* which may be required to be inculcated at that moment of time could be simple like remaining egoless, keeping love maintained with someone with whom things get rough, avoiding the negatives of someone and also not spreading them, not getting frustrated or tired and remaining patient, not creating thoughts of failure, accepting each one's role with ease, emerging the power to discriminate between wrong and right or remaining economical in using resources like money, time and energy etc. Also, just like any other journey, sometimes **it is also important not to get stuck in these side scenes** but to ignore or let go of them and carry on with determination on the road to success with our complete focus on the destination of success which our whole journey is dedicated to.

**Be smart and understand how your state of mind affects the food you eat.**

If you're angry or anxious while cooking then that's the energy you're putting into the food. Instead, nourish and enrich your meals with positive energy!

Plan your meals, shop, prepare, cook and eat with a positive attitude. And most of all enjoy the process. Your mind and body will thank you for it.

### **Message for the day**

**Become the ones who make efforts continuously and experience constant self-progress.**

**Checking:** Check if there is any doubt within you whether you'll succeed or not. If there is any such doubt it means that your effort is not continuous. Where there is constant effort you experience constant progress.

**Practice:** Each day remind yourself of at least one thing that you have achieved for the day. When you make a habit in this way, you will be able to notice and experience the fruit of the effort that you put in.