

Today's Thoughts: October 11, 2020: First Change



Prime Minister at the International Yoga Day, June 21, 2015, Rajpath, New Delhi

First Change

There is no greater teacher than one's own practical example. To be really benevolent therefore means that I must first change, then I have the power, the knowledge and the experience of thinking and doing for the ultimate benefit of all.

On A Spiritual Joyride (Part 5)

Life without the love of the Father of humanity or God is like a tree without leaves. **Love fills our life with enthusiasm and a lot of energy and we feel motivated to achieve in every sphere of life whether personal, professional or in the field of spirituality.** Spirituality is itself an independent segment of life with its own challenges both in the field of self progress and in the field of donating all that you possess to others, which we call spiritual service at the Brahma Kumaris. So, everything you do from the morning to night is filled with love and you do it with lot of power and dedication and without getting bored. So, enjoyment while working in an office or while dealing with people in the family becomes extremely easy, as easy as going for a drive or cooking a meal.

Also, the way of loving each one in a pure manner and without any expectations comes in every relationship, whether personal, professional or spiritual. There are people in the world who are experts at dealing with people with a lot of love and are well known for this specialty in their social relationships. Such people, when asked about their secret of success, will commonly tell you that they are very good at thinking correctly and manage their thinking smoothly. Such people can deal with people of different personalities and even manage them, not necessarily control them. This is something that becomes easy to do after taking a spiritual birth or being a student of spirituality. **Spirituality fills you with the power to think only what is necessary and as per the requirements of a particular situation, which can be difficult at times.**

(To be continued tomorrow ...)

Air, Fire, Water, Earth & Ether; we can be like the 5 elements.

Be light like air, free from worry & fear.

Like fire, positively transform your habits.

Like water, keep flowing & never stagnate.

Like the earth, be stable in the face of challenges.

Be expansive, like the ether. Give space to yourself & others.

‘Message for the day

The one who serves others is the richest.

Expression: To be in a position to serve others means to be aware of the resources and treasures within. When all the powers that are within are used for the benefit of the self and others they tend to multiply and increase. So the one who continues to serve others continues to become richer.

Experience: When I serve, not only do I become richer with what I use, but for having served unselfishly I also become richer with the blessings and good wishes that emerge from the hearts of others. I am able to experience the real richness and beauty of life as there is a lot of love, happiness and joy in my life.