



Honesty

It takes great courage to be honest. One of the noblest qualities in a person is the ability to say, "I am sorry, I was wrong, you were right". It doesn't really matter about being right, winning arguments or having my ideas accepted. It matters more that I am able to recognize my mistakes, take responsibility for them, learn the lesson and move forward with greater maturity.

Playing My Part As A Hero Actor (Part 2)

In yesterday's message we had discussed how we possess the potential in our hands to write the scripts of our lives, our destinies. Some of us do not like this idea because we have been taught since we were small that life is all about luck, but this incorrect belief does not let us realize the immense internal power or potential that we possess of shaping up our destiny, our future. **By resigning ourselves to a life of luck, we do not use our potential and conveniently avoid doing the inner work of becoming awake and aware of who we are as spiritual beings and the masters of our own destiny.** This is why waking up from the sleep of this wrong belief is the first step towards empowering ourselves, towards taking responsibility for our life, for our present, our future.

Also there are some of us who hold the belief that the course taken by each one of our lives is not written by luck but is decided by God, so it is egoistic on our part if we believe that we can write our own scripts, interfering with the plan that God has in his mind for us. So in times of challenges in our lives, although its not wrong to pray to God at those times, we commonly use words like *if God would like it, I shall overcome this obstacle or I will be successful in this particular task or my health will get okay or I will pass this exam* etc. In times of happiness, although it's not wrong to thank God at those times, we completely submit ourselves to God's will, thinking that it is he and he alone responsible for what good that is happening in my life. In the case of the sorrow we forget that although God can help us to some extent, whether we will surpass the sorrow or not is very largely dependent on our past actions which are influencing the present situation. In the case of the happiness, we forget that though God's blessings do help and work, our past actions are a very important dominant factor which is creating situations of positivity in our present lives.

(To be continued tomorrow...)

Procrastination

Procrastination not only wastes our time, it also causes anxiety.
So why do we procrastinate? Why not overcome the habit!

Try one of these methods:

- List all the things you've been putting off and then prioritise the list.
- Create a vision of the result and be motivated by the outcome, rather than worrying about the process.
- Don't wait till you feel like doing it; the feeling will come when you get started.

Message for the day

To have control on the self is to be a winner in situations.

Expression: Situations influence me and I get carried away. This means that the reins are not in my hands and I have given them to the people outside. I, then, have no control of my feelings, thoughts, emotions, words or actions. Everything becomes a reaction to what is outside. On the other hand, if I am able to keep things in control, I am able to respond in the right way to situations, making me a winner.

Experience: Today I will remember that no one can control me, but myself. I am the master, and seated on this seat of self-sovereignty, I can give orders to myself and keep myself in control. I will not let anyone or any situation influence me or take me away from what I have to do.