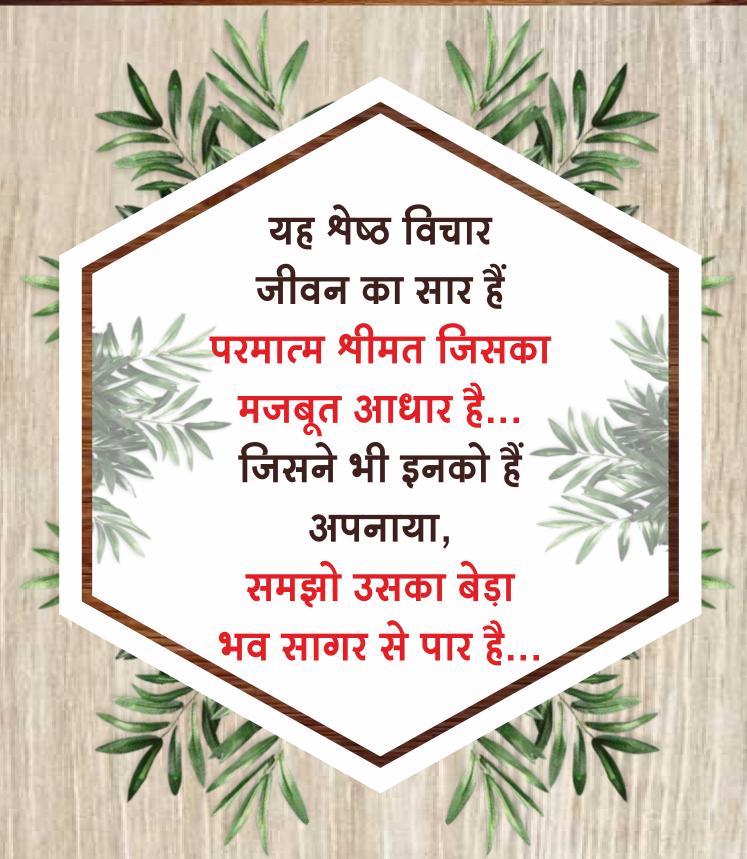


शेष्ठ विचारों का अनमोल खजाना









### DAY 85

## VALUE: INTROSPECTION

"The one who pays attention to the self will constantly experience progress."

#### CONTEMPLATION

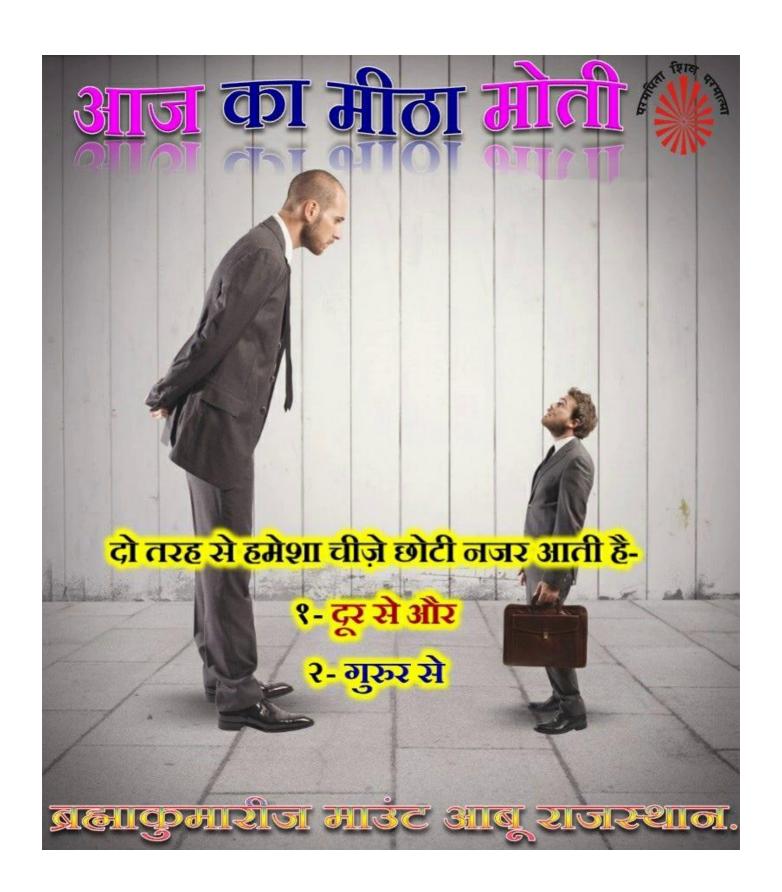
When faced with a situation, it is easy to think and talk about others and their mistakes. There is hardly any time to think about or understand ourselves and the mistakes we make. So we continue to repeat our mistakes again and again.

#### APPLICATION

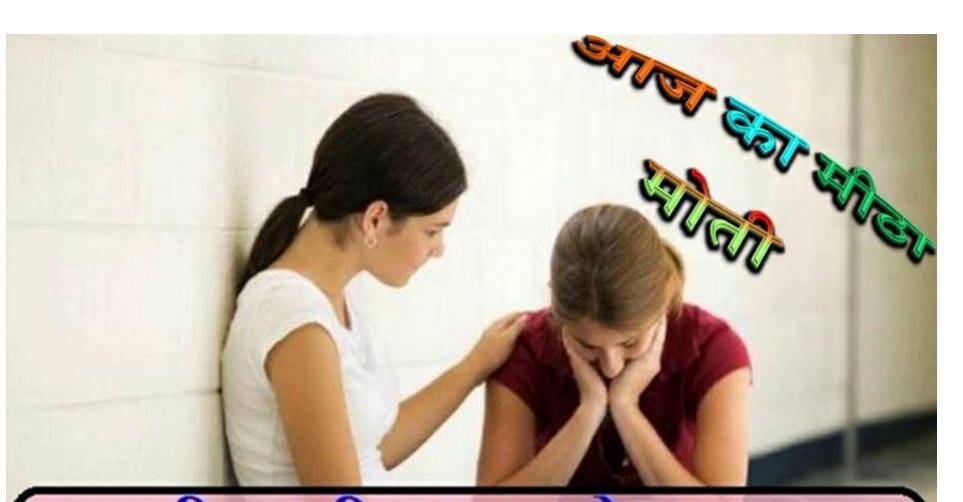
Whatever situation I am faced with, I need to remind myself that I am the one who will benefit if I bring about a change in myself. With this thought in mind, I will be able to pay attention to my thoughts, words and actions in order to bring about positive change.











हम सभी अपनी समस्याओं का "कारण" और "निवारण" करने वाले खुद ही है, दुसरों का कोई दोष नहीं Om Shanti..



### **Brahma Kumaris Websites**

Main BK website <a href="www.shivbabas.org">www.shivbabas.org</a> OR <a href="www.brahmakumari.org">www.brahmakumari.org</a> (by SBS team)

Int'l website: www.brahmakumaris.org

India website: www.brahmakumaris.com

BK Sustenance website: www.bksustenance.net

All Data hosted on www.bkdrluhar.com

Murli Websites: babamurli.net

and madhubanmurli.org

# www.omshantimusic.net

www.bkgoogle.org

www.bksewa.org

www.bkinfo.in

www.bk.ooo

www.brahmakumari.org/centres

www.lshvariyaKhajana.BKhq.org