



The Prague astronomical clock, first installed in 1410, is the oldest clock still working.

Real Honesty

Real honesty means being true to the best that is within you. This is more honest than simply speaking your mind.

Personality Radiation

Each thought that we create, every word we speak and every action we perform is responsible for the radiation of non-physical energy or vibration into the universe; towards other people, to the surroundings or the atmosphere as well as to physical nature. **A very important aspect of our consciousness which influences the quality of this vibration is the intention or hidden meaning behind each thought, word and action.** When the intention is pure, positive and unconditional, positive packets of the energy of peace, love, good wishes, happiness and truth get transmitted. **People who experience this positive energy from us are reminded of their personal positive qualities,** even if these qualities are different from ours, **and get inspired to imbibe the same and put them into practice,** although this may not even be our conscious intention in the first place, but we just have a general pure, positive, intention towards everything and everyone around us. But this giving of inspiration happens automatically. On the other hand, **when the intention is negative and impure, it is as if we bring other people, surroundings and nature down i.e. in a way we absorb positive energy from these entities, instead of filling them.** People, without realizing, will come down from their positive personality state on receiving this energy and become inclined to thinking and speaking against their basic, positive nature; thus it is a negative inspiration. Both are energy exchanges, but one is positive and the other is negative.

The above process happens even when we are quiet, not creating any thoughts and not speaking or performing any actions. **Depending on the kind of nature or personality we have, those type of vibrations keep getting emitted from us all the time.** The higher the quality of the activity inside the mind and intellect during the day and in general in our life, even if they are inactive at a particular point of time, the higher the quality of the energy radiated at that time. It's as if we are constant spiritual energy radiators and radiate our personality all the time, even while we sleep. The purer our personality, the purer this radiation is.

Concentration

How often do you hear yourself say, "I can't concentrate!" Actually, concentration isn't a gift and it isn't about intelligence.

Concentration is driven by interest, and interest is driven by attitude. If your attitude swells with interest, concentration is astonishingly easy.

Increase your concentration by reducing multi-tasking and any of the many distractions at your fingertips.

Soul Sustenance

The Functioning Of My Internal Processor

The body consists of physical limbs to move around and carry out its tasks in the **physical world**. So too, the soul has the subtle limbs – the limb possessing the power to think (mind), the limb possessing the power to reason and make decisions (intellect) and limb of its own unique personality. These three subtle limbs are used to maneuver, control and carry out tasks in the **inner subtle (non-physical) world** of thoughts, feelings, emotions, decisions, mental images and nature characteristics (or commonly called habits). **I need to understand completely how these limbs work individually and also how they function together in conjunction as a team. This understanding helps me immensely in putting my personal mental and emotional world in order.**

If the processor of my computer develops a problem, my computer comes to a standstill. I will be able to fix it only if I know how it works. In the same way, I have an internal processor which has three processes going on inside it continuously right through the day - the processes of **thinking** (mind), **deciding** (intellect) and **becoming** (*sanskaras*) – which affect my complete functioning as a human being. Only if I understand completely the functioning of this internal processor, can I start to correct myself and function well.

Message for the day

To be experienced means never to be deceived by anything.

Projection: It is normally understood that to be experienced means to gain expertise in something, or to become a master in a particular field. Such a person, who is an expert in one field might find himself totally impractical in daily situations.

Solution: Life has so many things to teach me through the various situations. I need to keep learning from all that happens. Then I'll never be surprised or cheated by any unexpected events, but will be prepared because of being experienced.

In Spiritual Service,
Brahma Kumaris