



## Silence

Silence is the best language for communication. It helps us understand and realise the eternal truths about the self, God and the world. In silence we are able to comprehend and express sincerely and powerfully the true values of the soul such as peace, love and joy. Silence is not the absence of thoughts but it is a state in which the mind is engaged in pure elevated thoughts that nurture these values within. The power of silence develops all mental and spiritual powers that are needed to tackle various situations successfully.

## **Wearing The Crown Of Servant Leadership Gracefully (cont.)**

Very often in a group or team, while moving towards a common goal or objective or purpose, the leader of the group or gathering is required to give his opinion to make the objective of the team possible. **Servant leaders are extremely active, positive and authoritative in giving their ideas, when they are required to do so, but are able to keep a relationship of detachment with their ideas.** They maintain a right balance of **authority** (while giving the idea) and **humility** (while accepting the result of the idea, the result could be rejection or even acceptance of the idea). Also servant leaders are detached when accepting or receiving or listening to ideas from team members. The more the attachment to one's own ideas, the more will be the tendency to resist or reject the others' ideas, which they do not do.

**Also, when a leader starts misusing his leadership for his own good and greed, and becomes egoistic, his team members start staying away. Servant leaders, through their humility, become an inspiration for others.** Experiencing power and autonomy is healthy, but when a false sense of ownership sets up in leadership and the leader starts taking his role for granted, it is the time when a leader will experience great downfall in his role as a leader.

**Altogether, a good leader is one who uses his mind or law to handle himself and his heart or love to handle others which ultimately brings justice to his role.** Such a leader who maintains this balance of love and law wears the crown of servant leadership gracefully through various stages of life, enjoying the respect and earning the good wishes of all whom he comes into contact with.

## Soul Sustenance

### Am I Creating Negative *Karma* – Guilt As An Indicator (Part 1)

At the heart of our consciousness, we have a conscience. **Our conscience is essentially our basic awareness of truth. From a spiritual point of view, the truth of who we are as spiritual beings is core and eternal truth. If we consider ourselves to be anything other than soul or spirit then we will be thinking and acting against our conscience, against our truth,** which is like going against the essence of spirit. We will feel something is not quite right. If one of the pistons in our car engine is out of sync with the others, the engine will sound slightly different from normal. We immediately have it fixed, because we know that if it continues it may destroy the engine. If we do something that is out of sync with the truth, the voice of our conscience speaks to us. But we tend to ignore or suppress it, especially if we are having a seemingly pleasurable experience - we then create the *sanskars* or habit of ignoring our own conscience. As a result we keep repeating the negative *karma* and the *sanskars* of the negative *karma* are deepened, further ignoring the voice of our conscience. It is a vicious cycle, to come out of which is extremely difficult.

(To be continued tomorrow ...)

## Message for the day

**The one who is free from desire is the one who is able to maintain positivity.**

**Projection:** When I put forth my ideas to others I expect them to listen to me. My idea changes to desire and when it is not accepted I then tend to become irritated. And along with it also comes jealousy or dislike for the others and I find myself caught up in negativity.

**Solution:** I need to make sure that I share my ideas with others but at the same time I need to keep myself free from any selfish motive. When I put forth my idea in a detached way, I too will be open to learning and I will be able to accept any criticism or rejection that comes my way. Thus I will be free from negativity.

**Be too big for worry and too noble for anger.**

Worry is otherwise known as 'fantasized catastrophising' where we create an image of the future and use it to frighten ourselves! Be aware that you are doing it, then stop doing it, otherwise the image will become a self fulfilling prophecy. Imagine only the brightest future, and so it will be. Besides there is nothing to worry about... unless you are under the illusion that your well-being and security are dependent on material things. If they are, then you will have many ways in which you can create worry. Possible loss, damage, separation, uncertainty are but a few. Look, you're killing yourself with worry, all because of the misuse of your imagination. Don't do it.

relax7

In Spiritual Service,  
Brahma Kumaris