

The biggest disease of the mind is over-thinking, especially too much thinking about others. Thinking too much is like eating too much. The heaviness makes it impossible to remain light and flexible.

Overcoming The Fear Of Interaction Or Socializing

There are various activities that you are perhaps afraid of doing, but that you know they are very useful activities to indulge in e.g. if you are afraid of socializing or interacting with people, either on a one-to-one basis or in a group. In a party or a situation where lots of people are enjoying the company of each other or in a meeting with your boss for e.g., you feel out of place and uncomfortable. **The problem might lie in a negative image of the self or low self-esteem, lack of confidence, fear of the other's opinion about you, lack of spiritual strength, past failure in having done so, being influenced by the other person's role or position etc.** How do you overcome this fear? By interacting with more and more people. The more you interact and mix up with them and express your viewpoint fearlessly, you realize that it is not a problem. Even if you make a mistake or you feel unsure, with practice you will see that there is no problem.

Most of our fears are overcome with the practice of doing what you are afraid of. If you do not make a brave step forward in order to overcome the fear of expressing yourself, you will continue to be the victim of this fear. This fear is then a negative energy that paralyses your intellect as a result of which your concentration and your decision-making power reduces. It also disorganizes your ideas, and confuses you whenever you express yourself in front of a person or people. What is more, fear produces clumsiness in your words, body movements and actions and makes you lose your image of credibility. It gives an impression of nervousness and low self-respect to the other. You have to overcome it, and you will manage to do it with practice and by changing the vision that you have of others: they are not a threat, they are not judges who are going to pass a judgment against you, they are offering you the opportunity to express yourself. **If you value yourself, you will not be afraid of not being appreciated by them and others will finally appreciate you.** If you do not value yourself, the opposite will happen.

Soul Sustenance

Wearing The Crown Of Servant Leadership Gracefully (Part 3)

Servant leaders are sacrificial leaders, ready to make the sacrifice when required. We explain with an example -

Jessica and Ruchika were close childhood and school friends. Jessica was the Head Girl of the school. One day there was a home assignment to be completed by the class. Jessica had forgotten to complete her assignment. She was afraid of the consequences and even more of the humiliation that she was not ready to face being in such a respectable post. She was also afraid of Ruchika's assignment as being selected as the best one by the class teacher. Jessica's mind was in a state of turmoil. On one hand was her self identity based on her role of the Head Girl and also the attachment to the same and on the other hand was her friendship and the voice of her conscience. If she chose the former and prevented Ruchika's homework from being selected as the best, she would be seen in the same light as Ruchika and would save herself embarrassment. If she chose the latter and allowed Ruchika's homework from being selected as the best, she would lose, but earn respect in the form of blessings and good wishes of her best friend Ruchika. Finally insecurity and the fear of loss of face in front of the class and the class teacher took grip over her. She chose the former, she harmed Ruchika's homework and prevented Ruchika from submitting it on time and as a result prevented it from being adjudged as the best. She had won. Her 'id' – Head Girl had won. But the servant leader inside her had lost. Her relationship had lost. She did not pay heed to the voice of her conscience and her special relationship with Ruchika. As a result she brought about sorrow to her friend. Later on she repented and realized, that day she had not worn the crown of leadership well enough. She had not heard the voice of the servant leader inside her, a leader who could sacrifice the *I* and keep her friend ahead of her. She realized her mistake and decided to hear the voice henceforth.

Many times, while playing leadership roles, we are also faced with similar situations as Jessica found herself in, whether it's in school, in the family, in our social circle or at the workplace, when we have to make a choice, **when the *I* has to be sacrificed and the *other* has to be kept ahead – sometimes we do that easily, sometimes we find it difficult.** **There is a servant leader inside each one of us, which favours the sacrifice. We need to awaken that servant leader.** Spiritual knowledge helps us in doing the same.

(To be continued tomorrow ...)

Message for the day

Patience enables one to easily overcome obstacles.

Projection: Usually, when faced with obstacles there is an urgency to remove it without any proper planning. That means we want to overcome the obstacle without putting in any effort. And when it is not possible, it tends to create impatience and frustration in us.

Solution: It is important to do some internal work to overcome an obstacle. First, it is good to check to what extent there is faith in the self. With faith in ourselves, we need to plan out before we act to remove or overcome the obstacle and we will, then, find ourselves successful.

The Mirror of Knowledge

To see ourselves in the mirror of knowledge is to bring progress in ourselves. The usual way of looking at ourselves when things don't go right with us is to either look at ourselves with self-pity or to point out others' mistakes. When we do this we lose the opportunity of learning from whatever has happened and so there is no progress. The ideal way of looking at ourselves when things go wrong is to look with a knowledgeable eye and see what we can improve in ourselves. We only have to look and we are sure to find something that we can work on and improve. This brings about real progress in us.

In Spiritual Service,
Brahma Kumaris