



WALTER CRONKITE: Hailed as "the most trusted man in America" during his 18 years as anchor of the "CBS Evening News,"

Honesty

Honesty in communication is to be emotionally neutral and to state the facts in a situation without interpreting them. Practising this type of communication means you will never be afraid to speak the truth because you might offend someone.

Flexibility

It is easy to fall into habits of ways of doing something. Sometimes these routines are helpful.

But at other times they stop us seeing that there may be a better way of doing things.

To achieve constant success we need to become flexible.

Mind Empowerment

Meditation is an inner mental exercise, an exercise not physically visible to oneself and others. **Through this exercise we link ourselves to the Source of unlimited and complete purity (the Supreme Being), which not only purifies our mind but also liberates the mind from the limits or various different forms of impurity or body consciousness, like *I, my*, burdens of the past and negative feelings for myself and others.** During meditation the mind let's go of the threads of the limits of the physical body and physical world. Like a bird, the mind, which is impure, experiences a magnetic pull for this pure Source and flies upwards and connects with this Source. This connection is not difficult when the mind is truly in love. Love for the Source emerges inside when we have complete knowledge of God as the Ocean of truth and purity and have an inner spiritual thirst for experiencing a connection with Him, and not just trying to demand, flatter, or beg God for something for selfish reasons. The desire for connection enables the soul to fly beyond all mental barriers such as * I can't, * How do I? and * No time!.

Connection fills the mind with a spiritual strength which we use in our everyday life and keeps it constantly positive, uninfluenced by any external negativity. **To maintain such strength, we require a daily connection and recharge every morning; otherwise the using up of the energy of the mind in actions throughout the day causes its spiritual strength to get depleted very soon.** In silence, we will find a personal and very loving friendship with God, who not only listens and helps but, most of all, is just there. At the present moment, a lot of us have completely lost the simple enjoyment of His presence; we feel we have to ask for something, say something, or chant something. It is enough just to be still in the silence of that spiritual meeting and experience its bliss and enjoy the stage of spiritual fulfillment.

Soul Sustenance

Instruments/Tools To Perceive God

Perhaps I have been avoiding coming close to God because of the extraordinary confusion surrounding the subject. Maybe I have just lacked the tools with which to be able to discover God. The whole universe of things going on within a tiny drop of blood can be instantly revealed by the use of a tool or an instrument like the microscope. In the same way, the secrets behind realities of the self, the non-physical, spiritual self and the reality of God remain hidden until undiscovered by the appropriate instruments or tools. **With which tools or instruments then, can I perceive or experience God? Since God is non-physical, the tools would also definitely be non-physical in nature.**

That I haven't been able to understand myself is amply demonstrated by the periods of confusion and inner turmoil I go through. Sometimes I don't understand those with whom I share the same room or house, let alone my neighbors next door! The word 'misunderstanding' occurs frequently even in the closest of my relationships. It indicates that the quality of my mind, consciousness or even conscience hasn't been sufficiently clear to establish real rapport between myself and others. The realization and experience of God remain even further out of reach.

There's a very specific methodology involved in firstly understanding and organizing myself, and from that, coming to terms with God. **I already have the most powerful of all instruments, the energy of my own mind, to work with. The extent to which I am able to research into the subject of God-realization depends on the quality of my thoughts and feelings.**

Message for the day

To have learnt means to bring about a practical change.

Projection: From all that happens, I usually understand a lot of things and take important lessons. But sometimes I find myself making the same mistakes again and again. So I am not able to bring about real change.

Solution: Once I realise and learn from a mistake that has happened, I need to spend some time in understanding it even further. I need to ensure I don't ever repeat the same mistake. This will enable me to bring about real change.

In Spiritual Service,
Brahma Kumaris