



Respect-worthy

To harmonize your ideas with the ideas of others and to give everyone respect is the means to become respect-worthy.

Imbibing Virtues

When there are specialties seen in someone, we tend to admire them and describe them to others too. We really like those virtues in the other person, but rarely do we put in real effort to imbibe them in ourselves. Just describing them does not bring any improvement in us. Whenever I see some specialty in any one I need to understand that I like that particular virtue in the other person because it is subtly working within me too. When I work on it more consciously, I will be able to emerge it easily.

Harmonizing The Mind And The Intellect

The intellect is the faculty of the soul that judges thought and determines its quality, its ethical purity, its truthfulness, its usefulness, its appropriateness, whether it is necessary, right or wrong. **The intellect is backed by the conscience. In fact, the conscience expresses itself through the intellect.** If you have a positive thought, the intellect should approve it and allow it to be put into practice. If a feeling of doubt accompanies the positive thought, the intellect should take it into account and remove that doubt, before the thought gets converted into action.

When the faculties of the mind and intellect are pure and strong, and they cooperate in harmony; they support one another and there is no inner conflict. If the intellect is weak, the mind feels confused and it will generate many unproductive thoughts. There will be an inner conflict and in the end the intellect will lose, because the power of influence of the intellect is less. Then, the intellect will not have the power to prevent them from going into action. Actions will be performed that are negative or unproductive, in opposition to the conscience, and they will as a result create negative habits.

The intellect is the most important faculty of human consciousness to bring about personality change. If the quality of the intellect is good, the capacity and quality of the intellectual processes through which you perceive and live reality will be higher. If the intellect is clean and pure, you will differentiate what is real and authentic from what is unreal and false. You will be able to judge if a situation is beneficial or wasteful, useful or useless.

Soul Sustenance

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.

Message for the day

Where there is contentment, problems finish.

Projection: Contentment enables one to have a positive outlook towards life. So the one who is content always works towards solutions, as he is never disturbed with situations, but is always relaxed. This automatically brings the ability to contribute to others and give them the support to bring progress within them. Such a person works for his own self-progress too.

Solution: When I am content with everything that is happening, I am able to be light in all situations. So even in the biggest difficulty, I am never caught up with the problem, but am always thinking of the solution. My mind is busy with finding the solution, so internally I remain unaffected with the problem.

In Spiritual Service,
Brahma Kumaris