



The Best

The best ornament is Humility;
the best wealth is Wisdom;
the best weapon is Patience;
the best security is Faith;
the best tonic is Laughter.

Overcoming The Fear Of Communication

When the fear of communicating effectively exists inside you e.g. when appearing for a work interview, it may be due to personal insecurity. You have to work on it in order to have more security, confidence and authoritativeness. Being secure and full of authority in the moment of communicating and expressing yourself requires practice and effort. Most importantly, **to feel secure in such situations, when the person whom you are faced with is in a position of power, you have to value yourself. Self-value brings self-security and a feeling of fearlessness.** When someone is normally asked to talk about what his/her personality is like or what is his/her basic character traits are, they normally speak about their weaknesses. Very rarely does one speak of his/her strengths or positive personality traits. **Realizing your strengths requires introspection. Meditation, based on the complete spiritual knowledge about the self, is one of the simplest methods to do this.** Once you realize your own strengths, you are able to value yourself immensely. If you value yourself, it does not matter so much to you whether another values you or not. However, if you aren't able to value yourself, then doubts exist: * Let's see if this person values or respects me; * perhaps this job is not for me; * perhaps my communication skills are not very good. Then you need recognition and appreciation. Since you cannot give it to yourself (because you have not realized your strengths), you depend on others giving it to you.

You need to know that you are unique and that you are worth a great deal. If the other person does not value you it is their loss; they are losing something precious. If you are established in that self esteem of 'Who am I', a very elevated consciousness and that awareness - 'here comes a treasure whom you will be interviewing', your words and your body language will be sharp, secure and stable. **Within you, you value yourself; and if you value yourself, it will be easier for people to value you. On the other hand, if you do not like and respect yourself, you will cause the same energy, which you radiate, to come back to you from others.**

Flexibility

Human beings have evolved to survive on a planet of varied environments and in ever-changing societies. This has created a flexibility which gives us the power to accept situations and adapt to them. Once we understand this there is no need to be afraid of challenges in life.

Some people say: 'It is easy for you, we have difficulties'.

Sometimes people try to make problems, as if they are testing you. But I should not allow anybody to express their sorrow through me. If you understand that you don't have to be affected by difficulties it doesn't matter what situation may come.

Soul Sustenance

The Interplay Between Souls, Matter And The Supreme Soul (God)

The forces, which interact to produce the phenomena of world history and geography: souls, matter and the Supreme Soul (God), are threaded by the law of karma. When there is mental communion (connection) with the Supreme, the soul's relationship with matter changes. This means that the internal love-link that the soul has with the Supreme is reflected in the performance of the soul in the material world and in the degree to which the soul has mastery over matter; firstly over the sense organs of the body and through that, over the colors, shapes and sounds of the material world.

We have continually sought to understand which way to act, but have lost our sense of direction for various reasons:

- We forgot that we were soul-actors.
- We became lost on the world stage.
- We became over-identified with our costumes the physical body.
- We lost sight of the story of the drama.
- We forgot that we were residents of the soul world.
- Due to body-consciousness the soul severed (broke) its subtle connection with the Supreme Soul.

Message for the day

The power of positive thoughts enables others to be free from their worries.

Projection: When someone is going through difficult times there would be naturally worry and tension. At such times it becomes very natural for us too to come into tension. However, we don't seem to be able to help the other person in anyway when we have such thoughts. Instead we only add to the negative thoughts of that person.

Solution: When we find someone who is having negative thoughts in a difficult situation, we need to remind ourselves that we are the only ones who can help them come back to his positivity. It is possible for us to do this only when our own thoughts are positive. When we train our mind in this way we will be able to maintain our own positivity which will enable the other person also to be rid of his worries.

In Spiritual Service,
Brahma Kumaris