



## Inspiration

How can we serve others around us? By making our lives inspirational and interacting with tact and wisdom. We should be so cheerful, and our lives such examples, that they say 'Here is an angel.'

## Responsibility

Whenever there is any kind of bondage in our lives, either through situations or people, we tend to feel uncomfortable and try to break free from them. Yet we find that it is not easy to do so. We rarely ever can think of looking within if there is any bondage in our own minds. We need to understand the fact that the bondage is in fact not outside but within our own minds. We also need to realize the fact that nothing is forced on us but whatever happens to us is our own choice. When we take up responsibility in this way we will not complain but will make the best out of every situation and thus experience true freedom.

## Meditation - A Process Of Cleansing, Dialogue And Joining (cont.)

**Meditation can be defined as a process of cleansing, a process of dialogue and a process of joining. Today we take up:**

### **Dialogue**

In Greek, the word **meditation** is translated as *dialogismos*, from which comes the English word dialogue. Meditation is a dialogue with oneself, with the true self; a very necessary process for developing self-knowledge and accumulating inner strength.

### **The basis of spiritual dialogue with oneself is introspection.**

Introspection is the ability to examine and change oneself, as one wants to or should do. **Without a consistent re-evaluation of our attitudes and thought models, negative habits easily dominate our consciousness.** A healthy dialogue with our inner selves means that we interact positively with others, without being trapped or lost in ourselves. Introspection involves being an observer: observing and not reacting to situations or people with negative emotions such as anger, hate, fear, resentment and jealousy. Being detached observers helps us conserve our inner energy and keeps us spiritually, mentally and emotionally healthy.

(To be continued tomorrow....)

## Soul Sustenance

### Self Respect

Self-respect depends on knowing who I am, knowing my eternal (ageless), spiritual self. When I have found that sense of spiritual identity, I feel I have a right to be here, to exist. Without the spiritual dimension, it is very difficult to really respect myself deeply. In this case, I base my respect on identifying with the superficial (artificial) aspects of my being: looks, gender, success, my life partner, my intelligence. With such artificial identification, I will never have a stable sense of self-respect, because people's opinions change. Today they love me, tomorrow they reject me. What is the result of depending on their opinions? I will end up fluctuating all the time - feeling positive when they say good things, and feeling down when they say negative things. To stay stable in my self-respect, I need to have a deeper understanding of my spiritual identity (the foundation of this being that I am a soul) and tap into those riches that are within me forever, waiting to blossom, like the flower from the seed.

As I become spiritually aware, those riches and resources start flowing out of me. The more stable I am in my self-respect and spirituality, the more I radiate what I truly am. I feel a deep sense of contentment and I am happy to be me, however I am. I accept myself as I am.

### Message for the day

**The one who understands the importance of time makes full use of it.**

**Projection:** There is usually a tendency to postpone things to the last moment. When the situation demands that we finish the job and at the same time if unforeseen things come up, we tend to feel pressurised. We, then, are not able to do the job well and begin to wish that we had more time.

**Solution:** We need to understand the importance of time and do the job needed to be done immediately. We need to understand the fact that if we lose this moment, there is no chance of getting it back again. If we use the time at hand fruitfully, we'll always be able to remain light and be available to things that come up suddenly.

In Spiritual Service,  
Brahma Kumaris