



Be Punctual

Be punctual. To arrive early, or right on time, is a sign of respect for yourself and others.

By being punctual you reduce your stress levels and avoid causing inconvenience to others.

The key is planning. Allow extra time in your preparations and for any delays.

Remember, getting ready, even locking the door, catching the lift, walking to the car, the tube... all takes time.

Maybe, the secret to punctuality is as simple as waking up when you're supposed to wake up!

The Car-Driver Comparison To Aid Self Realization

One of the comparisons which help in self realization i.e. in strengthening the awareness that I, the soul, a non-physical energy am different from this physical body is that of the driver and the car, where the driver represents the spiritual energy and the car represents the body which is controlled by the spiritual energy. **The biggest reason why I do not have the desired control over my physical body, my vehicle, my sense organs today is that I lost the consciousness of being a driver which could control and rule the vehicle.** Instead I developed the consciousness that I am this vehicle, this physical body. This consciousness disconnected me from the ability and the power I possessed inside me to control the vehicle. If I want to achieve the desired control, I need to be in a driver consciousness i.e. in the awareness that I am a soul and my body is a vehicle, through which I experience life. Being in this awareness, in this consciousness awakens me and empowers me to regain the much required control over my body.

The car controls are the gears, brakes, accelerator and steering wheel which can be compared to the sense organs of the soul which are the mind, intellect and *sanskars* and those of the body which are the eyes, ears, nose, hands and tongue. A good driver is one who remains extremely alert and is able to use the gears, brakes, accelerator and steering wheel effectively and efficiently, in order to be fully in control of the vehicle and avoid any accidents. In the same way, **as I move on the road of life, I need to keep my mental and physical sense organs (mentioned above) in complete control. If I do that, they will keep my journey enjoyable and take me to my desired destination of mental peace and happiness safely and successfully.** If I don't do that and let them overpower me, accidents will definitely occur, making me peaceless and sorrowful.

(To be continued tomorrow ...)

Soul Sustenance

Carrying Feelings Experienced In Meditation Into My Interactions

If I keep close contact with my internal self, to check what my feelings are like and I maintain the 'meditative' awareness at many moments during the day, even if it is for very short periods of time, I will find that **the good feelings I have experienced through conscious choice, in meditation, I carry them with me into my interactions with others.** Then, in any exchange, although the other person's thoughts, words or actions may not be as I would like them to be, I'll be better equipped to maintain a good feeling towards that individual, and towards myself.

For example, I meditate in the morning and then leave home and find myself in a situation in the office where two of my colleagues are arguing over an issue. When I try and intervene, one of them gets aggressive with me as well, but the feelings of peace I experienced in my meditation a couple of hours ago are still with me, using which I do not react angrily or fearfully. In fact, if my peace is powerful enough, it will make the other one also peaceful.

So the key is to emerge and collect positive feelings through meditation at regular intervals during the day. And then become a donor of positive feelings to negative situations as discussed above is an invaluable achievement. It is good for my own wellbeing, and for contributing to the creation of a peaceful atmosphere wherever I am, whenever required.

Message for the day

The one who is calm and cool is the one who makes the right decisions.

Projection: The natural nature of the human mind is to come under pressure and tension during negative situations. When there is a challenging situation, there is naturally the tendency to find it difficult to maintain an inner state of calm. But the one who has the ability to go within and find the inner calm is able to be clear in thinking and is able to make the right decisions.

Solution: When I am able to experience the inner state of calm, I am able to be clear in my thinking. With this clarity I find the right decisions and solutions emerging very naturally within my mind. I will never have the difficulty of having to make decisions, but all decisions are made with ease and they are right too.

Power of Silence

Sometimes you are trying to remember something, its within your reach, on the tip of your tongue, but it is just isn't coming out. Everyone around is suggesting something or trying to help, but in reality not helping at all. You wish for a moment of silence, so that you can dive into your memory bank, for you know that is the only way you will be able to remember. This is the power of silence in action. Many, not recognizing its power, do not value it. They turn their heads away from the thought of a few moments of silence. They feel it a punishment.

When we find our thoughts moving in many directions because of external demands on our attention, we need to stop, take a rain check on everything and experience silence. This power of silence is essential when we want to plan for the future, we should silence unnecessary thoughts and think of a point in question. So when you get an opportunity of a moment's silence, don't waste that precious moment. Use it to store the strength within that is so necessary for dealing with the world without.

In Spiritual Service,
Brahma Kumaris