



### **Peacemaker**

The first lesson on the path of becoming a peacemaker is to stop being at war with myself. It is only when the turbulence of my mind ceases that I can begin to make peace with the world.

## Recognition

We normally have a lot of desires and expectations from life itself. We want something or the other and when we don't get them we tend to have negative feelings. Sometimes these feelings turn to feelings of inferiority too. So even good things are hidden from our vision. When we recognize our own talents and gifts that life has bestowed on us, we are able to recognize what we deserve rather than what we desire. We are able to use our resources to attain what we desire. We then do not feel what we lack but are more connected with what we have and how we have to use what we have.

## The Limitless Mind

If we compare the two entities - **mind** and **matter** - the most obvious difference between the two that comes to the forefront is that one is non-physical and the other is physical. Another very important difference between the two is that whereas on one hand, **matter has limits**, in the sense, that's **its fixed in time and space. The mind, on the other hand, is beyond limits, in terms of physical parameters. It's not fixed in time and space.**

When we take a close look at what is going on in our mind, its power becomes visible to us. Since it is not fixed in space, it can link me to a friend in, as far as, Washington or Singapore in less than a second. My mind can even move in many different directions at once. Since the mind is not fixed in time, I can think about yesterday, or about fifteen years ago; about tonight, or the next three years. That's the reason we can say that the mind is limitless, hence powerful.

**Thoughts also have different levels of power.** Sometimes they fly past the mind leaving hardly any impact on us. At other times, they are accompanied by such feelings so as to influence our entire perception, even our complete inner mental state. Thinking about a visit to Kashmir I made last year, for e.g., I could find myself carried back mentally into the beautiful experience and its attached emotions. Filled with happiness, I will even radiate this happiness to others nearby, through my thoughts, facial expressions, words and actions. On the other hand, thoughts about the death of my close relative a few years ago will have an opposite impact on me in the present moment.

## Soul Sustenance

### Self Empowerment

Your strengths, talents, capabilities and resources are very important as the foundation of yourself progress. Having a clear knowledge of them will help to keep you moving forward, and enable you to take up new opportunities when they arise. Our internal strengths create the foundation on which we make our decisions in life, how we relate to others and how we understand ourselves. For most people their strengths are understood but never made very conscious. They lie below the surface and are not openly talked about. Bringing them into our conscious understanding improves our process of self-empowerment. Also assess your areas of weakness or those aspects of life that are holding you back in some way and/or are causing you some sorrow or discomfort.

**Exercise:** Make a list of your strengths and weaknesses (5 each)

Now create questions (5-6) which will help in your self progress. Looking at your strengths and weakness, judge how effectively you are using these strengths to improve your personal and professional life, and what negative effects are your weaknesses (shortcomings) having on the same. These are some examples of questions that you can ask yourself at the end of each week:

How are my present strengths being used to improve my worth (value) at the workplace (office)? Is any weakness of mine proving to be an obstacle (barrier) in maintaining a healthy relationship with my spouse (partner)? Am I using my strengths in helping others or doing social service? Does any weakness exist inside me, which if removed, would make my relationships harmonious (peaceful) in the family and office?

## Message for the day

### True knowledge brings humility.

**Projection:** True knowledge inspires and encourages one to bring about a practical change in one's life. The one with knowledge naturally imbibes it, which is also revealed in his practical life. This is because he is humbly willing to learn from all situations. As much as there is knowledge, so much there is divinity and elevatedness revealed in all words and actions. Also such a person keeps learning from all life's situations

**Solution:** To have the ability to learn from all that life brings is to have love for knowledge. Since I have love for knowledge, I am able to experience self-respect. This self-respect gives me the humility to accept situations and people as they are and keep learning. So whatever the situation or whoever the person I come across, I only find myself enriching myself and moving forward.

In Spiritual Service,  
Brahma Kumaris