



Nik Wallenda broke two world records on November 2, 2014, with two high-wire walks between Chicago skyscrapers without a net or harness, doing the second walk blindfolded. As he approached the end of the first walk he said, "God is in control."

## **Self-Confidence**

**Self-confidence is to know your way around yourself so instinctively, that you always have a strength to draw on. Somewhere inside, from the stillness, you always find something that can meet your need. Self-confidence runs much deeper than nerves.**

## Inculcating Powers Through Rajyoga Meditation - The Power To Tolerate

Visualize a tree with lots of fruits hanging from its branches. When I throw a stone at it, what does it do? It bends its branches low and offers its sweet fruit to me. I enjoy eating the fruit, which gives me inner satisfaction. What happens as a result? My respect for the tree increases.

This is a beautiful image of the power of tolerance and I have lots to learn from it. It shows me that if I want to imbibe the characteristics of the tree, I must become full of the fruits of the spiritual attainments from the Supreme Soul. When I am filled internally with fruits like joy, love, wisdom, beauty and peace through spiritual knowledge and meditation; even when the stones of difficult circumstances come my way I'll still be able to respond positively and creatively, with courage and humility. If I'm empty, the stones will injure me, and I'll react with anger or fear or ego or some other negative emotion.

Also, although many stones have injured me in the past, I must remove any hurt in my heart, which may have developed as a result of injuries experienced from them, when I did not have the Supreme Soul with me. These will prevent me from sharing the unlimited fruit made possible by the company of the Supreme.

Real tolerance means tolerating with pleasure and not with stress. It does not just mean putting up with a difficult situation, and at the same time counting how many times I have had to tolerate it. Tolerance means that no matter what stones come my way, I realize completely that those throwing them are souls not full of attainments, and so my duty is to continue to share my internal attainments with them.

(To be continued tomorrow ...)

## A Thinker

Who are you that lives in the body? You are a thinker, and what you think creates the atmosphere in the 'temple', and the atmosphere determines how much love there is in your life. A poor thinker in a smart machine attracts friendship with a motive; a rich thinker in a temple attracts love. And the love that you attract today is the foundation of your future, so though it is earned slowly, its depth is worth it.

## Soul Sustenance

### Meditation – A Process Of Renewal (Recharging)

Meditation is an internal process of renewal (recharging) and liberation. When you control the process of moving through the following states of consciousness:

**choose a response, detach yourself and go beyond;**

You get back the spiritual power, which was trapped or hidden. You learn to channel your energy in order to unblock yourself. You control better what you think and you think better. You free yourself of bad feelings, bad energies and bad influences.

On the one hand, you have to learn to generate positivism; on the other, you have to learn to protect yourself from energies that are unhealthy, sick, weakening, on an emotional level. Meditation helps to do this, to digest situations when they have to be digested and not to consume what they offer when it is not necessary. On a physical level, if you know that something will make you ill, you don't eat or consume it. On the level of relationships, you learn not to allow certain situations, scenes or words to influence you. That way you stay renewed (recharged) and your energy flows without blockages.

## Message for the day

**Self-respect brings constant learning and an experience of success.**

**Projection:** Where there is self-respect, there is naturally a positive and elevated state of mind. There is openness and enthusiasm to bring about progress in one's life. Everything that is done is towards this end. So, the one with self-respect naturally reveals one's speciality in all thoughts, words and actions.

**Solution:** When I am able to maintain my own state of self-respect, I am able to enjoy the beauty that life brings. I'm able to understand, accept and make use of all situations in the right way. So, whatever the situation may be, for me there is a constant experience of progress.

In Spiritual Service,  
Brahma Kumaris