



The Ambassador International Bridge: Suspension bridge that connects Detroit, Michigan, in the United States, with Windsor, Ontario, Canada.

## **Build Bridges**

Even when another person seems a world apart from you, don't stop looking for the bridge.

**To get an opportunity to do something difficult is to gain a quality forever.**

Most times, when we are faced with a difficult task, we tend to get confused and afraid. But, this does not allow us to use the resources at our disposal in the right way. On the other hand, when we look at it as an opportunity, we are able to not only complete the task, but also discover a new quality of ours. Recognition by others, may or may not come, but that will not bother us. Today I will take up something that I have never done before. I will either do it by myself or will take the help of others. To take help from others itself is an art. So either way, I will be richer with one new quality by the time I finish the task.

### **Spiritual Vision**

A simple definition of 'spiritual vision' is that I see the best in others. A parameter of proving to myself that I have a spiritual vision and I am seeing the best in others is that I naturally thank and praise rather than criticize those with whom I interact at home or at the workplace on a daily basis - even though I may see obvious negative characteristics in them and experience negative behavior from them. Keep a daily chart of the three points, for three people close to you, below for one week. Every night, fill this chart up for the day that's just gone by.

1. Name of person and relationship
2. How did I thank or praise him/her?
3. What was this person's response?

Remember that although you may be constantly positive with others, constantly seeing their original spiritual qualities, it may take time for your positive energy to transform them and for them to start transmitting positive energy back to you and start behaving positively with you. At the end of the week, check what benefits did you and others experience from this exercise.

## Soul Sustenance

### Busy – Press The Stop Button! (Part 3)

To rise above the monotonous and busy existence explained in the last two days' messages, we all require a regular dosage of newness to keep our hearts and minds fresh. **How can we define newness? It is a change of thoughts, feelings, words, actions, circumstances – when all or some of these deviate from the normal or are new, they give us an experience of joy.** On a physical level we go on a holiday or a party, watch a movie, etc., all of these and many more such activities explained earlier in this message series, achieve the purpose mentioned above. We then get back to our daily routine of thoughts and actions, with more freshness, which makes the routine more interesting.

On a spiritual level, to become silent, to be still in the ocean of hectic, noisy action is a choice many people are now making. When this is achieved, this **stillness acts on the mind like oxygen, giving the breath to both understand and enrich life.** Of course, action is a necessity, an expression of ourselves through time, relationships and the roles we play. However, if we do not sometimes stop and take a breath of silence, then the mind begins to suffocate, thoughts speed like bullet trains and the brain feels as if it is in a pressure cooker. Emotions erupt and react like volcanoes, eyes become dizzy with mountains of information and the head feels like a rollercoaster. This is stress. The mind needs to come up for air, to leave the jungle of pressure, deadlines and speed and slow down and find the point of silence within. Also **a daily dose of new and different spiritual knowledge at the start of the day does the work of newness and helps us rise above the monotony. It rekindles our creative spirit. Newness in our thoughts then flows into our feelings, beliefs, attitudes, personalities or natures, perceptions, actions, interactions, relationships, etc. bringing newness in all of them and removing the stagnancy of the regular routine.** Also feeding spiritual knowledge to the mind benefits silence or meditation immensely, because meditation, which is not just a process of reducing the mind to a nil stage but the creation of positive, constructive thoughts to take the mind to a positive experience of peace and bliss, can then become an interesting, new and creative exercise each time one practices it. Spiritual knowledge is the foundation of good meditation or silence.

## Message for the day

**To be free from wants is to be free from waste.**

**Expression:** The one who is free from wants is the one who is free from expectations. When there are no expectations, there is not too much thought about what is not there or what should be there. Since the mind is free from all these kind of waste thoughts, whatever is done is the best.

**Experience:** When I am free from wants or desires, I am able to always remain content. I can then appreciate and enjoy everything that comes my way, and do not expect anything both from situations and people. So the mind is free from waste thoughts and questions.

In Spiritual Service,  
Brahma Kumaris