



## **The Three Rs**

Follow the three Rs: Respect for self; Respect for others;  
Responsibility for all your actions.

## Overcoming The Fear Of Communication

When the fear of communicating effectively exists inside you e.g. when appearing for a work interview, it may be due to personal insecurity. You have to work on it in order to have more security, confidence and authoritativeness. Being secure and full of authority in the moment of communicating and expressing yourself requires practice and effort. Most importantly, **to feel secure in such situations, when the person whom you are faced with is in a position of power, you have to value yourself. Self-value brings self-security and a feeling of fearlessness.** When someone is normally asked to talk about what his/her personality is like or what is his/her basic character traits are, they normally speak about their weaknesses. Very rarely does one speak of his/her strengths or positive personality traits. **Realizing your strengths requires introspection. Meditation, based on the complete spiritual knowledge about the self, is one of the simplest methods to do this.** Once you realize your own strengths, you are able to value yourself immensely. If you value yourself, it does not matter so much to you whether another values you or not. However, if you aren't able to value yourself, then doubts exist: *\* Let's see if this person values or respects me; \* perhaps this job is not for me; \* perhaps my communication skills are not very good.* Then you need recognition and appreciation. Since you cannot give it to yourself (because you have not realized your strengths), you depend on others giving it to you.

You need to know that you are unique and that you are worth a great deal. If the other person does not value you it is their loss; they are losing something precious. If you are established in that self esteem of 'Who am I', a very elevated consciousness and that awareness - *\* here comes a treasure whom you will be interviewing,* your words and your body language will be sharp, secure and stable. **Within you, you value yourself; and if you value yourself, it will be easier for people to value you. On the other hand, if you do not like and respect yourself, you will cause the same energy, which you radiate, to come back to you from others.**

## To recharge body and soul is to be immune to disease.

Body gets recharged with good diet, exercise and rest. With these three, we can become immune to disease. For the mind too, we need good food (positive thoughts), exercise (practicing with channelizing thoughts in a positive direction) and rest (peace of mind). When I have these, my mind and soul gets charged and I remain strong. So, I don't succumb to the negativity of the situation. Today I will read something positive(food). I will remind myself of this at least 5 times (exercise) and I will spend at least a few minutes in peace (rest). This will induce a practice of a positive life style.

## Soul Sustenance

### Understanding The Process Of Birth And Death

When the body has become unserviceable due to age or disease, or it suffers a fatal injury, the soul leaves the body. At the moment of death, the soul withdraws its energy from the organs of the body and vacates its seat in the middle of the forehead. Like a bird, it leaves the cage made of skin and bones, and taking its *sanskaras*, it enters into another, a new body, in the womb of the new mother. From the very birth, the *sanskaras* of a soul are apparent (visible); whether the **new-born** baby is happy, unbothered, sad, shy, mischievous, quiet, violent or agitated.

Death occurs at the precise moment when the account of giving and taking with other souls through a particular body is finished. The new birth is determined by the soul's account of *karmas* with another set of souls. One may be born into a cultured, wealthy family, another as a beggar, one may be born deaf, dumb, blind or crippled, another with a strong supple body. The type of body and the conditions of birth are determined by the thoughts and actions performed in the previous births.

## Message for the day

**All desires end when there is the one desire to experience progress.**

**Expression:** It is believed normally that in order to progress one needs to have desires. But desires are not always fulfilled and unhappiness is experienced because of it. Then I am not able to appreciate whatever comes my way.

**Experience:** I need to replace all my desires with one desire, i.e., the desire to experience progress. With this thought, I will be able to make the best use of what I get in the right way. When I move forward in this way making the best use of everything I will be able to experience constant progress.

In Spiritual Service,  
Brahma Kumaris