



Sachin Ramesh Tendulkar, a former Indian cricketer and captain, widely regarded to be the greatest cricketer of all time.

Win-Win

Competing versus doing my best:

The best sportsmen ask themselves, "Was it a personal best?" Not was I - 1st, 2nd or 3rd, but **"Did I exceed my best?"**

Then, we can all become winners

We seek it here, we seek it there, and we look for love everywhere!

We expect it to come to us, usually through another person. All our conditioning says it is something that happens to us. The mythology of our fables, legends and modern day entertainment industries say it is something we 'fall into'. And yet...and yet real love cannot be acquired, possessed or accumulated. It cannot be known when we think it comes from outside ourselves.

The ultimate paradox is we are it. We are love. Each one of us is a source of love that has forgotten that 'love is what I am'. Say it now "I am love". Doesn't feel right does it? That's because it's been so long since we knew and experienced ourselves in this true way. And yet we all know that the deepest trust and the purest love is known and experienced only when we give it, not take it. As we give love in whatever way is appropriate, we are the ones to experience it first, on the way out. Falling in love is impossible. It is only infatuation, obsession with an external object which appears to fill a gap in ourselves. As soon as the object or person is remembered when they are not present and when they do not need to be remembered, it is simply attachment which, if sustained, will become a dependency. And attachment and dependency are not love. But you already know that...don't you?

Imbibing Or Absorbing Spiritual Knowledge

The first step into experience, particularly the meditation experience, is knowledge. What does it mean to *know*? Knowing involves **four steps**, which ultimately give the meditator the experience of realization:

The first step of knowing is **information**. With information, our intellect opens to new ideas and opinions.

The second step of knowing is **knowledge**, when we begin to reflect and think on the ideas and views that we have listened to. At this point, we often have to select only a few of the ideas we have heard, as it is not always possible to reflect (think) on all the information that is fed to us. In order to deepen our understanding, we reflect on the information and sometimes discuss our findings and thoughts with others.

The third step of knowing is when we move from thinking to **doing**, that is, from knowledge to wisdom. Wisdom is gained when we commit ourselves to *doing*. Knowledge translated into our everyday behaviour is called wisdom, which, in turn, is called quality life. A life of quality is where personal values are not only realised but also lived and experienced through our practical actions.

Doing, or practice, naturally brings us to the fourth and final step of knowing, which is called **truth**.

Soul Sustenance

The Cyclic Functioning Of The Three Faculties Of The Soul

The soul consists of three faculties – the mind, intellect and *sanskaras*. They work together in a cyclic fashion. How they work together can be illustrated by looking at how habits or *sanskaras* are formed e.g. if you are used to scolding your children to get them to do their homework, here is what happens when you visit a friend's place and watch, for the first time, how your friend is doing the same to his/her child, you might think (done by the **mind**): ** I should adopt the same method to discipline my children, they never listen to me.* Your *intellect* discriminates and judges whether that thought is right or not. Seeing others using the same method, and also seeing that the children are not being affected in any negative way (at least in the short term, not realizing the long term harm) and also seeing them get the desired result, you make a decision to do the same, which leads to the action of scolding your children. This creates an impression or memory within the soul, somewhat like cutting a groove in a piece of wood. This groove in the soul becomes a characteristic of your personality and is known as a **sanskara**. Within the groove is recorded the memory of, firstly, the action of scolding the children and, secondly, the desired result from the action. Now, whenever your child disobeys you even a little bit, this *sanskara* is activated and the memory of the action and result associated with it emerge in the mind triggering a thought: ** Let me scold my child, that's the best way to get him to do things.* The intellect judges the thought, remembering the proof of the scolding, based on past experience, and then makes the decision that it is alright to use anger as a weapon to discipline the child. In this way, the *sanskara* keeps getting deeper and deeper. The cyclic process explained above, applies to all habits, whether physical or non-physical.

Message for the day

To find reasons to be happy is to increase happiness.

Expression: When the mind searches for reasons to be sad and sorrowful, even situations with no great significance are seen with a vision of negativity. So there is constantly an expression of words and actions that reflect the need for sympathy and reassurance. On the other hand, when there is the search for happiness, then everything is positive giving happiness..

Experience: When I am happy, I start perceiving everything with that vision. It is like wearing coloured glasses. Whatever colour my glasses are, the whole world is coloured with it. Then, I am no longer able to perceive and recognize negativity and I am able to remain happy with everything.

In Spiritual Service,
Brahma Kumaris