



Think Big

Rise above little things. Be a big thinker. You are what you think. So just think big, believe big, act big, dream big, work big, give big, forgive big, laugh big, image big, love big, live big. Carry that list and you'll start feeling big. Be a believer and you'll be an achiever.

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 using 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.

Solution

Whenever we are faced with a problem, we naturally begin to worry. This worry makes us have a lot of waste thoughts. We don't find the solution, yet we can't stop worrying. A worried mind filled with waste thoughts cannot find the right solution. The only way to find the right solution is to keep the mind free from worry. For this we need to first have the faith that there is a solution and we will find it. When we thus keep our mind free, our intuition works well and we are automatically able to take the right decision.

Soul Sustenance

Ways Of Improving Communication - Part 2

We had explained a few ways of improving communication yesterday. Some more are explained below herewith:

* **Say what we mean, always.** When we speak with courage and a calm self-confidence without force, then communication is honest, open, clear and trusted. Courage doesn't mean to say what we think others want to hear. If we lack courage because of the need for approval and acceptance, or because of a lack of confidence, then communication and the consequent relationship remains superficial and artificial. No one feels satisfied with this situation.

* **Learn the language of silence.** It is the basis of right intentions, positive feelings and clear attitudes. In this language, there is only one grammar: honesty and kindness. Honesty creates clarity and kindness creates respectfulness.

When we take time to reflect on our level of communication with everyone we meet, the realizations we have in silence will be manifested (displayed) in the higher quality and ease of interaction that we will find in all relations: be it with the self, with others or with the Supreme Source of Light.

Message for the day

To be a leader is to lead by one's own example.

Expression: Everyone knows what is right and what is not. But the one who is able to live by what is right, and shows the same in his words and actions is the one who is able to inspire others to bring about a change. There is then no need to speak a lot of words to inspire others.

Experience: When every action of mine is qualitative , I find that people look up to me for guidance and support. When people look up to me and take inspiration from me, I am able to keep attention on my words and actions so that whatever I speak and do is beneficial for myself and others.

In Spiritual Service,
Brahma Kumaris