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### **Be Reluctantless!**

We have a tendency to make significant choices in our lives and then forget that we actually made the choice. Work is such a choice. If we forget to choose the work we do then each day of our life can easily be an experience of continuous reluctance. Would you choose to live your life reluctantly? Every time you use the words 'have to' you are telling the universe you would rather not be where you are and you'd rather not do what you are doing at that moment. And if you keep thinking in this way in one area of your life, it becomes a habitual thought pattern which you soon find turning up in your attitude everywhere in your life. And if you keep thinking, feeling, saying and living with this pattern of reluctance you can be absolutely sure the universe will eventually grant your recurring wish. But you will like the result even less. Nothing positive, fulfilling or empowering was ever created with the energy of reluctance. Don't be reluctant about anything in your life today. Re-affirm your presence and your choices every day.

## Humility

Humility brings excellence. Humility means there is no expectation of being perfect always. So whatever is done comes naturally. There is no feeling of threat about others' opinion, but the one who is humble is able to express inner talent without any fear and expectations. So humility takes one forward towards excellence: When I am humble, I am able to stabilise myself in my state of self-respect always. This naturally is felt even when I am not able to bring perfection in my actions or even when others are not satisfied with me. Internally there is a feeling of satisfaction, knowing that I am constantly learning and moving forward.

## Communication

A great deal of our communication is non-verbal and we rarely realize the effect that it has on others. Our tone of voice, our body language (particularly our eyes and face), our attitudes and our feelings, are constantly in communication with others, expressing anger, fear, love, trust, rejection - in fact, all our feelings and emotions. We cannot hide what we mean; we may do so for a while, but finally the truth emerges.

Communication is not just with others, but also with the self, with the Supreme Being and even nature. Being still, focused and open enables us to tune in to others so that we can respond in an appropriate and meaningful way, not simply in a mechanical way.

Here are some **common reasons for blocks to communication**:

- \* **Too many thoughts, and an overload of words and actions**, results in us being unable to think clearly. We lose the essence of what is trying to be conveyed (transmitted) by the other.
- \* **Being lost in our own feelings or ideas**. In such a state we do not listen attentively to others.
- \* **Remembering the past in a negative way**. This does not allow us to tune in properly to our present and future. When we do not communicate properly with the needs of the present time, we lose opportunities.

(To be continued tomorrow....)

## Soul Sustenance

### What Should We Value More - The Soul Or The Body?

When the soul leaves the body, it's not just the body that dies but it's as if all the connections with the world of that individual are simply switched off. Not only the relationships but all specific plans, projects and desires suddenly have no further means (medium) through which they can be expressed or put into practice. The powers of thinking, deciding and the personality traits (sanskaras) connected with the life that is being left behind, stop and get hidden momentarily to emerge again in a new body, a new life. All the material things that belonged to that particular individual are passed on to others.

It's interesting to note that even when the body is sick it can only be treated when the soul is still present. If we take out the soul no one remains to look after the body.

On the other hand, the body is a truly marvelous vehicle for the soul to express itself through. No manufactured machine could hope to compete. For example, it is calculated that in just one day, the brain is able to complete a hundred times more connections than the entire telecommunications system of the planet. Or compare the human eye with any manufactured camera or the heart with any manufactured pump. The body's importance cannot be played down or not taken into account.

### Message for the day

#### The best comparison is the comparison with oneself.

**Expression:** The one who is comparing oneself with what he was and seeing how he can improve or how he has improved is the one who is constantly bringing about progress in his own life. On the contrary the one who is comparing himself with others is the one who is constantly finding excuses and leaving behind the opportunities that he gets for bringing about a change.

**Experience:** When I am free from excuses and free from comparison with others, I am able to be light even in the most challenging circumstances. I am not caught up with my own mistakes or those of others, but am able to constantly add on to my treasure store of experiences and be richer and richer with every new challenge faced.

In Spiritual Service,  
Brahma Kumaris