



## Change

It is wise to bend rather than to break. Those who change will get spiritual wisdom. Conversely, those who have wisdom will decide to change. Change is the first law of Nature.

## Various Synonyms Or Meanings Of Peace

Peace has a number of synonyms, which all have slightly different shades of meaning:

### **Serenity**

The feeling of contentment and being completely full with no need for further additions to the self; a feeling of satisfaction, of wholeness of the self.

### **Calmness**

There are no disturbances or waves in the mind, like a pool of water that is clear and still with not even a ripple to disturb it.

### **Tranquility**

Tranquility is the state of harmony in nature and in ourselves that keeps everything in balance naturally.

### **Quietness**

In this state, there are no sounds of uncontrolled thoughts jumping around like a monkey in the mind; our thoughts become essenceful, returning to the point, with no expansion; it is an economy of thinking that creates quietness.

### **Stillness**

There is no movement of thoughts. I remain absorbed in one thought and, in the stillness of silence, I am at rest, with a feeling of complete detachment from everything.

Peace has the meaning of harmony, balance, order and freedom: when we are free from waste and negativity, then we exist fully serene, fully at peace with everything.

Peace is my original energy and treasure and with the practice of meditation I step inside and experience it.

**To keep a fast for the mind is to free it from waste and negative.**

We do keep fast on some days. On such days, we take care not to include certain things in our food or lives. But, true fasting is to keep the mind free from what is not good for it. That means, I need to work on keeping my mind free from negative and waste thoughts, which only harm my mind. Today I will keep a fast for my mind. I will not think of something that is not good for it. To do this, I will also take a beautiful thought of positivity like, "I have the best in my life" or "today is a great day". Then, I will be able to keep a fast for the mind in the right way.

## **Soul Sustenance**

### **The Art Of Tolerance (Part 1)**

It is important to understand that to overcome problems you need, on the one hand, **inner power**, and, on the other, **the capacity to tolerate**. Tolerating does not mean to put up with. To tolerate is to accept, understand and know how to face things. That is, to tolerate is not to put up with and then explode at a later stage. **In tolerance you dissolve that which, otherwise you would be putting up with.** Tolerance is like the ocean, which is an example of tolerance, because we throw a lot of dirt into the ocean, the ocean absorbs it and, over time, transforms it. Tolerance is being like the ocean, that is, knowing how to absorb and dissolve, and finally to make it disappear.

Tolerance has to be balanced with the capacity to face things, which is based on bravery, courage and personal security. Having the power to tolerate gives you security and trust that you will be able to, you will achieve it, and you will advance. Tolerance is necessary for shared living, to be and allow to be. With the virtue of tolerance, you will continue to smile, you will never be discouraged. To smile when someone praises you is not to be tolerant. However, when someone turns into an angry enemy and insults you, but you do not have even the slightest sign of dejection on your face, not even in your thoughts, that is to be tolerant. **To look, to speak and to enter in contact with feelings of compassion, patience, comprehension, love and respect, with a person that you do not have a good relationship with, is to have tolerance.**

(To be continued tomorrow ...)

## Message for the day

**To bring equality in whatever I understand, desire and do is to be truly successful.**

**Projection:** Although my understanding of right and wrong is really good, I am not usually able to be or feel successful. This is because I notice a mismatch between what I know and what I want. So I am not able to bring that knowledge into action.

**Solution:** A conscious effort needs to be put in from my side to compare and see which is better for me - what I know is right or what I feel I want. When I compare in this way, I will be able to change my desires in keeping with the right thing. When these two match, I will be able to bring it into action too. So I will be able to be successful.

In Spiritual Service,  
Brahma Kumaris