



## **Meditation**

A racing mind that reacts sensitively to little things indicates thinking that has lost its spiritual strength. Meditation restores that strength.

## **Motivation - The Life Driving Force (cont.)**

When surrounded by challenges, sometimes we all need a little extra nurturing, and that gentleness can come from loved ones, or just from ourselves. Also, enjoying watching television, enjoying the hot chocolate and the coffee, enjoying the cold drink and the ice cream, enjoying the brisk walk and the gym, enjoying the picnic and the party, enjoying the holiday - these are all things that help us replenish our energy and remain motivated to some extent when we've had a rough day. **But remember that to remain constantly motivated you need to also take a look at the non-physical dimension of thoughts and feelings.** Physical treatments, therapies and relaxation strategies will help you but they cannot change the way you think. Your thinking is the cause. And behind your thoughts, your beliefs are a deeper cause. **We need to pay much more attention to our thoughts and feelings, learn to manage them, learn to fill them with peace and calm, and then our personality will change for the better, as we restore our mental and then physical well-being and learn to remain motivated and fearless amidst challenges.** Remember no one else creates our thoughts and feelings, and they don't just happen, though it feels that way sometimes. When you learn to identify and assess the quality of your thoughts and feelings, you can begin to choose the ones you know are positive and that in turn keeps you motivated.

**Also, remember there's virtually always something positive that can be found in the challenges we face.** Bear in mind that the period of challenge is short and you will soon overcome the challenge. On a lighter note, spend a little time each day thinking of all the things you are looking forward to doing once you are free from these exams that life has to offer - though don't daydream for hours about this! Also, when you long for life without difficulties and challenges and you want to keep yourself motivated when faced with them, remind yourself that oaks grow strong in contrary winds and diamonds are made under pressure. Challenges are not here to stay and while they are there, they bring about self empowerment.

## Soul Sustenance

### Wearing The Crown Of Servant Leadership Gracefully (Part 2)

**A good leader, before orchestrating (controlling) his team members will learn to orchestrate (control) his inner orchestra of thoughts, feelings, attitudes, emotions, moods and perceptions to create the desired tune or team result.** When leaders become dictators or start orchestrating (controlling) their team members first, the fall of the team gets certain. **A good leader is characterized by the way he makes his fellow members work as a team with him being a part of it.** Misuse of leader power has a negative effect on team members' perceptions of the leader's ability and desire to engage in open communication. Because open communication is vital to any project, these perceptions can hurt team performance. These negative effects of leader power can be virtually eliminated simply by clearly communicating the idea that every team member is individually instrumental for any given task at hand.

Traditional leadership generally involves the accumulation and exercise of power by one at the “top of the pyramid”. By comparison, **the servant leader shares power and puts the needs of others first and helps people develop and perform as highly as possible.** Servant leaders spread an energy of trust in the group, which catalyzes higher levels of engagement of team members, greater involvement of their effort and ideas and greater speed in change and creation of the new, which is the objective of every team. As a result, an excellent team culture is developed.

(To be continued tomorrow ...)

## Message for the day

**To be free from negative thoughts is to be free from punishment.**

**Projection:** Whenever there is a negative situation I tend to react very negatively to it. I tend to have a lot of negative thoughts and experience a lot of difficulty at that time. I then begin to blame the situation and feel that I am facing punishment because of it.

**Solution:** I need to understand the fact that the biggest punishment I experience is through my own negative thoughts. The more I can free myself from these kind of negative thoughts I can free myself from experiencing any kind of punishment.

**To move forward is to be on a pilgrimage.**

When someone goes on a pilgrimage, there is only one thought of moving forward. Our life, too is a pilgrimage of experiencing progress in all we do. When something uncomfortable comes up, my vision needs to be fixed only on the goal and nothing else. Today I will create an aim for myself of something I want to achieve. This could be even a short term goal or even imbining a quality in myself. Every time I am faced with any difficult situation, I will focus my energies on achieving my goal instead of wasting time and energy worrying over what is wrong.

In Spiritual Service,  
Brahma Kumaris