



Table Clock by John George, Augsburg, 1720, Staatliche Kunstsammlungen Dresden

### **86,400 Seconds**

Imagine there is a bank that credits your account each morning with \$ 86,400. Every evening whatever part of the balance you fail to use during the day is deleted. What would you do? Draw out every cent and use it well, of course!!! Each of us has such a bank - Its name is TIME. Every morning, it credits you with 86,400 seconds. Invest the day's deposits well, or the loss is yours. How could you bring the most contentment, happiness and benefit to yourself and others? The clock is running.

## **Good Ideas**

Often we assume that good ideas just happen. Or we try to generate ideas in a formal environment.

Sometimes changing the setting can get our creative juices flowing. Instead of holding a meeting in a conference room or the office, go to a coffee shop.

Sometimes retreating to the visual world of art can open the mind and spark new ideas. Visit a gallery or a museum and immerse yourself in the colours, textures and impressions.

## **Being An Observer And An Actor - Maintaining The Balance**

In relation to the other, we have the possibility of observing and intervening (interfering) when we wish to; that is, maintaining the balance between being an observer and acting; playing between forming part of the audience and being the actor. On being actors, sometimes we can lose ourselves in the acting of the other in his or her or their dramas; we get in so deep with what is happening to the other that we lose distance. We get mentally and emotionally involved in the other's stories. When our awareness gets lost in those stories, we stop being the creators of our own life and of our own story. This habit exhausts us; we lose energy; we lose our concentration and control over our thoughts and our emotions. We lose our inner peace and we begin to look for it again.

We can choose to observe the dance of ideas, images and acts of others, and not get involved in their complications. Only thus will we be at peace with ourselves and with the world. Remember that you create your own story. If you want to live in peace and exercise a positive influence on the people around you, don't try to control or to change the stories of others. In order to enjoy a painting you do not poke your nose onto it; you remain at a certain distance so you see it with greater clarity. The same thing occurs with the painting of life. By learning the art of being a detached observer and then intervening, of keeping a healthy distance, we manage to be connected with what is essential without losing ourselves in the waste and superfluous (excessive). That way, our intervention does not arise out of a reaction which has shades of frustration, anger and negative judgements. We are then the creators of spaces of trust and love in relationships.

## Soul Sustenance

### Harmonizing The Mind And The Intellect

The intellect is the faculty of the soul that judges thought and determines its quality, its ethical purity, its truthfulness, its usefulness, its appropriateness, whether it is necessary, right or wrong. **The intellect is backed by the conscience. In fact, the conscience expresses itself through the intellect.** If you have a positive thought, the intellect should approve it and allow it to be put into practice. If a feeling of doubt accompanies the positive thought, the intellect should take it into account and remove that doubt, before the thought gets converted into action.

**When the faculties of the mind and intellect are pure and strong, and they cooperate in harmony; they support one another and there is no inner conflict.** If the intellect is weak, the mind feels confused and it will generate many unproductive thoughts. There will be an inner conflict and in the end the intellect will lose, because the power of influence of the intellect is less. Then, the intellect will not have the power to prevent them from going into action. Actions will be performed that are negative or unproductive, in opposition to the conscience, and they will as a result create negative habits.

**The intellect is the most important faculty of human consciousness to bring about personality change.** If the quality of the intellect is good, the capacity and quality of the intellectual processes through which you perceive and live reality will be higher. If the intellect is clean and pure, you will differentiate what is real and authentic from what is unreal and false. You will be able to judge if a situation is beneficial or wasteful, useful or useless.

## Message for the day

**To be free from the burden of responsibility is to fulfill the responsibility well.**

**Projection:** When I am responsible for something or people expect me to be answerable for something, I tend to feel heavy because of these responsibilities. With the such a feeling of having a burden, I'm not able to fulfill my responsibilities to the best of my ability.

**Solution:** Whatever responsibilities are given to me are according to my capabilities. When I remind myself of this I'll be able to be light and give my best to fulfill all my responsibilities.

In Spiritual Service,  
Brahma Kumaris