



Clock by Christian, casting Beck, Augsburg, 1640, gold enameled. On a pedestal is a funerary figurine with a laurel wreath. In his left hand, an arrow, the tip of displaying the time

Value

A bar of iron costs \$5, made into horseshoes its worth is \$12, made into needles its worth is \$3500, made into balance springs for watches, it's worth is \$300,000. Your own value is determined also by what you are able to make of yourself.

A Caring Heart

When I express my care and concern by responding to situations with a cool head and to people with a warm heart, if I remain aware that as fellow human beings we are all part of one family, and that even the smallest of gestures can make a difference in people's lives, I am always blessed with a caring heart.

It takes so little to show that I care yet it can mean so much.

Wearing The Crown Of Servant Leadership Gracefully (cont.)

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 ...)

Soul Sustenance

Seven Techniques To Let Go Off The Past (Part 2)

Positive Information and Intoxication - The more we listen or read positive and constructive spiritual knowledge, even if it is for 10 minutes daily, and imbibe (absorb) it, the more our negative memories fade into the background. Also the regular input of knowledge lifts our consciousness to a higher level and gives us an experience of intoxication or spiritual bliss, in which the memory of our past sorrows and negative experiences gets dissolved. Even on a physical level, there are lots of people who indulge in some kind of addiction or intoxication only because it temporarily helps them to overcome and forget the negatives in their life.

Karma Realization - Another benefit of spiritual knowledge is that it makes us realize the various shades and details of the Law of Karma and its application in the World Drama, which helps us immensely in letting go of the past and concentrating on our present so that a bright future can be built, irrespective of the quality of the past.

Self and God Realization - One of the most important benefits of meditation, an important aspect of spirituality, is that it makes us realize and experience the spiritual self and the Father of the spiritual self, the Supreme Soul, accurately. This is an experience of liberation, in which there is no room for past repentances. Past repentances are more a reflection of excessive attachment to the physical or material or attachment to incorrect emotions related to body-consciousness, remembering the damage caused by it to the self and experiencing sorrow due to the same.

Connection and Relation - Also, meditation being a deep connection between me and the Supreme Father, it fills me with immense power and it is also an intense relationship, which fills me with love, happiness and peace. In the experience of these attainments, over a period of time, my past ceases to burden my consciousness.

(To be continued tomorrow ...)

Message for the day

The right kind of support makes people independent.

Projection: When I provide help and support to others, sometimes I find that they become dependent on me. They continue to expect the same kind of support that they had got from me before, when I am not in a position to give. Then my good gesture becomes a bondage or difficulty for me.

Solution: When I am providing help to someone, I need to check the kind of help that I am providing. True help is to provide assistance in such a way that slowly the person learns to rely on his own resources and becomes independent. Then there will be no expectations from me.

In Spiritual Service,
Brahma Kumaris