



Traffic jams of Mumbai

Traffic Control Your Mind

The mind thinks many thoughts, leading us in different directions. No wonder there is so much chaos in the mind, creating traffic jams and even a few accidents!

Now imagine the state of the roads if we didn't have any traffic controlling mechanisms! So, what's needed is a traffic control system for our mind.

At regular intervals throughout the day, stop and control the traffic of your mind. Change negative to positive. Where there are waste thoughts, put a full stop and let it go.

Accept Change, Don't Resist It (Part 2)

Taking the message further from yesterday's example of Mr. Rai, who resisted change, accepting a difficult situation wasn't easy in his case, which is a real case of a person who was impressed by the teachings of the Brahma Kumaris. He was given a five point spiritual power formula by one of the sisters of the Brahma Kumaris, who was playing a role of spiritual service at one of the Brahma Kumaris centres. Mr. Rai later shared his experience as to how the five powers had helped him reshape his perception into a positive one and as a result accept a life-strangling situation.

The first power was the power to transform one's thoughts as per one's own desires using the power of meditation, which at the Brahma Kumaris, is a connection between two minds – your own mind and the mind of a higher potent (powerful) force – the fountain of spiritual strength – God. This connection is commonly called *manmanabhav* in the *Gita*, which means connect your mind to me, where me refers to God, the Supreme Being of spiritual light and might, invisible to the physical eyes but visible to the eye of spiritual wisdom or what we call *third eye*. This connection causes spiritual energy in its purest form harnessed (taken) from God and flows into one's *sanskaras* and works on the *sanskara* of thinking too much, when faced with a difficult situation. All the spiritual wisdom in the world, which can be found in thousands of books of the famous authors on self-management of our times, cannot change our way of thinking, what a few seconds of powerful *manmanabhav* can do.

The second power was the power to discriminate between negative and positive information that one is exposed to throughout the day. Very often a negative piece of information received from the daily newspaper can flood the mental perception of a negative and tight situation with confusion and a lack of clarity and cause us to become emotionally disabled or weakened. So, Mr. Rai was given a simple advice – read the newspaper during mid-day or in the evening and not the first thing in the morning; when the mind is not so fresh and the absorption capability of the sub-conscious mind is lower than what it is during the morning.

(To be continued tomorrow ...)

Tackle your worries effectively, instead of pushing them to the back of your mind.

Check in with your worries: What am I anticipating?
Can I do something about it?

If you can't do anything about it, then remind yourself that you'll find a way to handle things when they happen.

If there is something you can do, then do it!

If you're worried it's going to rain today, then pack an umbrella. If you're worried about a meeting, then plan and prepare well. Do something and stop worrying.

Message for the day

Your humility enables people to realize their mistakes and correct themselves.

Expression: Real humility results in so much power of truth that you don't need to say anything at all in words. The very power of your inner state of being will make the other person realize the error of their ways.

Experience: When you are giving directions or corrections to someone, check your own attitude, remind yourself of the humility within and then say whatever you have to say. With humility your words will be for their benefit and this will enable them to learn.