



### **Introversion**

The ability to enjoy one's own company is one of the greatest gifts life has to offer. Learning to turn my thoughts away from all my responsibilities at the day's end and take my mind into a state of peace and benevolence enables me to carry greater and greater loads without feeling the burden. When my inner landscape is full of beautiful thoughts, everything I do is a pleasure. Gently, I calm down chaotic situations and offer solace to troubled minds.

## **Making The Journey With The Right Realization**

It's so easy to become caught up in my physical role - my name, physical personality and looks; the social setup or family I've been born into, my friend circle, the school I went to, the person I married, the organization in which I work, the various material objects I own or possess. I forget my true identity, the spiritual being, and that it is me, the spirit or soul, who is experiencing life through this physical body and surrounding circumstances. The physical, human side is essential, but **it's the spirit, the being, the energy, which makes the journey. The physical body is the vehicle through which the journey is made. The people who exist in my life are also energies making their journeys through their respective vehicles.** Looking at myself and others, when I realize who is making the journey and I remember this and maintain this spiritual consciousness throughout the day, I'm able to access spiritual treasures of peace, of power, of love and joy and see the same in others. It is because of not remaining in this remembrance; I remember and identify with the vehicle and experience my false identity. That is why we find ourselves empty of these treasures today. As a result there is a tremendous increase in interest in meditation throughout the world. Unlike in the past when this interest was seen primarily in the East, today relaxation and meditation is a blooming industry in the Western countries.

The more I become trapped by a materialistic consciousness, and the more I lose contact with my inner self, the less freedom I experience. The search of happiness through the physical senses brings temporary, short-lived gains. **My life lacks depth when the only things I know, realize and feel are related to the loads of information I receive from the physical sense organs,** and I become disconnected from the spiritual dimension.

## Soul Sustenance

### Overcoming the Fear of Communication

When the fear of communicating effectively exists inside you e.g. when appearing for a work interview, it may be due to personal insecurity. You have to work on it in order to have more security, confidence and authoritativeness. Being secure and full of authority in the moment of communicating and expressing yourself requires practice and effort. Most importantly, **to feel secure in such situations, when the person whom you are faced with is in a position of power, you have to value yourself. Self-value brings self-security and a feeling of fearlessness.** When someone is normally asked to talk about what his/her personality is like or what is his/her basic character traits are, they normally speak about their weaknesses. Very rarely does one speak of his/her strengths or positive personality traits.

**Realizing your strengths requires introspection. Meditation, based on the complete spiritual knowledge about the self, is one of the simplest methods to do this.** Once you realize your own strengths, you are able to value yourself immensely. If you value yourself, it does not matter so much to you whether another values you or not. However, if you aren't able to value yourself, then doubts exist: \* Let's see if this person values or respects me; \* perhaps this job is not for me; \* perhaps my communication skills are not very good. Then you need recognition and appreciation. Since you cannot give it to yourself (because you have not realized your strengths), you depend on others giving it to you.

You need to know that you are unique and that you are worth a great deal. If the other person does not value you it is their loss; they are losing something precious. If you are established in that self esteem of 'Who am I', a very elevated consciousness and that awareness – \* here comes a treasure whom you will be interviewing; your words and your body language will be sharp, secure and stable. **Within you, you value yourself; and if you value yourself, it will be easier for people to value you. On the other hand, if you do not like and respect yourself, you will cause the same energy, which you radiate, to come back to you from others.**

## Message for the day

### Success comes through maintaining self-respect.

**Projection:** Where there is self-respect, there is naturally a stable state of mind, even in the most challenging and difficult times. This in turn brings right judgment at all times, which allows discrimination between right and wrong. Right judgment leads to right actions. So there is constant success for such a person.

**Solution:** Self-respect is the state of mind where I am able to appreciate my own uniqueness and give regard to myself. When I am able to be in my stage of self-respect, I am able to be stable in all situations. This seat of internal stability keeps me light and easy under all circumstances. I am also able to experience constant success even in the most difficult and challenging times.

### Add Quality and Beauty

When a situation is good we are able to use our own specialties, but when the situation is not so good, we tend to come back to ordinary or waste. So we are constantly waiting for opportunities to reveal our own specialty and at other times being colored by the negativity or ordinariness of the situation. When we are aware of our own specialties in a conscious way, we are able to add quality and beauty to everything that we speak or do. Nothing of ours is then waste or even ordinary but everything we do becomes special. We are able to make everything more meaningful and powerful. We are not caught up with the ordinariness or the negativity of the situation, but are able to enjoy the moment by coloring it with our own special quality.

In Spiritual Service,  
Brahma Kumaris