



The Broadway Production of "The Wizard of Oz"

Doing the Right Thing

The world is a stage and we are all actors. Each actor plays a unique part and is responsible for his own actions. Responsibility means doing the right thing no matter how big or small the task may be. Each one of us has a special role to play in the making the world a better place.

No Procrastination

Ask yourself.....What is most important in my life? Keep that in front of you and you will discover that most other things get solved by themselves. Do not leave the important things until last, for then they will become urgent. This feeling of urgency will then make you lose your valuable treasure of peace.

Mind, Intellect And Personality

Just as electrical energy produces heat, sound or light depending on the device through which it passes, similarly, the energy of consciousness functions through three different but closely connected entities, the **mind**, **intellect** and **personality**.

The Mind

With the power of the mind, one imagines, thinks and forms ideas. The non-physical mind should not be confused with the heart, the physical organ that maintains blood circulation.

The Intellect

The intellect understands, reasons, memorizes, discriminates and makes decisions. The non-physical intellect should not be confused with the physical brain, which is the physical focus of the nervous system.

The Personality

Habits and *sanskaras* are all embedded in the soul in the form of impressions as a result of every action performed. The most fundamental feature of every soul, its personality, is determined by such stored impressions.

Soul Sustenance

Experiencing *Yoga* (Meditation) In Different *Karmas* (Actions)

To perform good and perfect actions we use both spiritual knowledge and spiritual power in a practical form (called *karma yoga*). Given below are some examples of the same:

If you are involved in a *karma* where you have to give full attention and concentration to your work e.g. working on a computer - in this situation, just for one minute concentrate your consciousness on the question "Who am I?". Concentrate on the thought of yourself as a peaceful, pure and loveful soul. Emerge your real consciousness. Try to do this once every hour. You could wear a digital watch, which will assist you in doing the same by reminding you after every one hour with a soft beep.

If you are involved in a *karma* where you do not have to give full attention and concentration to your work, practice, for as much time as possible, being the soul, a being of spiritual light, between the eyebrows, radiating vibrations of peace and purity towards the universe.

While cooking, have the consciousness of the Supreme Being, the Supreme Beloved, for whom I am preparing food.

(To be continued tomorrow ...)

Message for the day

To be tireless is to ensure success.

Projection: The one who is tireless is prepared for every situation of life and so is not afraid of anything that happens. To be tireless means to be able to understand the situation in an accurate way and to have the ability to move forward inspite of all the difficult situations. It also means to learn from each and every situation and move forward constantly.

Solution: When I am able to be tireless in all the situations of my life, I am able to understand things clearly. I don't experience any fear but am able to move forward with confidence knowing that I will surely be successful. With my tirelessness, I ensure success even when the worst challenges come my way.

In Spiritual Service,
Brahma Kumaris