



Labelling People

When we put labels on people, we're categorising them with a single word, without considering complex factors. Labels get in the way of reality. In reality, people are so much more than a label.

Remove the labels. Take a peek below the surface to see, understand and accept others as they are. And keep the labels where they belong, on cans and jars, not people.

Understanding

Often, misunderstandings happen because we're not willing to take time to understand. We get too impatient and don't listen properly. And because we simply haven't taken the time to understand, we start making assumptions. So, make time to understand people better.

Awakening Your Intuition (cont.)

Meditation purifies and sharpens our intellect which makes it broader and far-sighted and also makes it free from waste and negativity; very clean and clear, like a mirror. As a result the intellect is able to subconsciously look into the hidden aspects of any situation, sense the underlying thoughts, emotions and feelings of people involved without any of them being visible, also look into the future without it having evolved as yet and sense the right solution. Nothing can remain hidden from a mirror. Even though a mirror is not consciously aware, somehow or the other it will decide correctly.

This is only the intuitive capability, the capability of becoming a 'situation doctor', hearing the mental pulse of the situation and coming up with the right cure for it, which is awakened by meditation immensely. If the intellect contains negativity or waste and is not clear, sometimes one or more than one of the many influences which we had mentioned in yesterday's message might be perceived to be the intuition and then we might fail in a particular situation. It's important to note that the intuition, if heard correctly, which is only the case when the intellect is clean, can never be wrong and will always take you in the right direction.

In the above context, for the completely analytical minded, it's significant to understand that **the intuitive perception** was favoured more by old spiritual traditions and **the intellectual perception**, is being favoured more by modern science and medicine. Relying only on the intellectual perception is not wise. It alone cannot give us a complete idea of reality. A balance needs to be created between the two different types of perception. People with a balance will be more successful in life and victorious in difficult situations.

Soul Sustenance

Mental Clarity Or Focus

To strengthen yourself you need to have **mental clarity or focus**. That is possible if there is not so much of excessive thought, so as to generate clouds of unhappiness, suffering, grief, indecision, doubts and negativity - thoughts that your mind produces, thoughts that are weak, useless or wasteful. All of these thoughts cloud your own clarity. **Mental focus means to think less, think concretely, concentrate, think in an elevated way, and your thought will have an energy of clarity and inner strength that will help you to put it into practice with greater success.** You should strengthen yourself to achieve a state of self-control. For this, you need to study yourself, know yourself and understand yourself. You need inner silence, for there not to be so much mental chatter (noise) from thinking, thinking, thinking and thinking.

On top of that, other people influence you and so you generate even more thoughts. There are so many influences and inner voices that speak to you. With all of that there cannot be clarity. There is the voice of your fears, of your ego, that of desires and greed, there are influences of the past, thoughts emerging from your values, influences of your neighbors, your children, your husband or wife, your mother or father, the influence of your office colleague's opinion, or your best friend, your doctor, your guru, etc. **You can listen to many inner and outer voices and, if you are not strong, your mind weakens under so many influences, which has negative effects on your clarity of mind.** Because of all of this you have to strengthen your mind, which means, think less; think slower, concentrated and clear thought; with sense and meaning; of quality, based on a healthy and positive motivation. These thoughts are then like arrows, which have positive strength and clarity.

Message for the day

To be experienced means never to be deceived by anything.

Expression: It is normally understood that to be experienced means to gain expertise in something, or to become a master in a particular field. Such a person, who is an expert in one field might find himself totally impractical in daily situations.

Experience: Life has so many things to teach me through the various situations. I need to keep learning from all that happens. Then I'll never be surprised or cheated by any unexpected events, but will be prepared because of being experienced.

In Spiritual Service,

Brahma Kumaris