



Kind Thoughts

Great souls take advantage of every moment and every opportunity to give happiness to others through kindness in their thoughts; such souls are willing to overlook weaknesses and mistakes and have the desire to help everyone reach their potential.

Awakening Your Intuition (Part 2)

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. Its 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.

Pythagoras said, "The oldest, shortest words, 'Yes' and 'No' are those which require the most thought."

So be thoughtful about saying yes or no.

Are you in the habit of saying 'yes' to extra tasks? Even if you're already overloaded with what's on your plate?

If you really can't take on an extra task, offer to adjust your current responsibilities. Suggest a later date to complete the extra task, or ask for help.

If you decide to say 'yes', make sure you're taking on additional tasks without the feeling of overwhelm. And if you decide to say 'no', then say it politely and confidently.

Message for the day

The breath of a true life is enthusiasm.

Expression: To live life, to live each moment with enthusiasm is to really live life. The quality of life, the quality of the work done, the quality of relationships, everything is enriched through enthusiasm. Where there is enthusiasm there is maximum recognition and usage of everything available. Enthusiasm spreads to others too, gives them the courage to do their best and enrich their lives.

Experience: When I am enthusiastic, I am able to enjoy everything that comes my way. The biggest obstacle seems like a game for me, and I pass it by easily, without experiencing any difficulty. Confidence builds up in me and gives me the courage to be the best in all I do. I slowly increase my own potential and steadily move on towards success.

In Spiritual Service,

Brahma Kumaris