



Learn To Create Silence

Learn to create silence in your mind and peace will flourish in your soul. You will see life with other eyes. You will discover God's language. To be internally silent do not think too much. Trust yourself. Trust others. Trust life. You will find it is easier than it seems.

Taking Time Off From Busy Lifestyles (Part 1)

Gone are the days when *idle* was not just a word in the dictionary, but a practical reality and an important part of our life. The world is dazed and so are we. When did you last sit on the window pane looking out at the squirrels or the sunset? Or when did you last read a book on self development or spare a few minutes for talking to the self? Or when did you last spend an idle weekend with your family? Or when did you meet your old friend for a lunch and laughed your heart out? If you were to ever pass through a busy market place, you will have plenty of time to observe the running men and women with blank faces. Who has the time to smile? To stop where they are and thank God for the life they have.

Being busy is now not just an activity but a disease. People who are working day and night have an obsession for it and have become workaholics. They can't sit idle and anxiety takes over when they do so. The day isn't far when humans will be called sheer machines. Today, the lifestyle of a child to that of an aged person is such that there is no scope for personal time. A student's timetable is like a train schedule. Just one after another. From school to tuitions, from tuitions to vocational classes, then to the sports complex and again to another tuition. A corporate professional's day moves from one assignment to another revolving around the emotions of *I need, I want* and *I own*, without ever thinking of rising above the monotonous existence. **Is *Speed* is what we are born for?** We cannot only blame our lifestyle. There are more internal causes you would guess, like meeting expectations, pleasing everybody, reaching your perfect self in every sphere of life and reaching your goals and ambitions is what makes you work like there's no tomorrow.

(To be continued tomorrow ...)

May you become the embodiment of success by having the determination to make fruit grow even on infertile land.

To become the embodiment of success in anything, a combination of determination and love is required. Just as scientists nowadays try to grow things in a desert, in the same way, continue to give the water of love with the power of silence and become fruitful. With determination, you can ignite the lamp of hope in those who are hopeless.

Message for the day

Royalty of personality lies in cheerfulness.

Thought to Ponder: A royal person maintains his royalty and poise in all circumstances. Cheerfulness in all situations is royalty. There might be situations challenging my state of self-respect and happiness. But I will continue to move forward with a sense of self-respect and positivity.

Point to Practice: Today I will remain seated on my secret of self-respect in all I do. I will order situations, my mind and my own sense organs whilst seated on this seat. I will not come down and get colored or affected by the negativity of the situation.

*In Spiritual Service,
Brahma Kumaris*