



The Colour of Flowers

Leave worries aside and you will be surprised by the beauty of the sky and the colour of flowers, of the freshness of the breeze and the generosity of the sun. You will feel you are part of creation, and life will start to make sense. The greatest wealth is to appreciate what we have and what we are.

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.**

To accept responsibility is to accept challenge.

In many situations that life brings our way we have two choices - we meet it bravely and take up responsibility for our own lives and the choices we make or we just try to escape. Many times we find ourselves taking the second way, which brings no internal satisfaction. Internal satisfaction lies more in accepting challenges than in trying to escape them. I need to remain on the field in the game of life instead of just being a spectator. The more I play the more expertise I gain. This thought enables me to accept the different challenges that life brings.

Message for the day

Cooperation is to give people what they need.

Thought to Ponder: We tend to give people what we feel they need. In the process, we tend to advice or force our ideas on them. But, what really works is trying to understand what people need. If someone, is angry, they lack peace at that time. So, I need to give peace. And of course, I need to be peaceful and patient, in order to give the peace that they need.

Point to Practice: Today I will really help one person, by giving what he needs. I will try and understand what people around me really need and start giving those qualities. This will help me create a habit of providing the right thing at the right time.

*In Spiritual Service,
Brahma Kumaris*