



### Words Words Words

Words! They are all around me! I see them. I use them. Harsh words, soothing words, biting words; words that give pain and sorrow; words that give joy and pleasure. They are vital to communication. When words are spoken there are reactions, negative or positive. Either thoughts are triggered or emotions fired or actions performed. Words colour our behaviour. And how lovely it is to hear words that are calm and free from rancour and aggression. To hear words that lift the soul and leave it with renewed vigour. Such words are the sparks of purity. It is important to remember that my speech indicates what is in my mind. As the thinking, so the words uttered. Mental calmness makes my words calm. A pure mind makes for pure words. It is said that speech may exalt someone to kingship or send him to the gallows. I should never let myself indulge in false, bitter and vicious speech. My words should reflect my true, inner nature, that of purity and peace. Words, once spoken, can never be recalled. They reverberate all around, beyond our control. Today, as I utter words, what effect will they have on those who hear them? Will they be the words that are poisonous and cause pain? Or will my tongue be like that of the nightingale, sweet and so, so very soothing and lovely to the ear?

## Imbibing Or Absorbing Spiritual Knowledge

The first step into experience, particularly the meditation experience, is knowledge. What does it mean to *know*? Knowing involves **four steps**, which ultimately give the meditator the experience of realization:

**The first step** of knowing is **information**. With information, our intellect opens to new ideas and opinions.

**The second step** of knowing is **knowledge**, when we begin to reflect and think on the ideas and views that we have listened to. At this point, we often have to select only a few of the ideas we have heard, as it is not always possible to reflect (think) on all the information that is fed to us. In order to deepen our understanding, we reflect on the information and sometimes discuss our findings and thoughts with others.

**The third step** of knowing is when we move from thinking to **doing**, that is, from knowledge to wisdom. Wisdom is gained when we commit ourselves to *doing*. Knowledge translated into our everyday behaviour is called wisdom, which, in turn, is called quality life. A life of quality is where personal values are not only realized but also lived and experienced through our practical actions.

Doing, or practice, naturally brings us to the **fourth** and final step of knowing, which is called **truth**.

## In - Tuition

Often when our minds are quiet, we can hear our inner voice, the wisdom that we carry at the core of our being.

All we need to do is recognize, value and learn from our inner tutor. Imagine the cost effectiveness and convenience of having a tutor available 24/7.

So go on 'listen in' to receive some in-tuition.

## Message for the day

**Correction is to correct what is wrong and not to correct who is wrong.**

**Thought to Ponder:** I need to correct the mistake and not the person. When I am caught up with correcting the person, there are a lot of negative feelings. Also, no one has the power or the patience to listen to corrections. But, when I am focused on correcting the mistakes, I use others' qualities and my own qualities to better the situation. So, there are positive feelings and emotions.

**Point to Practice:** Today I will see what I can do to change a situation when something goes wrong. I will not worry about who was wrong, but try and focus my energies on what could be done to better the situation. Thus, I will be able to contribute in the right way.

*In Spiritual Service,  
Brahma Kumaris*