



Artist: Gustave Leonhard Jonghe 1829-1893

Communication

The one who knows the art of connecting to others is successful. When someone is not behaving well, we tend to alter our attitude, response and behavior toward that person. We wait for the other person to change, before changing ourselves. When I know the art of perceiving others' specialities and connecting to them, I will always be successful. I am then not dependent on the other person's behavior for my own growth. I am able to see each person's positive aspects and absorb them in myself too. Then I become richer with every interaction.

Ruling The Kingdom Of The Mind (Part 1)

Have you ever looked inside the inner kingdom of your mind where **your thoughts, feelings and emotions are your ministers**? Is it a kingdom of law or anarchy (lawlessness)? Do you ever wonder – *Ah, I wish there would be more order and less chaos in my kingdom!* So what stops you from creating a kingdom of law and order? Is it external situations or is it your internal reactions to these situations? Just for one day, perform this little exercise, check that out of the tens of thousands of thoughts and feelings you create in a day, how many are your own creation and how many are responses to external events. If they are your own positive creation or if they are responses to events, but correct ones, then be proud that your ministers are obeying you. Do you realize that the time when these thoughts and feelings are the wrong type of reactions on your part and not your original correct creations, is the time when these ministers are wicked and disobeying you.

A kingdom where the ministers disobey the king (that is you) repeatedly, is a kingdom, the atmosphere of which is lacking in harmony, love and joy, which in our case is our mind. It is a kingdom which is not respected by its people, who work under the ministers of thoughts and feelings, **the people being your attitudes, expressions, words and actions**, who further disintegrate and go their incorrect way following the orders of their seniors – the thoughts, feelings and emotions. It is a kingdom where the king has to bow down in front of **the outsiders, the neighbours, which in this case is the external situations and other spiritual kings like me, involved in these situations**. Also, it is a kingdom which is lacking in stability and susceptible (vulnerable) to attacks by the neighbours repeatedly.

(To be continued tomorrow ...)

Boring Conversations?

What do you do when you find yourself in a boring conversation? Make a quick exit? You have to respect your time, so try to remove yourself from the conversation as politely as you can.

Remember, not all conversations are going to be amusing or stimulating. And just because something doesn't interest you, that doesn't mean it's boring!

Even if it is boring, you can still try to be more engaged in the conversation; ask questions, listen or contribute. Or just try to find something you can take away from the conversation.

Message for the day

True cooperation is to have good wishes for even the one who harms.

Thought to Ponder: Everyone needs the cooperation of good wishes to overcome their weaknesses. Good wishes makes them realize their own true worth and empower them to bring about a change. So, even for the one who harms, I need to have a feeling of mercy and good wishes and not hatred. This will help them at every step.

Point to Practice: Today I will think of one person who has not been good to me. I will work on my thoughts in such a way that I will have good wishes for this person. I will do something to have a thought of good wish for this person. The little help that I offer in this way will return back to me too in the form of good wishes and blessings.

In Spiritual Service,

Brahma Kumaris