



## Still Waters

A life of turbulence and noise may seem desirable to one who leads it, but wisdom is a pearl found only in still waters.

## **Ruling The Kingdom Of The Mind (Part 2)**

*Am I a weak king or a mighty (strong) one?* This is a question that each one of us needs to ask ourselves at the end of each day. Every night, call upon **your ministers – the thoughts, feelings and emotions** in your kingdom court and have a heart-to-heart conversation with them regarding the kingdom and **its people, which are your attitudes, expressions, words and actions**. A court is also held to check the daily report of the behavior of the ministers. As the ministers of a kingdom, so its people (as mentioned above). To keep the kingdom in order, an able (talented) king will train the ministers and its people to react correctly to topsy-turvy situations which the kingdom is exposed to every day, which causes instability in the kingdom. This ability is the power of the king in action.

To train the ministers to respond correctly, a powerful king will, at the start of the day and at regular intervals in the day, give thoughts of power to the mind such as – *I am an ocean of success* **or** *I possess the all powerful driving force of motivation* **or** *I can destroy obstacles that try to obstruct my path* coupled with thoughts of peace such as – *I shall not react angrily, but maintain my calm* **or** *I shall not look at others' actions but keep my focus on my stable stage* **or** *I shall keep a relationship of outer detachment to external situations as well as inner detachment to internal pressures* coupled with thoughts of love such as – *I am an overflowing source of good wishes* **or** *I will be forgetful of others' mistakes* **or** *I shall absorb others' virtues and fill others with virtues* coupled with thoughts of joy such as *I will remain light and give others the same experience* **or** *I shall spread the wings of enthusiasm and fly high* **or** *I shall gift a smile and a greeting to everyone*. These types of thought suggestions will in turn positively influence the feelings and emotions, the ministers of my kingdom and my attitudes, expressions, words and actions, the people of my kingdom. **How? We shall explain that in tomorrow's message.**

## Of course, people matter. But do they know that?

Whether it's your partner, boss, friends, colleagues or acquaintances, put extra effort into letting them know they matter.

Why? Because it makes a difference and it matters, to them and to you.

It doesn't need to be long and drawn out, it could simply be a 'Thank you, I really appreciate that' or 'Thank you, that was really thoughtful.'

## Message for the day

**The biggest help for the self is to forgive.**

**Thought to Ponder:** When I carry negative experiences, I am not able help myself be light, easy and natural. There is a feeling of bondage and discomfort. But, when I learn the art of forgiveness, I am able to free myself from this bondage. I experience inner freedom and lightness and I am able to make the right judgement too, in future interactions.

**Point to Practice:** Today I will forgive someone whom I was not able to forgive all this while. I will not forgive because he needs forgiveness, but because I want to be free. Forgiveness is possible when I understand that everyone has a unique role to play on this world stage. I cannot expect another person to act or behave or think like me, because his role is different and unique.

*In Spiritual Service,  
Brahma Kumaris*