



## Self-Mastery

Within each one of us there is a master of the universe. Not the universe out there but the inner universe of our thoughts and feelings, attitudes and actions. Most people realize too late what awaits within and how valuable it is. For too long we allow ourselves to be distracted and bewitched by all that is happening outside. To be the master of your inner world is to be the master of your own destiny. Are you going to be the master or a slave?

## **Churning Spiritual Knowledge (Part 2)**

We had discussed a few benefits of churning spiritual knowledge yesterday. Some more are as follows:

**3. The knowledge that we have becomes more real:** and so can give more effectively to others. We can use the jewels of knowledge in serving others. This knowledge will have much greater power and be of much greater help to others than any form of scholarly or bookish knowledge.

**4. Our personality changes:** Limited views and thought patterns which give birth to various obstacles can be finished by churning. Our outlook towards life becomes very broad and we become completely content internally so that name, fame, respect, insult, etc. don't affect us, they seem totally insignificant.

**5. Natural bliss:** By churning, spiritual knowledge becomes a source of bliss. Because of the spiritual happiness and intoxication that comes from churning, our faces will become radiant and we become instruments to attract other people towards spirituality.

**6. Our concentration power increases:** By acknowledging and not suppressing impure thoughts we will easily clear negative thoughts within a short period of time. Our concentration power will increase. We will be able to clear and burn impure or waste thoughts, and easily become an embodiment of positivity.

## Make your words count

Words can hurt or comfort.

Words can encourage or discourage.

Isn't it great to hear words that are free from aggression, words that leave you with renewed vitality?

Today, as you utter words, choose your words carefully and make your words count.

## Message for the day

**To understand uniqueness is to be free from expectations.**

**Thought to Ponder:** When I continue to think of others and wanting them to think like me, I will not be able to be free from expectations. I need to understand that each one has his own unique set of experiences. So, everyone has their own uniqueness of expression. That's what makes the drama of life so beautiful.

**Point to Practice:** Today I will appreciate the uniqueness of everyone. I will at least tell 2 people how special they are and what difference their life has made. This will help me not only appreciate them, but also keep me free from any kind of expectations. Others, too, would be able to use their best qualities.

*In Spiritual Service,*

*Brahma Kumaris*