



Peaceful Mind

Learn how to keep your mind peaceful by feeding good thoughts to your mind. Let your mind rest.. let it be restful... not restless. Remember: my mind is my own. I mustn't let my mind cause me distress. I cannot slap my mind (suppress the mind) – I have to give it love. By giving your own mind love you will make it peaceful.

Self Esteem

Self-esteem comes when I really value myself: When I place value on myself, then others, too, will value me. When I don't value myself, how can I expect others to value me? If I continuously put myself down, saying *I'm no good* or *I am not capable*, other people who hear this will start believing it. So what do I do? The key word is *consciousness*. As I start to make my consciousness positive by creating positive thoughts many times in the day about myself like - *I am the most fortunate soul in the universe* **or** *I am a victorious soul, I cannot experience failure in any step in life* **or** *I am a self sovereign soul, ruler of my sense organs* **or** *I am a destroyer of obstacles* **or** *I am a spiritual rose flower who spreads the fragrance of divine qualities* **or** similar thoughts, I become spiritually alert, then I am in a position to start valuing my life and as I start valuing myself, I develop self-confidence. The effect of this is that I start valuing others, understanding that everyone has their own position: not higher or lower, just different. Each one's uniqueness has its value.

Finishing Tasks

Often we're able to accomplish a task better when we do it in small bits over time. It's when we have too many bits of unfinished tasks that our mind just starts to go into overload.

Whenever you can, try to finish what you start. Finishing tasks leaves you with a joy of accomplishment and peace of mind.

Go on, try it for a whole day. Finish a task before starting a new one and see how you feel at the end of the day.

Message for the day

To see and relate to virtues is the best form of diplomacy.

Thought to Ponder: It is said that we need to be diplomatic while dealing with people. Yet, many feel that being diplomatic, equals to not being honest or truthful. However, the easiest way to be diplomatic is to see and relate to virtues. When I am able to see others' virtues, I am only relating to them with that. There might be weaknesses, but I don't highlight them during my interaction with them. So they too are more comfortable with me.

Point to Practice: Today I will look for virtues. Out of all the people, I interact with; I will pay special attention to list out the virtues or specialties of at least three people. Every time I interact with them, I will remind myself of these qualities at least once during the interaction. This practice will help me create a habit of picking virtues.

*In Spiritual Service,
Brahma Kumaris*