



Humility Reveals Truth

Humility comes from the understanding that the force behind whatever help you give to others comes not from you but from the power of love.

It is not true that if you are humble others will walk all over you. It is when there is no humility that you can easily be influenced by others and things seem difficult.

But when there is humility, there is also the power of truth. You know internally that you will achieve your aim, regardless of what others say or think.

A humble person never feels they are bowing to others. The head is held neither too high nor low – it just faces straight ahead, like an angel. Humility reveals your truth.

Car-Driver Comparison To Aid Self Realization (Part 2)

If a good driver, while driving a car is distracted by the negative and disturbing scenes which he comes across and his attention is pulled in many different directions, he will make his journey unsafe increasing the probability of meeting with accidents. When the same principles are applied to the soul and the body, **I also need to take care that, while traveling on the road of life, I am not distracted by scenes that are not useful to me** e.g. when looking out through my eyes and I don't have to take in all the images, scenes and information along the way, otherwise I may meet with an accident. When listening through my ears, I don't have to take in all the words and everything that people say, otherwise I may meet with an accident. I can choose to take in what is useful for me, but I do not have to register distracting, negative and harmful images and words. **Just like a driver, I see and understand situations, too I keep my eyes and ears open - it would be unsafe to ignore them completely, I need to be aware of them - but I look only for the positive in them, so that I remain focused and am not deflected from my goal of experiencing inner contentment and bliss, while making the journey.**

I, as the driver in charge of this vehicle, the body, also need to take care that I do not drive rashly i.e. **I learn to monitor the feelings and attitude that are transmitted outwards through my eyes, my words and my complete body language.** Driving rashly i.e. transmitting negative energy in this way could harm any co-traveler on the road of life. When these feelings stay positive, filled with sweetness, purity and respect, that too helps to ensure that my journey passes smoothly and enjoyably. When I stay alert and aware in a driver conscious and drive carefully as explained in this and yesterday's message, my actions bring me closer to my spiritual truth and I am able to share my positivity with others around me. When I lose awareness for even a moment, there's danger either from me to others or vice versa.

Understanding the Mind and Its Functioning

The mind is a faculty of the soul, the main function of which is to produce thoughts. The thoughts we create are energy. In one day we produce an average of thirty to forty thousand thoughts. How much energy does this represent? What do we do with it?

The mind works constantly, even when we are sleeping. We cannot separate ourselves from it, it is our inseparable companion. If you study your mind you will see that, as well as thinking, it imagines, remembers, dreams, associates, desires and even produces your feelings.

If you think about some incident that made you unhappy ten years ago, you will feel that unhappiness again, perhaps even more deeply than before. If you think of something that made you happy, you will also feel that happiness when you repeat the event in your mind.

If you create positive thoughts about yourself, you will feel good and your self-esteem will be strengthened, and if you create negative thoughts, you will feel depressed, with low self-esteem. The mind opens up the way to the self. By creating the right type of thoughts you can open up your inner potential again, and rediscover that as people we are full of positive qualities.

Message for the day

Love and cooperation bring success in all tasks.

Expression: Love is reflected in the love that there is for the person and also for the task. When there is love for the person, there is the ability to give cooperation without any expectations or demands. And when there is love for the task there is the commitment for completing the task, whatever the obstacles that come up in the process of doing things.

Experience: When I am able to have love, I am able to receive hundred percent help and commitment from others too and so I am able to have the satisfaction of moving forward constantly. There is nothing difficult for me and I do everything with great ease. Not only is the task easy but also there is a spread of happiness and joy experienced by all who are involved in the task.

*In Spiritual Service,
Brahma Kumaris*