



Words of Peace and Purity

A pure mind makes for pure words. It is said that speech may exalt someone to kingship or send him to the gallows. I should never let myself indulge in false, bitter and vicious speech. My words should reflect my true, inner nature, that of purity and peace. Words, once spoken, can never be recalled.

Time Management With Ease (Part 1)

Living a life full of work pressures and deadlines in the present world of busy lifestyles and challenging relationships can be very stressful for many people at times. What should one do to remain free from stress and at the same time keep one's efficiency at the highest? Whenever one starts a new task, it is important to take care of a few important things.

E.g. if I am a project leader in my office, I need to analyze, apart from the various tasks of my work, many other aspects. The first and most important aspect is time planning, which means I know exactly how I will complete all the different aspects of the project successfully. I have to do this within the time frame I have at hand. A very important aspect of time planning is how I keep my thoughts as less as possible. This is because **the more the thoughts that I have in my mind, the more time it will take me to finish any task**. It is commonly experienced that by practicing simple techniques like meditation to silence the mind, work efficiency can be increased. That means more work will get done in less time. **A simple method of relaxing the mind is stopping my work after every hour and performing a thought traffic control of the mind**. Traffic control means creating few positive thoughts of different types of qualities like peace, love and happiness or even characteristics like success, victory and faith. You can do this for a minute and then continue working. This will keep you focused and charged mentally for the next one hour. This is a principle of the mind and its connection with the body. The more peaceful the non-physical mind, the more efficient the physical body will be in performing actions correctly.

(To be continued tomorrow ...)

The humble potato will:

Adjust to almost any recipe & go with almost anything you make.

You can boil potatoes for ease, mash them for comfort, roast them to greatness & fry them for fun.

They can be the star of the meal or the supporting role.

Be like the humble potato. Be versatile & adjust.

Message for the day

To have the spirit of sharing is to be constantly happy.

Expression: There are lots of resources in each one's life that can be shared with others. The more there is the consciousness of giving there is the ability to give and share these inner resources with others. New treasures are discovered and used for the benefit of all and also for the self.

Experience: There is constant satisfaction in my life when there is the spirit of giving. There are no expectations from others, but only an awareness of what I have. Life becomes more and more satisfactory and I feel richer for having given unconditionally. There are also constant good wishes that I receive from others.

*In Spiritual Service,
Brahma Kumaris*