

Daily Positive Thoughts: July 06, 2017: Consult your Conscience



### Consult your Conscience

To consult your conscience: sit quietly and calm the mind, allow peace to fill your heart and then place a question before your conscience, your innate wisdom.

## **Motivation**

The example of an iceberg shows the need to see under people's surface behaviour; the need of a deeper insight.

Only 10% of an iceberg is visible on the surface, 90% is under the waterline, invisible, but yet prominent. If there is a wind coming from left to right, just by seeing the visible mass, we think it will move the iceberg to towards the right. If, against all expectations, the iceberg moves in the opposite direction (left), it is because, under the waterline, there is a strong current running towards the left.

Sometimes you, as a leader, try to move people in a certain direction by giving them orders, instructions, explanations and encouragement, but you do it on the basis of what you see above the surface. The visible part represents what is at the surface such as appearance, behaviour, manners etc. You do not see what moves them under the surface so you become surprised and maybe frustrated seeing them move in the opposite direction. The main part, which is the 90% not visible, is within the subconscious. Under the surface (subconscious) you will find emotions, fears, attitudes, deeply held values etc.

If you want to move people, if you want to motivate others for a project or even just to reach others, you need to be aware of these kinds of things that you find under the surface. The key to understanding others better is to be more aware of your own feelings and under-currents, because, at a deep level, we are very much alike. If you understand your own fears and strong motivators, you will understand others much better.

## Maturity

As we mature spiritually there is less need to have our self-respect bolstered by praise and special attention. As our thought processes become more compassionate and less self-obsessed, we feel increasingly satisfied with ourselves and our lives. We relate to people more easily and feel no need to draw attention to our successes or complain about our problems.

## Message for the day

**The ones who work towards perfection naturally inspire perfection in others.**

**Expression:** All life's situations are lessons for bringing about progress, for the one who is committed towards perfection. Such a person never expects others to be perfect, knowing that every human being has his own weaknesses. He is instead able to accommodate others' weaknesses. He only inspires others to bring about transformation and work towards perfection.

**Experience:** When I am constantly working towards bringing perfection within myself, I am able to take everything that happens to me in a positive way, as a chance for bringing about self-progress. Also I am able to keep myself positive seeing only the goodness in the other individual and encouraging it. So I am able to enjoy each moment of my life.

*In Spiritual Service,  
Brahma Kumaris*