



### Comparison with Others

Comparing yourself with others will leave you vulnerable on three counts: you'll either feel inferior, superior or impressed. All three of these states are dangerous because they all disregard the underlying principle of our true connection with each other – mutual love and regard, based on independently generated self-esteem.

To protect yourself from this vulnerability, make sure that your attention remains turned within, towards the spiritual experience of pure pride. Staying centred in your elevated self-respect will help you remain undisturbed by others around you.

Keep asking yourself, "Who am I?" "How would my spiritual personality respond to this event or person?" this will help to centre you further, and allow you to enjoy the successful efforts of others.

## **Beauty In Character (Part 2)**

**A person with a good heart will always carry good and pure intentions for everyone. Before performing any action, check how honest and how innocent your intentions are.** A person who is of good character will not perform any action with any false desires in his heart and mind. Am I the type of person who is jealous of the other or am I a person who is keen that the other person move ahead, so much that he or she can even go ahead of me in any field? Am I so big-hearted? When seeing someone in pain, that someone who has harmed me or insulted me in the past, am I able to empathize and sympathize with such a person? Or do I internally, somewhere in the corner of my heart, feel slightly pleased when such a person goes through pain. These and many more are some of the questions to which I need to give honest answers. These answers are never revealed to anyone, but we know them inside.

**Am I a nice person just on the outside or am I truly sweet not only in my words and actions but in the inner corners of my heart? This is the space where no one enters and only I am a witness to what is happening.** Purity in character means no trace of revenge or anger or jealousy or hatred for anyone, even in my thoughts and feelings. Am I truly like that? Your mannerisms are external and visible but your character is not just what is visible but what only you know and are aware of. So, do a check – Do I reach upto God's definition of a good person, which we have explained in this message? Do remember one thing. Everything we think about others, the slightest negativity in thoughts and feelings as well as attitudes reaches the other, even if we hide it from them externally. So be a good person with nice mannerisms and purity in character not only in words and actions, but in your thoughts also.

(To be continued tomorrow ...)

## See Specialities

Sometimes people are not able to use their specialities. But even at such times if we have the ability to see their specialities, we will have the ability to give courage and enthusiasm to them. We can provide them with such an environment that allows their own growth. So whatever the circumstances may be, there is progress. When we are able to see the positive aspect of others, we can keep our mind free from a major portion of negativity. The potential of our thoughts can be used fully for our own inner progress and we can therefore make a contribution for the others too. This earns us blessings and good wishes from others, which further enhances our own progress.

## Message for the day

**The language of silence is more powerful than the sound of words.**

**Expression:** When something is expressed in silence, it is with the power of thoughts. Such thoughts spread positive vibrations and reach out to the others, in such a way that even the words can't. Also when such kind of positive actions are added to the positive thoughts, the desired effect of that is seen. Then the words are not needed to express good intentions and good wishes.

**Experience:** When I am able to express myself through the language of silence, I am able to be free from expectations for others to listen to what I am saying. I will only be silently communicating whatever I have to through my good wishes and inspiring others through my positive actions. So I am able to remain content and light, even when I have not yet seen the result of my communication.

*In Spiritual Service,  
Brahma Kumaris*