

## Challenge: How I can uplift through speech?

In JSS we invite you to develop the life habits that will transform all aspects of your life.

We invite you to discover your true self, the divine aspect to our nature, a higher self, a higher good.

One area where JSS encourages you to develop is the power of attention in speech.

Speech is one of our biggest gifts and if we can master it, we can use it to great benefit for ourselves and others.

For example, the “I have a dream speech” by Martin Luther King is a powerful speech that uplifts.

But does our speech uplift or is it just damaging gossip?

Here is a story to illustrate the point:

The student could not wait to tell the Teacher the rumour he had heard in the market place.

“Wait a minute” said the Teacher

“What you plan to tell us, is it true?”

“I don’t think it is”

“Is it useful?”

“No it is isn’t”

“Is it funny”

“No”

“They why should we be hearing it”

Please also remember that speaking the truth in an uplifting manner takes great courage.

As said by a teacher from the India philosophical Advaita tradition, Shri Shantanad Saraswati

*One needs to speak the truth of whatever is contained in the mind, and having expressed his resolutions or aspirations in speech he must act according to that speech. This is not simple. It needs great courage and trust.*

So the challenge for this week:

How can I uplift through Speech?