

Speak Sweetly

A human being's speech reflects their inner stage. A person with a bitter nature will speak bitter words and the one with a sweet nature, will always speak sweetly. Some curse through their words, some give blessings, some words pierce the heart and some silence anger.

The belief of saints is "Sweet words are very valuable, speak sweetly." One does not go through any expense by talking sweetly, but still people do not want to do it and prefer to pierce arrows and destroy others' peace. Many people are very clever, but excessive talk does not reflect sensibility. They think they are smart, but they have wrong opinion about themselves. Mental power is destroyed either by more thinking or talking and brings about physical weakness too, resulting in being unable to face difficulties properly.

The proverb says, "Speech is silver, but silence is golden." Especially for those on the spiritual path, less speech is like powerful nectar. A talkative person can never gain victory in any field of life. You do not have to remain dumb under all situations, but speak few, sensible, powerful words. A person does not have to talk unnecessarily or use bad language. Our words can make our problems worse or give proper solutions. A dispute started between two people and each one wanted to show his worth and so became enemies. I suggested to one of them, "Friend, the elders are those who forgive." These words changed him completely and destroyed all animosity in his mind. A talkative person argues to prove themselves, and so extends issues, but if you want to get happiness out of life, please do not increase any small matter. The animosity among families goes on for generation after generation. Bad language is like a sword, the injury of which never heals throughout life. So, please shower cool waters of your humble words.

Also pay attention that your words do not discourage anyone, but give zeal and enthusiasm. Then automatically, you yourself will be successful in life. I have witnessed an incident where a child was mentally disturbed and his parents admitted him into one ashram. The manager-in-charge of that ashram awakened his consciousness with lots of love, understanding, zeal and enthusiasm to such an extent that this child, now grown-up, can do many of the ashram's tasks successfully and with ease.

There are many well-educated, literate, sensible people who do not know how to speak sweetly, but instead want to hear sweet words from others. Our behavior should be the same as the kind we expect from others. In order to gain happiness in life, learn the art of speaking sweetly and how to have love in your words and in your behavior.