

Daily Positive Thoughts: December 04, 2013: Freedom



Artist: Rassouli

## **Freedom**

**True freedom means to be beyond the influence of others and of possessions.**

## **The Five Spiritual And Five Physical Elements**

There are various ancient teachings in the East including India which describe the **five physical elements - earth, air, water, fire and sky** as the five pillars of Creation or the building blocks of Creation. These teachings suggest that every particle of the physical Creation is made of these building blocks. The human body is also made of these five primary elements. These elements need to remain in balance for the Universe to stay in order and the human body to stay in order or good health. Bad health generally means one or more of these elements is out of place. There are various techniques mentioned in these teachings which are used to create this balance, including ancient Indian mantras. The popular ancient Indian Vedic *Vaastu* science, used by many to build homes even today, also works on creating a balance between these five physical elements.

According to spiritual principles given by the Supreme Being or the Supreme Soul, in the same way, **on a spiritual level, the soul also comprises of five original constituent qualities or building blocks or elements- peace, purity, wisdom (or truth), love and joy. When the soul first comes down from the soul world and starts playing its part on the physical world, there is a complete balance of these five qualities in its personality.**

This is the reason that at the beginning of the world cycle, in the period that we commonly call the **Golden Age** or **Paradise** or **Satyuga**, there is complete happiness, love and peace within the self and even in relationships. **The balance of the spiritual elements in the souls, causes the five physical elements earth, air, water, fire and sky also to remain in complete balance;** hence in the Golden Age, there is complete physical prosperity and richness; there is no trace of illnesses and natural calamities like earthquakes, floods, etc. Due to the double balance, nature is not only in order but very very beautiful. Even the physical bodies are not only healthy but very beautiful. Even the animals and birds are completely full of all virtues and live in absolute love and harmony with each other. So the balance of the five virtues in souls reflects itself not only on a subtle level i.e. in the personalities and interactions but also on a physical level i.e. in the physical bodies, flora (plants) and fauna (animals), nature in general, etc.

**(To be continued...)**

## **Soul Sustenance**

### **Raj Yoga - The Ancient Yoga Of India Taught By The Brahma Kumaris**

The Brahma Kumaris teaches the original and ancient system of yoga - Raja Yoga. "Yoga" generally refers to some physical postures or breathing exercises but its deepest definition is "the mental union or link between the individual soul and the Supreme Being, or God."

"Raja" means "king", so "Raja Yoga" can be understood in various ways:

- . the King of Yogas or the Royal Yoga.
- . the yoga through which the soul becomes a ruler of its mind, intellect and personality, thereby ruling the sense organs of the body and being in complete control of any situation.

Raja Yoga was first taught 5,000 years ago in India but as time went by the original spiritual methods and principles which kept souls in union with the Supreme Soul were hidden by other practices, and the aim of complete perfection of the human being was kept aside as un-attainable. Recently however, those original methods of how to connect with the Supreme Soul through thoughts (meditation) have been revealed again, making the spiritual effort towards complete self-transformation easy and natural.

To make the meditation more meaningful a lot of knowledge is also given by the Brahma Kumaris - who we are, where we are from, where we're going, who God is, what His role is and how to develop a relationship with Him so that peace, love, wisdom and bliss flow into the soul, restoring it to its rightful original stage.

Understanding all these points helps us to stabilize ourselves in such a state of self-confidence that not only does our own life take on a completely new and marvelous color, but we find ourselves able to inspire many others to take up the challenge of creating a new world on the basis of self-change.

## Message for the day

**The more one is humble, the more there will be success.**

**Projection:** Humility gives wings to fly. It gives enthusiasm based on inner truth and we can easily move forward. When there is no humility we find ourselves being pulled back again and again by the difficult situations that we ourselves have created.

**Solution:** When I do something, I first have to ensure that I am enjoying it and keep reminding myself of the joy that I am deriving out of it. Then I am free from the desire for recognition or praise. Then I will find myself succeeding in the task that I undertake and I will be appreciated too.

## Dormant Spirituality

Why do you like sunsets so much? Because they take you beyond your physical dimension. You experience peace and silence. You sense that time stops, and you understand what eternity means. It awakens your dormant spirituality. Whenever you have the chance, sit in front of a sunset and relax. Do not analyze. Only watch and observe and let profound feelings of peace emerge.