



Stop, Listen and Decide

When making decisions it's important to listen to your heart, your conscience, your intuition. It's also useful to look to others for inspiration. Keep an open mind when listening to the advice of others but follow your heart. Others may have an interesting perspective, but it's your life. At the end of the day, you and only you are responsible for all your decisions.

Soul Power

Many of us don't like to be 'superstitious' but in some way or the other we all tend to believe in the influence of objects, omens, places or destiny... An intellectual mind usually discards such notions saying nothing external can really influence the human spirit. However, spirituality shows us a balanced approach: although nature and physical objects/places are inanimate, the thoughts and feelings experienced by human souls permeate the environment and remain. Since the relationship between soul and body is intimate and powerful, anything the body experiences (be it intake of food or contact with physical world) will affect the soul. If the environment I live in is physically and spiritually pure, it is easier for me to increase my soul power.

A Parallel Between Physical And Spiritual Energy

Energy is neither created nor destroyed, but transformed into other energy forms. Energy follows a direction in its constant movement. In a spontaneous way, it tends to go from a concentrated state into a state of expansion. For example, after a while a full glass of hot water goes cold. This is a law of physics according to which all things tend to go from a high-energy state to a low-energy state. Applying these principles to the area of our conscience, our thoughts and feelings, we can discover similarities to these laws. When our thoughts (which are metaphysical (non physical) energy are focused on the outermost layers of our conscience, towards the external world (objects, possessions, people and so on), our creative capacity decreases, weakening us on entering into this expansion and not having sufficient power (concentrated energy) to take on negative situations and circumstances that we are faced with.

On the other hand, if we focus on our intrinsic, original and genuine qualities (peace, love, power) we accumulate more energy and our inner strength can grow. This means that we are capable of creating, of having more willpower and, therefore, strengthening our self-esteem. Positive thoughts are a high-frequency vibration that transports a great deal of concentrated energy, capable of influencing the atmosphere and the consciences of other people in a subtle way, transforming any negative vibrations. Negative thoughts are a low-frequency vibration that causes the energy to become dissipated. They weaken and block communication. They destroy harmony (peace).

Soul Sustenance

Reaping The Benefits Of Meditation

Rajayoga meditation gives the intellect the power to select those positive *sanskaras* which lead to the higher emotions, calm and clear thoughts, and the pure desire to enjoy life in such a way that no sorrow is experienced for the self and no sorrow is given to others.

The practitioner of meditation calms the mind and experiences *sanskaras* which in most people surface only occasionally as they are deeper than the superficial (shallow) memories of worldly experiences. These are the pure and powerful *sanskaras* relating to the original nature of the soul - peace, purity, power and contentment. Consciousness (the soul) has the same property as light; a powerful force with distinct qualities yet having no gravitational mass. In fact, the only **pull** or **burden** on the soul is the result of its own impure thoughts and negative actions.

When the above mentioned original *sanskaras* are experienced then love and happiness are also experienced automatically. After some regular practice, the practitioner has the intellectual power to consciously emerge these *sanskaras* into daily life at any time. In a situation which would lead most people to experience negative moods or emotions such as fear, depression, anxiety, boredom, fatigue, hatred or aggression, the practitioner becomes detached and emerges the inner powers of contentment and tranquility (peacefulness). This of course is beneficial not only for the self but also to others.

Message for the day

To have the balance of being a master and a child is to experience constant success.

Projection: To have the right balance means to know when to be a master and when to be a child. When one gives an idea or makes a contribution, it is as a master - with total authority. But while the idea is heard by others and is being criticised I become a child. There is no attachment to the idea, but the mind is open to receive new thoughts in order to enrich what is already there.

Solution: When I am able to maintain a balance between being master and a child, I am able to experience constant happiness I am able to put forth my creative ideas with confidence. Yet I am not upset when someone criticizes my ideas. On the contrary, I am constantly learning and moving forward. So I constantly experience success.

In Spiritual Service,
Brahma Kumaris