



First Change

There is no greater teacher than one's own practical example. To be really benevolent therefore means that I must first change, then I have the power, the knowledge and the experience of thinking and doing for the ultimate benefit of all.

Serving Though The Subtle Body Of Light

Apart from our physical form (body), each one of us also has a form of light - a subtle light body. It is referred to as the **aura**, and can be seen by some sensitive souls. All of us might not be able to see it, but we can become aware of the aura of others' through the vibrations they emit. **The purity of our subtle, light form is dependent on the purity of our thoughts or mental vibrations.** Given below are some thoughts for a meditation to help experience your subtle form and serve through it. Think and visualize each thought alongside:

I become detached from my physical surroundings... I consciously create only the purest thoughts... Now I visualize my true form... I am a subtle being of pure spiritual light, a sparkling star situated at the center of the forehead... Gradually, I become aware of my subtle body of pure, white light surrounding my physical form... In my body of light, I, the soul, the sparkling energy, consciously stand up and step away from my physical form, which remains seated... I, the soul, inside my subtle body, observe my physical body in a detached way... Now I slowly fly outside the room I am in... I visualize myself, in the subtle form, suspended in the sky... White rays of spiritual light radiate from me, the soul, and my body of light into the world... like that of an angel... In this pure awareness of myself in my form of light, I realize that the greatest gifts I can share with those around me are the light of love, peace and truth.

Sitting anywhere, this meditation exercise can be done to visualize oneself in a hospital, on the site of a natural calamity, accident, next to a friend or relative in pain etc., basically anywhere where vibrations of positivity, peace and happiness are required - the location of visualizing yourself can be hundreds of miles from where you may physically be. As you practice the art of being aware of your subtle body, you will begin to sense how you can have a positive effect on others simply radiating good wishes, pure thoughts and pure feelings.

Enthusiasm

When something new is started, there is a lot of enthusiasm and we make the best use of the resources that we have. We make sure that the best is given to the task. Yet the initial enthusiasm tends to fade away. Slowly we might even find ourselves giving up the task altogether. For every task that we do, we need to check how much enthusiasm we have when we begin the task. We need to ensure that our enthusiasm is high enough so that we can maintain it till the end of the task. Also we need to check ourselves at the end of the task if we have been able to maintain the same enthusiasm. Such checking will enable us to bring progress in all we do.

Soul Sustenance

Principles for the Body to Make Early Morning Meditation Successful

- Rest well each night. Avoid going off to sleep later than 10 p.m. especially when there is no time for an afternoon rest.
- Make sure the evening meal is taken early or only have a light meal before bed, and a heavy breakfast. Light eating with plenty of fresh fruits and salads makes the mind light.
- If I am very, very tired at night, it is better to do some light housework until the stage of tiredness passes, rather than surrendering to sleep at this moment. If I go to bed with a heavy head I rise with a heavy head.
- Do not talk unnecessarily before going to sleep.
- Be warm, yet avoid over-heated rooms.

(To be continued tomorrow ...)

Message for the day

To say yes is to have regard for all.

Projection: When someone expects us to do something that we don't like our usual reaction is to say no and give reasons why we don't want to do it or why we don't agree with what the other person is saying. But it usually happens that once we say no, the other person is no longer able to listen to what we have to say.

Solution: Instead of saying 'no', we need to practice saying 'yes'. To say yes means to try to understand what the other person is saying. Only after that can we put forth our argument. And then the other person will also give regard to our opinion. This practice will enable us to get good wishes from others and increase our chance for success.

In Spiritual Service,
Brahma Kumaris