



## **Heads and Hearts**

To handle yourself, use your head. To handle others, use your heart.

## Understanding The Difference Between Physical Yoga and Spiritual Yoga

*Hatha yoga* uses force and discipline in an attempt to unify the energies of the body with those of the consciousness. Through physical postures and breathing exercises, which are sometimes quite difficult, through *hatha yoga* one is able to achieve considerable control over the body metabolism and attain a remarkable level of physical health - that is beyond doubt, and to a limited extent bring about spiritual benefit. **If the soul is able to achieve that posture mentally, as done by a *Rajyogi* (one who practices *Rajyoga* meditation as taught by the Brahma Kumaris), then sitting physically in a certain position to achieve the same becomes less important.** In fact, with practice the soul is able to adopt a mental posture according to whatever situation it finds itself in.

Perhaps the most famous posture of all is the *padmasana* or lotus posture. *Rajyogis* put themselves in the *padmasana* mentally. Besides, **when the soul is fixed in the loveful union with God, the physical posture is not so important.** *Padam* in English refers to the lotus flower and is a symbol of detachment. Just as the roots of the lotus grow in the bed of the pond but the flower is a thing of radiance and beauty, floating on the water untouched by the mud and slush, the *Rajyogis* live in the world but beyond it. Even though their roots are in the muck of society, they maintain a mental posture of detachment and mental purity. Living in the thick of things, they remain pure observers and a source of beauty and radiance for others. Those who concentrate only on *hatha yoga* believe that by first disciplining the body, they will be sufficiently relaxed and controlled to undertake the practice of meditation. *Rajyogis* on the other hand are able to easily enter the state of meditation with the thought, "I am a peaceful soul, the child of the Supreme Soul, the Ocean of Peace", which makes the attempt to reach self-realization by performing physical exercises less important - especially for spiritual upliftment. Furthermore, ***Rajyoga* can be practiced by anyone of any age or physical state because all that is required is the subtle power of thought.** This is a clear contrast in the approach of *Rajyoga*.

## Independence

Liberate yourself from the bondages of the mind. It is wasteful thoughts that won't allow you to attain true freedom. True Independence is to be, in dependence of only GOD.

## Soul Sustenance

### Churning Spiritual Knowledge (cont.)

We had discussed a few benefits of churning spiritual knowledge yesterday. Some more are as follows:

**3. The knowledge that we have becomes more real:** and so can give more effectively to others. We can use the jewels of knowledge in serving others. This knowledge will have much greater power and be of much greater help to others than any form of scholarly or bookish knowledge.

**4. Our personality changes:** Limited views and thought patterns which give birth to various obstacles can be finished by churning. Our outlook towards life becomes very broad and we become completely content internally so that name, fame, respect, insult, etc. don't affect us, they seem totally insignificant.

**5. Natural bliss:** By churning, spiritual knowledge becomes a source of bliss. Because of the spiritual happiness and intoxication that comes from churning, our faces will become radiant and we become instruments to attract other people towards spirituality.

**6. Our concentration power increases:** By acknowledging and not suppressing impure thoughts we will easily clear negative thoughts within a short period of time. Our concentration power will increase. We will be able to clear and burn impure or waste thoughts, and easily become an embodiment of positivity.

## Message for the day

**To pay constant attention towards positivity is to be free from tension.**

**Projection:** To pay attention means not to think, speak or do anything waste, negative or even ordinary. The one who keeps attention in this way and also allows no negativity from outside to go within, is always free from tension. There is also the proper use of everything that is available.

**Solution:** When I am able to pay constant attention and also use the inner treasures within for a positive purpose, there is the use of the inner potential. When there is the recognition and use of this potential within in this way, negativity finishes; just as sunshine finishes darkness.

In Spiritual Service,  
Brahma Kumaris