



Meditation

Though the mind often asks for what is visible or material, its needs are deeper and cannot be met by anything superficial or short term. Meditation leads to a meeting point with all that is true and eternal.

Smile

When faced with problems it seems very difficult to maintain the inner cheer and the mind is caught up with more and more negativity, either fear or worry. Because of this, firstly, the problem looks bigger than it is and secondly, there is an inability to find solutions and work constructively to solve the problem. The first step I need to take when I recognise that there is a problem, is to smile to myself. When I make sure I am happy within knowing that every situation will pass away and it surely has something to teach me, I will find solutions quicker and easier.

The Practice Of Meditation - cont.

As explained yesterday, we regularly and quite easily slip into four main negative habits. So meditation is not only sitting in a quiet corner, and connecting with the self and the Supreme, at a couple of fixed times during the day, but **it is also the way to gently remember and remind ourselves, many times in a day, that we as well as others, are souls or spiritual beings not physical beings**, by detaching ourselves from actions and also while being involved in actions. These reminders given to the self over a period of time become natural and prevent us from succumbing to these four habits. Given below is a basic meditation, which you could use to remind yourself regularly during the day:

I have a body but this body is not me...

I have thoughts but these thoughts are not me ...

I have feelings but these feelings are not me ...

I have attitudes but these attitudes are not me ...

I have emotions but these emotions are not me ...

I have beliefs but these beliefs are not me ...

I perform many actions through my sense organs, but these sense organs are not me...

I play many roles but I am not my roles...

I experience joy or sorrow through my sense organs, but these experiences are not me ...

I am a soul - a being of energy, which is neither created nor can be destroyed, and my original and true nature is one of peace, love, joy and power...

Soul Sustenance

The Invisible Impressions That Shape Me

While the mind and intellect are two faculties of the soul which play their role on the surface of our consciousness; at a deeper level, hidden beneath these two faculties, there lies a third faculty commonly called the sanskaras. **The sanskaras is not only a store house of personality traits, as we commonly know it to be, but a store house of millions and millions of impressions or imprints.** Such a large number of impressions are created by millions of experiences that I go through my sense organs not only in this life but in all my lifetimes. **Everything that I hear, see, touch, taste, etc. I process or analyze or summarize in my own unique way; basically I give the experiences a unique form depending on my personality, before this form gets stored in the form of impressions inside me.** I even process my subtle experiences, which are in the form of thoughts and feelings.

This process of experiencing and processing takes place during each and every second of my life including the time I sleep, when my mind may not be experiencing a lot but it is busy processing the physical and subtle experiences of the day that has gone by and storing the processed information in the form of impressions. From this, one can get an idea of the magnitude of the database of impressions stored within me, the being. These imprints which are unique to me, make up my sanskaras, and shape up my unique personality in a **cyclic process. My personality shapes what type of impressions are created out of my experiences and the impressions in turn shape my personality, my thoughts, words and actions** e.g. if I constantly keep the company of people who gossip, a large number of respective impressions based on the experience of gossiping keep getting stored inside me, which in turn influence my personality, the personality characteristic gets stronger and over a period of time I do not find anything wrong with it and indulge in it more and more. As a result more such impressions get stored. Thus it is a cyclic process.

Message for the day

The one with true mercy fills hope even in the ones who are hopeless.

Expression: When we see someone who is in need or who is totally negative, a case that is totally hopeless, there are a lot of feelings aroused within us. What we feel is pity or hatred, which are only negative feelings. Such negative thoughts don't help in anyway and the person remains as he is, unable to take any benefit from us.

Experience: Instead of having pity or hatred we need to develop true mercy for others. To have mercy means to have good wishes with love - combined with hope for them. It is our hope that enables them to develop faith in themselves too. This is the method to bring progress even in the most hopeless case.

In Spiritual Service,
Brahma Kumaris