



Solace

Learning to turn my thoughts away from all my responsibilities at the day's end and take my mind into a state of peace and benevolence enables me to carry greater and greater loads without feeling the burden. When my inner landscape is full of beautiful thoughts, everything I do is a pleasure. Gently, I calm down chaotic situations and offer solace to troubled minds.

Role Play

As we juggle all the various roles we play in life, many of us struggle to keep a balance.

To NOT feel 'role overload' or 'role strain', you need to maintain balance so that you don't keel over.

Play all the roles, but without making constant sacrifices.

Don't try and do everything perfectly. Instead, do your best.

And remember, life is richer and more rewarding because of all the different roles you play.

The Return Journey

In meditation you can return to (or experience) the dimension or home from which you, the soul proceeds or starts, which can be called the return, back home, to your original essence, to your sweet home. This journey home is not a flight from reality but rather the return to a superior reality.

The unreality (or the false reality) for the soul is the belief that the physical world is all that exists and that happiness always requires some physically stimulated experience.

In your home of light and silence, of peace and liberation, live your Father and Mother, God, the Supreme Being, the Supreme Soul. It is the home where all souls reside before they come into the physical world, to take physical bodies. This home has been called by many names, such as: the land of *Nirvana* (beyond sound), the *Brahmluk* (the world of the energy of subtle and spiritual light, the *Brahm*), *Muktidham* (the dwelling place of liberation)... it is the home, the place of rest, where all souls shall return and that is why it is said that at the present moment, we are on a return journey.

Soul Sustenance

Reaching the Destination Of Peace On Time (Part 1)

The objective of meditation has always been reaching the destination of inner peace. The process of meditation is like a journey to that destination, which many human souls have undertaken since thousands of years. After a life and in fact many lifetimes of indulging in habits of anger, fear, ego, sorrow, jealousy, hatred, greed etc. all of which blocked our access to this inner pure emotion and made us believe that these are normal emotions, believing completely that our true nature is peaceful, which is an experience opposite to all these; might seem difficult at first. Only our own experience can lead to a change in our deeply held beliefs, which then makes it easy for us to incorporate peace as an integral part of our personality.

As you dive into you own consciousness, with the objective of searching for and reaching your subtle destination of inner peace, you will encounter some distractions in your journey. Some of the most important of such distractions include:

- * **thoughts in the form of negative memories of the past**; over-thinking about the **present scenes and day-to-day actions** in your life; desires, worries and unnecessary thinking related to the **future**, waste thinking about the **natures and actions of people** whom we come into contact with the most, etc.

- * **the inner, subtle voices of the many incorrect beliefs**, which we have picked up from people by whom we have been surrounded since we were small;

- * **thoughts and emotions related to deep habits of identifying with and getting attached to things we are not**, like the physical body, material possessions, people, our role in society, money, places, opinions or viewpoints, hobbies or interests etc.

(To be continued tomorrow ...)

Message for the day

To serve with the heart, with love is to guarantee success.

Expression: When we have to be of help to others, we sometimes find ourselves doing it with force. We don't seem to be really interested in doing it but situations or people seem to be forcing us to do it. We, then, don't enjoy what we do and also don't find the benefit of it either to others or to ourselves.

Experience: We need to consciously make an effort to see what people are benefiting when we are helping them. With this conscious effort we are able to help others with love without feeling the heaviness of what we have to do. Thus, we find our actions to be much more fruitful.

In Spiritual Service,
Brahma Kumaris