



Expand My Heart

To welcome an enemy is to take the opportunity to expand my heart.

Criticism

Criticisms are good things. They help us look at ourselves, to check and improve. There are situations where you feel that nothing you say or do seems right, where there is constant criticism. How do we satisfy people at that time? We must first be satisfied with ourselves before we can satisfy others. If we do not have the power to quickly change the negative attitude of others, we must at least start with ourselves. Change our attitude towards the one who is constantly criticizing. Adopt more positive approach. Positive thoughts, words and actions will eventually bring positive results. Continue acting in this Godly manner. At least God will be pleased with you.

Absorbing Spiritual Light (cont.)

Continuing from yesterday's message, we should not keep the vices bottled up inside us like prisoners. Prisoners are always plotting to escape. If we change them into our friends they can help us. For example, the energy required to be stubborn is almost the same as that required to be determined except that one is positive and the other negative. **The soul learns to transfer such energy.** Anger becomes tolerance. Greed can be transformed into contentment. Arrogance, or the respect for false identity, can become self-respect. Attachment can be changed into pure love.

The more I inculcate the Supreme Soul or God's virtues, the closer I feel to Him, but if I allow inner disturbances due to any vice, my high stage is grounded. All the power stored up until that moment will leak away. I must recognize that I really do not like being body-conscious. As I wish for higher experiences I choose to live the life of a meditator with purity in thought, word and action. Obstructions come within and without, but through my connection with God I am drawing so much power so as to remain unaffected. This needs soul-consciousness. **So in discarding the rubbish of the vices I have gathered over many births, I become my original form and maintain it through my closeness or companionship with God.**

Soul Sustenance

Where Does The Supreme Soul (God) Reside?

Where does the Supreme Soul (God) live? Is there somewhere I can go to see him, to be with him? Since he is a tiny star-like soul (energy) it is obvious that he does not pervade the physical universe. In fact he is beyond it. He is in one location and when I discover that location, I can connect with him with my mind wherever I am and whatever I am doing.

The **home** of the soul (from where the soul has come on the world stage) and the Supreme Soul is the region of subtle, golden-red light, the incorporeal world or **Shantidham**, which is a world beyond the five elements which can be visualized during meditation. It doesn't mean that the Supreme Being is millions of light years away. I can reach him in one thought, just as a correctly dialed telephone number connects me. He is only one thought away from me. In this region of absolute stillness, silence and purity, God, the Supreme Soul is able to remain perfectly stable, constant and unchanging, while the rest of the universe and the souls are changing around him, coming in the cycle of happiness and sorrow. The Father's home is also that of the children. Some people think that he dwells (resides) in the heart of human beings. In a figurative way he does, his love and other virtues are there in our hearts, but his real home is the soul world.

Message for the day

Greatness lies in being humble.

Expression: A seed grows only when it is mingled with the mud. In the same way, the one who is great is naturally humble. He understands the truth that only when there is humility will there be success. Humility gives the power to bow down without reducing one's own self-respect.

Experience: When I am humble I am able to experience my own inner greatness, which naturally keeps me set on the seat of my self-respect. So when the situation demands, I have no problem bowing down. So I am able to allow the situations to work on me, so I am able to strengthen myself from within under all circumstances.

In Spiritual Service,
Brahma Kumaris