



Lasting Happiness

The real reason why we sometimes experience a lack of real, deep lasting happiness in our lives is dependency. We are taught to make our happiness dependent on some event, condition, person, object etc. This is why we keep delaying our happiness until things are just right in our life. We think we will be happy in the future and then wonder why we are not happy now. But life is never just right, and the future never comes – there is only now! And that's why, in order to be happy we must make our happiness a decision and not a dependency. This may seem slightly difficult in the beginning, because we have just spent our life being dependent on acquiring something or someone, or seeing the result we desired, or wanting some pain to go away, before we allow ourselves to be happy.

Humility-4

Humility comes from an open and clean heart. Humility needs a good home to dwell in. When the mind is filled with negative feelings or biased ideas towards anyone, we cannot use humility. So we need to fill our mind with positive thoughts towards everyone. If I have negative thoughts towards anyone, I need to make an attempt to remove them. I need to tell myself that what I don't like about a person is just one particular aspect and not the person himself. In this way I will be able to change my own attitude and also will help the other person also to bring about change.

The Five Spiritual And Five Physical Elements

There are various ancient teachings in the East including India which describe the **five physical elements - earth, air, water, fire and sky** as the five pillars of Creation or the building blocks of Creation. These teachings suggest that every particle of the physical Creation is made of these building blocks. The human body is also made of these five primary elements. These elements need to remain in balance for the Universe to stay in order and the human body to stay in order or good health. Bad health generally means one or more of these elements is out of place. There are various techniques mentioned in these teachings which are used to create this balance, including ancient Indian mantras. The popular ancient Indian Vedic 'Vaastu' science, used by many to build homes even today, also works on creating a balance between these five physical elements.

According to spiritual principles given by the Supreme Being or the Supreme Soul, in the same way, **on a spiritual level, the soul also comprises of five original constituent qualities or building blocks or elements- peace, purity, wisdom (or truth), love and joy. When the soul first comes down from the soul world and starts playing its part on the physical world, there is a complete balance of these five qualities in its personality.** This is the reason that at the beginning of the world cycle, in the period that we commonly call the **Golden Age** or **Paradise** or **Satyuga**, there is complete happiness, love and peace within the self and even in relationships. **The**

balance of the spiritual elements in the souls, causes the five physical elements earth, air, water, fire and sky also to remain in complete balance; hence in the Golden Age, there is complete physical prosperity and richness; there is no trace of illnesses and natural calamities like earthquakes, floods, etc. Due to the double balance, nature is not only in order but very very beautiful. Even the physical bodies are not only healthy but very beautiful. Even the animals and birds are completely full of all virtues and live in absolute love and harmony with each other. So the balance of the five virtues in souls reflects itself not only on a subtle level i.e. in the personalities and interactions but also on a physical level i.e. in the physical bodies, flora (plants) and fauna (animals), nature in general, etc.

In tomorrow's message, we shall explain the reason for this.

Soul Sustenance

Meditation – Experiencing My Original Home (Part 1)

In meditation, I focus my mind and intellect on that region which is called by names like soul world, *paramdham*, *nirvandham*, *shantidham* and so on. In fact, this is the region where the soul stays, when it has no body. Here the soul stays in the form of a star-like point of light, untouched by matter (five elements including the body). In this world, there exists neither thought, word nor action; just complete stillness, sweet silence and peace. When I first take a physical body, it is from here that I the soul come down into the material world i.e. the earth, which is the field of action.

With the practice of meditation, my third eye (eye of the mind) opens; and I see and experience my original home as an infinite (very large, unmeasurable) world of very subtle (light) golden-red light, situated beyond the physical world of five elements, beyond the sun, moon and stars.

(To be continued tomorrow)

Message for the day

The one who recognises the needs of others is the one who gives real happiness.

Expression: I usually make a lot of effort to give in some way or the other to those around me. Yet I sometimes find that people are not able to be happy with me. What I give is usually based on what I feel the other person needs. I continue to give in this way and begin to expect from others too, and find myself disappointed when I am not appreciated.

Experience: I need to be a giver in the true sense. Before I think of giving, I need to recognise the needs of others. The more I keep myself tuned to this I will enjoy what I am giving and the impact of it will be there on the others too. I will then find that others are pleased with me too.

In Spiritual Service,
Brahma Kumaris