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Are You Missing Out?

Do you ever feel as if you are missing out on something somewhere?

Even though you know that you can never be anywhere other than where you are?

If you do feel you are missing out on something, then you are - your own life in that moment. Learn to be content, wherever you are.

Reaping The Benefits Of Meditation

Rajayoga meditation gives the intellect the power to select those positive *sanskaras* which lead to the higher emotions, calm and clear thoughts, and the pure desire to enjoy life in such a way that no sorrow is experienced for the self and no sorrow is given to others.

The practitioner of meditation calms the mind and experiences *sanskaras* which in most people surface only occasionally as they are deeper than the superficial (shallow) memories of worldly experiences. These are the pure and powerful *sanskaras* relating to the original nature of the soul - peace, purity, power and contentment. Consciousness (the soul) has the same property as light; a powerful force with distinct qualities yet having no gravitational mass. In fact, the only pull or burden on the soul is the result of its own impure thoughts and negative actions.

When the above mentioned original *sanskaras* are experienced then love and happiness are also experienced automatically. After some regular practice, the practitioner has the intellectual power to consciously emerge these *sanskaras* into daily life at any time. In a situation which would lead most people to experience negative moods or emotions such as fear, depression, anxiety, boredom, fatigue, hatred or aggression, the practitioner becomes detached and emerges the inner powers of contentment and tranquility (peacefulness). This of course is beneficial not only for the self but also to others.

Soul Sustenance

Relieving The Stress Of Subtle Inner Burdens (Part 2)

We must create the necessary space to share pending matters, messages, ideas and feelings with our loved ones in a safe atmosphere, protected from violence and full of respect. In that atmosphere, we can express ourselves, share and love. We have to create the atmosphere ourselves. It is our responsibility to make the other understand that there is something important that we have to tell them. In order to live in freedom we have to be aware of all the burdens that we have pending from the past, what things we have to fix, solve, clear up and communicate, and free ourselves from all of them.

To start with, make a list of all the pending conversations that you have. Give yourself a date that is soon and realistic in order to have these conversations. Make them happen. Don't put them off any more. Don't allow your mind to keep on making excuses. Imagine that today is your last day. What is it that you have to say, communicate, and/or clarify and with who? Do it soon. Today might be your last day or the last day of the person with whom you have a pending conversation.

Living without pending conversations keeps the path clear, your conscience clear, your heart at peace and your mind light.

Message for the day

To let go of worry of the problem is to find the right solution.

Expression: When the mind is caught up with any problem there is a great difficulty in finding solutions. Instead when the mind is free from worry, it finds the answers that lie within. So whatever the kind of situations or problems, the one who is free from worry is the one who is able to respond to the situation in the right way. Nor does such a person take time in making decisions during challenging times.

Experience: When I only continue to worry about my problems it is like cursing the darkness. It will not bring light. All I need to do is light a little lamp and I will find the light coming in slowly spreading all around. I find that it is very easy to find the solutions that are already within me.

Tolerance

An inner power needed to make accurate decisions is the power to tolerate. Tolerance is not about having to put up with or endure. It's about respect for difference. It is about being able to appreciate diversity, the beauty in that diversity and difference. We need confidence to allow others to do what they are doing. Rigidity is a sign of lack of self confidence and self respect. It is better to have peace with someone than to have 100 percent perfection and tension. The quality of interaction comes from our ability to stop (that is not to be affected or influenced by what the other is doing). When I learn to stop, then I become more perceptive of the situation and am able to do make the right decision.

In Spiritual Service,
Brahma Kumaris