



## See Heaven

"Hell is other people," so said Sartre. What a way to start the day! If this is our perception of others, even if it is just one other, then we can expect both the people and the day to be hell. We all know how fast expectations can become self-fulfilling prophecies. We seem to forget that other people are always in two places at once - out there and in our heads. And if we decide others are hell we therefore create hell for ourselves in our own heads. So let's do a little work, not too much, and transform our own vision. What do you prefer hell or heaven? When heaven is other people we will know our transformation is complete. Remember, everyone has a little piece of heaven inside their heart. Have you found yours? If not then start in your head, practice perceiving heaven in other people and let the day be heavenly. You will be amazed what comes out of your heart when you make this little effort with your head.

**To keep the mind calm and clear is to find solutions to problems.**

The more my mind is calm and peaceful, the more there is a chance to find solutions. But, when faced with a problem, our mind which is like a plain paper is filled with unnecessary things, so much so that we cannot even see the solution that is right in front of us. Today I will be silent when faced with a problem. I will calm my mind too, before I even attempt to think of a solution for the problem. This will help me find solutions quickly. Also there would be accuracy in the decisions that I take.

### **Awakening Your Intuition**

**In real life, we are faced with many situations when important decisions have to be taken, a particular path to move ahead has to be chosen. At such times, our mind is filled with various different voices or influences** like the influence of people surrounding us, who give their different opinions regarding the particular situation; they say something, our mental logic along with knowledge of people and things, says something else, then there is the influence or memory of our past experiences which colour our perception of the present situation differently. Also there is the influence of the outside world in general - all that we see, hear and read. There are also our attachments, selfish desires, fears, mental biases towards a particular person or situation, emotions like jealousy and hatred, beliefs etc. which influence our perception. Our mind is full of all these influences, many of them even conflicting each other, and we experience complete turmoil or indecisiveness inside ourselves, we don't know what to do.

**In such cases it is sometimes extremely wise to keep all these influences aside, sit in silence and listen to what our intuition is saying to us.** There are many situations, in which after the situation is over, we realize that all the influences mentioned above would have taken us on the wrong path, but it was our intuition, our inner voice of wisdom, alone which gave us the right solution and took us safely to our destination.

(To be continued tomorrow ...)

## **Soul Sustenance**

### **Positive Consciousness While Performing Actions**

1. The seeds, the inspirations, planted in sitting meditation should be carried into action. Powerful thoughts carried straight away into action always yield powerful results.
2. The remembrance should be that the soul is the child and student of the Supreme Being (Supreme Soul) and should reflect the father and teacher through its actions.
3. The remembrance of the Supreme Soul as a constant companion sustains an internal relationship with Him whilst performing actions.
4. Churn (think deeply) over points of spiritual knowledge by relating them to your immediate karmas (actions).
5. Practice going beyond sound in one second. At different times during the day, stop, pack up all worldly thoughts and spend a few minutes in meditation. This is a really powerful way to strengthen the intellect. After a few minutes, return to the world of sound with the reinforced awareness of being an actor.
6. Practice seeing all those who come into contact with you as souls, tiny points of conscient (living energy) light situated at the centre of the forehead. In this way we will not be pulled into body consciousness, and will avoid negative interactions with others.

## Message for the day

### Determination is the best companion.

**Expression:** When things go wrong, the first reaction is of fear. Because of this, I can't put in any effort to better the situation. I start looking for a companion, a support who can provide me help. But I rarely get help from outside.

**Experience:** When I have to look for something to rely on, the only support I get is from my own determined thought. I need to make it my companion, not letting go of it till I succeed. This will help me overcome my fear and move towards success.

In Spiritual Service,  
Brahma Kumaris