



Faith in Life

To limit your faith to one set of beliefs or an institutional belief system is to commit intellectual suicide. We shut down the possibility of being enlightened and enriched by others' experiences, which may be derived from their beliefs. We build a barrier between ourselves and our fellow travellers and then feel threatened, even in small and subtle ways, by someone of a different faith. The deepest faith is the intuitive conviction that all is as it should be, despite appearances, and that every human being is intrinsically good, despite appearances. This reminds us to keep our minds open, not take the law into our own hands, and look out for the best in others, regardless of what they say or do. This is faith in life, not faith in a set of learned or inherited beliefs. Have you ever noticed how people don't go to war over their faith in life?

Humility-3

Humility enables people to realize their mistakes and correct themselves. Real humility results in so much power of truth that we don't need to say anything at all in words. The very power of our inner state of being will make the other person realize the error of their ways. While giving directions or corrections to someone, I need to check my own attitude, reminding myself of the humility within and only then say what I have to say. With humility my words will be for their benefit and this will enable them to learn.

Experiencing Soul Consciousness

Read over the following words slowly and silently. Using the power of visualization, aim to experience them in your mind:

I withdraw my attention away from the physical limbs and sense organs.....

I focus on myself.....

I am listening through these ears.....

I am looking through these eyes.....

This instrument of mine, the physical body, is a precious vehicle.....
a valuable instrument, a medium.....

But, that which is more valuable and more precious is the being (soul) making this instrument function.....

Within this assembly of bones and muscles and amazing organs is a being of light.....

In the centre of the forehead is a point of light

I am this being of light.....

I the being of light express myself through this body.....

But the body is not I.....

I am light.....

I spread rays of peace in all directions.....

I become aware of the power within this point of light.....

Within I the being of light is everything that I am and everything that I have.....

Within my own being are my qualities, my powers, my talents.....

In the awareness of who I am I radiate this light within.....

and in the awareness of this inner light.....

I hold my head held high in self-respect.....

Soul Sustenance

Soul Power over Role Power (Part 3)

Continuing from yesterday's message, **the remaining components of soul power are:**

The power of good wishes, desires and feelings full of love for others, while coming in contact with them. These type of feelings will bring good wishes in return from the other to you, which will not only empower you, but will also assist your physical role on a subtle level.

The power of complete purity and cleanliness in thoughts, words and actions - A state where one is not under the influence of vices like anger, ego, attachment, greed, hatred, jealousy etc.

The 8 main powers - the power to tolerate, accommodate, face, pack up, discriminate (or discern), judge (or decide), withdraw and co-operate – their implementation on an internal and external level i.e. not only in words and actions, but also on a thought level. Where there is lack of any of the above powers inside me, there will definitely be waste and you will be weakened, which reduces the probability of success of your role.

The power of truth or spiritual wisdom - A state where the self has deeply realized and understood eternal truths of the soul, the Supreme and the Law of *Karma* and has drawn immense amount of power and experience from that knowledge. The power of physical knowledge would fall under role power, which has been explained earlier.

By focusing on each of the above components of soul power and those explained in yesterday's message, by giving them more weightage and using them along with the components of the role, which were mentioned in the message before that, one can experience the desired success in any role in any sphere of life very easily without much effort.

Message for the day

To be free from waste questions is to save time.

Expression: When difficult situations come my way I usually have a lot of questions in my mind about it. I continue to ask myself why the situation has come and have no answers. These questions usually bring me no solution for the problems at hand but I continue to have waste thoughts.

Experience: I need to understand the importance of the time that is in my hands. When I recognize the value of my time I will not waste time in unnecessary thoughts but will try to find a solution for the problem. If there is no solution for the problem I at least just stop thinking unnecessarily and just accept it.

In Spiritual Service,
Brahma Kumaris