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Overcome Overwhelm

When you keep thinking about having too much to do in too little time, you can end up feeling overwhelmed. Overwhelm clouds the mind, drains the energy and, as a result, not much gets done.

When overwhelm happens, remind yourself: I don't have to live in a state of overwhelm. Overcome overwhelm by rethinking: I have exactly the right amount of time to do what there is to do.

The Relationship Between My Conscience And Intellect

To act from a state of truth, it is important to realize the relationship between my intellect and conscience and what role these two play in experiencing this state of truth in my thoughts, words and actions. **The quality of my thoughts, words and actions is based on the quality of my intellect and conscience.** There are three different stages of the intellect conscience relationship.

* The **first stage** is one in which my conscience and my intellect, both are so pure and transparent that whatever is right and true is naturally brought into my thoughts, words and actions and nothing negative or impure manages to enter into my thoughts, words and actions.

* The **second stage** is one in which my conscience acknowledges that which is the truth, but the intellect does not have the strength to be able to bring the truth into practical. The conscience tells me one thing, but my intellect pulls me elsewhere, and it overpowers me. I do what I know I shouldn't.

* The **third stage** is one in which my conscience is not clean enough or aware enough to acknowledge the truth so the question of it influencing the intellect to bring the truth into practical does not arise. As a result my intellect, which is not at all backed by the conscience in this state, takes complete control of me. I do what I shouldn't and I am not even aware of it.

When my intellect overpowers my conscience repeatedly, my conscience loses its influence on my intellect. As a result the conscience keeps weakening until its voice is stifled or silenced. As a result of that, I can then no longer discriminate between truth and falsehood. I will feel that there are no fixed ways of defining right and wrong, that each has their own judgment or definition of truth and falsehood. **True spiritual knowledge, which gets stored in the intellect, and the experience of meditation, which purifies the intellect as well as my conscience, both together, make me aware of the definition as well as give me an experience of what is the truth and what is false, what is right and what is wrong.** As a result of that, I am able to maintain the first stage of the intellect conscience relationship very easily in my day-to-day actions.

Appreciation

When I appreciate the Higher Power, the truth, myself as well as other human beings then, in effect I have made the commitment to transforming my life. Appreciating others, appreciating nature, appreciating my fortune, the blessings of circumstances, the value in the lessons of life (especially those that appear to be painful and of loss) is the result of understanding the secrets of this eternal drama of life. Appreciate what you see now and that becomes an eternal moment; disapprove of it and you kill it. Appreciate each second in this way, and then your life will be filled with unlimited moments of beauty and love.

Soul Sustenance

Absorbing Spiritual Light - Part 3

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.**

Message for the day

True detachment gives a chance for others to grow.

Expression: Where there is detachment there is the ability to let go. There is also an equal amount of love, but along with it is the ability to give others an opportunity to be themselves. One's own attitude or expectations don't colour the perception and others get a chance to express themselves easily and naturally.

Experience: When I am detached, I am also loving. I am able to watch with inner happiness all that life brings into each one's lives. Neither do I take over other peoples' lives and feel disappointed when things go wrong, nor do I leave them to their fate. I am able to see their inner capabilities and get each one to become self-reliant.

In Spiritual Service,
Brahma Kumaris