



Hawaiian Volcanic Mountain Peak

## **Anger & Peace**

Anger is the power of ignorance and peace is the power of knowledge.

## **True introspection is realization of our inner qualities.**

Realizing one's own mistakes and making amendments is usually associated with negative feelings. But true introspection lies in realizing one's own positive qualities. It is to see ourselves with "real eyes" and see the hidden potential and strengths. When we truly realize, there is change and that mistake would never be repeated. Today I will see a strength of mine. This is some quality that I really like about me. In whatever I do today, I will keep awareness of this specialty as a background. This will help me bring quality to whatever I do.

### **Tapping Guidance From The Supreme Intellect (cont.)**

In yesterday's message, we had discussed how no human entity can fulfill all the necessary requirements of someone who can guide us correctly in any difficult situation. Thus to proceed in such a situation, it's good to take the guidance from the intellect of someone who fulfills all these criteria. That someone is no one except the Supreme Being or God, who is the entity possessing the most powerful intellect, and intellect with the most perfect judgment power. Sometimes my mind and intellect is absolutely clean and clear and I am 100% sure about my right course of action for the future, but even in those times its good to verify the course of action from a higher authority. So, in those times, it is very important to connect for a few minutes with the Supreme, who is an Energy of Unlimited Truth. Then, the question to ask myself at that time is not what do I want, or what do others want, but most importantly: What does the Supreme want, what is his wish, what is his perception of the situation? **The deeper my connection with Him in meditation, the clearer the answer will come.**

**When it becomes a regular practice, it will be as simple as taking guidance from my physical parent or spouse or friend. I'll know without wasting time and energy, the right course of action.**

Sometimes it may happen that the answer may not come to me immediately, but by connecting my intellect with the Supreme's intellect my intellect will become clear, which will help me take the right decision. Also, in some cases the Supreme may not respond immediately but may guide me through some other medium, whether living or non-living after some time or even after a day or two.

## Soul Sustenance

### The Location of the Soul Inside the Body

The soul has the following basic functions to perform:

- **to give life to the body and to maintain life inside it,**
- **to express and experience its role through the body, and**
- **to receive the rewards or fruits of past actions performed in previous births, through the body.**

These functions are controlled and monitored by the soul via the nervous and hormonal systems from a particular point in the area of the brain which contains the thalamus, hypothalamus, pituitary and pineal glands. This region is known as the seat of the soul, or the *third eye*. The connection between the physical (body) and the non-physical (soul) is by the medium of thought energy. Many religions and philosophies place great importance on the third eye, or *eye of the mind*. When viewed from the front, this region appears to be between and slightly above the line of the eyebrows. It's for this reason that Hindus use a *tilak*, a dot in red or sandalwood paste in the middle of the forehead. Christians also make the sign of the cross in this region. Even when one makes a mistake or expresses tiredness it's to this region that we put the hands in the gestures of self-dismay or exhaustion. After all the soul subconsciously knows that it makes the mistakes and not the body. When people are concentrating deeply in thought it is this area of the forehead where creases or lines are formed on the skin.

## Message for the day

**True nourishment is the nourishment of happiness.**

**Projection:** We pay a lot of attention to maintain the physical health. We give it food everyday, nourishment that keeps us healthy. This helps in replenishing the physical energy, but we don't pay that much attention to nourish the mind.

**Solution:** The real nourishment is to keep giving happiness to the self. When the mind is happy, then automatically I find myself being energetic constantly. For this I need to make sure I give myself something that I am happy about everyday.

In Spiritual Service,  
Brahma Kumaris