



## Early

The best time to awaken both body and spirit is in the early morning. We are fresh, in solitude, and the vibrations of the world are at their calmest. It is not surprising that you will find all experienced meditators and yogis up with the dawn, inviting the sun of spirit to shine into the heart of their soul. The first half hour of conscious awareness will be the foundation of your day. Make an early start. Meditate, set the switch of your consciousness and calibrate your energy for the day. You'll be surprised the difference it makes.

## Obstacles

Obstacles are like mountains. When you look up at the mountain from the valley, it seems so big and difficult to climb.

Instead of looking at obstacles from below, try taking an eagle's eye view. From this viewpoint, you can take in the whole picture, see where you are and come up with a strategy to overcome the obstacle.

Don't be overwhelmed by the mountains, just remember obstacles are hurdles for you to fly over.

## The Four Phases Or Ages Of Humanity - Part 4

A circle is not a circle unless the line turns perfectly consistently to join up with itself. **A cycle of time is not a true cycle unless it repeats itself identically.** From such an angle, we can become aware of a fifth Age, the Age we are now in - the **Confluence Age (*Sangamyug* - a short Age between the Iron Age (*Kalyug*) and the Golden Age (*Satyug*))** - a time of change from old to new, from night to day and from vice to virtue. From the end of one cycle to the beginning of another. It is in this Age that our spiritual Parent i.e God hears and responds to our collective cries for help and relieves us from the pain and the fear that we ourselves have created. Like a good Parent, He intervenes at this time, the only time during our entire journey, to tell us the whole story - who we are, what has happened to us and how to find our way home. He reveals the complete picture and, as a result, sets us free from our false beliefs.

The importance of this time period now sets us free from wondering why the world seems to be so full of pain and suffering, as we can now understand that this is the **end of the cycle**, thus all souls are settling their karmic accounts at both the individual and collective levels i.e. souls are experiencing sorrow in various forms as a result of all the negative actions they have performed in the Copper and Iron Age. Debts are being settled amongst souls. Knowing this, we find it easier to detach from the numerous negative scenes that we come across, while staying focused on settling our own karmic debts through the power of spirituality. At the same time we are available to those around us when they need a little help to settle their own karma in the easiest way possible.

(To be continued tomorrow ...)

## Soul Sustenance

### Creating Positive Circumstances

Why do we find it so hard to create positive circumstances, a positive future in our life? One reason is we all have the tendency to spend most of our time in the past, reliving and replaying our memories. Look back on your average day and you may find that more than 3/4ths of your time is spent in the past (a lot of times without you realizing it). Not only do we try to relive the past, but we also attempt to change it! We attempt the impossible and, in so doing, **we live in very small cycles where tomorrow tends to turn out similar to yesterday, and then we wonder why we do not have the power to change our lives. It feels like we do not have the will-power, we do not have the ability to change the circumstances in our lives, our destiny.**

The past cannot be relived; it cannot be changed. The past is like a cupboard of old files. When you arrive at work every day, do you step into such a cupboard and spend the day there? The past is a great resource for learning and sometimes, a resource for useful information, but it is not a place to live. We can build on the old, but we cannot rewrite it. **The future is the result of what we think, feel and do today. If today is the same as yesterday (because of constantly thinking about yesterday) then tomorrow will look and feel like yesterday and in this way we feel we are stuck in a web and we get frustrated.** We need to let go of the past if we want the future to shape up positively, different from yesterday, which is negative at times! The past is past. Drop it and keep dropping it.

## Message for the day

**With the balance of love and discipline, energy can be saved while speaking.**

**Projection:** Throughout the day I find myself having to give explanations or corrections to so many people. When I do this I find that I have to spend a lot of words. In the process I tend to lose a lot of my energy and find myself tired.

**Solution:** In order to save my energy and to use fewer words I need to have the balance of love and discipline. Discipline will enable me to give the right directions while love will make my directions effective. So I find that just a few words would be enough to get my message across.

In Spiritual Service,  
Brahma Kumaris