



Ctrl-Alt-Del

Just as the Ctrl-Alt-Del keys are used to interrupt the operation of a malfunctioning program on your computer, sometimes, we too, need to interrupt our mind by exercising Ctrl-Alt-Del.

Ctrl (Control): Take control of your life, take 100% responsibility and clearly understand what you want.

Alt (Alternate): Look for alternatives to get different results. See things with a different perspective.

Del (Delete): Delete all negativity in your life including attitudes and habits that are not working for you

The Creations Of The Mind

Scientists have learned a lot about our physical functioning, but most admit that what actually keeps a human being alive is a mystery not completely solved. Rising above being just a product of chemical and electrical activity in the brain, as believed by many of us, spirituality orients me and trains me to come close to my real self, my spiritual self. Before I was a stranger to my own self, unaware of what is going inside my consciousness and distant from my own self. **The first step in coming close to myself is that I learn to use the energy of my mind in the most effective way possible.** For this, I decide to find a place where, each day, I can sit for a few minutes without interruptions, in order to focus on the self and explore the inner world of the creations of the mind - my **thoughts, feelings, attitudes and emotions.**

There has been a lot of conflicting views in the world about what the mind is and how it works. **In the teachings of meditation by the Brahma Kumaris, the mind, which gives rise to my thoughts, feelings, attitudes and emotions, is seen as a faculty of the soul, not the body.** It is rather like the difference between a television set and the movies seen on that set. The movies originate in the minds of the directors, not in the television set itself. The television set is just a medium for displaying the movies. So it is with all these four creations (thoughts, feelings, attitudes and emotions). These originate in the non-physical consciousness and not in the physical brain. The brain is just a processor of them and the body is a medium via which all four are displayed or brought onto expressions, physical gestures, words and actions. When I realize this, and really understand this difference, it is very empowering. I am then able to **use the power of discrimination to make choices between thoughts, feelings, attitudes and emotions that are useful and empowering for myself and others, and those that bring me down.**

Soul Sustenance

Choosing Peace Over Anger

Making the choice of peace is a simple choice, which lies in the hands of each one of us, at every moment right through the day, every day. A lot of people would choose a world, the world out there, made of peace but spend most of their time remaining peaceless in their own inner world, and then in their next door world, i.e. in their personal interactions. **A lot of us would prefer a life of peace and we try to shape up such a life, only to be influenced by the old belief about how it's absolutely fine to get angry once in a while, without which it's difficult to get things done.** We also get influenced by those people around us who continue to get angry for the shallowest of reasons. These people could be either at home, at the workplace, in the friend circle, the world at large or people who do not matter too much to us but whom we encounter every day - at the vegetable market, on the highway, or even in the movies for that matter! Unaware of the root causes of their anger, all these people around us will find a thousand ways to justify it, and will keep continuing with the habit in their lives. Their emotional un-clarity is so deep and addiction to the emotion of anger is so powerful that they will probably laugh at the idea that anger is a negative emotion and is form of weakness or suffering. They will, on the other hand, say that peace is timidity and a form of weakness or suffering. So, if you do **choose peace over anger** in your life then you are also choosing to be in a state of power and becoming free from suffering as a result. However, **after having made that choice, to experience it in every moment of your life, it is necessary to rediscover where your peace is located inside you, it's true nature or essence, how to access it through meditation and finally how to use it or apply it in your daily life.**

Message for the day

To bring newness into actions means to contribute for the betterment of the self and others.

Projection: There is a constant desire to do something better that makes a contribution to oneself and to others too. So the one who thinks of newness can bring about such a contribution. There will not be something different that can be done. But the same thing can be done in such a way that there is benefit visible.

Solution: When I am able to bring newness in the way I do things, I am able to experience constant progress. There will also be the satisfaction of bringing about newness and creativity even in ordinary actions. Along with this will also be the satisfaction of making a contribution in every action of mine.

Real Change

From all that happens, there is usually a lot of learning from which we can take important lessons. But sometimes we find ourselves making the same mistakes again and again. So although we have understood we are not able to bring about real change. Once we realize and learn from a mistake that has happened, we need to spend some time in understanding it even further. We need to ensure we don't ever repeat the same mistake. This will enable us to bring about real change.