



Plugged-In World

We live in a plugged-in world, computers, music, phone, TV, game consoles... the list goes on. You're not a machine. So, disconnect from the many sources that absorb your energy. Quickly release your mind from all the debilitating socket points. Give yourself 2 minutes to unplug and breathe. Be quiet and recalibrate.

Motive

Sometimes although the act in itself is right, we find that the result is not so good or effective. At such times, we are not able to understand and tend to have a lot of waste and negative questions in the mind. But the answer is not found which only further creates a negative attitude for the situations and people. We need to check and change our motive behind our action. If our motive (attitude) is right, it becomes a powerful seed, which brings about a good result, a good fruit. All other situations are able to nurture this seed instead of creating obstacles or further misunderstanding.

Experiencing God's Presence

I need to understand that God is a person (although the Supreme Person), like us, and not some formal or non-personal energy, with whom we cannot communicate and have a relationship. If I know God's form, location and *sanskars*, I can direct my thoughts towards that One and immediately start experiencing the connection. The sentiment expressed in the phrase, 'O God, wherever I am, you are with me', indicates the closeness of the soul and God. It expresses the experience of the presence of God, in a similar way to two lovers who carry each other in their hearts. In this way God's presence is a spiritual experience that I can have wherever I am. It doesn't mean literally that the Supreme Being is present in everything. It's a feeling and not a fact. The sun is the source of our physical necessities. It purifies the water, makes the plants grow to produce food and oxygen and provides a suitable range of temperatures for our life here. To give life it doesn't need to be present in every particle. Its effect in the form of light and heat is felt throughout the solar system. In the same manner, for the effective practice of Raja Yoga meditation (as taught by the Brahma Kumaris) God is seen as a sun of perfect *sanskars*, the source of spiritual qualities and powers and, as such, doesn't need to be present in everything. Even though His residence is the soul world, God can be with me since the sense of closeness is beyond physical dimensions. One thought and I can experience Him in the soul world and be in His presence!

Soul Sustenance

The Four Phases/Ages of Humanity (cont.)

In the stories of history of both the Greeks and Indians, human life on Earth is depicted by four phases or Ages. These four Ages together make up one **cycle**. The four Ages are:

Golden Age or Satyug (also the morning or spring time of humanity) - remembered as Paradise, Heaven on earth, around 4,000 - 5,000 years ago when the world was one kingdom and there was complete purity of the soul and peacefulness and happiness in all human affairs. Sorrow in any form or at any level was unknown.

Silver Age or Tretayug (also the day or summer time of humanity) - still relatively like Paradise, still unity, but the purity of soul and matter were beginning to decrease. Sorrow was still unknown.

Copper Age or Dwaparyug (also the evening or autumn time of humanity) - the loss of spiritual awareness and stepping down into the consciousness of the body, succumbing to the five vices. Also the beginning of separation and breaking up of the world, the beginning of sorrow and conflict. Ego begins to rule in the minds and hearts of men and women.

Iron Age or Kaliyugi (also the night or winter time of humanity) - the dark night of the soul and the darkest period of the world, a time of greed, lust, sorrow, peacelessness, conflict, war and hatred at all levels of human activity.

(To be continued tomorrow ...)

Message for the day

To be enthusiastic is to be light constantly.

Projection: The one who is enthusiastic looks for challenges and excuses for self-improvement. He is constantly moving forward in the most challenging situations. He uses all the available resources for personal growth and the benefit of others. His words and actions induce enthusiasm in others too.

Solution: When I never let go of my enthusiasm in every moment of my life, I am able to be constantly light. This enables me to enjoy this moment, and ensures that I use it to the maximum for making my future better and bright. I also become a source of light for those around where they are able to take inspiration to make the best use of what they have.