



Feeling of Happiness

If I do everything with a feeling of happiness, there will be no task too difficult to perform.

Have Faith

The ones who have faith are able to believe in succeeding even in the most difficult circumstances. They will never say "I will try to do it" but their words reflect the confidence, which make them say, "I will do it". They are able to make best use of the available resources and also find yet undiscovered resources. When I am able to work with faith and believe in the success of a task, I'll naturally fill it with positive and powerful vibrations. This naturally ensures that the task is successful. Also people provide maximum support, as I am totally committed and confident.

Mind Empowerment

Meditation is an inner mental exercise, an exercise not physically visible to oneself and others. Through this exercise we link ourselves to the Source of unlimited and complete purity (the Supreme Being), which not only purifies our mind but also liberates the mind from the limits or various different forms of impurity or body consciousness, like ***I, my***, burdens of the past and negative feelings for myself and others. During meditation the mind let's go of the threads of the limits of the physical body and physical world. Like a bird, the mind, which is impure, experiences a magnetic pull for this pure Source and flies upwards and connects with this Source. This connection is not difficult when the mind is truly in love. Love for the Source emerges inside when we have complete knowledge of God as the Ocean of truth and purity and have an inner spiritual thirst for experiencing a connection with Him, and not just trying to demand, flatter, or beg God for something for selfish reasons. The desire for connection enables the soul to fly beyond all mental barriers such as ***I can't, How do I?*** and ***No time!***

Connection fills the mind with a spiritual strength which we use in our everyday life and keeps it constantly positive, uninfluenced by any external negativity. To maintain such strength, we require a daily connection and recharge every morning; otherwise the using up of the energy of the mind in actions throughout the day causes its spiritual strength to get depleted very soon. In silence, we will find a personal and very loving friendship with God, who not only listens and helps but, most of all, is just there. At the present moment, a lot of us have completely lost the simple enjoyment of His presence; we feel we have to ask for something, say something, or chant something. It is enough just to be still in the silence of that spiritual meeting and experience its bliss and enjoy the stage of spiritual fulfillment.

Soul Sustenance

Shedding Off The Attachment To A Positive Past (Part 2)

Excessive attachment to a glorious past is a subtle shade of the negative emotion of ego which colors my present perception of external events and which affects my present actions and responses, as a result of which not only present but my future is

also affected. As I hold on to it, my creativity is reduced and I do everything with a limited perspective, not letting myself grow and shape up a glorious present and future. There are some people whose goal is to achieve something so great in their lives so as to ensure they will gain recognition and respect by others in time to come. This is again a subtle shade of attachment and ego.

But shedding off this type of attachment is not easy and first requires the realization that this attachment is incorrect and damaging. The next step is sitting in silence and becoming aware of how you lose your identity in a story of past thoughts, feelings, emotions, attitudes and actions and then disassociating or detaching yourself from that story. **You do not need to suppress or deny or fight with this story; otherwise its memory gets stronger and more overpowering.** You just need to simply see and realize deeply that your past is just a record of a particular set of actions, which you committed at a particular point of time, it is a series of images of previous events that you witnessed and that you were a part of, all of which have left a record in your memory, and in the memories of others, but they are not what you are. This type of practice of disassociation with spiritual understanding fades the excessive memory of the story in your consciousness over a short period of time and these actions then cease to influence you in any way in the present. Here we are talking about an influence, which we have for long deceived ourselves into believing to be a positive one, but which in reality is not.

Message for the day

True detachment is to be a master of all things that we use.

Expression: Detachment is usually mistaken as being away from things because usually while using the facilities available we tend to get dependent on them. Such dependency is troublesome and so we sometimes give up using these facilities thinking that this is detachment which helps us to be free from their control.

Experience: The solution lies in mentally detaching ourselves from the facilities we are using. That means we use them but we are not dependent on them. For this we need to remind ourselves that we are the creator and

whatever facilities are available to us are the creation. This enables us to develop mastery and control over everything.

In Spiritual Service,
Brahma Kumaris