



Golden Bay, New Zealand

Peace Is Not Passive

Peace is not a passive attitude; it is an active state. It requires having constant attention in order to live and to respond as a peaceful being to any upset in life.

Training the Mind

Whenever we need to think positive in a situation, we try to force the mind to think in that way. We try to force the mind into thinking what we desire. Yet the mind, at that time, is not capable of doing that. So we don't find any positive result of our attempt and in fact, we find ourselves more into negativity. We need to be a mother to our mind. We need to teach our mind to think the right kind of thoughts. Even when everything is going fine, we need to train the mind. A positive thought taken every day and spending time with it brings good results. This training makes the mind obedient to us at the time of need and we are able to be positive in the most negative situation.

Inculcating Powers Though Meditation - The Power To Pack Up (cont.)

As I progress on my spiritual journey, even thoughts that waste the precious resources of the mind come to be seen as a barrier. Turning a scene over in my mind repeatedly is an example of waste, that will rob me of the mental concentration and emotional stability I need to keep moving forward. Sometimes we do get stuck, like a broken record, in such mental grooves, without realizing what we are doing.

The power of pack up means I recognize the damage caused by such waste, and put an end to it. As I renew the awareness of myself as a soul, in relationship with the Supreme Soul, the needle of my attention is lifted above the groove, letting me come fully into the present.

I also learn to be selective in what I choose to remember or forget from the past. This is not dishonest; in fact, it is being honest to my task. Human beings in any case have highly selective memories. We not only see and understand differently, according to our individual interests and agendas, but our attitudes and perception also determine the memories we choose to store.

Meditation enables me to exercise this option quite deliberately, picking up those scenes from the past that nourish me and help me move forward, and rejecting memories that pollute my mind and slow me down.

Soul Sustenance

The Fifth Phase/Age Of Humanity (cont.)

When we see and realize the significance of this current Age, the fifth Age or the **Confluence Age (*Sangamyug*)**, we also find greater clarity in our life's purpose. It becomes obvious that the world will not become a better place through more resistance or conflict; this only adds to the sum of fear and anger in the world. To fight for peace is a false belief which has taken over the human mind. To think that peace comes from conflict, or that conflict is necessary to achieve peace, is to think right comes from wrong. Deep change is an incognito process (process which cannot be seen) within individual souls. Through meditation or *yoga* (union), we awaken and restore our true, peaceful selves; we absorb the light of truth and love from the Supreme and we are spiritually empowered. This we can then share with others. As we radiate our spiritual energy and reflect the light of God into the world in gentle and humble ways, the effects of our self-change reach out to other souls as an invitation to do the same.

The nagging questions which must enter most minds at least once in a lifetime (such as * Why me? * Why here? and * Why now?) are answered - our highest purpose is to help others know themselves as they truly are i.e. souls and to help in reconnecting them to the Supreme. This is why simply sitting in meditation, generating and radiating vibrations which are peaceful and loving, can help to heal others and the world itself. That is our primary responsibility at the Confluence Age. When we take up this responsibility we assist the Supreme in his task at the Confluence Age, i.e. bringing about the Golden Age.

Message for the day

To recognize the uniqueness of my own personality is to be free from negative influence.

Projection: The one who is aware of one's own uniqueness is able to create a strong influence on others of his own personality. So, such a person is not negatively influenced by anyone's personality traits. Even when there is a person with a very strong personality, he is still able to be free from negative influence.

Solution: When I am able to recognize and use the specialties that are within me, I am able to remain powerful within. In all circumstances and with all people I experience this innate power. Because I am constantly in touch with my own specialties, I am able to be light and happy.

In Spiritual Service,
Brahma Kumaris