



## **The Happiness You Give**

The happiness you give makes you more happy than the happiness you receive.

## Experiencing Self-Rule Through Meditation

Practicing meditation helps us to reach our goals of self change, because during meditation we link our soul self with the Supreme Energy (God), who fills us with power. The more mentally powerful we become through meditation, the more confident we are with the ability to respect our self more. We become more stable in our own self, we are able to control our reactions a bit better and we wait. We don't suppress the self. Rather, we wait, observe, clarify and then control our reactions (including, of course, our tongue!).

We don't want to be ruled by our negative emotions. We still meet them, acknowledge them, try to understand them and dissolve them. We cannot pretend that they are not there, but we are no longer a slave to them. As we follow our spiritual path more closely, we learn that we don't want to damage ourself, nor do we want to damage others. We become a little more careful. Sometimes we know what is the right thing to do, but still we are not able to control our reactions, or act correctly. We know, understand, agree but still can't do the right thing. Then we are filled with guilt and regret, having done the wrong thing. We lose our self-respect. What can we do then? Where do we find the strength to change? Spiritual knowledge shows us the way as to what is right and what is wrong and in silence through meditative practice, we are able to find the strength to be able to put this knowledge and our basic values as well as our conscience (inner voice) into practical *karma* and thus bring about change.

## Soul Sustenance

### Self Empowerment

Meditation, in practice, means to enter, and re-enter, the reservoir of peace inside us whenever we need to during the course of the day. This exercise increases self-control and prevents the explosions and reactions of anger that drain our strength. The easy method is **not to expect but to accept**: then tolerance and respect make our life far more comfortable.

There may be many shadows and pollutants inside us, but usually our pain is centered around these: **I own, I need, I want, mine and I expect**. If we learn to recognize the characteristics of such a consciousness, we are in a position to overcome difficult situations and thoughts before they overwhelm us. We simply have to remain awake, and that state of alertness stops these shadows from overpowering us and making us unconscious.

Our needs and wants are truly fulfilled in a healthy way by tuning in to the original resources of the soul, because their fulfillment is not dependent on anyone, or anything from outside. When we sustain ourselves from the inside, then our well-being is secure and progressive. As a result, when we express and show our original qualities of the self to others, whether it is peace, happiness or love, they naturally increase inside. The more we give unconditionally, the more we have. This miracle of 'quality being' is the result of natural purity, the original state of selflessness, which God always has and good meditators aspire to return to.

## Message for the day

### Real contentment spreads happiness to others too.

**Expression:** When one feels contentment but the others are not able to perceive that contentment, it means that it is not true contentment. Real contentment is visible in such a way that others too are able to feel the happiness that is created. When there is real contentment, all thoughts, words and actions are filled with quality.

**Experience:** When I am content, others automatically recognise the contentment within me. They are able to take benefit from my state. Even in the most hopeless state, I find that I become a source of support for those around me. I am able to give hope to the hopeless and help them get back to a state of happiness.

### Flexibility

When we plan perfectly for the day ahead, we sometimes find that we are not able to implement all that we had planned for. Things seem to be coming up unexpectedly spoiling everything for us. We are then not able to be happy with what is happening, we were thrown off-balance and find it difficult to do our best or what is required to be done. It is as important to be flexible in our thoughts as it is to be particular about our daily schedule. Flexibility allows us to accommodate the unforeseen situations that come up our way and enables us to make the best use of everything. And so we enjoy everything that comes our way.

In Spiritual Service,  
Brahma Kumaris