



### **Letting Go of Sorrow**

If I allow bitterness and resentment to fester inside, it will make my relationships guarded and unsatisfying. The more I close down to others, the more I become a stranger to myself. By letting go of sorrow and negativity, I can keep my nature open and loving. Remaining open to life, with its constant adventures and opportunities to grow, is the only way to reach my full potential.

## **A Beautiful Meditation Experience**

Every moment of every day is an opportunity to strengthen your ability to be soul conscious. The practical application of meditation means that you can move into this "soul awareness" wherever you are - while cooking, during a journey, in the middle of a conversation, while working in the office etc. These are the basic steps to practice moving into a state of stillness and focusing your awareness.

Sit in a comfortable but alert position wherever you are right now...  
Imagine your whole body is surrounded by an envelope of subtle light... See the light draw itself up to a point of focus above and behind your physical eyes...  
Be aware that you are that point of focus...

Just as you might stand absolutely still as you look through the windows of your home to see the street or garden outside... look through your eyes now as if they were windows... Be aware that you are not your eyes... you are the still point of awareness, a tiny sparkling star, the soul, looking through your eyes seeing the world 'out there'... Remain still inside...

As you watch people and life moving around you, remain completely still... just watching without thinking about what you see... Then, in one split second 'narrow' your awareness to one small detail in the scene that you see...

Hold that detail for a moment...

Be free of any judgment or assessment of the detail...

Just watch...just be aware...

Then 'expand' your awareness to the entire scene once again... Remind yourself of who you are...the soul looking out through the windows of the eyes...completely still....focused...fully aware.

## **Soul Sustenance**

### **The Origin of Addictions: How to Overcome Them**

Today, the number of addictions and addicts is growing fast. It seems that today human beings can become addicts of almost anything: credit cards, eating, drinking, sweets, lust, smoking, relationships, television, the internet and computer games, football, earning money, spending money, power, work, arguing, war.

In some ways, this shows the presence of an inner void (emptiness) that people try to fill with external things. While a person becomes an addict to any of the above aspects, their willpower is gradually weakened. And if one does not realize what is happening or does not put a stop to it, it is possible to fall into a spiraling series of automatic and compulsive actions that gradually limits our freedom to decide what we want to do with our lives, causing a loss of self-esteem and a state of depression, anxiety and dependency.

The origin of many addictions is due to a desperate need to solve a problem or a spiritual need (which may be a lack of respect, love, peace, attention, consideration) of a materialist form.

Here are a few examples:

- \* In a cigarette: one looks for peace, calm and relaxation.
  - \* In alcohol: one looks for confidence, determination and security.
  - \* In sugar and chocolate: one looks for love, sweetness and tenderness.
  - \* In coffee and tea: one looks for energy and inner strength.
- (To be continued tomorrow....)

## Message for the day

### True knowledge brings humility.

**Projection:** True knowledge inspires and encourages one to bring about a practical change in one's life. The one with knowledge naturally imbibes it, which is also revealed in his practical life, because he is humbly willing to learn from all situations. As much as there is knowledge, so much there is divinity revealed in all words and actions.

**Solution:** When I am able to humbly learn from all situations. I am able to enrich my own knowledge. This knowledge further enables me to become more and more practical. So during all difficult situations, I am able to remain light and internally stable. There will be no fluctuation experienced within, whatever the challenges may be.

### Traffic Control

There are times when my mind faces inertia: it can either be that the fast speed of thoughts is tough to control, or there is a lack of enthusiasm to think new and differently. An efficient driver has good control over both the accelerator and brake. Similarly, my day runs smoothly when I can operate the mind and intellect to maneuver the flow of thoughts and generate productive thoughts as I wish. The best way to enhance my mind is to take few minutes out at regular intervals to clean out unnecessary and waste thoughts, and focus my attention on the Supreme Ocean of Power and Divinity.

In Spiritual Service,

Brahma Kumaris