



### **Hourglass of Patience**

Learn to be patient, like an hourglass.

Until every grain of sand has trickled from the upper chamber into the lower chamber, we must be patient.

Live fully in the present as you contemplate each grain passing through the narrow neck and into its place below; second by second; moment by moment.

Each task, each project, each lesson, each process is subject to 'right timing'. Nothing can hurry to interfere with 'right timing'

## **True Simplicity**

Simplicity is mistaken as ordinariness. It is sometimes associated with lack of colour and variety. So we are not usually so simple in our words and actions. We tend to try and add on as much colour as we can in order for them to be attractive or impressive. In the process we take ourselves away from our original nature. To be simple is to be like a seed, which is full yet, simple. True simplicity is to discover and use the qualities that are within. It is to be closer to our true nature and the true being. Once we allow these qualities to flow out, others too are able to take inspiration from us. We become an example for others with our own simplicity.

## **The Psychosomatic Effects (Effects On The Body) Of Fear**

The human being is psychosomatic by nature - what that means is that our health is deeply influenced by our behavior, thoughts, emotions and social relationships. Therefore, in order to experience good health, we should care for our life style, our mental, sentimental, emotional and relational world, as well as our communication. Fear is bad for our health. It manifests itself in the form of anger and promotes coronary diseases. Fear suppressed for a long time ends up producing diseases such as cancer. Apart from cancer and heart attacks, there are other illnesses brought on by fear: addictions, anxiety, arthritis, asthma, irritability, nervous breakdowns, memory loss, gastritis, back pains, baldness, diarrhea, sciatica, crying attacks, alcoholism, constipation, hypertension, cystitis (bladder inflammation), vomiting, palpitations, digestive disorders, ulcers and migraines.

**When we get old, our neurons do not die, but rather the connections between them disappear**, that is what recent scientific research suggests. The neuronal connections or synapses keep us lively and young. **When we have pleasant experiences, such as during meditation or when we are on a holiday or are surrounded by friends or while working in a team, some examples of activities in which we feel happy, the neuronal connections are more fluid.** However, the lights go out when we feel fear. It is an emotion that is capable of slowing down and blocking the electrical impulses between the neurons. With fear we are less creative and we get older more quickly. If we do not want to suffer illnesses (or want our illnesses to get worse) we should learn to manage and overcome fear.

## **Soul Sustenance**

### **Temporary And Permanent Sources Of Peace**

**It's a common notion (idea) to think of peace as being closely related to the beauty of nature** - the play of waves on a beach, the blowing of wind through a forest, the soaring and swooping of gulls; in short, anything away from the rush and hurry of the city. Alternatively we associate peace with some physical form of relaxation like headphones plugged into soothing music, a hot bath after a hard day, a brisk walk in the park, etc. In meditation we realize peace to be our very essence (nature); we realize very quickly, trying to extract peace from the world around us or even from some physical sensations in our own bodies gives us only a temporary experience of it.

Once we start meditating, we start to see physical relaxation as an escape from tension and not a solution for it; and the beautiful scenes of nature now no longer as sources radiating permanent peace. But in fact it is their mere absence of conflict, their harmony of colours, forms and sounds which appeal to us. There is something in each of us which cries out to be free from conflict. We discover that "small voice" or need is only our true nature demanding to be recognized. We realize that neither the body nor nature can give the peace that the soul was longing for, but it has to be tapped from within. Having found it, it remains constant, whether in the city or countryside, in comfort or discomfort. In the midst of noise and confusion, peace is really our own.

## Message for the day

**To be free from the influence of the past is to have the ability to fly forward.**

**Projection:** There are so many things of the past that keep coming up in the mind again and again. Insead of being like birds holding on to the branches of the past; the one who looks at the clear sky gets the inspiration to move forward. To look at the clear sky means to look at the present moment and make the best use of it.

**Solution:** The ability to free myself from the negative influences of the past, enables me to have a vision of equality. I will then not be judging others on what my past experiences with them are. I also find myself experiencing the benefit of each and every moment. So I experience constant progress.

In Spiritual Service,  
Brahma Kumaris