



## Within Me

Even in today's world, beauty and truth can still be found and the first place to start looking is within my own self.

### **Palace of Silence**

One who lives in a palace of silence and peace has the power to send positive vibrations outside, yet prevent the negative vibrations from outside from reaching inside. If you move yourself into your personal 'Palace of Silence' and create beautiful feelings in your palace, these will become lovely vibrations which spread outwards. Sound travels like an echo and comes back. But when you have the power of positivity or the attitude of silence, it does not work like an echo which comes back; it travels very far away. It goes to a very subtle place.

Otherwise the atmosphere or upheaval outside affects you very quickly.

### **Practical Ways of Changing Old Habits or Beliefs (cont.)**

## Exercises of Silence

Exercises of silence help you concentrate your mind and intellect, and go within yourself to recover the positive and eternal energies. With the appropriate concentration of the mind and intellect towards your constructive inner forces of peace, love and happiness, you can strengthen yourself. Being strong means staying positive when faced with negative situations, peaceful when everything around you is chaotic: in other words, not being influenced negatively but influencing the situation with your positivity. When you stay calm in your inner power of peace, you can transmit this to others and help them to calm themselves. When you begin exercises of silence, concentrate primarily on peace. This is the basis of the practice, as when there is inner balance and harmony it is easier to build over these the other values love, happiness, truth and sincerity. The experience of deep peace calms you, clarifies you and fills you with energy to think and act positively and achieve your purpose that you have set for yourself.

## Soul Sustenance

### Taking Responsibility, Overcoming Guilt

When you free yourself of guilt, you live in peace within. You take on responsibility and stop sentencing (punishing) yourself internally with feelings of guilt. **Taking on responsibility is constructive; it allows all your potential to remain awake and flow.** You feel free and unburdened. When you get it wrong, you can find different methods to relieve yourself of the burden that it might imply. For example, **being sorry for or feeling sad for something that you have done means that you are aware that you have acted against your own wellbeing or that of another. Realizing it is good; it is the base for any positive change.** The important thing is not to sentence (punish) yourself. Learn the lesson. Say sorry, if it is the right thing. Put it right. Remember that yesterday has already passed. The past cannot be changed. You can't swallow the words that you said, since you already said them. You can't repeat the scene from yesterday in a different way because it already happened and stayed recorded on the film of this world drama. Therefore, don't repeat the words or the scene in your mind over and over again; doing that, you keep alive something that is dead, since yesterday already stayed behind. Learn from the error and commit yourself to you and to your life, promising to yourself that you will not fall over the same stone again. You will think about it before speaking or acting.

(To be continued tomorrow ...)

## Message for the day

**To be free from wants is to be free from waste.**

**Projection:** The one who is free from wants is the one who is free from expectations. When there are no expectations, there is not too much thought about what is not there or what should be there. Since the mind is free from all these kind of waste thoughts, whatever is done is the best.

**Solution:** When I am free from wants or desires, I am able to always remain content. I can then appreciate and enjoy everything that comes my way, and do not expect anything both from situations and people. So the mind is free from waste thoughts and questions.

In Spiritual Service,  
Brahma Kumaris