



Torch-bearer: The Olympic flame handed to David Beckham in a ceremony in Athens, Greece, May 17, 2012

## **Like a Torchbearer**

Like the torchbearers, carry a flame of light wherever you go.

To carry the flame is, to let the light shine through your smile.

Pass the torch onto everyone you meet, because a smile makes everything light, and makes everyone feel better.

## **The Four Pillars Of A Spiritual Lifestyle - Achieving A Balance**

A balanced and fulfilling spiritual life is like a table. It stands on four legs and if one leg is shorter than the others then both balance and equilibrium will be difficult. The four legs or pillars of a spiritual life are given below in the form of four subjects. If any of the subjects is not a part of our lives or is a part of our life, but not to as great an extent as the others, then the overall balance of our spiritual life will be affected adversely (negatively).

### **1. Daily spiritual study (knowledge or *gyan*)**

Daily spiritual study provides the right quality of nourishment for our mind and intellect, the two important energies of the soul.

### **2. Daily meditation (spiritual *yoga*)**

Daily meditation provides the means to explore, discover and reconnect with oneself and with God.

### **3. The inculcation and development of virtues (*dharna*)**

Giving some time each day to the conscious development of our character (virtue) helps to eliminate any negative *sanskars* or personality characteristics (vices) and improves our ability to build positive and harmonious relationships. The quality of our relationships is a mirror reflection of our *dharna*.

### **4. The service of others (*seva*)**

A life purpose based on some kind of service is the foundation of personal growth through the practice of giving. Finding appropriate ways to use our increasing spiritual power and understanding (through the three subjects mentioned above) for the benefit of others is the most satisfying way to use our energy today. It also ensures happiness for the present as well as for the future through accumulation of positive energy in the form of blessings of those who are served.

## Stubbornness

When someone disbelieves me I usually tend to argue back and try to prove my point to the others but find that I am not able to convince them. Yet I find that the more I talk the less I am listened to. And I only end up getting frustrated. When someone challenges the truth of my words, I need to check within myself if there is something that I can correct or learn. When I learn to do this, instead of being stubborn with what I have to say or blaming others, I find it easy to tolerate.

## Soul Sustenance

### Living Life on the Surface

In an ideal situation, the thoughts that run in my mind, should be exactly those that I would like and I want. We do exert this control, that we possess, over our thoughts, but it is not complete and it is only sometimes. **The more we become completely engrossed in our daily routine, the more our thoughts tend to become reactions to what goes on outside us.** That's when they go out of control and our lives move in an unfocused way. As a result things don't work out as we might have desired. Then we develop a habit of blaming other people and circumstances, or we justify our pain by telling ourselves we are not very worthy or powerful enough. Often, these two inner strategies go together. The trouble is, both are cover ups, preventing us from going for a long-term solution.

In this way, we tend to live our lives on a very superficial level, without taking the time to find the solution to what is going on wrong inside. Deeper difficulties remain hidden inside. I move from one scene of life to another - eating, watching television, studying in college, getting married, changing jobs, buying a new car or house, etc. without ever stopping. **All these are part of living, but if I make them my whole and sole, my foundation, it's as if I skate across the surface of life without being in touch with the core.** As time progresses, an inner shallowness develops. Then the feeling keeps growing inside that 'there must be more to life than this'. I then, find that my relationships are not working out as I would have hoped and they are lacking in depth.

## Message for the day

### Easy nature makes tasks easy.

**Expression:** The ones with an easy nature constantly think of solutions instead of problems. So such individuals are free from the burden of problems and are constantly contributing to make things easy for themselves and others too. The right environment to bring out the best result is naturally created by them.

**Experience:** When I have an easy nature, I am able to put a full stop in a second with great ease. I am not caught with the waste questions and exclamations. So I am able to enjoy everything that comes my way and move forward constantly with lightness.

In Spiritual Service,  
Brahma Kumaris