



Make Peace with the Past

Wallowing in disappointment and dissatisfaction, doesn't change the past. Getting wrapped up in the past, limits our ability to enjoy the present.

Make peace with the past. And find the lesson.

Fold the past away neatly in such a way that if and when you need to unfold it again, only lessons of benefit are visible.

Carrying Feelings Experienced In Meditation Into My Interactions

If I keep close contact with my internal self, to check what my feelings are like and I maintain the 'meditative' awareness at many moments during the day, even if it is for very short periods of time, I will find that **the good feelings I have experienced through conscious choice, in meditation, I carry them with me into my interactions with others.** Then, in any exchange, although the other person's thoughts, words or actions may not be as I would like them to be, I'll be better equipped to maintain a good feeling towards that individual, and towards myself.

For example, I meditate in the morning and then leave home and find myself in a situation in the office where two of my colleagues are arguing over an issue. When I try and intervene, one of them gets aggressive with me as well, but the feelings of peace I experienced in my meditation a couple of hours ago are still with me, using which I do not reacting angrily or fearfully. In fact, if my peace is powerful enough, it will make the other one also peaceful.

So the key is to emerge and collect positive feelings through meditation at regular intervals during the day. And then become a donor of positive feelings to negative situations as discussed above is an invaluable achievement. It is good for my own wellbeing, and for contributing to the creation of a peaceful atmosphere wherever I am, whenever required.

Constant Attention

When we have to fulfill certain responsibilities, we find ourselves in a lot of tension. We find it very difficult to relieve the tension, especially when we feel there is demand from the situation or expectations from people beyond our capabilities. In demanding situations and in general too the way to relieve ourselves from tension is to have constant attention. It is important to have attention during difficult times, but it is also necessary to keep attention on the self even during normal conditions. Constant attention brings about "checking and changing" and relieves us of tension.

Soul Sustenance

Characteristics Of The World Stage

There are three things that we all have in common;

awareness - of ourselves and others

relationships - the sharing and exchange of energy with others

creativity - the ability to produce thoughts, ideas, concepts and feelings and express them.

The purpose of our life is nothing more than living life itself - to be self-aware (**awareness**), to be creative, to express ourselves to our highest potential (**creativity**) and to exchange the energy of love with those around us (**relationships**). But this cannot happen in the incorporeal, silent home of the soul (commonly called ***paramdham or shantidham***). These characteristics of life require action, a costume (physical body) through which to express ourselves and a stage on which to act. The physical world provides the stage on which we can move, bring to life, create, relate and express all that is within us. For each of us the possibilities are infinite.

The moment we take birth in a physical form, we are constantly doing one of three things: acting, reacting, or interacting - sometimes all three together.

Message for the day

True love means the ability to forgive and forget.

Expression: When there is love there is the ability to look at only specialities. Even if the other person makes a mistake, there is only the conscious awareness of his specialities. So it becomes easy to forgive the mistake committed by him. When there is real forgiveness the mistake is totally forgotten and the future interactions with that person are free from the negative attitude.

Experience: When I am able to forgive the mistakes made by others, I am able to forget them easily also. So my mind is free from the burden of waste of all the past mistakes. So I am able to be light even when I am faced with the negativity of the other person. I am never caught up with attitudes about people so I am successful in my relationship with others.

In Spiritual Service,
Brahma Kumaris