



Your Inner Drama Queen

Some of us have a talent for melodrama. We blow things out of proportion - creating 'dramas' out of little things. All this can get a little too exhausting, for us and others. Try steering your Inner Drama Queen away from over-exaggerated emotions and over-reactions. Being a drama queen doesn't have to be negative, we all need a little bit of flamboyance. Use your dramatic tendencies to share funny stories, entertain others, to relieve stress and promote stronger interpersonal relationships.

Understanding The Mechanism Of The Virtue Of Peace (cont.)

Yesterday we have explained how the virtue of peace works in human souls through the cycle of life. In today's message we explain (with reference to yesterday's message) how we can experience our original state of peace experienced during the initial phases of the birth-rebirth cycle. Tomorrow we shall explain how we can experience the eternal peace of the soul world. **To have both these experiences, the basic principle that I need to remember is that to experience peace, I need to concentrate on it - concentration means creating thoughts about it and visualizing it at the same time. Secondly to access peace, I need to separate myself from my body and surroundings. So how do I bring these two principles in practice?**

The first chapter of the Rajyoga meditation course as taught by the Brahma Kumaris in each of its centers states a simple fact and makes me realize it that I am not this body but I am an eternal soul, a non-physical star like spiritual energy, situated at the centre of the forehead, just above the eyebrows, the original nature of which is peace. The body is my vehicle. Now, to experience the peace experienced during the initial phases of the birth-rebirth cycle, my mind picks the above fact or wisdom from my intellect, which is a reservoir of spiritual knowledge and where the above fact is stored. Then, my intellect, which possesses the decision making ability judges the thought as to whether it is a right or wrong one. If my intellect is convinced about the fact, it judges the thought as right. Next, I take this process further. Along with creating this thought I visualize this thought on the screen of my mind i.e. see my star-like white/golden light form just above the eyebrows radiating white/golden rays of peace in all directions. I do this exercise for a few minutes. **This exercise then leads me to an experience of peace, as a result of which a *sanskara* of peace is created.** This is the peace experienced whilst visualizing the spiritual self inside the body **-it is the peace experienced in the initial phases of the birth-rebirth cycle.**

Soul Sustenance

Seeing With Spiritual Eyes

My eyes are the most powerful medium through which I, the soul, not only absorb information from the outside to the inside but also express myself to others from the inside to outside. **All that the soul possesses inside it or is made up of in the form of thoughts, feelings, attitudes, positive virtues, even weaknesses, in fact all personality traits, are expressed through my eyes to others and shared with others.** As I look towards others, my eyes can be used to shower others with pure love, peace, joy, power etc. and the same eyes, if not used appropriately, can shower others with anger, jealousy, criticism, hatred etc. My eyes also express whatever wisdom or knowledge I possess inside.

When I stay in the awareness that I am a soul, a spiritual being of subtle light, situated at the center of my forehead, my eyes are used to see others in the same way with a spiritual vision. This leads to my spiritual upliftment. When I stay in the awareness that I am a body, my eyes are used to see others in the same way with a non-spiritual or a body-conscious vision. This brings me down on a spiritual level. **A spiritual vision helps me see others with a sense of equality, instead of with feelings of comparison or competitiveness.** Usually, on a physical level, I create all sorts of impressions of another person from just one glance through my eyes, about their age, gender, looks, position in society, job, how rich they are, their dressing sense, caste, nationality etc. and many a times, very commonly, I make various assumptions about their personality or behaviour. In the state of soul-consciousness, that changes. Looking out I see souls, and I see them as my brothers, on exactly the same level as me, neither higher, nor lower. A spiritual vision reminds me of the original, positive qualities of each soul, instead of their present personality. It also reminds me that **each soul has incarnated from the soul world to play its various roles through different physical costumes in this unlimited drama on the world stage. Age, gender, appearances, status etc. which are visible to me today are just temporary ones. The same soul has been in the past and will be in the future in different physical costumes or roles, where all these have been and will be different and the same applies to me too.** This makes me rise above comparisons and I am no longer judgmental about the other.

Message for the day

To serve with the heart, with love is to guarantee success.

Projection: When we have to be of help to others, we sometimes find ourselves doing it with force. We don't seem to be really interested in doing it but situations or people seem to be forcing us to do it. We, then, don't enjoy what we do and also don't find the benefit of it either to others or to ourselves.

Solution: We need to consciously make an effort to see what people are benefiting when we are helping them. With this conscious effort we are able to help others with love without feeling the heaviness of what we have to do. Thus, we find our actions to be much more fruitful.

Self-respect

The more respect is measured on the basis of something external, the greater the desire for recognition from others. On the other hand, true self-respect comes from an appreciation of our inner qualities. This then keeps us free from expectations and we will be able to provide an environment of freedom for each one's growth. I need to start the day with a thought that brings self-respect. I need to tell myself that I am special and also use this specialty throughout the day. I will then not dominate or limit the freedom of anyone but will naturally treat with humility.