



Hemp Seeds

Seeds

What we see today may not be just the fruit of chance but the fruit of seeds planted in the past. Plant seeds of peace now and create a life of peace in the future.

Understanding The Mechanism Of The Virtue Of Peace

Each and every human soul's original trait or characteristic is peace. Before each soul comes down on the earth to take its first physical body, the soul is in a state of complete peace, residing in the soul world. **In the soul world, the two faculties of the soul - the mind and intellect are complete inactive or dormant and the third faculty, the *sanskara* or spiritual personality is only that of eternal peace and purity and no other virtue like happiness, love or knowledge.** The mind is completely silent, not creating a single thought or emotion or feeling nor possessing an attitude. The intellect which possesses the power to discriminate right thoughts, words or actions from the wrong ones does not exercise its power because there are no thoughts, words or actions in the soul world, so there is nothing there to discriminate. The *sanskaras* (as mentioned above) are also inactive to a certain extent - there are no thoughts, feelings, emotions, attitudes, words or actions to be created or processed, which would be based on the *sanskaras* or personality.

When the soul first takes a physical body on the world stage, it creates thoughts and feelings which are few in number and they are only positive and its words and actions are also limited and completely positive. Its discrimination power is active and completely accurate and its *sanskaras* or personality come into an active mode (*sanskaras* other than peace also become active) but only for a positive purpose to create positive thoughts, words or actions. As a result of this, the soul experiences immense peace, but the extent of the peace is lesser than that of in the soul world, where it is completely still and experiences dead silence or peace. It is never peaceless though at this stage. As the soul starts coming into the process of birth and rebirth, it starts losing its energy slowly; its mind, intellect and *sanskaras* start functioning negatively or incorrectly, it begins to succumb to the vices, leading to the creation of thoughts, words and actions, which are not only large in number but they are mostly waste or negative in nature. As a result, the soul gradually begins to lose its peace, which it experienced in the soul world (eternal peace) and at the start of its journey on the physical world and starts becoming peaceless.

Tomorrow we shall explain how we can return to our original state of peace.

Soul Sustenance

Cooking And Eating With A Spiritual Touch (cont.)

Having prepared food with attention (which we have explained over the last two days), the Brahma Kumaris' practice is then to offer the freshly-prepared meal to the Supreme Soul. We call it offering bhog (or commonly called prasad) to the Supreme Father. As a part of this practice, positive energy or vibrations of love, bliss and peace taken from the Supreme via meditation for 5-10 minutes, is given to the food prepared, by keeping a small portion of the food in a clean vessel kept aside for this purpose only, on a table in front of you. This practice can be followed every day for one main meal at least, or more, depending on how much time you have at hand. It is good to do this exercise in a special corner in the house or even a separate small room kept aside for the purpose of meditation or basically a place where the atmosphere is spiritually empowering as compared to the rest of the house. Charging the food with positive spiritual energy and expressing gratitude to the Supreme in this way serves to increase the spiritual quality of the food and deepen the individual's personal relationship with the Supreme, while also creating a powerful, shared divine experience. On a very practical level, it will also help the body to prepare itself to receive and digest food. Of course, the last step is to eat, and this, too, is best done in a peaceful, unhurried and harmonious state of **mind and environment: we are what we eat and also how we eat. It's good** to avoid eating along with the television or newspaper. Eating with the family in a positive setting is a good practice. But talking excessively and sharing negative information at that time with each other should be avoided. Talking quite less, talking very slowly, softly and sweetly and talking about positive and constructive aspects of life, with the rest of the family members, should be the norm for meal eating time.

Whether you are a new, aspiring or trained cook, we hope that the information in this and the **last two days' messages, with its emphasis on** the soul as well as the body, will bring an added dimension to your kitchen and dining table. Cooking, and eating, should be a joyful and significant experience. So cook and enjoy!

Message for the day

Where everything is done according to the right method there is success.

Projection: When we don't achieve success we sometimes do get tempted to opt for a short cut method, which might bring us temporary success, too. But in the long run we find that it isn't be so beneficial after all.

Solution: Whenever we are involved in a task specially if it is a difficult one we need to make sure that we are following the right method. Whatever is done according to the right system will surely be successful.

Trust

It is normally experienced that it is difficult to trust all the people around us. We do want to but the negative experiences (when people don't fulfill our expectations) do not let us do so. We tend to add up to this negative experience with each incident that happens, which further breaks our trust for people. The only way to trust and gain people's trust is by having respect for them. Respect makes us look at the specialties in everyone and we are able to relate to these specialties. The more we look at the positive aspect in others, the more we are able to encourage others to use these specialties and relate to our own specialties too. This is the only way that trust comes.