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Cheerfulness

The one who possesses cheerfulness becomes like a magnet of goodwill.

See Positivity

When something goes wrong, it is very natural for us to think of the negative aspect. We experience negative feelings and as we continue to think about it, we tend to feel more and more heavy in the mind. This does not bring lightness either in our daily activities or in our interactions with others. There is surely something positive in everything that happens. We need to make conscious effort to see positivity in everything that happens. This habit helps us be carefree even when something unexpected or unwanted happens. Even if we cannot see the positive aspect at that moment, we need to maintain the faith that whatever has happened is for the best.

Quality Transformation

The easiest way to understand quality change is to consider the example of roses. These beautiful flowers, although nourished by smelly manure, do not take any of its odour (smell) or colour. They are truly like kings of gardens, in their pink, gold, red and white robes, filling the air with such a fragrance that people who come to the garden do not even notice the manure. The roots of the roses are able to transform (change) the manure to such an extent that the best is taken without any negative side effects. This is an example of quality change.

The human world is like a garden. We are like a variety of flowers surrounded by lots of manure, that is, negativity in all its forms, such as ego, fear, anger, attachment, mistrust, etc. People who are 'quality transformers' can accept all these negative things and use them for their personal growth without the negativity penetrating (entering) them; they do not get spoilt, or even touched by it. With understanding and the natural, loving detachment that comes from silence, they realise that the negative person, or situation, in front of them is the Universe's way of giving them an opportunity to create a tiny, silent miracle in their lives. Quality transformers become the spiritual roses in the Garden of Humanity: they display all their beauty and provide inspiration for all those who see them.

(To be continued tomorrow)

Soul Sustenance

Experiencing The Light, Power And Love Of The Spiritual Sun

Experience of the Supreme Soul (God) – the Spiritual Sun as an energy that heals and cleans the self with his light, power and love :

I relax. I calm my mind and breathing... I imagine a beautiful beam of white light coming out from the centre of my forehead... It leaves me and goes beyond this room towards space... I feel that I am a sparkling star floating... detached from my body and surroundings... My consciousness is transported in that beam of light towards a space without limits... beyond the sun, the moon and the stars... It is a dimension of infinite light, beyond time... where there is silence and absolute quietness... I see myself, a star like energy floating in that ocean of light... In that ocean there are many different kinds of waves... waves that are not of water, but rather waves of light... Some waves carry peace... others love... others happiness... I bathe in these waves... I allow myself to be carried by these waves... I feel how my mind is filling up with so much light and strength... On the screen of my mind, I can visualize where those luminous waves come from...

In front of me there appears a Being of Light that is silent and strong like the sun in a clear sky... It is a generous light... sweet... and loving... There is nothing to be afraid of... It sends me rays of light that melt my fears and weaken my resistances... It is like a magnet that takes me towards the depth of that ocean of Light... I feel that my nature is light... All the thoughts of the physical world disappear. Only this world is real... I feel a healing energy of love that penetrates my thoughts... It penetrates my feelings... I feel bathed by that love... revitalized by that love... Love... Power... Light... All these beautiful waves... intense... come to me from this Spiritual Sun, the Supreme Soul who resides in that infinite space of silence...

Message for the day

To keep the aim in front of us is to move forward with contentment.

Projection: Several times there are situations that are negative where we have to face things that are not really what we are expecting or wanting. At such times we tend to get disheartened and experience discontentment. Our state of mind becomes such that we can no longer experience peace.

Solution: The solution at such times is to keep our vision clear on our aim. When all our thoughts and energy are concentrated on our aim, we will be able to consider any negative scene that comes our way as only a side-scene. We can easily ignore all such situations and so our mind is at rest or peace.

In Spiritual Service,
Brahma Kumaris