



### **Quick, Patience**

Instead of rushing around, talking fast, walking fast, thinking fast .... practice patience.

Patience doesn't make you slow. With patience, you'll be able to do 10 hours of work in 2 hours.

You'll do what's needed, easily and quickly without over doing things or wasting time in things that don't matter. The result: you save both time and energy.

## **Royalty**

If you allow yourself to think negatively and do not think positively and use your power of silence, it is as though you are trapped in a jail. One who is in a jail has no freedom and has to do what others dictate. One who has the power of silence lives in a palace and experiences royalty. Both the palace of silence and jails have high walls. But the difference between the two types of walls is that the jail's walls keep the prisoner trapped inside while the palace walls keep out anything the palace resident does not want to come in. Living inside the walls of a palace protects the person inside from the negativity outside.

## **Practical Ways of Changing Old Habits or Beliefs (cont.)**

### **Visualization**

Visualization consists of creating positive images by means of the ability to imagine, and in this way reinforce positive thoughts and strengthen your will to achieve positively what you affirm for yourself in your mind. With visualization you manage to intensify experiences of positive affirmations and self-motivation, and it also helps you to specify and clarify your goals. The basic principle of using images in our mind is to act as if the desire we have in our mind has already been achieved. If we place images of success, health, wellbeing or inner peace in our mind, these will materialize in positive situations and experience, and this image of success will become real in our lives.

(To be continued tomorrow ....)

## Soul Sustenance

### Meditation for Experiencing Soul Consciousness

Read over the following words slowly and silently. Using the power of visualization, aim to experience them in your mind:

I withdraw my attention away from the physical limbs and sense organs.....

I focus on myself.....

I am listening through these ears.....

I am looking through these eyes.....

This instrument of mine, the physical body, is a precious vehicle.....  
a valuable instrument, a medium.....

But, that which is more valuable and more precious is the being (soul) making this instrument function.....

Within this assembly of bones and muscles and amazing organs is a being of light.....

In the centre of the forehead is a point of light .....

I am this being of light.....

I the being of light express myself through this body.....

But the body is not I.....

I am light.....

I spread rays of peace in all directions.....

I become aware of the power within this point of light.....

Within I the being of light is everything that I am and everything that I have.....

Within my own being are my qualities, my powers, my talents.....

In the awareness of who I am I radiate this light within.....

and in the awareness of this inner light.....

I hold my head held high in self-respect.....

## Message for the day

**Specialty lies in experiencing one's fortune.**

**Projection:** When there is the awareness of one's fortune, there is specialty seen in every word and action, because of wanting to make the best of everything. There is also the pure desire of sharing with others, which also makes one special.

**Solution:** When I have the recognition of my own fortune, and am aware of what I have, I find myself content. I have no expectations but continue to make the best use of what I already have, for my benefit and that of others. So I find myself being special and making my own fortune.

In Spiritual Service,  
Brahma Kumaris