



Diver in a cenote near Akumal, Mexico

Silence

We have to develop this hobby and practice going into the depths of silence. Practice this, make it your hobby and see how much you then enjoy it. The tiredness of the soul will then be removed. We will feel that we are able to remain carefree and restful. When the soul is tired it is restless and there is a lot of worry; we think I have to do this, that and so we cannot feel restful. All actually I have to do is to remain peaceful and there will be the feeling that everything will be ok...

The Three Roles Of God In The World Drama (cont.)

God as a Destroyer

There are many mythological stories all over the world about a revengeful God, destroying whole armies who dared to stand in the way of His chosen ones. The *Mahabharata* in India depicts the same, where Lord Krishna helped the *Pandavas* defeat the *Kauravas*, because *Pandavas* had love, devotion and respect for Lord Krishna and *Kauravas* did not. We have even gone to war, praising the righteousness of our causes and counting on God's support. Somehow the heart rejects the idea of a violent God who is a destroyer of life. **He is the destroyer of evil (and not of life) and the creator of virtue.**

The story of the *Mahabharata* is obviously symbolic. It can be applied to the present moment in the World Drama, when the Supreme Father, the Incorporeal (non-physical) Father is with us and is helping us in our war. **Our war is not a physical one, our enemies our not our brothers, but our own weaknesses.** The weapons (*shastras*), which are shown in the *Mahabharata* in the physical form, are actually the weapons of knowledge and spiritual power acquired through meditation; with which we are able to bring down our enemies, our vices and shortcomings e.g. the discus (*chakra*) has a spiritual significance. It is shown in a physical form but is actually a discus of self-realization (*swadarshan chakra*). *Swa + darshan* means self-realization. **Self-realization is achieved when one receives spiritual knowledge.** The Supreme Father possesses this discus, which he gives to us, along with other weapons (*shastras*). We, the chosen ones, the true followers of God, make our path easier for us through His powerful guidance. We leave suffering behind and make the journey to the other side - to a promised elevated world. **Our former captors (those who had imprisoned us), our weaknesses, try to follow us in the elevated future but are destroyed completely with God's help.**

Soul Sustenance

To Be Aware but Not Judgmental

On the path of *Raja Yoga* meditation (taught by the Brahma Kumaris) there is a saying, "See, but don't see! Hear, but don't hear!" which means to remain aware of all realities, including the negative, but not to focus on them. We get caught up in the negative because we react and the reactions are expressed in the form of judgements, accusations, criticism, or labelling. As soon as we judge or criticise, we put everything into convenient boxes and, just as convenience foods are not always so healthy, such conveniences at the mental and attitudinal level are a great danger, because we mentally seal (close) the fate (destiny) of the person or situation: they are like this and so must be treated accordingly. Unfortunately, this is often done in an unconscious way, which is why *Raja Yoga* meditation is used to bring such attitudes and behaviours to the surface, conscious awareness.

When our vision and attitude remain judgemental or critical, they do so because there is no input of positivity from the self to encourage or allow a positive change.

There cannot be a positive output when there is a negative input.

We often work in this way, wanting others to be better in some way, but, instead of helping them, or having faith in them and seeing their good qualities, we hinder (obstruct) them by concentrating on their past, their weaknesses and their mistakes. Our focus is completely negative, but still we expect them to change for the better!

When our awareness is more detached, rather than focusing on what is wrong, we look at how we can put something right by contributing a positive feeling, or attitude. This anonymous (not known to anyone) contribution is a generous act, which offers a solution, instead of the usual complaints by critical and judgmental people.

Message for the day

To receive blessings is to become worthy of them.

Expression: Sometimes there is a desire to receive blessings from God or someone who is considered more powerful. But the one who has truly a thought of winning the love, regard and blessings of the other person is able to put in effort to be worthy of it. So he is constantly trying to be better and better in what he does. Thus he becomes worthy of everyone's blessings.

Experience: When I am constantly making myself more and more worthy, I naturally win the love, trust and blessings from all those I come into contact with. I am committed to whatever I do and know that the blessings of God are with me because I am making effort. I have no fear or insecurity, but go on doing what I have to do with confidence.

My Treasures

If we recognize inner treasures we will be able to use them well. Time, energy and thoughts are one's greatest treasures. The ones who recognize these treasures are able to look after them carefully and use them for the benefit of all. None of these inner resources are ever wasted. When these treasures are used properly and are put to full use, they bring in the best external treasures too. When I am in touch with myself and give attention to myself, I am able to recognize these inner treasures. These treasures keep me rich at all times, even when external circumstances are not so favourable. Further use of these treasures makes me only richer and richer.