



Indian Classical Dance-Kathak

## **Dance in Happiness**

The easy way to remain happy is to remain constantly light. Pure thoughts are light and waste thoughts are heavy. Therefore, keep your intellect busy with pure thoughts and you will become light and continue to dance in happiness. We only have to make sure that we continue to give happiness to others without any expectations. For this we have to increase our own treasure of happiness by continuing to be happy under all circumstances.

## **The Five Spiritual And Five Physical Elements (cont.)**

As we have explained earlier in this series, the Supreme Soul always remains an Ocean of the five spiritual virtues or elements **peace, purity, wisdom, love and joy** right through eternity. The soul is made up of three faculties - the mind, intellect and personality. **Meditation is a direct connection in which a human soul, using the two faculties - the mind and the intellect, connects with the most powerful Supreme Source or Soul and draws spiritual power from it. This absorbed spiritual power then transforms the third faculty - the personality, filling it with the five virtues mentioned above.** The more the spiritual power absorbed the greater and faster is the filling up of virtues. These virtues then become a balm which heals the many different types of wounds of ego, anger, hatred, hurt, jealousy, possessiveness, greed, criticisms, desires, etc. which have left their mark on the soul in this and many past births of the soul. They gradually restore in the soul the confidence to emerge from the shadows of negativity and to live in the light of its original nature. It is amazing, and heart-warming, when one rediscovers these qualities beneath all the other impressions formed during this and previous lives that have probably been peaceless and sorrowful at times. The journey of meditation bypasses all the negative tendencies and allows the soul to touch these original qualities, experience their truth, and express them in its life.

**The other three factors which help us in understanding as well as experiencing peace, purity, wisdom, love and lasting happiness or joy are:**

1. The **understanding and inculcation of the complete spiritual knowledge** of the soul, Supreme Soul and the eternal world time cycle.
2. **Attention on the self and checking and changing the self** during the entire day and also keeping a daily chart of the main weaknesses or negative personality trait in the self, which is filled every night before going to sleep.
3. **Sharing the five spiritual virtues along with spiritual knowledge** with others through thoughts, words and actions. Treasures shared with others will bring about a direct increase in the treasures in the self. Also, blessings received from others, by serving them help in the same purpose.

## **Faith**

To have faith in others means to reinforce their faith in themselves too. This naturally increases self-confidence in them and thus creates enthusiasm. They are able to respond to positive feelings, thus using their best potential. When I find that someone whom I am working with is not cooperating with me, I need to check my own faith in that person. When I find some special, unique quality that can make me develop faith in that person, I am able to change his attitude too. Slowly I find him cooperating with me.

## **Soul Sustenance**

### **Open-Eyed Meditation**

One of the special characteristics of Raja Yoga meditation (as taught by the Brahma Kumaris) is that I learn to meditate with my eyes open. The training of the mind, so that it creates thoughts, to give a positive experience, helps me in facing not only my daily routine, but specifically, in dealing with unexpected practical life situations that test my real power. Mastering the art of meditating with my eyes open can be of immense value to me in my practical life.

If I restrict myself to seated meditation with my eyes closed, then I am prevented from continuing the meditative experience in the course of my normal activities i.e. walking, eating, cooking, working in the office, moving around and so on.

Meditation is at the same time an incredibly relaxing experience as well as brings about an increase of perception (judgement) powers and sharper reaction response. In this way, I can be walking along the street in a meditative state and yet have a very quick perception (judgement) and reaction response to the surrounding pedestrians and traffic.

## Message for the day

**To be prepared for obstacles is to remain cheerful under all circumstances.**

**Expression:** Generally there is always a wish not to have to face any obstacles. When we begin something new we usually have a thought to have things going perfectly well. So when obstacles do come we are not prepared and we experience dissatisfaction and sorrow.

**Experience:** Whenever we start something new we need to prepare our mind that we are sure to be faced with obstacles. Along with it we also need to understand that these obstacles actually teach us something new and it is only with such situations we can learn and progress. When we have such thoughts we will be able to remain cheerful under all circumstances.

In Spiritual Service,  
Brahma Kumaris