



Being Vague

Being vague can save time but when communication lacks clear information, it may lead to mistakes or vague results.

Being vague with certain people can limit their interference in our life. But they may take advantage of unclear expectations and boundaries.

So watch out for vagueness. Know when to be vague and when not to be.

Be Carefree!

Enjoy a carefree life, renounce the consciousness of I and mine. The more we surrender our ego, the lighter and easier our life becomes. The consciousness of I and mine either makes us arrogant or weak. It creates a lot of conflicts in relationships and finishes the beauty of life. When we consider everything we have as God's property then our responsibilities become His responsibilities. He fills us with extra specialities and powers to carry out His task no matter however daunting it may seem. When we surrender our will to Him everything happens for the best.

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

God as a Sustainer

We need to understand God's role clearly as a sustainer. **We have to understand the difference between physical and spiritual sustenance.** We may think that God is the sustainer in the sense that He gives us our goods, wealth, health, food, water, air and so on. If that were so, why should He give more of these things to some and not to others? Why do poverty, starvation and disease exist if God is a sustainer and provider of all in the physical sense?

Whatever I do or do not possess I have earned for myself. It is not God who pays us our salaries. Whatever fruits I earn are the results of my own efforts. As a spiritual sustainer, He fills us with His **power and virtues like peace, bliss, purity and happiness.** He also shares with us **spiritual knowledge and bestows his love and blessings on us,** all of which help us in our spiritual effort, so that we can transform (change) ourselves and does not provide us with food and wealth.

(To be continued tomorrow ...)

Soul Sustenance

Meditation – Obstacles Faced By Beginners

Concentration has been described as holding the mind to one thought so that it takes the shape of that thought.

Raja Yoga meditation (as taught by the Brahma Kumaris) means to collect together the scattered forces of one's thoughts, establish them in the real self and then connect with the Supreme Soul. Initially when a practitioner begins to practice *Raja Yoga*, it can be difficult to concentrate the mind on the self and God for more than a few seconds, because thoughts are easily distracted. This happens naturally. During the initial attempts, the moments of concentration are bound to be few, short and erratic, but even a single moment of concentration is extremely valuable because it gives a taste of that inner bliss which sustains further concentration. This should be treated as a period of test and trial.

Negative *sanskars* will come to the surface. Thoughts of one's physical identity and burdens will create hurdles. Any attempt to drive them out will merely encourage them more intensely. The practitioner should take it cheerfully and transform the interfering thoughts by thinking about positive points of spiritual knowledge. When the mind experiences a flow of powerful, pure thoughts, then the pure experience of the soul's qualities is possible. Some meditation practitioners try to forcibly create a mental void by driving out all thoughts in an attempt to control the negative and excessive ones. Such a mental vacuum is only temporary and expels the good thoughts also along with the bad ones. Pure thoughts are nourishment for the soul which leads to a practical meditation experience.

Message for the day

The best way to get respect is to give respect to the self.

Expression: There is always an expectation of getting respect from those around. The one who is totally dependent on others for their own sense of well-being tends to react to situations, even if they are very insignificant ones. On the other hand, the one who is able to give respect to the self gives respect to others too and so gets respect himself.

Experience: When I am able to see my own specialities I am able to have respect for myself. Then I am not dependent on external sources for my inner state of mind. I remain free from all external influences, and am able to become a source of influence for those around me. I constantly enrich my own internal state with each thing that happens.

In Spiritual Service,
Brahma Kumaris