



Be Content

Wherever I am is wherever I am meant to be, whatever I am doing is whatever I am meant to be doing and whatever everyone else is doing is exactly what they are meant to be doing - this is contentment. If you do want to change where you are, or what you are doing, the first thing is to be content with wherever you are and whatever you are doing right now! Paradoxically that's what attracts opportunities and invitations to be somewhere else! Why? Because you are a living magnet, and contentment is one of your most attractive qualities. And the law of attraction says that according to your dominant thoughts so you will attract the people and circumstances into your life. Being content right now attracts the best possible future.

Enthusiasm

Whenever problems come my way, I tend to feel heavy with waste and negative thoughts. At that time I am not able to feel free and light. When there is heaviness in my mind, I can't move forward with enthusiasm and thereby find it difficult to contribute for others' progress too. Whatever the circumstances I am faced with, I need to make special effort not to reduce my enthusiasm in any way. Enthusiasm gives me courage and this courage in turn helps me use my own specialties for others' benefit too. I begin to discover new resources within me, which can be used for everyone's benefit.

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.

Soul Sustenance

Experiencing Positive Thoughts

Positive thoughts emerge from your values and may be experienced as:

Confidence
Contentment
Cooperation
Enthusiasm
Generosity
Happiness
Harmony
Honesty
Hope
Love
Mercy
Peace
Respect
Solidarity
Tolerance
Trust

Let's look at some examples of positive thoughts (with respect to the above values):

Happiness: Happiness raises the spirit of whoever possesses it, and brings out a smile in others.

Love: Be as enthusiastic with the success of others as you are with your own.

Honesty: If I am honest in all my actions, I will never be afraid.

Respect: The only way of receiving respect is to give it first.

Mercy: Do not lose hope in those that have lost hope.

Message for the day

To make big things small is to remain in peace.

Expression: Many times life brings situations, which are difficult and seem impossible to work on. But there should be the ability to transform something as big as a mountain into something as small as a grain of sand. To do this means to look for solutions instead of looking at problems. It also means to make effort to find the right answers for the problems.

Experience: When I have the ability to look at things lightly, I will be able to make even big things as small. This gives me the courage to deal with situations with ease. Then I am able to remain in peace. Such a state of mind is naturally able to bring out the best solutions under all circumstances.

In Spiritual Service,
Brahma Kumaris