



Artist: Caroline Urbania Naeem - Night on the Magic Carpet

## Think Eternity

Life experiences are like sentences - we are always looking for the full stop, the conclusion. It's OK to end a train of thought, but not thought itself. Thoughts are the beginning of our creation and are here to be creative. Thoughts are like the magic carpet on which the soul rides across eternity - in reality, there are no endings, no conclusions. Rest for the spirit (which is what we are) is when we allow only the current of the purest thoughts to flow through our mind - thoughts which carry good wishes and blessings for ourselves and others. This is not so much going with the flow, as being in the flow, and being refreshed by the flow. It is how we refresh ourselves. For when we have powerful, positive thoughts for and about others, who experiences them first?

relax7

## Identify The Filters In Your Life

Like different types and different colour filters on a physical level; on a spiritual level, there are many different types of filters that work in our lives e.g. the jealousy filter, hatred filter, attachment filter, fear filter, greed filter, etc. and many more. **Due to these filters, we do not see people and things as they are, but as we are, because the filters are our own self-created ones.** If we want to see people and things as they are, we need to check which filters are working most in our lives. Each one of us has different filters working to different extents, depending on our personality e.g. someone might have the jealousy filter working more regularly as compared to the fear filter in his/her life.

**Because of these filters, everything that we see is not only coloured by the colour of the filter we are using at that time, but our look is also biased** as we choose what to see, what to give more importance, what to be affected by more, what to let through the filter etc. and what not to. We have and form a deceptive vision of the things and people that surround us inside our minds. And the longer this deformed vision lasts, the more we will convince ourselves that that is the true image of the world, because our filters continue to process new data depending on what they see that make the image stronger. **This reinforcing of the incorrect image builds up our database of incorrect beliefs based on different filters and makes them stronger and stronger as we go through our life journey.** Beliefs are fixed ways of looking at reality. Thus, the world that we perceive is no longer the real world, but a world created by our own mind. So in a way we become deaf and blind on a spiritual level towards the world. To heal this deafness and blindness, we do not have to remove each filter one after the other, which may become a difficult task; but we have to discover the pure, original internal self and start seeing everything without the filters, based on the pure-self point of view. As a result of that, gradually our incorrect beliefs start dissolving and correct beliefs start setting in based on our clean unfiltered view.

## **Soul Sustenance**

### **Meditation In Action**

Meditation is not something we do but rather something we have. It is not that we spend 23 hours in an extrovert state and only one hour in introspective self-effort. In this sense, extroversion means to have the attention drawn by all the goings-on outside the soul. True introversion, also, does not mean to sit in a corner and not speak to anyone; it means to pay attention that all thoughts, words and actions are flowing in the right direction. In this respect, the churning over of points of knowledge throughout our active hours strengthens and maintains the meditative state of mind.

There are five basic points to churn over. Create your own thought commentaries around each point.

#### **Who Am I?**

I am a soul. The body is my chariot. All human beings are souls too, my brothers and sisters. I see them with spiritual love. Whilst walking and talking I see others as souls. Maintaining this vision I cross all the barriers of worldly differences.

#### **Whose Child Am I?**

Just as I naturally have the awareness of being the child of my physical father, receiving sustenance and a form of inheritance, so too I can have the natural consciousness of being a child of the Supreme Father. I can reflect on the sustenance and inheritance in the form of knowledge, virtues and powers I receive from Him.

(To be continued tomorrow ....)

## Message for the day

### Humility brings excellence

**Projection:** Humility means there is no expectation of being perfect always. So whatever is done comes naturally. There is no feeling of threat about others' opinion, but the one who is humble is able to express inner talent without any fear and expectations. So humility takes one forward towards excellence:

**Solution:** When I am humble, I am able to stabilise myself in my state of self-respect always. This naturally is felt even when I am not able to bring perfection in my actions or even when others are not satisfied with me. Internally there is a feeling of satisfaction, knowing that I am constantly learning and moving forward.

### Positive thoughts are the best nutrition for the mind

While we know that positive thoughts are the best nutrition for the mind, we need to recognize the source of these thoughts. One good way is to spend quality time with something that acts like a good company- a person, a book or an environment. As is our company, so are our thoughts. Also, it is good to avoid bad company- company that has a subtle influence on our thinking. Today I will spend some quality time with someone or something that will generate positive thoughts. I will spend at least 15 minutes today, which will help me to be positive and help me re-energize, because only the one who has power within is able to maintain positivity even in negative situations.

In Spiritual Service,  
Brahma Kumaris