



## **Love**

Love is a powerful force. It can take us to great heights and leave us feeling light and airy. Yet it has been the most abused and misused force. Many degraded things pass for love. True love is based on understanding, mutual trust and respect and not simply on transient emotions. Love is being in balance, that is, in harmony with the self, God and each other. Love dwells in the soul. We must allow this love to flow out and around us. Without love, all of life's treasures are locked away from our vision and experiences, for indeed 'love is the key.'

**To have a positive consciousness is to make action elevated too.**

To think that I am ordinary is to make actions ordinary too. To think that I am special is to bring that specialty into every action that I do. As is my consciousness, so are my actions. So it is important to have a positive approach which acts as a powerful base for creating elevated actions. Today I will take one good thought like "I am happy and will give happiness to all I meet" or "Every task that I do is important and I have a contribution to make through this task". When I start my day with such a foundation, I find that my actions are elevated too.

### **The Presence Of The Supreme Soul Or God**

Is it really true that the Supreme Soul (God) is present everywhere, in each atom in the entire universe? The sun is in one place yet its influence can be felt throughout the solar system to different degrees in different places, providing a source of heat and light, needs absolutely essential for our physical life. The closer one is to the sun, the greater the effect. In the same way God, the one who is the ocean of perfect characteristics, the source of all spiritual needs, does not have to be omnipresent (present everywhere) in order to be with us wherever we are. He can be in one location and we can still experience his closeness.

If God were literally omnipresent and thus in every atom, where is this love, peace, joy and wisdom? Are they present in every atom in this human world? If God is present inside me, how could ignorance have come to me in the first place? Can ignorance come to God? If God is omnipresent to where or to whom do I turn my thoughts? Just as a radio transmitter emanates waves throughout the world and a receiver, if tuned in, will pick them up, so too if the mind is tuned totally to the material world and physical activities, then I am unable to experience God practically in my daily life. Even though He always radiates His qualities, I can only pick up those transmissions if I am soul-conscious and if I turn my thoughts in His direction to His location. If God were omnipresent, there would be no meaning to the tradition throughout all cultures to have special places set aside (e.g. temples and churches) for worship. In those special places, is God more omnipresent than in other non-sacred places? If God were omnipresent, are the ones who are so-called *God-realised* beings more *God* than the ones who have not realised?  
(To be continued tomorrow ....)

## Soul Sustenance

### How Often And Why Do I Need To Meditate (Part 2)?

**As explained yesterday, we regularly and quite easily slip into four main negative habits.** So meditation is not only sitting in a quiet corner, and connecting with the self and the Supreme, at a couple of fixed times during the day, but **it is also the way to gently remember and remind ourselves, many times in a day, that we as well as others, are souls or spiritual beings not physical beings,** by detaching ourselves from actions and also while being involved in actions. These reminders given to the self over a period of time become natural and prevent us from succumbing to these four habits. Given below is a basic meditation, which you could use to remind yourself regularly during the day:

I have a body but this body is not me...

I have thoughts but these thoughts are not me ...

I have feelings but these feelings are not me ...

I have attitudes but these attitudes are not me ...

I have emotions but these emotions are not me ...

I have beliefs but these beliefs are not me ...

I perform many actions through my sense organs, but these sense organs are not me...

I play many roles but I am not my roles...

I experience joy or sorrow through my sense organs, but these experiences are not me ...

I am a soul – a being of energy, which is neither created nor can be destroyed, and my original and true nature is one of peace, love, joy and power...

## Message for the day

**True service is to serve equally through thoughts, words and actions.**

**Projection:** Whenever I think of serving others, I think of only serving through actions or maybe even through words. I never think of serving through my thoughts too. So sometimes I do find that my service is not complete and doesn't have a true impact.

**Solution:** Before I can think of helping someone through words or through actions, I need to make sure I have good wishes for them. Only when my feelings for them are full of positive and powerful wishes can my service create its impact on others.

In Spiritual Service,  
Brahma Kumaris