



## Be an Alchemist

Like an alchemist, transform something worthless into something precious. The key to alchemy is in your perception.

Look for the limitless possibilities that surround you. See the innate value of everything and turn lead into gold.

Focus on the pure gold within each one. You may have to overlook the visible lead to seek the hidden gold!

## Going Back To My Original Nature (Personality)

Our present personalities are basically the combined habits of this lifetime (birth), built on the combined habits of previous lifetimes (births), all of which have left their mark (sometimes deep and sometimes not so deep) on our consciousness. It may well be that habits such as becoming angry, upset, anxious, stressed, sorrowful or scared, have been with us for so long that, they feel a natural part of our inner world, so natural that when someone says our true nature is not anger but peace, not fear but love, not aggression but acceptance, not anxiety but calm, it does not feel right. And even if it did feel right for a moment, we have become so attached to our old habitual moods, emotions and behaviors that we do not really want to change. It may even be the case that we have become so weak that we need help to change. It seems much easier to stay the way we are.

As we begin to meditate and develop our spiritual practice, our views on the above subject will fluctuate. When that does happen, imagine you are having a conversation with yourself and teaching yourself. **Give yourself permission to be peaceful by nature, full of love and joy by nature, naturally content by nature, wherever you are and in whatever you do. After a while, you won't need to give yourself permission and you will find these states of being are there within you quite naturally at every moment. They are our original and eternal nature. Everything else is acquired or learned.** In so many ways introduction to spirituality, like many other approaches to inner awakening, is as much about **unlearning** (the acquired beliefs) as it is about **learning** (new beliefs).

## Soul Sustenance

### At Peace with Time - The Key to Relaxed Living (Part 2)

Not only is your strength reduced by the way that you live the past and project onto the future, but also how you live in this moment. **When, for example, you oppose the present and have resistances, these consume your energy and cause you stress. If you accept the present you can flow flexibly without wasting your energy.** Accepting does not mean submitting yourself or feeling a victim of what is happening now. From acceptance, you confront and transform. If we learn to live the dimensions of time in a healthy way we will keep up our vitality, we will heal the past and we will feel at peace with it. Accepting the present and trusting in the future helps us to be well.

**Accepting the present means stopping comparing yourself with others;** you want what the other has, their money, their talents, their beauty, their personality, their achievements, their virtues, etc. So, instead of being grateful for what you have and accepting yourself as you are, you try to have and be like the other. In this way, you are never satisfied. The dissatisfaction causes you a constant unhappiness that reduces your vitality. When you feel happy and satisfied your energy flows more easily. The most important thing that you should do in this moment is to feel content. Next, what is the most important thing? To be content. **Therefore, the priority, and what is essential, is that whatever happens in the moment, the most important thing is to be content.** So, tell your mind, "Oh, mind, be quiet and don't think so much. Oh, mind, kindly trust that everything is and will be fine." Give your mind the basic instructions and the key thoughts with which to be content. Don't let your own mind create the thoughts that trap you. It is we ourselves who create our emotional cages.

(To be continued tomorrow ...)

## Message for the day

**To make the effort to take and give good wishes is to constantly experience contentment.**

**Expression:** Whatever the kinds of personality of the person, if there is this one aim of taking and giving good wishes, there is positivity in every interaction. Attention is paid to make every word and action full of positivity. Words spoken only give happiness to others and give some kind of support to the other person to be better than what he is.

**Experience:** When I understand the importance of having good wishes for all, I am able to receive good wishes from others too. I am able to be free from the influence of the negativity of the situations and people. So I constantly experience inner happiness and contentment, even if I don't get something outwardly.

## Self Reflection

One of the unique attributes of human consciousness is the ability to self reflect. Our capacity to reflect on what we thought, felt and did allows us to learn from the past, change the present and create the future we want. In meditation we realize we are not our minds, it is a tool. The mind is like a screen and we can put anything on the screen i.e. thoughts, images, ideas, concepts. This is where our creativity begins to take shape. Unfortunately most of us do not learn to self reflect, but lose ourselves in what is on our mind. This is what leads to negative emotion where emotion is defined as 'agitation of mind'. Meditation is the perfect way to learn not to identify and therefore not lose ourselves in what we put on our mental screen. Only then can we maintain inner calm and stability, develop our creativity and consciously check the quality of our own creation.

In Spiritual Service,  
Brahma Kumaris