



## **Just Give**

With habits, never give in or we lose our dignity. With the self, never give up or we lose our destiny. With others never give your worst or you will never develop your best. The saying, "What we give is what we receive". The lesson: Just to give.

## Being Special

To be special you don't really have to do something special or spectacular. In fact, being special is a possibility for each one of us. Yes, you are special.

To be special is to do ordinary things in an extraordinary way. Value the contribution you make, value the action itself and make the most ordinary act - special!

## The Subtle Role Play Of Thoughts And Images (cont.)

**What the quality of a soul's thoughts and images (or scenes) that it creates, depends on the soul's *sanskaras*.** Depending on the quality, the soul experiences the various different emotions, whether positive or negative. When the soul first incarnates on the physical world stage from the soul world, the quality of this role play of thoughts and images is high, pure and positive, hence it experiences only positive emotions. As it plays its different roles and comes down in the birth-rebirth cycle, this quality reduces, leading to the experience of emotions like sorrow, peacelessness, etc.

A point worth noting is that **the key to any deep emotional experience, whether positive or negative is the creation of thoughts as well as images related to that particular emotion at the same time** e.g. think and visualize at the same time, the death of a close relative that took place ten years ago and you immediately have a deep experience of sorrow. Think and visualize together, a loving hug of your mother that took place in your childhood, and you immediately experience deep happiness. This type of co-ordination between these two subtle processes is true concentration. The key to any type of spiritual upliftment is the upliftment of these two processes. **The meditation that is taught at the Brahma Kumaris is nothing but a spiritual thought process accompanied by a spiritual visualization process, whereby thoughts and images of the subtle, spiritual self (or soul) and the Supreme Being (or Supreme Soul) are created together** to experience the original qualities of the spiritual self and the eternal qualities of the Supreme Being - **purity, peace, love, happiness and power.**

## Soul Sustenance

### Serving Though The Subtle Body Of Light

Apart from our physical form (body), each one of us also has a form of light - a subtle light body. It is referred to as the **aura**, and can be seen by some sensitive souls. All of us might not be able to see it, but we can become 'aware' of the aura of others' through the vibrations they emit. **The purity of our subtle, light form is dependent on the purity of our thoughts or mental vibrations.** Given below are some thoughts for a meditation to help experience your subtle form and serve through it. Think and visualize each thought alongside:

I become detached from my physical surroundings... I consciously create only the purest thoughts... Now I visualize my true form... I am a subtle being of pure spiritual light, a sparkling star situated at the center of the forehead... Gradually, I become aware of my subtle body of pure, white light surrounding my physical form... In my body of light, I, the soul, the sparkling energy, consciously stand up and step away from my physical form, which remains seated... I, the soul, inside my subtle body, observe my physical body in a detached way... Now I slowly fly outside the room I am in... I visualize myself, in the subtle form, suspended in the sky... White rays of spiritual light radiate from me, the soul, and my body of light into the world... like that of an angel... In this pure awareness of myself in my form of light, I realize that the greatest gifts I can share with those around me are the light of love, peace and truth.

**Sitting anywhere, this meditation exercise can be done to visualize oneself in a hospital, on the site of a natural calamity, accident, next to a friend or relative in pain etc., basically anywhere where vibrations of positivity, peace and happiness are required – the location of visualizing yourself can be hundreds of miles from where you may physically be.** As you practice the art of being aware of your subtle body, you will begin to sense how you can have a positive effect on others simply radiating good wishes, pure thoughts and pure feelings.

## Message for the day

**The method to stay in constant enthusiasm and to keep others enthusiastic is to see specialities in others.**

**Projection:** Many times while I am sincerely working towards my task, I find myself losing my enthusiasm. I also might find people not very happy with me or my work. I do make an attempt to understand their feelings but fail to do so. Such negative responses further reduce my enthusiasm.

**Solution:** I need to develop the art of looking at specialities in people. The more I am able to see their positive qualities, the more I am able to relate to them with that speciality. This encourages the other person further to use that speciality. This will naturally keep me constantly enthusiastic.

In Spiritual Service,  
Brahma Kumaris