



## Patience

Patience and more patience enable a closed mind to gently unfurl.

## **Experiencing My True Essence**

I feel comfortable and attentive... I am conscious of my thoughts and I direct my attention to my breathing... I breathe gently and deeply... I begin to feel how my body and mind relax... I let go of the things from outside... I feel free, like an observer, beyond everything that surrounds me: people, objects, sounds, worries... Everything slips away from my mind... They pass and go away like the clouds in the sky, until they fade away and everything remains completely clear.

I open a door. It is the door of my inner world... I discover that it is like an immense ocean... In the depths of my inner being there is silence, peace, calm and serenity... I go within... I let go of the past and I see it disappear... I submerge myself in this unlimited ocean, where all the mundane (related to the physical and my day-to-day routine) and negative thoughts melt away... Before me, there opens a path of light that takes me to the depths, where my true essence is found...

I see, in front of me, on this path of light, a star, marvelous and radiant with light... From it radiate rays of peace and love, towards me... My mind is tranquilized; I am filled with silence and peace... My thoughts are full of light, of peace, of love... I feel a deep acceptance and serenity inside me... In this space of silence I am with myself... I feel free, light, peaceful and free of worries... I am at peace... I feel peace... I am free... I am myself...

Now it is time to return... I breathe gently and I am aware of the place I am in... I feel tranquility, silence, peace, wellbeing... My eyes and my face express this wellbeing... I feel myself free... I feel well with myself and with others...

**To recognize what is negative and waste is to have the ability to overcome them.**

When something negative or waste comes up, I need to recognize it immediately. If I am not able to do that, I actually invite it into my life, make it my guest, give it attention and encourage it further. So, it is important to recognize immediately and change anything negative or waste that comes my way. Today I will keep a check on my thoughts from time to time. As soon as I find something waste or negative coming up, I will not encourage it further. I will immediately either create another thought or move away from the situation temporarily till I change my thoughts. Such attention over a period of time, will help me recognize quickly and overcome what is negative and waste.

## **Soul Sustenance**

### **The Benefits Of Soul Consciousness (Part 3)**

The following differences between body consciousness and soul consciousness, will make you realize the benefits of soul consciousness (the practice of meditation make us soul conscious):

In Body Consciousness: I am disturbed by feelings of false attractions.

In Soul Consciousness: I am attracted by the qualities of the Supreme Soul only.

In Body Consciousness: I give sorrow, like a thorn hurting everyone.

In Soul Consciousness: I spread the fragrance of virtues like a flower.

In Body Consciousness: I see everyone relative to my individual identity, my life revolving around "me"... this is arrogance (ego).

In Soul Consciousness: I respect each individual and relate to them with humility (egolessness).

In Body Consciousness: I am tense and tired.

In Soul Consciousness: I am alert and relaxed.

## Message for the day

**When there is determination in my thoughts, the clouds of negative situations will fade away.**

**Projection:** There are a lot of negative situations that come my way, as I am moving along. During the difficult phase I tend to experience a lot of negativity within too, either in the form of fear, anger or pain. At that time the difficulty seems very big and seems to last forever.

**Solution:** I need to recognize the fact that whatever difficulties I face are like passing clouds. These clouds come at their time and fade away at their time too. I need to develop the determination to work on my problems with this understanding. I will then be able to face the situation with ease.

In Spiritual Service,  
Brahma Kumaris