



Walt Disney with his Creations

## Recording Memories

What memories and experiences are you capturing?

Just as we can select what we want to capture when recording videos, in the same way, we can pick out what's best for our purpose when recording memories.

We have choice, what we fix our vision on, and what we absorb through our eyes and ears.

And just as we can edit, delete or save a recording, we have the same options for how we choose to recall and replay our memories.

## Inner Beauty

While we spend much time 'making up' our faces to ensure our appearance is beautiful for others, we forget to make up our minds. This is not about making decisions. Making up our mind means ensuring that our thoughts are positive and our feelings towards others are filled with good wishes. When we do, others begin to sense a deeper beauty emanating from behind the skin! This is inner beauty. Don't hide behind your face. Let the real you show through.

relax7

### A Gauge To Check How Spiritually Powerful Am I

The territory of spiritual understanding is both infinite and unlimited. Simply put, spirituality can be defined as the rediscovery of the deepest values, virtues, positive *sanskars* or characteristics of the human soul. The innate attributes or characteristics of the soul (peace, love, truth, purity and happiness) give the soul its power. The power of the soul cannot be quantified either on a physical or a non-physical level. **The power can only be experienced and revealed to the self and others through the 'quality' of the above characteristics and the different forms they are given by the soul itself.**

For a practitioner of meditation, whether a beginner or an experienced one, patience and a gentle persistence guarantee two aspects of self-progress (in varying degrees in different souls):

- 1. rediscovery and revelation or expression** of one's spiritual attributes and secondly, but very importantly
- 2. the ability to give them an appropriate form internally or externally, depending on the requirement of the situation.**

A particular soul might be good at both aspects, another one very good at the first aspect and not so good at the second one. When we choose to be peaceful, we reconnect with our inner peace and create the spiritual form of peace within our self. This form created is different for different souls,

depending on how powerful the soul is. So what is the quality of that form, what is the quality of our peace? Is it a superficial quality that is easily disturbed with unexpected changes in our external circumstances, or is it a deep peace which is stable even in the face of fierce criticism from others? Only we know the quality of our spiritual forms.

## Soul Sustenance

### The Psychosomatic Effects (Effects on the Body) Of Fear

The human being is psychosomatic by nature – what that means is that our health is deeply influenced by our behavior, thoughts, emotions and social relationships. Therefore, in order to experience good health, we should care for our life style, our mental, sentimental, emotional and relational world, as well as our communication. Fear is bad for our health. It manifests itself in the form of anger and promotes coronary diseases. Fear suppressed for a long time ends up producing diseases such as cancer. Apart from cancer and heart attacks, there are other illnesses brought on by fear: addictions, anxiety, arthritis, asthma, irritability, nervous breakdowns, memory loss, gastritis, back pains, baldness, diarrhea, sciatica, crying attacks, alcoholism, constipation, hypertension, cystitis (bladder inflammation), vomiting, palpitations, digestive disorders, ulcers and migraines.

**When we get old, our neurons do not die, but rather the connections between them disappear,** that is what recent scientific research suggests. The neuronal connections or synapses keep us lively and young. **When we have pleasant experiences, such as during meditation or when we are on a holiday or are surrounded by friends or while working in a team, some examples of activities in which we feel happy, the neuronal connections are more fluid.** However, the lights go out when we feel fear. It is an emotion that is capable of slowing down and blocking the electrical impulses between the neurons. With fear we are less creative and we get older more quickly. If we do not want to suffer illnesses (or want our illnesses to get worse) we should learn to manage and overcome fear.

## Message for the day

**Even the impossible becomes possible with determination and there is sure success.**

**Expression:** The one who is determined is the one who never gives up in adverse situations. He is able to use all the challenges as a means for self-progress. He is never deterred with situations which seem difficult to handle, but is able to creatively bring out new ideas that help him to cross over the obstacles with ease.

**Experience:** Determination brings confidence in me and in my ability to achieve what I set out to achieve. I am able to remain confident and sure of my own success. This confidence gives me the encouragement not to let go half way through, but to do something till the end. With each obstacle that comes my way that seems to deter me from my path, I find myself improving and progressing, making myself better and better. So I am able to experience success constantly.

In Spiritual Service,  
Brahma Kumaris