



Free Mind

A free mind is a mind that is open to everything and attached to nothing. Most people spend much of their time looking for reasons to be offended. An open mind is never offended because it is free of any attachments. It is never the self that is offended but always the illusion that the self has of itself that is affected by insult! If you can really understand this, deeply grasp it's truth, live it each day, then pain will be no more. Next time you 'feel' offended look closely within yourself at yourself and ask yourself what was offended? If you remain aware you will see that it was only an image of yourself which you had become attached to, and that image did not resonate with the image contained in the insult. If you weren't attached, if you didn't identify with the wrong image of yourself then there would be no offense taken. You would then remain free and therefore happy.

### **Watch Yourself**

Most of us are of sound mind, but many of us have trouble maintaining a note of harmony and peace. Most of us know how to think, but few of us are able to control our thoughts. We all have the capacity to be creative, to image new ideas, but few of us are able to do it together and co-create in harmony with each other. We could all do with some mental training so that we may use the most powerful energy in the universe, the mind, which is always at our instant disposal. We can begin with mindfulness. It's a simple way to gently help our mind go where it is best to go, do what is the best thing to do. It begins by simply being fully aware of what you are doing. Mostly we are not fully aware, as our minds wander into the past and then into possible futures. We spend most of our time watching others and so rarely fully focus on what we are actually doing ourselves. Next time you sit down to a meal, watch yourself. Be aware of only what you are eating. Every time your mind wants to wander, bring it gently and lovingly back to the action and sensation of eating. Then do the same when cleaning, when writing, when working. The more you do it stronger and more focused and more rational will be your concentration, the more natural will be your actions, the more peaceful you will feel, and the more relaxed you will be, no matter what you are doing.

## The Three Mirrors For Inner Beauty

"Mirror mirror on the wall, who is the fairest of them all?" are famous words. To check our external beauty or tidiness, we look into the mirror on the wall each day. But on a mental, emotional and spiritual level, what is the mirror that helps you to see if there is anything wrong with your inner face or self or to realize what is happening to you and what you have to do to maintain your inner fairness or beauty?

There are **three types of mirrors**, which one can use to see or check the internal self:

**The first mirror is the mirror of spiritual knowledge** - Spiritual knowledge is the knowledge related to spiritual self-development i.e. of the soul and also of the Supreme Soul. Each day, in the morning, you can look into this mirror for 5 minutes at least. **Looking into this mirror means listening to or reading a piece of spiritual knowledge for at least 5 minutes that connects you to your inner essence, increases your emotional and spiritual intelligence as well as reminds you of your true purpose.**

You will see yourself very clearly in this mirror as this mirror will show you:

- \* **the knowledge of the original and ideal virtues of the soul like peace, love, bliss, purity, power, joy etc.;**
- \* **how these virtues can be imbibed in the self** to benefit the self and others;
- \* **the knowledge of the different types of weaknesses that can arise in the soul like anger, greed, ego, hatred, fear, attachment, jealousy, sorrow, etc.,** the roots of all which lie in mis-identification with the physical self and forgetting the spiritual self and how these weaknesses can harm the self and others;
- \* **the knowledge of overcoming these weaknesses.**

All of these things which you see in the mirror will help you to check where you stand in comparison to the right code of conduct for thoughts, feelings, attitudes, emotions, words and actions, where you are going wrong and how you can make the required corrections in the same. On looking into this mirror you will be reminded of the Law of Karma (the Law of Action and Reaction), which will motivate you to make these corrections.

(To be continued tomorrow ....)

## **Soul Sustenance**

### **Fear And The Law Of Attraction**

You should be careful with what you are afraid of, because you can invoke (call for or attract) it.

Fear is like a magnet. If you are afraid that something will happen to you and you get obsessed about it happening, you are effectively invoking it to happen.

If you are very afraid that something might happen to you and you begin to visualize that it might happen or how it might happen, this terrifies you and it closes you into a phobia and a state of fear. What you are doing is invoking it to happen, because the power of the mind and visualization is very great. If you are afraid that you might be robbed, or of meeting with an accident, or of losing, you are invoking the robbery, the accident and the loss. Fear of rejection produces rejection.

That is how extraordinary the power of our mind is. That does not mean to say that we should not take the necessary precautions. An aged woman knows that to fall can mean her bones might break more easily. She should not be preoccupied with a fear of falling; she simply needs to apply attention and precaution when walking. But when precaution is confused with fear, it is not a healthy precaution or one that is free from worries.

## Message for the day

### Words that do not give courage are waste.

**Expression:** When someone is facing a problem, if the words are not those that give courage to the one facing the problem, then such words are wasted. There would be no use of speaking such words. In fact, to speak such words is to discourage the other person further. So when attention is paid to speak only those words that are for the benefit of all there is a positive and a powerful impact on others.

**Experience:** Even when I keep attention on a simple thing like speaking only positive words, or words that bring benefit to others, I find myself having only powerful thoughts and words. I am neither discouraged by others' behaviour nor will I ever discourage others. I continue to have faith in others and allow this faith to colour my words and actions. So I find that there is benefit in whatever I speak.

In Spiritual Service,  
Brahma Kumaris