



International Yoga Day- June 21, 2015, Rajpath, New Delhi with Prime Minister Modi

## First Change

There is no greater teacher than one's own practical example. To be really benevolent therefore means that I must first change, then I have the power, the knowledge and the experience of thinking and doing for the ultimate benefit of all.

## **Experiences**

We are unique individuals who have been shaped by the experiences we've had.

Our talents, successes and strengths have shaped us along with the insights that have come from the failures and mistakes.

Recognising and valuing the past allows us to make better choices today.

### **Topics For Meditation Thought Commentaries**

As you start your meditation practice, you need to have in mind some simple topics for your thought commentaries on which you base your meditation. Repeat them gently. Doing that will give you enough time to experience the feelings hidden inside them. Realization of thought commentaries will help your thoughts to develop and your thoughts will slowly expand as you now guide yourself in your meditation. Take up a few simple topics or phrases as the foundation for your meditation. Initially, listening to a guided meditation commentary on an audio cassette or CD, which is available at any Brahma Kumaris center will be extremely helpful. As you get an idea about what thought commentaries are all about, you can gradually start creating your own powerful, positive, thought commentaries. These will ultimately have more meaning for you because they have been created by you and you will easily be able to relate to them. You can continue to take the help of recorded commentaries, though, from time to time. Given below are a few topics for your thought commentaries, which you would find helpful and which you can explore.

\* I am a subtle (non-physical) point of consciousness, which resides within this body (situated at the center of the forehead), I am the energy which brings this body to life every day. I am the energy which uses this body to see, to speak, to touch and to hear. I am the energy which experiences everything via the body. But I am not this body.

\* I am a soul, a being of light, situated at the center of the forehead, radiating pure light into my body, out towards others close to me and the world. As I turn within and remember who I am, I experience my own capacity to have pure love for all others. It is a generous (kind) love that neither wants nor needs anything in return.

(To be continued tomorrow...)

## Soul Sustenance

### Keeping The Watchman Of Attention Alert

All the religions and spiritual groups place a lot of importance on the virtue of **discipline**. Without discipline you do not manage to transform negative habits and you do not create a new state of awareness where the self is nourished through the experience of spirituality. Every day you eat, you brush your teeth, bathe, drink water and breathe, and all of this you do not consider a discipline; you have adopted them as something natural in order for your body to continue working. On a spiritual level you also need to nourish yourself and to have a discipline that, with practice, a time comes when it becomes natural because you incorporate it into your life. **In the process of change you need to discipline yourself in order not to let old habits come to the forefront.** Until you have burnt them and they have died, you should keep the *watchman of attention* alert in order to maintain your self-control, given that each time you use a negative habit in action, you strengthen it. When you do not use it, you allow it to die.

The path of the spiritual traveler is therefore one of waking (awareness of self as soul) and sleeping (under the illusion that we are our body), waking and sleeping. We tend to fluctuate between the two (like dawn and dusk) until we find stability in soul-consciousness. This is why it is important to awaken and stay awake, and why it's important to give our mind and intellect good **spiritual food (knowledge)** and **exercise (meditation)** every day to keep them fresh and alert. Being conscious of the soul, acting from that consciousness, the scars (habits and tendencies) left by past actions based on illusions of bodily awareness are healed. Discipline is necessary for growth and personal transformation if you want to obtain satisfying and permanent results. If not, the old habits continue to rule in your life. **The evidence that our discipline in the practice of meditation is working is mental lightness and an increasing easiness in our interactions with others.**

## Message for the day

**The method to serve is to become an embodiment of power.**

**Projection:** Service to others is usually understood as bringing benefit to others through what I do. I have love for such service and make an attempt to do it too. But sometimes busy in such service, I find that my own self-progress is left behind.

**Solution:** I need to pay attention for my own self-progress by learning from everything that happens. I thus find myself improving and filling myself with power. This power spreads around and shows the right path to others, just like a lighthouse and others continue to take benefit from me.

In Spiritual Service,  
Brahma Kumaris