



## Imagine

Imagine throwing a pebble into the Pacific Ocean knowing that the ripples will reach the shores of Japan.

In the same way, imagine sending out one powerful thought into the world knowing that the vibes from that thought will touch someone, somewhere.

Thoughts can travel. They move at great speed and can have a considerable impact.

## Enjoy the Journey

It is a sign of wisdom to be able to set goals and then, having done so, to let them go.

All that is required for success is a vision of the destination. The journey itself will reveal the means to take you there.

### Transforming Reaction To Response

In its original form, anger was not anger, not a negative reaction; rather it was the energy of a positive response to people and situations, but the **response** gradually changed to **reaction**. When we return to our spiritual identity, we begin to rediscover that capacity to be still, stable or centred, and we are they able to respond positively even to negative situations, or people. With spiritual consciousness, the energy of this negative **reaction** is transformed into being able to accept, understand and deal wisely and peacefully with whoever, or whatever, is encountered.

In order to extinguish (overcome) anger, one has to use peace and silence, to understand that peace is the original state of one's being; to remember that 'I am a peaceful being' means to emerge the consciousness of non-violence.

Silence, that is learning to put a brake on the mind and tongue, helps us to think before speaking and, as a result, saves us from many confrontations with others.

## Soul Sustenance

### Meditation - A Process Of Cleansing, Dialogue And Joining (Part 4)

**Meditation can be defined as a process of cleansing, a process of dialogue and a process of joining. Yesterday we had explained it as a process of joining. Today we throw more light on the same:**

#### Joining (cont.)

The Supreme Power is the eternal reference point for all creation, whose task is to recharge and cleanse everything. **Being eternally pure and untouched by any trait of selfishness or violence, the Supreme Being is totally benevolent (kind), and through the eternal energies of love and truth is capable of recharging and filling the human soul with all the powers.** Of course, each person chooses their own level of cleanliness, recharging or fullness. That personal choice will determine the resulting powers of love, peace, happiness and truth to be found in the individual.

The Supreme Being is like an eternal point of pure Light that resides in the world of eternal silence, beyond time and matter. Through concentrated thought we can reach this source of love and purity. When our mind is **synchronized** it takes just a second to establish communication. When we reach this place of eternal silence, the world of silent light, we focus our loving attention on the Supreme Being. If our focus is deeply concentrated we can feel the self is filled with the purest peace and love, something we have never felt before in our lives. This is *yoga*: rejoining the self with the Supreme Being and, in this union, we once again recall all the things of value that had been hidden. So ***yoga* means remembering: remembering the original self, the original and eternal relationship with the Supreme Being and remembering, through experience, the true meaning of love, peace and happiness** (as a result of the connection with the Supreme).

## Message for the day

**Become the ones who make efforts continuously and experience constant self-progress.**

**Checking:** Check if there is any doubt within you whether you'll succeed or not. If there is any such doubt it means that your effort is not continuous. Where there is constant effort you experience constant progress.

**Practice:** Each day remind yourself of at least one thing that you have achieved for the day. When you make a habit in this way, you will be able to notice and experience the fruit of the effort that you put in.

In Spiritual Service,  
Brahma Kumaris