



## Life

Your thoughts guide you to your destiny. If you always think the same you will always get to the same place. Think in a new way and you will be a new person.

## Conquering The Emotion Of Jealousy (cont.)

**Internal contentment or satisfaction is the antidote (neutralizer or healing agent) for jealousy.** People with strong self-esteem and self-respect are the ones who remain satisfied or content and away from the emotion of jealousy while coming in contact with different people with their own unique specialties, virtues and attainments.

**Self-respect or self-esteem depends on knowing who I am, knowing my eternal (ageless), internal self.** When I have found that sense of internal identity, I feel I have a right to be here, to exist. Without this dimension, it is very difficult to really respect myself deeply. If I base my self-respect on identifying with the superficial (artificial) aspects of my being: my looks, personality, wealth, success, my friends, intelligence or my role, I will never have a stable sense of self-respect, because all these aspects are changeable. Thus I will end up fluctuating all the time. **To stay stable in my self-respect, I need to have a deeper understanding of my internal self and tap into those riches that are within me forever, waiting to blossom, like the flower from the seed.** As I become internally aware, those riches and resources start flowing out of me. The more stable I am in my self-respect, the more I radiate what I truly am. I feel a deep sense of contentment and I am happy to be me, however I am. I accept myself as I am.

Let us be honest a person who is jealous just cannot sit stably on the seat of self-respect - they keep moving i.e. fluctuating. Today they meet a person with lesser specialties or attainments than them and they are on top of the world - they rise above the seat of self-respect and enter the dimension of ego. Tomorrow they meet a person with more specialties or attainments than them and that is a bad day for them - they go underneath the seat of self-respect and enter the dimension of low self-esteem. What a shallow way of living! The ideal way of living - in both cases, remain in self-respect and give respect to the other. Remember that the jealous, the angry, the bitter and the egotistical are the first to race to the top of mountains. **A confident and internally content person enjoys the journey, the people they meet along the way and sees life not as a competition.** They reach the summit last because they know God isn't at the top waiting for them. He is down below helping his followers to understand that the view is glorious where ever you stand.

## Soul Sustenance

### Understanding The Mechanism Of The Virtue Of Peace (Part 3)

**To experience the eternal peace of the soul world, I do the simple exercise explained yesterday and then go a step further.** Having created the thought about myself that I am a sparkling star-like energy at the centre of the forehead, just above the eyebrows, visualized it and as a result experienced it, now my objective is visualizing my star like form in the soul world. With this objective in mind, I now create a simple thought that I the star-like energy will make a short journey to the soul world and back. So I create simple thoughts and visualize alongside that I, the soul am leaving my physical body and flying outside. Then I, see my star like form, slowly fly past the ceiling of the room I am in and see myself suspended in the sky (night sky makes the visualization more easy). I see myself as a point of radiant light high above many many buildings and lights. This is similar to what one would see from an aeroplane window while landing or taking off. I then see my light form going higher, past the atmosphere and going past a sea of stars and a few planets and the moon. I then take this visualization further and see myself entering the soul world, a region of soft orange-red light (this is similar to how it looks like at dusk). This region is multidimensional and unlimited in size or expanse. I see my star-like form suspended in this region, radiating rays of peace in all directions. I also see other white/golden star-like souls just like me in the same region. I spend some time in this region, in this experience. In this region my thoughts stop completely and I am only visualizing.

**This is the eternal peace experienced whilst visualizing the spiritual self in the soul world. The peace experienced in this exercise is greater than in the exercise mentioned yesterday. Thus the sanskara of peace created in the soul in this exercise is deeper.** After a few minutes of this experience, I see myself descending in the physical body in exactly the same way as I flew to the soul world. **This is just a visualization exercise or experience and the soul does not actually leave the body and go anywhere.** The two practical exercises explained in yesterday's and today's message can be used to experience the two types of peace mentioned. At one time, you can choose to either experience both types or only the first one. You can start with a few minutes and increase the time gradually. **Continuous practice will create stronger sanskaras of peace and take you closer to your original state of peace.**

## Message for the day

**The method to get help is to take the first step of courage.**

**Projection:** When I set out to achieve something, I usually expect help from situations or people, but am not always able to get it. Then I tend to become disheartened and sometimes tend to give up the task altogether.

**Solution:** The right way to get help is to first take a step forward even in the most negative situations. With courage and faith when I start in whatever little way I can, I find the help coming to me. Then I will neither stop nor give up with the little setbacks that I am faced with.

**Contentment brings discipline in life.**

To be content is to appreciate everything that is in my life. When I live well, I will make use of everything that I have. At the same time, I will be open to new things without getting overly ambitious. This will ensure that I respect everything I do. This automatically sets a pattern and a discipline in my life and within this pattern itself there will be margin for new things. Today I will set up my routine for the day. While I set up a routine for the physical tasks that I do, I will also set up a routine for the mind. I will ensure that internally I appreciate everything that I do. That means, I am clear about the significance of the task and what quality I need to use while doing it.

In Spiritual Service,  
Brahma Kumaris