



Walters Group Towers, a wonderful engineering

Going Deep

Just as the highest tower needs a deep foundation, so too our higher thinking is based on going deep within.

Happiness

Happiness is the art of living, the purpose of our existence. Happiness is the true index of quality of life. Without happiness, life is dry and meaningless. With happiness, life immediately becomes fulfilling and wonderful. Happiness is an infectious feeling that immediately lifts the sagging spirits of people. Happy people keep themselves happy because they know the little ways to appreciate themselves and to see the humour and magic in each moment.

Fulfilling The Criteria Of Positivity (cont.)

In yesterday's message we defined positivity and negativity from a spiritual perspective. Further elaborating, negativity hides my truth, and causes me to take incorrect steps during the day, without realizing, hurting myself and others yet not knowing how or why. At the level of non-physical spiritual vibrations, we are all connected with each other, as a result of which **if I help others to come close to the experience of truth, a state in which the other is an embodiment of the virtues of peace, love, joy, purity and power** (as defined yesterday), **I will also help myself: whereas if I bring others down into a state of falsehood, the opposite, that will also bring me down.** Whenever I give another soul an experience of any of these virtues, the virtue first flows through me and then touches the other. As a result there is an increase in the virtue inside me first and then the other is benefitted.

In the entire day, my words and actions may be numbered, but my thoughts are in thousands. My mind works, even when I sleep, even though I am not active physically at that time. The quality of my thoughts at that time is largely influenced by the quality of my thoughts, words and actions during the day. So I need to be aware throughout the day as to how much is each thought, word and action of mine fulfilling the criteria of positivity i.e. bringing me and others closer to a state of truth. **The more my thoughts, words and actions do so; the result is an increase in an experience of inner and outer lightness in the self and a similar experience from me to those who come into my contact or whom I interact with.**

Soul Sustenance

Do Love And Suffering Go Hand-In-Hand (Part 1)?

There are two things that touch or move us in life: **pain** and **pleasure**. **Both create addiction**. We feel pain in the body, and sometimes it is even emotional. But suffering arises in the mind. The suffering in the mind arises from thinking negatively towards the self, towards others, looking at them with a vision or attitude that causes grief, sorrow and suffering. Both extremes, pain and pleasure, can create addiction. On creating addiction it can start to form part of someone's identity. Later if one tries to stop the addiction of pain or suffering, it can almost feel like a threat towards the self, and towards one's own identity as one perceives it, because suffering is identified with. It is too hard to see oneself as no longer suffering.

An e.g. in this regard is that of a mother, with three children, who was undergoing a meditation course at one of the Brahma Kumaris centers. Her daughter had learned to meditate and became very happy and joyful. Seeing her happiness the mother came to learn to meditate. With a few sessions she felt much more at peace and had very good experiences, but all of a sudden she decided to stop the meditation practice and leave the course because she was starting experiencing a positive detachment, which she perceived as negative. Now, she **was no longer feeling afraid of what might happen to her children**. The meditation was awakening in her a **love free from fears**, but it brought on in her an inner clash of beliefs between the old and new beliefs. Her old belief was **that to love someone is to suffer about them or create pain related to them**.

(To be continued tomorrow ...)

Message for the day

To switch on the power of awareness is to be free from being mood off.

Expression: To be mood off means to find excuses and reasons to feel negative - to have negative thoughts for the self or for the others. But if there is a strong powerful awareness in the mind, a positive thought about the self, there will not be a chance for a negative thought to enter the mind. So there will never be any reason to be mood off.

Experience: When I am able to maintain a single powerful thought, I am able to remain happy and content. I am not dependent on the external situations for the internal state of mind. Nor do I make external situations as an excuse to further weaken my own thoughts. So there is constantly a feeling of positivity under all circumstances.

In Spiritual Service,
Brahma Kumaris