



Meditation

Why has meditation been the core practice of all wisdom paths for over two thousand years? Because it is the most effective method to access your innate wisdom, rediscover inner peace and enhance your creative ability. Meditation restores well being, and once your being is well again, all that you do will be successful and fulfilling.

A Powerful Consciousness Of Faith In Critical Situations

Almost every single day in our present lives brings with it various ups and downs in **mind or *sanskaras*** (when our thoughts or *sanskaras* are not the way we would like them to be, in spite of us wanting them to be so), **body, wealth (or profession or role) and relationships**. There is not a single human soul existing in the entire world today that is experiencing a constant state of positivity in the four parameters mentioned above. All parameters are extremely changeable and every now and then seem to bring with them negative surprises. A very simple reason for this is today we stand at the fag end of the eternal world cycle, when every human soul is in its last phase of its journey of birth and rebirth in this respective cycle, a journey in which it has committed many mistakes, especially in the latter part of the journey, as it has continued to lose its power and succumbed to negativity or the consciousness of the physical body.

So the problems from time to time in the four parameters mind, body, wealth and relationships are nothing but a reflection or mirror image of incorrect actions performed by each soul, especially in the latter part of this cycle. If we are expecting a time to come in the present time, when all these will be absolutely fine and they will always be positive, that will not be possible, not until this cycle reaches an end and we return back home to the soul world. Until we return, we will need to settle all our accounts of our past *karmas* or incorrect actions, by being faced with problems in these four parameters (not necessarily in all of them at the same time, but in one or more from time to time) and overcoming them with ease, positivity and power. **Instead of running away from this reality we need to accept it completely** and instead of looking at ways of keeping these parameters positive on a physical or superficial level only, which we will be able to do but only to some extent because there will be times when it will not be possible for us to change the negativity in these parameters, in spite of our deep efforts on a physical level. We should do it and we will be able to do it at times, but it will not be possible each time that these parameters will change for the better as much as we want and at the speed we desire.

(To be continued tomorrow...)

Gratitude means being thankful and appreciative for everyone and everything in your life.

Being grateful makes you happy. It stops you from taking life for granted. So cultivate an attitude of gratitude by taking time to focus on all the good things in your life.

Maybe even try holding a short gratitude session, weekly.

Soul Sustenance

The Power To Transform Emotions (Part 1)

As with feelings, **when emotions are aroused, there are physical changes inside the body in the form of chemical and electrical activity.** In fact, **strong emotions don't just affect the body; they also have an impact on the soul.** When the soul suffers emotional trauma, from which there is lasting impact, the emotional trauma brings about an immense strain on the brain and body. Brain chemical production is likely to be affected, and there may also be feelings of depression and tiredness. But the real trauma at the root of these physical effects is at a deeper level within the soul itself, and the resulting emotional sensitivity will also arise from the soul.

e.g. I suffer a series of losses or setbacks in my business that causes a lack of confidence and self-respect inside me. A *sanskara* of low self-esteem is created inside. As a result I become emotionally unstable and sensitive. I'll show a tendency to react emotionally with extreme sorrow (may be in the form of depression) or extreme anger (sometimes in the form of an outburst) whenever there is a similar setback that touches this sensitivity. A person who has not suffered similarly in the past and does not have a *sanskara* of low self esteem, and as a result does not have this tendency, will not react in a similar fashion under similar circumstances.

(To be continued tomorrow ...)

Message for the day

The power of silence makes the impossible achievable.

Projection: When I am faced with a difficult situation, my mind is flooded with thoughts. I also begin to talk about it a lot, describing the problem to all I meet. Then the problem looks so big that I feel I could do nothing to change it.

Solution: I need learn the art of silence(mental and verbal). Internal silence brings the right solutions because my mind is calm. And when I don't describe the problem too much to people I will know there is a solution and I will be able to find it too.

In Spiritual Service,
Brahma Kumaris