



Deepest Step Well in the World, Rajasthan, India

Inner Place of Silence

There is a part of you that is perfect and pure. It is untouched by the less than perfect characteristics you've acquired by living in a less than perfect world. It is filled with divine qualities, so is in a constant state of resourcefulness and well-being. Its total absence of conflict and negativity of any sort makes this part of you a Still-Point...a deep, enriching experience of Silence. Make time to practice reaching this inner place of Silence. It will bring you untold benefit.

Soul Wound Healing Through Meditation

Our connection with the Supreme Soul, through meditation, is the best way of healing the inner wounds and negative traces, inside the soul, which have been left by the negative *karmas* of the past. **Given below is a meditation commentary that will help you to absorb the positive healing energy of the Supreme in order to do the same:**

I become aware of myself as a tiny sparkling star of light, situated just above the eyebrows - a soul... In soul consciousness, I experience the beauty of the many qualities like peace, love and bliss; of the spiritual being that I am... Now I turn my mind to the soul world... Over there, I visualize, in front of me - a sparkling Sun of golden light - God, the Father and Mother of me, the soul... He radiates immense spiritual energy... I turn my mind and intellect to his light... I feel the warmth of His presence and the light of His love for me gently healing the wounds of the past that are buried deep inside me, the soul... wounds left by ego, fear, sorrow, jealousy, hatred, anger...

While I sit and absorb this healing energy from the Source, I also transmit that light and positive energy out into the world... This light touches everyone I know and have ever known... It is a light which also heals my negative vision of them... I now recognize everyone around me as brother souls, playing their own unique roles... With this new soul-conscious vision, I experience unconditional love for each soul and all negative memories and past hurts associated with each of my relationships is consciously released... The past is forgotten, resulting in a deep feeling of freedom inside me...

The beauty of the Law of *Karma* is realizing that when our consciousness is filled with happiness, peace and love for others today; and we transmit that positivity to others through our words and actions, the energy received back from each of our relationships, as a result of doing that; ensures that our own future will be bright.

Soul Sustenance

The Thought-Destiny Cycle

The process by which we create our own destiny is quite easy to see in theory; however it requires some checking to see how it matches the reality of our practical lives. Here is the process in brief:

- As our **intentions**, so will be our **thoughts**.
- As our **thoughts**, so will be our **feelings**.
- As our **feelings**, so will be our **attitudes**.
- As our **attitudes**, so will be our **actions**.
- As our **actions**, so will be our **habits**.
- As our **habits**, so will be our **personality**.

As our **personality** in all our relationships on our journey through life, so will be our **destiny**. So watch your thoughts! Be aware of your intentions!

Our intentions are based on our **beliefs** about who we are, where we are and why we are here. If we believe we are the physical form, our belief will be that we need to survive as long as possible. This leads to the intention to get what we think we need before others, which leads to competition, which leads to feelings of fear. Our destiny gets shaped accordingly. When you know you are the non-physical and immortal (which is neither created nor can be destroyed) energy, a soul, then survival is no longer an issue and your intention is one to **include, connect and co-operate with and enlighten others. The service of others at a spiritual level becomes the highest intention in action.** It is fully free from fear and can be seen as an act of love. This is why competition and authentic spirituality can never be found together.

Message for the day

A single positive thought helps in changing the entire situation.

Projection: When I am faced with a negative situation the first thought I usually get is a negative one. The thoughts that I follow are naturally negative too because the mind looks for reasons to sustain that negative frame of mind.

Solution: I need to make the effort of intentionally taking a positive thought, thus I find all other connected positive thoughts coming up naturally this is because the situation doesn't look so difficult or challenging with my positive frame of mind.

You are what you eat.

We've heard that expression countless times.

Yes, it's important to eat healthily but it's equally important to pay attention to how we cook and how we eat.

Nourish yourself.

Cook and eat with care and good feelings.

And don't forget to add the special ingredient, love.

In Spiritual Service,
Brahma Kumaris