



Acceptance & Appreciation

Acceptance is the secret of contentment.

Appreciation is the secret of happiness.

Reaching The Destination Of Peace On Time (cont.)

In yesterday's message, we had mentioned the main type of distractions that you might face in your journey to the destination of peace. The secret of not getting affected by each of these distractions is very simple - **do not interact with any of them on a subtle level by giving them your mental energy of attention, but avoid them, detach yourself from them, just observe them and let them go**, remaining completely focused on reaching your destination.

Imagine you are driving to your office on the highway and you are very late. There are a large number of different vehicles which you pass, either travelling in the same direction as you are or coming at you from the opposite side. You are even familiar with a lot of these people sitting inside these vehicles, because you see them every day, but you don't even spare a second to glance at them because if you did you would lose your focus and be delayed, you would fail to reach your destination, your office in this case, on time. Meditation is exactly like this. Just as you cannot empty the highway full of vehicles, because you are in a hurry to reach office, **you cannot empty the highway of your consciousness of all thoughts, emotions, beliefs, worries, opinions, desires, memories etc. some of which are even very familiar to you, just because you want to get to the destination of your inner peace.** Let all of these, like the vehicles, come and go, but all you have to do is avoid them and focus on reaching your destination on time. It's as if, by the way you are driving, your body language, in this case the subtle energy of your determined thought, word has spread through the highway of your consciousness that you will not be sparing a second to even glance at any one of these on your way. If with a momentary loss of self-awareness, you do start giving attention to them, and you get lost in one of them, remind yourself subconsciously, "I am on my way back to the destination of peace, peace that I am." This will help you regain your focus and before you know it, you will realize you have arrived; you will experience your destination i.e. the peace within, and will completely believe that you are that. And it will be the most blissful experience that you have felt in a very long time.

Soul Sustenance

Resolving The Inner Identity Crisis (Part 2)

In yesterday's message we had explained how the confusions, complications and problems that exist in our world today and the state of human relationships all over the world, are simply a reflection of our lack of inner clarity about who we are, what we are and where we are heading i.e. a lack of true self-identity. So how do we resolve this internal and external turmoil? There is an **original, beautiful self, with characteristics of peace, love and happiness that exists within each one of us**, the self from which we have been distanced since a very long time. This is a centre full of the spiritual resources of all virtues and powers. Reaching it is a journey of only one second and no distance. **By identifying with this inner centre, a centre which is imperishable, unchangeable, constant and even eternal, my self identity becomes strong and stable**, as compared to many false identities based on external realities like position, wealth and material possessions which are all perishable and subject to various ups and downs even in one single day, and if we over identify with them, we are bound to experience constant pain and discontentment.

This process of true self-identification is not a renunciation or avoidance of the way the outer world is but it is a healing process for your inner world. It is an internal correction process of identification, whereby you rediscover your true self as a complete being full of positive emotions that you always were and you start identifying with it, doing which very easily helps you let go of the wrong identifications. This process is commonly called meditation, the foundation of which is spiritual wisdom. Once this inner work is done, the outer world starts taking the shape of a reflection of that. Resolving the identity crisis first changes the way our internal and external world looks to us, as a result changing the way it works.

Message for the day

The method to serve is to become an embodiment of power.

Projection: Service to others is usually understood as bringing benefit to others through what I do. I have love for such service and make an attempt to do it too. But sometimes busy in such service, I find that my own self-progress is left behind.

Solution: I need to pay attention for my own self-progress by learning from everything that happens. I thus find myself improving and filling myself with power. This power spreads around and shows the right path to others, just like a lighthouse and others continue to take benefit from me.

Let your voice be heard

Ever wondered how you're able to hear the sound of the triangle amongst the many instruments in the orchestra?

Just because the instrument itself may appear tiny and insignificant in comparison to a cello, tuba, or a kettle drum, there is nothing that stops the clear, pure 'voice' of the triangle from being heard!

So, the next time you start comparing yourself to others, stop!
Reinforce your self confidence and let your voice be heard.

In Spiritual Service,
Brahma Kumaris