



Deep Sleep

Ignorance is like a deep sleep in which you dream you are still awake. It is a disease of humanity. The human soul forgets who it belongs to and starts reacting without referring to spiritual values.

Rising Above Limits

From the moment the soul has occupied the physical body, it has been living a life completely surrounded and absolutely controlled by limits. The domination of these limits has been increasing as it has taken body after body. Not just physical limits such as of gender or power, money or material possessions, but of time - the time I spend with my children, the time it takes me to finish a particular task, the time my friendship lasts, the time it takes me to drive to the office, etc.

The beauty of meditation is that it detaches me from the consciousness of the body and as a result I rise above these physical limits and limits of time. I experience the **pure** and very importantly, **free** and **independent** consciousness of the soul. I step out of the boundaries of both space and time. I begin to feel my own eternity, in which I simply am, without a beginning or an end. I existed before the formation of the body and I shall exist after it has returned to dust. **This awareness of my eternal (with no beginning or end) identity is powerful, because it removes the fear of death.** With that goes away a lot of the ego-driven, pressure filled behavior, the desperate need to make a mark through my profession or material objects which I own or in my relationships. This is the behavior in which I indulge when there isn't the realization of my eternal identity.

I, the soul, become aware of a continuity to my existence. Very importantly, **I am also able to have the feeling of a place that is my eternal home, a place of rest, of peace, of complete stillness and silence.** It is my place from where I began my journey. I exist in that home, and I come from that home to play my role on Earth, and I return there when my role is completed. This realization makes me internally full, fearless and content.

Soul Sustenance

Meditation In Action (cont.)

The churning over of points of knowledge throughout our active hours strengthens and maintains the meditative state of mind.

There are five basic points to churn over. We had discussed two yesterday. The remaining three are given below. Create your own thought commentaries around each point.

What Is My True Religion?

No matter how much surrounding turmoil there may be, I can remember that my true religion is peace and purity. I am not a Hindu, a Buddhist or Christian, I am a peaceful soul. Just as people do not want to convert from their religions, I resist any attempt to pull me away from my true religion of peace and purity.

Where And What Is My Home?

Just as people love their homeland, I can have the same natural love for my original home, the soul world. At the same time I can be aware of my original form of light and power. In this way I can cross any situation that comes in front of me. I am also aware that I have soon to return home and so I must settle all my *karmic* accounts.

How Is This World a Drama?

With the consciousness of the eternal world cycle, I can see my role and the roles of others in a perfect and unlimited drama. Even though others and I are playing parts, we are separate from the roles. Now that I know the Director (Supreme Soul) and story of the whole drama from a spiritual perspective, there is no point in getting upset over tiny little scenes. I know that in the beginning of the drama when I had come on this world stage from the soul world, I was full of peace, love, purity and happiness and so now I can re-emerge the *sanskaras* that I had in the beginning.

Message for the day

Humility brings excellence

Projection: Humility means there is no expectation of being perfect always. So whatever is done comes naturally. There is no feeling of threat about others' opinion, but the one who is humble is able to express inner talent without any fear and expectations. So humility takes one forward towards excellence:

Solution: When I am humble, I am able to stabilise myself in my state of self-respect always. This naturally is felt even when I am not able to bring perfection in my actions or even when others are not satisfied with me. Internally there is a feeling of satisfaction, knowing that I am constantly learning and moving forward.

The one who is full with all attainments is the one who is creative.

If I am forever dissatisfied with what life brings me, I will never be content. Without contentment there cannot be creativity and beauty in my actions. I will be able to make of what I have for something better when I am able to appreciate what I have today. If I go on complaining about what I don't have, I will never be able to progress. Today I will make a list of all that I have as a gift. What I could include in the list could be a skill, a talent or even a quality. I will then put at least one of them to use, starting today. This will encourage me to use my other qualities too in a better way.

In Spiritual Service,
Brahma Kumaris