



Character

To forgive and forget is to reflect love. Situations pass, they cease to exist, but they continue to be alive in the mind. Open your heart and be generous, free yourself from that sorrow, forgive and forget and you will live every moment in peace.

Spiritual Roses Of The Supreme Gardener

The main features of physical flowers are their colour, form and fragrance, by which we judge their beauty. All these characteristics have their own unique importance. Introducing oneself to spirituality is like giving oneself into the hands of the Supreme Spiritual Gardener or the Supreme Being (God). Like a physical gardener who possesses qualities of patience, tirelessness, love, far-sightedness, faith etc. on a limited level, the Supreme Gardener possesses these qualities on an unlimited level, which he uses to bring us up. As we remain under his sustenance and care, over a period of time, we blossom and are transformed into beautiful spiritual flowers, and our thorns fall away. When we look at ourselves as spiritual flowers, our colour symbolizes spiritual knowledge. **Depending on how we imbibe the wisdom shared by the Spiritual Gardener and bring it in our day-to-day functioning; in our thoughts, words, actions and relationships; the more beautiful a colour we take. Our form is shaped depending on the quality of our connection with the Supreme Being, the Gardener. The deeper and stronger the connection, the more beautiful the form. Lastly, our fragrance refers to divine qualities like sweetness, humility, tolerance, carefreeness, purity and many more, which we develop.** Physical flowers with a good colour, form and fragrance, attract everyone around them. Seeing and coming close to them, gives one an experience of joy. The same holds true for spiritual flowers.

Roses are considered the king of all flowers, with the best possible colour, form and fragrance. Spiritual roses are those souls which continuously remain in a spiritual consciousness and spread the fragrance of that consciousness to others. Their thoughts, words and actions get shaped according to this consciousness. They have a deep relationship with the Spiritual Gardener and are always eager to ensure that others also experience that relationship and become spiritual roses; which is a deep wish of the Supreme Gardener, for every spiritual being. They help him in fulfilling that wish.

Soul Sustenance

Meditation - A Process Of Cleansing, Dialogue And Joining (Part 3)

Meditation can be defined as a process of cleansing, a process of dialogue and a process of joining. Today we take up:

Joining

We can take the third meaning of meditation from the Sanskrit word *yoga*. By understanding this word, we learn how to get divine cooperation, or put in another way, a certain external spiritual power that can liberate us and help us to dialogue positively with the self (explained yesterday). The word *yoga* means **bringing together** or **joining again**. Joining again with what or with whom? Firstly, with our original and eternal self: the soul, and secondly, with the eternal Supreme Source of all positive power and energy; this Source helps us to recharge ourselves with energy and to know ourselves.

At this time in the history of humanity, humans have lost the mastery and control over themselves. They do not have continual peace or a sense of purpose, happiness or fullness. The human soul needs to be recharged. **Although the soul has great potential in its inner self, it needs a source of external energy for the latent (hidden) powers and virtues to emerge**, just as occurs with seeds in nature. The seeds of plants and trees have their own source of inner energy. However, this energy cannot be released without the actions of an external energy source, in this case the energy of the sun. Through the power of sunlight, the seeds in the earth will sprout and flourish. The human body has its own energy, but needs external sources of energy on a daily basis: air, sunlight, water and food. Without these external sources, the human body would die. **The external source of power that helps the latent virtues emerge in the human being is not physical, since the human soul is not physical either. This source of power has traditionally been called God or the Supreme Being:** in fact it has been given many names.

(To be continued tomorrow....)

Message for the day

To be flexible is to enjoy everything that life brings.

Expression: When I plan perfectly for the day ahead, I sometimes find that I am not able to implement all that I had planned for. Things seem to be coming up unexpectedly spoiling everything for me. I am then not able to be happy with what is happening and so find it difficult to do my best in the particular situation.

Experience: It is as important to be flexible in my thoughts as it is to be particular about my daily schedule. Flexibility allows me to accommodate the unforeseen situations that come up my way and enables me to make the best use of everything. And so I enjoy everything that comes my way.

To be free from past is to take the gifts of the present.

When my mind is continuously dwelling on the past, I miss out on the opportunities and gifts of the present. I need to remember that if my past has helped in shaping up the present, then this moment would be the past of tomorrow. So, I need to use the present moment well, so that I can make both my present and future beautiful. Today I will do something that will make me happy. It could be a simple thing like resuming with a hobby or saying hi to an old friend or even spending time with nature. This will enable me to spend time fruitfully with the present moment. By making it a practice to use of all these moments in the right way, I will be enriching myself each day.

In Spiritual Service,
Brahma Kumaris