



## **Look Inwards**

We all have three eyes. Two are for looking out and one for looking in. Why would we want to look in when everything is happening 'out there'? Because the treasure we seek is inside, not outside. What is treasure? Beauty, truth, peace, happiness. You already have what you seek. You already are stunningly beautiful. You are already peaceful and loving. How come you don't know this? Simple, you never look inwards, beyond superficial memories or recent experiences, so you never see your own riches. Take a moment to stop, look in and see. Don't rush. Don't search. Just look. And be aware.

## Humility-5

Where there is humility, there is benefit to many. Just as the tree laden with fruit bows down, the one who is full is the one who is humble. Such a person can bring benefit to all those around. Humility makes us a giver in all situations, also making it easy for others to take what we have to offer. In all my interactions with others, It is more important to see what I can give them, instead of just expecting from them. Then, even when I have to follow others' directions there would be no difficulty. Humility helps me to bow very easily.

### The Five Spiritual And Five Physical Elements (cont.)

There are three entities around which the whole World Drama revolves - **the Supreme Soul, the human souls and nature**. Nature includes everything non-living like mountains, rivers, seas etc. and living things like plants, trees etc. It also includes living beings like animals, birds, insects etc. which are souls with a lesser evolved intellect than human ones. The human body also comes under the category of nature. **These three entities are in the form of a hierarchy, the Supreme Soul is the most powerful at the top of the hierarchy, in the middle are the human souls and at the bottom of the hierarchy is nature**. The Supreme Soul always remains an Ocean of the five virtues **peace, purity, wisdom, love and joy** and is the only entity in which the balance of these virtues is always maintained right through eternity.

In human souls, as explained yesterday, in the beginning of the world cycle, in the Golden Age, these virtues are in balance. As human souls come down in the birth-rebirth cycle and start becoming influenced by body-consciousness or the five vices - anger, ego, greed, attachment and lust, all spiritual building blocks or virtues - peace, purity, wisdom, love and joy start getting depleted. In each soul, some virtues get depleted more, some less. In each and every soul the depletion is different depending on its actions e.g. in some soul the depletion of peace is immense compared to the other because of picking up sanskaras of anger on its journey and bringing them into actions or in some soul the depletion of joy is immense because of picking up a lot of attachment on the way etc. **This depletion of the five spiritual elements or virtues upsets the balance between**

**them. This depletion and imbalance causes negative spiritual energy waves or vibrations of sorrow, anger, impurity, hatred, fear etc. from human souls to spread in nature and starts having a negative influence on the five physical elements earth, air, water, fire and sky and even the five spiritual elements peace, purity, wisdom, love and joy in the souls of animals, birds, insects, etc. upsetting the balance of both.** This is because nature (as defined in the above paragraph) is lowest in the hierarchy, lesser powerful and easily influenced by the energy that human souls transmit or radiate. This double imbalance of spiritual and physical elements results in peacelessness, sorrow, illness, poverty, natural calamities, accidents, ecological imbalances etc. When all of these reach their maximum extent, that Age is called the Iron Age. This is an interesting principle which needs to be understood clearly.

**How do we restore the balance of the spiritual and physical elements? We shall explain that in tomorrow's message.**

## **Soul Sustenance**

### **Meditation – Experiencing My Original Home (Part 2)**

Along with reading over the following words slowly and silently, make a sincere effort to create images of them in the eye of your mind:

I focus myself on the self, the soul, a golden point of light.....

I stay between the eyebrows in the middle of the forehead.....

I radiate golden rays of peace, purity and love in all directions.....

In this awareness of I the soul, with the power of my mind I can travel beyond the limits of my physical organs.....

I visualize myself gradually going out from this physical body.....

I, the sparkling star like energy, fly into the night sky.....

I see myself floating above thousands of buildings and lights.....

Slowly I rise higher and higher to enter space.....

I am surrounded by millions of stars and planets.....

Slowly I see myself flying beyond the world of five elements.....

I, the golden star, enter another world, a soft golden-red light world.....  
A world of sweet silence and peace.....  
full of peaceful light stretching very very far away.....  
I feel pure warmth here, surrounded by light.....  
I the point of light shine in this sixth element.....  
I am free of all tensions, extremely light.....  
This is where I belong,  
This is my home.....  
I recognize this place.....  
I had forgotten it, but now I have rediscovered it.....  
Spend a few minutes in this positive experience and then gradually come  
downwards to take your seat back in the physical body.

### Message for the day

**The one who is constantly flying with zeal and enthusiasm brings progress in others too.**

**Expression:** Whenever problems come my way, I tend to feel heavy with waste and negative thoughts. At that time I am not able to feel free and light. When there is heaviness in my mind, I can't move forward with enthusiasm and thereby find it difficult to contribute for others' progress too.

**Experience:** Whatever the circumstances I am faced with, I need to make special effort not to reduce my enthusiasm in any way. The more I am able to be enthusiastic, the more I am able to contribute to the progress of others too along with my own progress.

In Spiritual Service,  
Brahma Kumaris