



Peter Pan chasing his shadow

Being free from Desires

To be free from desires is to have the experience of attainment. The more there are desires, the more it becomes difficult to appreciate what is there and what is attained. Life becomes a constant struggle for attaining something else. One desire is fulfilled and before it can be appreciated all energies are focused on the fulfilment of ten other desires. When we continue to run after desires, we are not able to have the experience of having attained anything. Running for desires is like running after the shadow, we can never get it. But when we turn our back on it, it runs after us. If we are free from desires, we are rich because we are content with whatever little we have and we are happy putting in effort to be better with that little.

Conquering The Emotion Of Jealousy (cont.)

In the 21st century, there are so many mediums which inculcate the feeling of jealousy in a person. Social Media is one such platform. While Facebook and Twitter rule the roost, commonly people wonder * How does he get so many likes? * How is she so photogenic? * Again a 'check in'! * His life is so eventful. You never know how and when these thoughts start affecting your life, mental peace and behavior greatly.

Jealousy is a complex emotion, which often stems from insecurity or a fear of losing control. Everybody expresses and handles jealousy in a different way, but certain universal techniques can be used to help conquer it. **Being aware of jealous feelings is the first step towards keeping it under control.** Also conquering jealousy requires an honest conversation about how you feel. It's far healthier to talk about your negative feelings than to reveal them through your actions. The more you communicate with them, and seek reassurance the more your feelings of jealousy will subside.

Hold a strong and determined belief inside yourself that jealousy is an emotion you will never face. Your idol or perfect self just doesn't deserve the existence of the emotion. For instance, if you have an acquaintance of yours who is extremely pretty and sometimes, you envy her. That is the time when you need to firmly tell yourself that this is just not your perfect self. You can't feel that way. Take a few minutes to **stand back** mentally from the person. The next step is to **observe** your thoughts as if you were an onlooker or a detached observer. Being as silent as possible, ask yourself as if the thoughts you are having are the ones you wish to keep, if they are going where you would choose them to go. In the resulting silence, **steer** (change direction) your thinking to where you want it to be; perhaps to personal affirmations (positive thoughts) you use to establish yourself on your seat of self-respect. The affirmations can be: * **I am aware of myself as a special person with my own unique specialties** or * **I am aware of myself as internally rich, full of many invisible treasures**, * **I am aware of myself as a content being and overflowing with happiness**, etc. This technique changes our attitudes and feelings and influences us positively.

Soul Sustenance

Understanding The Mechanism Of The Virtue Of Peace (Part 2)

Yesterday we have explained how the virtue of peace works in human souls through the cycle of life. In today's message we explain (with reference to yesterday's message) how we can experience our original state of peace experienced during the initial phases of the birth-rebirth cycle. Tomorrow we shall explain how we can experience the eternal peace of the soul world. **To have both these experiences, the basic principle that I need to remember is that to experience peace, I need to concentrate on it – concentration means creating thoughts about it and visualizing it at the same time. Secondly to access peace, I need to separate myself from my body and surroundings. So how do I bring these two principles in practice?**

The first chapter of the Rajyoga meditation course as taught by the Brahma Kumaris in each of its centers states a simple fact and makes me realize it that I am not this body but I am an eternal soul, a non-physical star like spiritual energy, situated at the centre of the forehead, just above the eyebrows, the original nature of which is peace. The body is my vehicle. Now, to experience the peace experienced during the initial phases of the birth-rebirth cycle, my mind picks the above fact or wisdom from my intellect, which is a reservoir of spiritual knowledge and where the above fact is stored. Then, my intellect, which possesses the decision making ability judges the thought as to whether it is a right or wrong one. If my intellect is convinced about the fact, it judges the thought as right. Next, I take this process further. Along with creating this thought I visualize this thought on the screen of my mind i.e. see my star-like white/golden light form just above the eyebrows radiating white/golden rays of peace in all directions. I do this exercise for a few minutes. **This exercise then leads me to an experience of peace, as a result of which a *sanskara* of peace is created.** This is the peace experienced whilst visualizing the spiritual self inside the body – **it is the peace experienced in the initial phases of the birth-rebirth cycle.**

Message for the day

Few words are required when thoughts are positive.

Projection: I sometimes find myself using a lot of words to convey what I feel or to give explanations to others. Yet I sometimes find that others are not convinced with my words. I am then at a loss about what is to be done.

Solution: Positive thoughts actually reach out to others and create the right environment. All I need to do is to create an atmosphere of positivity by maintaining my own positive thoughts. Then I will not have to use so many words to prove my point or to convince others.

Humility is to put others first.

But surely, if you were to put others first in the workplace, you'll miss out on recognition & personal development.

Actually, humility is not putting yourself down or downplaying your own value. Humility says, "I have value; you have value." But because humility is not motivated to impress or dominate others, humility puts ego aside & puts others first.

So, go on, say 'you first' instead of 'me first'. Try this:

- At work, praise others for their accomplishments & share the credit for group efforts.
- When driving, let a car out ahead of you at a junction (at least three cars on every journey).

In Spiritual Service,
Brahma Kumaris