



## **Spiritual Language**

To create the future we desire we need a spiritual language; we must speak from the heart and in the language of the soul - a language of trust, faith and higher values, of inner growth, love and listening.

**The more I sow seeds of effort, the more I reap the fruits of result.**

When I go on putting in effort in the right direction, I will keep gaining qualities. I will be able to keep drawing the best from everything around and also keep receiving cooperation from people. If, in between anything or anyone hinders this, effort needed to be put in at that time will be not so much because I am continuing to put in my efforts anyway. Today I will put in efforts towards my aim, without worrying about the results. I will at least do 3 things that can take me towards my aim. This will ensure that I have a practice of continuous inputs. For, I know the result will come anyway, at its own time.

### **Being a Lighthouse For The World**

Sit in silence and visualize the following thoughts:

In a deep meditative state see yourself sitting in front of the Supreme Soul, the Supreme Being of Light, in the soul world. I a point of light, experience golden rays of spiritual light and bliss descending on me... and through me into the whole world (globe) below... I feel these rays charging the atmosphere with vibrations of purity, love and spiritual calm... I am bathing in golden light... strong currents of spiritual might are radiating from me in all directions... I am a spiritual lighthouse... I have the deep realization of being separate from my body. .. I feel that I am a brilliant point of light with rays of very high intensity bursting and darting forth from the soul for the service of the whole world. .. There is no feeling of my body and no conscious thought except that of being absorbed in the peace and bliss of the Supreme's love... I feel completely filled and that I have obtained the ultimate... the final and highest destination - satisfied that through this stage of fulfillment, I serve others.

## Soul Sustenance

### Limiting Influences On Your Decision Making Ability (Part 1)

It is extremely important to realize that, in any situation, you have the power to choose whether your response in that situation will be passive or pro-active, positive or negative, indifferent or attentive etc. **You choose what action you take and how you feel. But do you exercise your power of choice all the time?** You need to check which factors influence your decision making and push you either in one direction or the other? **There are many factors that control and limit your power to make the right, and more importantly, free choices.** These factors primarily include influences of people that dominate your ways of thinking, your beliefs, your attitudes, even your complete personalities, etc. You are also limited by the influence of your own fears, attachments, desires, biases or other negative and waste thoughts, which result in a lack of focus.

There are a lot of people who are not used to thinking for themselves or even prefer being a 'yes' man going along with what others think and say, without having an opinion of their own. Also as you pass through your childhood and teenage life and enter adulthood, you acquire many preconceived ideas or beliefs from your family and social and cultural environment; that is why you assume inside that some things or people are always positive and others are always negative when, in fact, that's not necessarily true. This directly affects the type of decisions you make, each time there is a requirement for one. **In any particular situation, courage, wisdom, high self-esteem and focus is required to sit down calmly and make an assessment about the possible choices before you, and then finally make the right decision.** The more you practice relaxation, positive thinking and meditation, the more you rise above all the negatively influencing factors mentioned above, the more you experience the positive qualities and powers mentioned above and exercise your power of choice accurately and with confidence.

(To be continued tomorrow ....)

## Message for the day

**To be free from negative thoughts is to be free from punishment.**

**Expression:** Whenever there is a negative situation I tend to react very negatively to it. I tend to have a lot of negative thoughts and experience a lot of difficulty at that time. I then begin to blame the situation and feel that I am facing punishment because of it.

**Experience:** I need to understand the fact that the biggest punishment I experience is through my own negative thoughts. The more I can free myself from these kind of negative thoughts I can free myself from experiencing any kind of punishment.

In Spiritual Service,  
Brahma Kumaris