



Capture the Moment

To enjoy the moment, you need to be fully engaged in it.

When you capture that moment on camera or a mobile phone, you inadvertently remove yourself from that moment and, as a result, you're missing out on enjoying the moment itself.

So, the next time you want to take a photo, pause to consider: Do I want to engage in and enjoy the moment or, do I want to capture and document it?

The Spiritual Seed And The Human World Tree

Spirituality introduces **God or the Supreme Being** as a seed, a point of reference, the spiritual Pole Star, remembered by all souls all over the world. But over a period of time, with an experience of linking my mind and intellect with Him, we realize that **although He is a seed, a point, He is a not a non-living seed but a living one with a unique personality of his own, a personality which no one can match, a personality of spiritual truth, of beauty, of purity, of generosity, of love, of giving, of peace, of humility, of bliss, of power, of sweetness etc. How is this possible?** We normally think of a seed as inactive or dormant, despite the enormous potential that lies within it, due to which it gives rise to a complete tree and bears fruits and other products. God is the seed of the human world tree. When I see virtues around me, whether it be in all human souls including deities, prophets, saints and the founders of the great religions or animals or nature, I know that ultimately this comes from God but God is not all pervasive, i.e. he is not present in all humans or nature or in the divine souls, but everything that is good in them comes from the virtues that are present in God or basically from the personality of God (mentioned above), because the tree is the creation of the seed, so all that is positive in the tree has come from the Source, the seed, perhaps sometime in the past. But, despite the goodness which is visible; today, peacelessness and pain do not seem to have reduced, and have probably increased, if we look behind the false covering of material success. The goodness is only in small patches. So what is the need of our times?

To spiritually uplift myself, I, being a part of the creation, a part of the tree, need to catch the positive energy within God, the creator, the seed. This energy is subtle, in that it is non-physical, but it is also glowing like light, and in meditation I can catch that glow, absorb it and feel its spiritual embrace healing me and making me complete or full. **At the present moment, recognizing this need, the Supreme Being is shining the light of His personality through pure thought and vibrations more brightly than ever into the human world tree,** inviting us: 'Oh sweet child, come and reclaim for yourselves your birthright, the inheritance of truth, by absorbing the qualities inherent in me through meditation or a spiritual link with me and making them your own.'

True Spiritual Strength

The more positive the thoughts flowing through our mind, the more contented we would feel. It is easy to feel contented when we are praised and appreciated, but to remain contented when we are criticized and rejected is the mark of true spiritual strength. The way to develop this is to learn about God's way of loving. Only when we are in deep contemplation can we see God showing us the kind of love we need to express so that we ourselves never reject or criticize and always generate good wishes for others. Then we will be satisfied no matter what life throws at us.

Soul Sustenance

Important Understandings on Reincarnation (Part 1)

1. The soul has a separate identity from any of the bodies it adopts.
2. The human soul does not take a birth/body of any animal species, just as a lemon seed does not grow into a mango tree. The human soul always takes a human body e.g. if the soul of a cow was to take the birth of a human, wouldn't it carry *sanskars* of performing all actions like a cow into its human birth – how would it then function through the human body.
3. The various lives or births of a soul are like different episodes of a television serial, all different, yet connected with each other.
4. The cycle of action and reaction is never-ending. The soul must continue to play its entire role until all it has received the fruits for all its actions. This may require more than one body.

(To be continued tomorrow ...)

Message for the day

To be an instrument means to consider oneself as the messenger of God.

Expression: When there is the awareness of being an instrument of God, there is naturally a desire to do the best. Every task is marked with the stamp of one's own speciality. There is nothing negative visible, nor is there anything waste or ordinary. This is because there is constantly the aim to be the best in order to become a worthy instrument of God.

Experience: As I am an instrument of God - a beautiful instrument of God - I always find myself to be unique and special. I am the messenger of God Himself, as each and every word and every act of mine is marked with the quality of God. My intellect becomes so divine that God can work through me and bring benefit to those around me.

In Spiritual Service,
Brahma Kumaris