

Daily Positive Thoughts: September 12, 2013: Forgive



A walrus asleep on a Russian Army Submarine

Forgive

To tolerate mistakes is one thing. To forgive is even greater.

Spiritual Personality

Your physical identity is a world of limited thoughts, feelings and roles. It is quite apart from the being of inner peace and power that is your spiritual personality.

Absorbing Spiritual Light

Just as darkness is the absence of light, negativity which manifests as vices and weaknesses inside us is merely the absence of spiritual light. Through the influence of negativity, the sense organs waste away the light. The question of vice, or sin, has been of a lot of importance in religion. No matter how much political or religious control has been imposed, nothing has been able to block the internal wasting away of the **light** of the soul. Light has a source but darkness does not. Darkness is not created by any source but is rather the absence of a source. In the same way, **the negative forces do not emerge from the real nature of the self, but are simply symptoms of a lack of spiritual power or light.** As spiritual power declines, symptoms of negativity such as anger, greed, ego, attachment, hatred, jealousy and related vices appear. On the other hand, as the soul's power and spiritual light increases through a union (meditation) with the Supreme, the vices automatically disappear. In fact problems are not fundamentally caused by a particular vice, it is a question of the extent of one's power. If I am weak, the sanskars mostly related to vices dominate my experience. If I am strong they do not have a chance to affect me.

The negative forces have often been personified as Ravana, Maya or Satan but in fact there is no such entity. Maya describes a level of consciousness. There is no outside being whom we can blame. The vices are symptoms of individual ignorance and loss of power, which appeared only when our original creative powers subsided as we came into the process of birth and rebirth. **When the soul's power fell below the level necessary to control matter and the senses; then the vices emerged inside the soul.** The soul was more and more propelled by them through many births, until today when they appear to be a basic part of our **real** nature.

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

To understand that each one is unique is to have respect.

Projection: We usually expect others to change according to our expectations. We actually want everyone to get moulded according to our own value system. But it doesn't happen so because each one is different.

Solution: We need to understand that each one is unique with their own specialities. When we look at others in this way we will no longer expect others to change according to our wish but will have full respect for them.