



No Task Too Difficult

If you do everything with the feeling of happiness, there will be no task too difficult to perform.

Stability

When we are faced with difficult situations, we usually tend to have a feeling that we have no resources or are not able to make the best use of the resources within for best results. Thus we are not able to experience real progress. On the other hand we only tend to experience a lot of negative feelings. When we learn the art of being stable in

the most negative situations, we will know how to use the treasures that are hidden within ourselves. Our mind is no longer disturbed with waste or negative thoughts and we find it easy to face and learn from each and every situation.

A Spiritual Perspective Of True Love

Emotional love can flower into true love when the fire of emotions cools down and is substituted by a wiser and more mature relationship. True love needs a fresh and renewing atmosphere, without fears. When you feel spiritually full, you feel flowing over with pleasure, happiness, wellbeing, and that state helps you to accept the one whom you love as they are, because from your fullness you give and share and you don't need or expect anything from the other. While you need something that you want the other to satisfy, you will have expectations and the fear that those needs might not be satisfied, and you will get frustrated more easily. When you feel like a being of peace, a being of love, a tranquil being, a being that is spiritually full and satisfied, your relationship with others is a relationship of sharing on a level on which fear is not generated. You are not asking for or taking anything from the other. An elevated sharing of love, of happiness, of knowledge, of wisdom takes place, in which you do not generate a dependency on the other.

Attachments and dependencies, fears and insecurity, block our experience of love, of peace, serenity, freedom, happiness. When you have a feeling of love that takes you to a state of joy, to wholeness, but then you attach yourself to the object of your love, be it a person, or a property, automatically the feeling changes into fear: you fear to lose the object of your love and, instead of feeling wholeness and enjoyment, you feel fear. Over time that attachment turns into a dependency and you start to become inwardly empty: that is, your energy level goes down. Love in its purest form is like a spring that pours forth for the benefit of others. Learn the art of loving, being free and allowing to be. Pure, true, love is an unconditional love that flows freely. Do not cling (hold on to). Love does not cling.

Soul Sustenance

Creative Visualization

The incorporeal (non-physical) soul, situated in the centre of the forehead consists of three energies. Although each energy can be given a different name, it is actually the same energy, the soul, functioning on three different levels at the same time. These are the mind, which is the thinking faculty (energy) of the soul; the intellect, which is the decision-making and visualizing faculty (energy) of the soul and the personality characteristics, commonly called *sanskaras*.

In the practice of meditation, on one hand, the mind is used to create pure, positive and powerful thoughts or affirmations based on the basic qualities of the soul like peace, contentment, happiness, love, joy, power, etc. Along with that, the intellect is used to create visual images of the same thoughts, which is called **creative visualization**. This process brings about a positive change in our *sanskaras*. This is the basic principle used in the Rajyoga meditation taught by the Brahma Kumaris. Creative visualization may be used in various ways to experience true relaxation of the mind.

Message for the day

With benevolent feelings and good wishes we can free people from worrying.

Projection: When we come across someone who is faced with a difficult situation because of which he is worrying, we too usually tend to think about it. Instead of helping the other person to be free from worrying, we too begin to worry. This doesn't help either of us in anyway but only adds to the negativity of the situation.

Solution: We need to develop such benevolent feelings for the one who is going through the situation that the power of our positive feelings will spread to them too. It will act like the light of the lamp, which helps to dispel the darkness around. Only when there is positivity in the mind will they be able to think of some solution.