



### **Make Up**

While we spend much time 'making up' our faces to ensure our appearance is beautiful for others, we forget to make up our minds. This is not about making decisions. Making up our mind means ensuring that our thoughts are positive and our feelings towards others are filled with good wishes. When we do, others begin to sense a deeper beauty emanating from behind the skin! This is inner beauty. Don't hide behind your face. Let the real you show through.

## **Freeing Myself Of My Inner Darkness (Meditation) - cont.**

**Continuing from yesterday's meditation; have a conversation with yourself:**

I observe feeling who I am... I am a being of light, situated just above the eyebrows; a peaceful being that radiates light, like a small candle that lights up a dark room and dissipates (removes) the darkness that there is in my inner room...

Aware of whom I am; I open myself to receive the presence of a benevolent (generous) golden-white Being of Light that radiates infinite love, peace and happiness... It is an ocean of love that can dissolve all my fears and melt the pain and suffering that there is within me, the soul...

I open my heart and I go towards this ocean, saying to it "Here are my fears, here are my dark areas. They are yours. They are no longer useful to me. I hand them over to you. I absorb your love and allow the light of your love to reach each dark corner of my inner being. I feel how your love touches my fears, my weaknesses - they dissolve and I am freed."

The weaknesses no longer have power over me... God is with me. He accepts me as I am, he comforts me, there is nothing to fear and I feel secure; in an immense peace, in the light of being... I maintain the divine presence of the Supreme Soul in my being; a presence that dissipates (removes) the darkness and brings out my inner beauty...

## Soul Sustenance

### The Relationship between the Soul and the Body – Explained with Interesting Examples

**Human being** means the consciousness, the soul or **being** (living energy), experiencing life through the physical body, the **human** (non-living). The body is perishable and temporary, whereas the soul is eternal and without physical dimension.

- **The soul is the driver; the body is the car.**
- **The soul is the actor; the body is its costume.**
- **The soul is a diamond; the body is the jewelry box.**
- **The soul is the musician; the body is the instrument.**
- **The soul is the guest; the body is the hotel.**
- **The soul is the deity; the body is the temple.**

I can use a knife to chop vegetables. I can use the same knife to kill someone. The knife neither decides (outwards) nor experiences (inwards), but can be washed easily under water. Now look at the fingers which held the knife. They neither decide nor experience the actions. They too can be washed under water. It's easy to realize that the knife is an instrument, but it is more difficult to realize that the fingers as well as the arms are instruments too. The legs are instruments for walking, the eyes for seeing, the ears for hearing, the mouth for speaking, the tongue for tasting, the heart for pumping food and oxygen (via blood) around the body, and so on. Even the brain is an instrument used like a computer to express all thought, word and action programs through the body and to experience the results. If every physical part of the body is an instrument, who or what is it that is using this instrument? Very simply it is **I**, the self, the soul. The soul uses the word **I** for itself and the word **my** when referring to the body; **my** hands, **my** eyes, **my** brain, etc. **I** am different from **my** body.

## Message for the day

**To be a master means to use the right power at the right time.**

**Expression:** To be a master means to be aware of the internal qualities that one has. Also it is the ability to use these qualities as and when required. That means to be able to give an order and put into use in a second whatever internal power or virtue that is required at that time. If there is an awareness of the positive quality, and not the ability to put it into use within a second, it would not be called total mastery.

**Experience:** When I am a master I am able to have an experience of having control over whatever is happening around me. Even if something comes up suddenly, I still am able to feel the control over the situation and make the best out of it. I neither feel helpless nor blame others for what is happening.

## Non-violence

Normally we pay a lot of attention not to hurt people physically but end up hurting others through our words. This creates negativity in others which in turn affects us negatively too. Our work too is affected by these kind of words. In order to bring true non-violence in our lives, it is equally important to pay special attention to our words too. The basis of words that don't hurt others are positive thoughts-thoughts based on good wishes and benevolent feelings for others.

In Spiritual Service,  
Brahma Kumaris