



Artist: Harry George Theaker -The Anticipated Letter

People

If you always understand that the people in your life are there for a reason, you will never be angry.

True Non-Violence

Normally we pay a lot of attention not to hurt people physically but sometimes hurt others through our words. We use words without really thinking of the consequence and they tend to hurt others. This creates negativity in others, which in turn affects us negatively too. In order to bring true non-violence in our life, it is equally important to pay special attention to what we speak. The basis of this is to change the pattern of our thinking. If the words shouldn't hurt others we need to have positive thoughts-thoughts based on good wishes and benevolent feelings for others.

The Internal Voice Of Our Conscience

At the heart of our consciousness, we have a conscience. **Our conscience is essentially our basic awareness of truth. From a spiritual point of view, the truth of who we are as spiritual beings is core and eternal truth. If we consider ourselves to be anything other than soul or spirit then we will be thinking and acting against our conscience, against our truth,** which is like going against the essence of spirit. We will feel something is not quite right. If one of the pistons in our car engine is out of sync with the others, the engine will sound slightly different from normal. We immediately have it fixed, because we know that if it continues it may destroy the engine. If we do something that is out of sync with the truth, the voice of our conscience speaks to us. But we tend to ignore or suppress it, especially if we are having a seemingly pleasurable experience - we then create the *sanskars* or habit of ignoring our own conscience. As a result we keep repeating the negative *karma* and the *sanskars* of the negative *karma* are deepened, further ignoring the voice of our conscience. It is a vicious cycle, to come out of which is extremely difficult.

(To be continued tomorrow ...)

Soul Sustenance

Experiencing the Natural Qualities of The Soul (Meditation)

This meditation commentary will allow you to experience the natural qualities and nature of the soul. This is what we call **soul consciousness**.

I sit relaxed and comfortable... I become aware of my breathing...
I become aware of the thoughts passing in my mind...
I bring my mind towards thoughts of myself... my true nature...
Who am I...
I am a tiny sparkling star of light in the center of the forehead... energy, concentrated energy...
I radiate light through my body - my costume...
I feel myself different from the body... A point of light, energy using the body, directing the body...
I am a being of peace... A loveful being...
A being of light... A being of power.... I am light...
I am energy... I am alive, vibrant, sparkling, divine...

Now I use the powers of meditation to serve others:

I am separate from this dense body of matter, my vehicle... I am peaceful and stable...
I am powerful... I radiate the qualities of peace and love to other souls around me...
These are my natural qualities... In my real nature I am tranquil...
Radiating light and love into the world...

Message for the day

To become worthy of blessings means to make success easy.

Projection: Thinking of benefit for the self increases to such an extent that it sometimes takes on the form of selfishness. When we are selfish we stop thinking about others or the effect that our action is going to have on them. Then we are not able to move forward with lightness because the good wishes and blessings of others are not with us.

Solution: In each and every action of ours we need to first check if it is going to be beneficial for us as well as for others. As much as there is benefit for others, too, in the task that we are doing, that much the good wishes of others will be there for the task. With these good wishes we will be able to move forward much faster and achieving success will be easy.

In Spiritual Service,
Brahma Kumaris