



### **Live Lightly**

When you live with an awareness of your inner being, then your qualities of peace, love and happiness shine like light.

When you're light, others experience warmth and radiance that enlightens their own path.

Make sure you understand what causes you to become heavy. Then find quick and easy methods to lighten yourself. And then try to maintain this lightness.

## **Experiencing The Stage Of Being A Detached Observer**

**Experience the stage of being a detached observer by gradually creating the following thoughts:**

I am aware of the present moment and of time... The whole world is out there... I let go for a moment of what is happening around me... It is as if the world continues to turn, but I have stopped for a few minutes and turned into an observer... Mentally, I take a step back... I look around me as if I were in the inside of a room... the room of my mind... In this place, I can be with myself... at peace... calm... free... Here I do not have pressures, or worries, or fears... Nothing and nobody can influence me... I can think... see things as they really are...

I am sitting like an observer, seeing through two windows... These windows are my eyes... I am not my eyes... I am aware of who is looking through these eyes, a tiny sparkling star like energy, the soul... I am different from everything I am seeing... I perceive that separation between the observer and the observed... I observe the things that surround me without judging, without analyzing... I simply observe, remaining at peace with myself...

I see this world as a stage of a great unlimited theatre play... each human being is an actor, a soul playing their own role via their physical body... I simply observe from my inner room... things come and go... nothing is permanent... I do not need to worry about anything or anybody... I let things be... flow... I am at peace... calmed... I share this vibration of peace with all that surrounds me.

## **Soul Sustenance**

### **Is the Supreme Soul (God) Really Omnipresent (present everywhere)?**

Is it really true that the Supreme Soul (God) is present everywhere, in each atom in the entire universe? The sun is in one place yet its influence can be felt throughout the solar system to different degrees in different places, providing a source of heat and light, needs absolutely essential for our physical life. The closer one is to the sun, the greater the effect. In the same way God, the one who is the ocean of perfect characteristics, the source of all spiritual needs, does not have to be omnipresent (present everywhere) in order to be with us wherever we are. He can be in one location and we can still experience his closeness.

If God were literally omnipresent and thus in every atom, where is this love, peace, joy and wisdom? Are they present in every atom in this human world? If God is present inside me, how could ignorance have come to me in the first place? Can ignorance come to God? If God is omnipresent to where or to whom do I turn my thoughts? Just as a radio transmitter emanates waves throughout the world and a receiver, if tuned in, will pick them up, so too if the mind is tuned totally to the material world and physical activities, then I am unable to experience God practically in my daily life. Even though He always radiates His qualities, I can only pick up those transmissions if I am soul-conscious and if I turn my thoughts in His direction to His location. If God were omnipresent, there would be no meaning to the tradition throughout all cultures to have special places set aside (e.g. temples and churches) for worship. In those special places, is God more omnipresent than in other non-sacred places? If God were omnipresent, are the ones who are so-called "God-realised beings" more "God" than the ones who have not realised?

(To be continued tomorrow ....)

## Message for the day

**Determination fills a thought with power.**

**Projection:** Any thought which is added with determination automatically brings confidence. This confidence naturally fills the thought with power. When there is the thought, 'I can do it', there is surely the power to do it. Then there are no distractions, nor is there any comparison with others. All resources are put to the maximum use and the task is accomplished.

**Solution:** When I am able to fill my positive thoughts with the power of determination, I am able to bring all my special thoughts and plans into action immediately. I am able to feel the satisfaction of bringing equality into my thoughts, words and actions. There is no feeling of helplessness, but there is only confidence and courage in doing what I am supposed to do.

## Strength

The soul needs strength to deal effectively with day to day situations, as demanding as they are, and yet be able to pack up useless thoughts; to be able to take time out for itself, to store the power of peace from the Ocean of Peace. If the soul does not recharge itself it will lose the courage and enthusiasm. We need the strength to continue the fight for right, even though the forces of wrong grow strong.

In Spiritual Service,  
Brahma Kumaris