



Positive Vision

Our thoughts and feelings can so easily be influenced by how we perceive others. If we make a firm choice to always keep a positive vision of those around us, then we will enjoy better relationships.

Meditation

Situations arise where it may not be enough to tolerate or accommodate, but where I need power to face very unpleasant and perhaps threatening realities. What we are talking about here, in effect, is courage. Meditation helps enormously.

First, the practice of the awareness of myself and others as eternal souls greatly reduces fear of death, an ever-present reality that we spend much time, money and mental and emotional energy trying to avoid. If soul-consciousness is firm enough, I'll have the absolute conviction that when someone dies, it's not that they are no more, just that they have moved further on their eternal journey. This faith makes it much easier to face the departure of someone close to me. It also removes much or all of the fear I might otherwise suffer about leaving my own body. I'll still value my life greatly - probably even more than before, because of having the burden of fear removed. But I won't let concern for the body stop me from facing what I must.

Secondly, meditation makes it easier for me to oppose evil. It does this by allowing me to differentiate clearly between the actor and the action. Spirituality helps me understand that the original qualities of every soul are peace, love, happiness and so I have no hatred in my heart for anyone. This helps me become fearless and stand firm against wrongdoing. With a clean heart, a clear understanding of good and evil, and connection with the divine, I am much more likely to have the faith and courage with which to stand up for what is right.

Thirdly, if the negative behaviour I am opposing activates negative tendencies within my own personality, the fight will soon wear me out and I'm unlikely to be victorious. Power absorbed from the Supreme in meditation helps me remain positive and above negative tendencies and hence face someone's negative behavior and emerge victorious.

Love And Suffering

There are two things that touch or move us in life: pain and pleasure. Both create addiction. We feel pain in the body, and sometimes it is even emotional. But suffering arises in the mind. The suffering in the mind arises from thinking negatively towards the self, towards others, looking at them with a vision or attitude that causes grief, sorrow and suffering. Both extremes, pain and pleasure, can create addiction. On creating addiction it can start to form part of someone's identity. Later if one tries to stop the addiction of pain or suffering, it can almost feel like a threat towards the self, and towards one's own identity as one perceives it, because suffering is identified with. It is too hard to see oneself as no longer suffering.

An e.g. in this regard is that of a mother, with three children, who was undergoing a meditation course at one of the Brahma Kumaris centers. Her daughter had learned to meditate and became very happy and joyful. Seeing her happiness the mother came to learn to meditate. With a few sessions she felt much more at peace and had very good experiences, but all of a sudden she decided to stop the meditation practice and leave the course because she was starting experiencing a positive detachment, which she perceived as negative. Now, she was no longer feeling afraid of what might happen to her children. The meditation was awakening in her a love free from fears, but it brought on in her an inner clash of beliefs between the old and new beliefs. Her old belief was that to love someone is to suffer about them or create pain related to them.

(To be continued tomorrow ...)

Soul Sustenance

The Seven Relationships With The Supreme

Every soul has a close relationship with the Supreme (God), but we simply forget it as we become over-involved in, attached to and distracted by our life on the physical plane and our different relationships with different physical beings during our journey of births and rebirths. Spirituality makes us realize the need of restoring our connection with God, which has either broken or has become loose. It also makes us realize that this connection needs to be a very deep and personal one.

God plays many roles, just as a good parent, being one, but will play many roles while bringing up his or her child. Each role consists of different spiritual characteristics and virtues of God, expressed by Him. Take a few moments to think about the main roles that God plays in our life and identify the main virtues and characteristics which He expresses e.g. in the role of Father He demonstrates the art of living to us and how to perform right *karmas*. In the role of Mother he gives spiritual sustenance, in the form of virtues like peace, love and joy to us. In the role of Teacher, he showers us with true knowledge of the spirit or the soul. These are just a few examples. We suggest you do your own thinking about seven different roles that God plays: **Father, Mother, Teacher, Guide (or Guru), Companion (or Beloved), Friend, Child** and how he plays them. Once you have done this inner thinking exercise, experience each of these seven roles on each of the seven different days of the week, one role per day. Feel Him being in that role for you and then note what you feel exactly and how you relate to Him. Also identify the spiritual characteristics and virtues that it brings out from within you.

Message for the day

The power of detachment helps us to watch the different games of life.

Projection: Whenever we are faced with a situation or when we watch someone dear going through a difficult situation, we tend to overreact because we feel caught up in it. Then we are neither able to work to remove it nor are we able to enjoy all that life brings.

Solution: Whenever a situation comes up, we need to use the power of detachment that is within us. With this power we can see and appreciate all the variety that life brings. This makes us enjoy, whatever the situations may be.