



Love

If I learn to create love in my heart and silently share it with everyone I meet, love will grace every corner of my life.

Meditation On Self-Forgiveness

Sit comfortably and relax. Recall the feelings associated with some mistake or mistakes you have made in the past. Connect with any feelings of hatred and revenge; connect with any feelings of guilt and how you felt you had let others and yourself down; the shame and the humiliation you may have felt...

Now ask yourself:

'What good is it doing me or others by holding onto these feelings...? What benefits does it bring me? How does it help me, or the other people affected...?' (pause for 30 seconds).

Now, say the following to yourself inside your mind:

'I decide that I have held onto these feelings long enough and it is time to let them go... This is a matter of reason as they no longer serve me, and a matter of my will at a deep level to release them... I feel all these negative feelings and let them go... I release them... let them go...'

Now, unconditionally, forgive yourself... you have made a mistake... you have learned from that mistake... there is nothing to be gained from having feelings of guilt or shame... let them go... forgive yourself... forgive everyone else who may have contributed... it is time to let it go...

Now focus on your true self - a divine being of spiritual energy situated at the center of the forehead... focus on your inner feelings of peace... Think of and feel your inner qualities of honesty, tolerance, kindness and generosity. Focus on them, as this is who you truly are... a peaceful, compassionate, forgiving being of spiritual light... radiating these qualities to the world...

Remove Weakness

We do want to help others and be a support for them, but sometimes we find ourselves unable to do this as much as we would like to. If others are not able to take help from us constantly, it is because of the weakness that is working within us which makes us look for support from others. As we are caught up with our own expectations we remain unavailable for others. We need to work at checking and removing our own weaknesses. When we recognize and work at removing our weaknesses, we'll become a source of strength and support for others. We will not look for support from others but will be able to allow people to rely on us.

Soul Sustenance

The Significance Of Spiritual Energy (cont.)

Humans live and express themselves by means of four energy forms. We had explained two (physical and mental) yesterday. The other two are:

Emotional:

This is related with how you feel, moody or happy, anxious or nervous. If your feelings are negative, it will end up affecting your body. Feelings of irritability, anxiety or tension can cause stomach ulcers. Along the same lines, with positive feelings you will be able to overcome any illness much more easily.

Spiritual:

This is related to our original qualities and values. It is the energy of the soul. Our perspective of the world will depend on the state of our conscience. Spiritual energy guides and provides quality to our thoughts, and that is why it is the highest in the hierarchy.

These energies (physical, mental, emotional and spiritual) form a hierarchy, in which physical energy is the lowest and spiritual energy the highest. If we are able to correctly channel the spiritual energy it will influence all the others in a positive way, beginning with our conscience, our feelings, and ending with our body.

Message for the day

The ones with pure thoughts experience safety in all situations.

Projection: When there are negative situations, we usually get negative thoughts very easily. Such negative thoughts take us further into negativity. We get caught in this circle of negativity and we then can't make our thoughts positive.

Solution: We need to take care that we don't blame anyone when we are going through any negative situation. We need to maintain whatever positivity we can in the situation, and we will find our mind changing towards positive too. It is this positivity that acts as a means of safety for us.

In Spiritual Service,
Brahma Kumaris