



## **Plant the Seed of Peace**

As our thought so is our consciousness, and as is our consciousness so is our life. Let your first thought of the day simply be peaceful. Plant this seed. Water it with attention and you will gather the calm.

## Fly High

Just as the bird has to find the courage to let go of the branch in order to fly, so we also must let go of our branches if we are to know the exhilaration of soaring to the highest potential of our life. The branches we hold to are our inner attachments - our beliefs, ideas and memories. And then there are the outer attachments - people, possessions, positions and privileges are a few. But as long as we hold on to them we will live in fear (of letting go and loss) and we will never be free. And just watch those birds, by letting go of one branch they are able to spend the rest of their life alighting on a million other branches, and they enjoy the view from each. Are you flying and soaring in your life, or are you stuck on one branch, cursing others as they fly past. Go on, try it ...let go!

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## Cleaning Up The Cupboards Of Your Mind

When you are capable of relaxing, controlling your thought patterns and concentrating, you can reach deeper and more subtle states of meditation from which you connect with your inner potential for peace and purest love (the positive) and on the other hand, you clean out unnecessary memories (the negative). You reach the spiritual power that allows you to transform habits that are not very healthy and the beliefs that sustain them. Out of love and peace you can purify and clear the turbulent (rough) waters that there are at times in the subconscious.

**When you meditate, you review whether there is something that has influenced you and you clean it out, so that only the highest, the most positive, the most beautiful, remains inside you and comes out of you.** Meditation and reflection help you to clean out the register that, from the subconscious, brings about inadequate thoughts and uncontrolled emotions. Cleansing (cleaning up) in depth requires a clear purpose, being prepared to let go of the past; cleansing the wounds and pain accumulated in the store of your inner being; facing the present with dignity, with wisdom and visualizing, with confidence and trust, a future full of positivity.  
(To be continued tomorrow ...)

## Soul Sustenance

### Do Love And Suffering Go Hand-In-Hand (Part 3)?

**When there is too much pain we cannot lean back into our true power and experience our energy of love. Only the power of pure love, unconditional love or love of God, can help us to get rid of the suppressed pain inside the subconscious.** When you live through a situation that causes pain in you, you have to love yourself, stabilize yourself and enter into silence. Observe that pain without being afraid of it. Observe it to let go of it and understand what it is that it brings about in you.

The answer, generally, is connected with others: \* He/she doesn't love me anymore and that's why I feel pain, \* Things are not like they were before, \* The company of this loved one doesn't give me the benefits it was giving me before.

If a person loved you and now has stopped loving you, does that make you feel pain? Or is it your own expectation and your desire for that person to keep on valuing you or loving you like before that trap you in pain? Is it that you don't accept change? The truth is, we bring on suffering ourselves. If you don't want to make yourself suffer, starting from now you do not have to bear any more suffering. **Nobody can wound you or can cause you pain, except if you allow it.** So how do you allow it? By being a vacuum that sucks in everything of the other, the good and the bad, and you suffer. It is expectations from our loved one that make us vulnerable to the experience of suffering.

## Message for the day

**To have the spirit of sharing is to be constantly happy.**

**Expression:** There are lots of resources in each one's life that can be shared with others. The more there is the consciousness of giving there is the ability to give and share these inner resources with others. New treasures are discovered and used for the benefit of all and also for the self.

**Experience:** There is constant satisfaction in my life when there is the spirit of giving. There are no expectations from others, but only an awareness of what I have. Life becomes more and more satisfactory and I feel richer for having given unconditionally. There are also constant good wishes that I receive from others.

In Spiritual Service,  
Brahma Kumaris