



## Letting Go

Whatever has happened is in the past. Do not think about the past. Learn from whatever has happened and be optimistic about the future. The past belongs to the past. Let me let go of it, because it does not belong to me now.

## Power On

Each day we all need to recharge our spiritual battery, otherwise the light of our consciousness becomes dim, thoughts become fuzzy, and decisions are impregnated with doubt. Power is available inside and outside. Inside us we have a spiritual centre, at the core of our consciousness, pure radiant spiritual light. This is what we are. However it is now blocked by our attachments, the record of all our life experiences and many learned beliefs and perceptions. Outside us we have the sun of spirit, the source, invisible to our physical eyes but only one second away when we are able to quieten and focus our mind. Meditation connects us to both sources of power - that's why meditation is the way to access the real vitamins and the minerals that spirit craves. The vitamin of pure love and the minerals of truth and wisdom. Take time to empower yourself today. Sit quietly and connect your mind to each source and allow yourself to recharge and renew.

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## The Four Phases Or Ages Of Humanity - Part 1

In the stories of history of almost every ancient race, like the Egyptians, Greeks, Hindus, Mayans, Incas and Aborigines, there are many many references to a period, some four or five thousand years ago, when Earth was Paradise. Remembered as the Golden Age, Garden of Eden, Atlantis, *Satygug*, these stories all talk of a time when the world was beautiful and new - Heaven on Earth. Nearly all ancient peoples and traditions have a common memory of a time when humanity lived a simple yet magical existence in harmony with nature. Our ancestors said that this Golden Age came to an end because of some tragic mistake made by those who lived in that Age - the mistake being - they fell down from the pedestal of soul consciousness into the dust of body consciousness and succumbed to the five vices of anger, lust, greed, ego and attachment. They said that it was only after the change in the human way of *being* and *living* - the *fall* of the human consciousness - that tragic global calamities (accidents) took place on Earth, whose geological, climatic and mental impact erased the former Golden Age almost completely.

(To be continued tomorrow ...)

## Soul Sustenance

### Understanding The Birth-Life-Death-Rebirth Cycle (Part 2)

We subconsciously know that we are souls. Birth, life and death are just stages in existence. In fact all natural processes can be found to have a beginning, a middle, an end and a new beginning to continue the cycle. The soul takes a bodily form, gives life to it and after a period of time, long or short, leaves it and takes another suited to the continuation of its role. As long as the soul is in the body, the body grows like a plant from baby to child, youth to maturity. It then begins to decay and finally becomes unusable. The moment the soul leaves the body, the body becomes like a dead log of a tree. It immediately starts to decompose and eventually goes back to dust.

Again the soul moves into a foetus inside the womb of a mother. After time it emerges as a newborn baby and immediately begins to show the sanskars it had developed in its previous life. It is the same soul but in a new physical situation. Thus death is merely the means by which a complete change of circumstances and environment for the soul takes place. Time never kills the soul, but the body, being a part of nature or matter, obeys the law of decay that everything new becomes old and eventually finishes. The molecular components of this body disintegrate only to re-integrate as another form (body) some time later.

The process of birth-life-death-rebirth is also eternal (without a beginning or an end). It has always been going on and will continue. The soul comes into the body, expresses a role and experiences the results of that for a certain time, then leaves it, and the process starts again. Similarly, souls come into this world, remain here as actors for a number of births and then return to the region from which they come, for rest. This process also starts again. The pattern is a cyclic one. This is called the eternal world cycle.

## Message for the day

**To make thoughts as pure as the actions is to be truly elevated.**

**Projection:** There is usually attention on the self not to perform any negative acts. There is also considerable attention not to speak any words that are harmful or negative. But very rarely is there that attention on the thoughts. Because of this a lot of negative thoughts tend to remain in the intellect causing trouble for me.

**Solution:** I need to understand the fact that my thoughts form the basis for my words and actions. The more I pay attention to make my thoughts positive, the more it will make a positive impact on my words and actions too. Constant awareness of a positive thought enables me to maintain my own inner positivity.

In Spiritual Service,  
Brahma Kumaris