



Swami Vivekananda (1863-1902) was a key figure in the introduction of the Indian philosophies of Vedanta and Yoga to the Western world, bringing Hinduism to the status of a major world religion during the late 19th century.

Making a Life

We make a living by what we get, but we make a life by what we give.

The Subtle Body Of Light

Apart from our physical form (body), each one of us also has a form of light - a subtle light body. It is referred to as the **aura**, and can be seen by some sensitive souls. All of us might not be able to see it, but we can become aware of the aura of others' through the vibrations they emit. **The purity of our subtle, light form is dependent on the purity of our thoughts or mental vibrations.** Given below are some thoughts for a meditation to help experience your subtle form and serve through it. Think and visualize each thought alongside:

I become detached from my physical surroundings... I consciously create only the purest thoughts... Now I visualize my true form... I am a subtle being of pure spiritual light, a sparkling star situated at the center of the forehead... Gradually, I become aware of my subtle body of pure, white light surrounding my physical form... In my body of light, I, the soul, the sparkling energy, consciously stand up and step away from my physical form, which remains seated... I, the soul, inside my subtle body, observe my physical body in a detached way... Now I slowly fly outside the room I am in... I visualize myself, in the subtle form, suspended in the sky... White rays of spiritual light radiate from me, the soul, and my body of light into the world... like that of an angel... In this pure awareness of myself in my form of light, I realize that the greatest gifts I can share with those around me are the light of love, peace and truth.

Sitting anywhere, this meditation exercise can be done to visualize oneself in a hospital, on the site of a natural calamity, accident, next to a friend or relative in pain etc., basically anywhere where vibrations of positivity, peace and happiness are required - the location of visualizing yourself can be hundreds of miles from where you may physically be. As you practice the art of being aware of your subtle body, you will begin to sense how you can have a positive effect on others simply radiating good wishes, pure thoughts and pure feelings.

To spend the day with God as a Companion is to add quality to all tasks.

For the one who keeps God as a Companion in every task, there is quality and meaning in everything. Even when we are faced with something difficult, we still are able to do it with ease. Each task becomes special too. Today I will say "good morning" to God and make my day beautiful. I will start the day with this consciousness and throughout the day keep Him with me. This will keep my mind carefree and easy, whilst doing and facing everything.

Soul Sustenance

Motivation – The Life Driving Force (Part 1)

Motivation is the driving force behind our thoughts, feelings, words and actions which transfers us from one reality to another, from where I am to where I wish to be. It is an inner positive energy, a combination of enthusiasm and clear perception that enables us to accomplish a task or overcome a challenge. It is the desire to be continually interested and committed to a task or to attain a goal or cross a difficult situation.

Our thoughts really do color our perceptions, and affect our motivation levels in many ways. What thoughts are serving you today? Which thoughts are weighing you down? **Have you ever turned over the exam papers of life - challenging situations, overpowering situations, disturbing situations, de-motivating situations; looked at the questions that life throws at you and wondered if you are sitting the right test?** Or glanced through these papers of life and only see questions or aspects you aren't equipped at handling? Or worse still, know that you once knew the answers to these questions but frustratingly, those nuggets of spiritual wisdom, required to overcome these situations are now out of reach no matter how far into the back of your mind you grope, causing emotions of worry, frustration, fear, anger, discouragement, depression, panic and hopelessness to erupt inside you?
(To be continued tomorrow)

Message for the day

The beauty of things lie in the ability to appreciate them.

Expression: Nothing is positive or negative in itself, but the one who has the eye for positive things sees only positively even when there is negativity around. Such a person is like a swan which separates and picks up only pearls from stones.

Experience: When I am looking only at the positive aspects, I am able to remain happy. If I am able to appreciate everything that comes my way, even if it is visibly negative, I find nothing to be a problem, but everything becomes enjoyable for me.

In Spiritual Service,
Brahma Kumaris