



Painting by Todd Abbot Winters

### Barriers to Love

Whatever is in your heart that is not clean, not true, will ultimately begin to act like a wall, obstructing the natural flow of love. People who say that there is no love in their life, are being blocked by this wall. Actually there is love, but they just can't accept it. Ego is the clearest example of this. Ego limits the flow of love by placing conditions on the love you give and receive. Ego uses love to satisfy its own needs and desires. It produces a love which is deceptive, one which brings only temporary satisfaction. Ego does not allow you to experience true love or share it. In fact, ego is capable of destroying your ability to feel love altogether.

## **Repetition of positive thoughts lead to powerful thoughts.**

When ordinary and waste thoughts are repeated, they can become harmful and negative thoughts. On the other hand, when positive thoughts are repeated, they become powerful thoughts. When I take a simple positive thought and practice with it, I find myself becoming more and more powerful. Today I will take a simple positive thought and practice with it. This simple thought could be "I am happy today" or "I appreciate the people in my life". This will help me reinforce this thought and make it powerful. Such powerful thoughts are available with me, specially at a time when things are not so right.

## **Symptoms Of Stress**

When we feel stressed our difficulty tends to be reflected in certain physiological (physical) and psychological (mental) symptoms, whose importance we may not fully understand. These are normal signs that we should re-check our priorities - our body, or our state of mind, is telling us that something in our lives needs to change. Listed here are some common signs:

- 1. Restlessness** - We could have difficulty sitting still for even short periods of time and we may play with our hands, play with our thumbs or play with the rings on our fingers.
- 2. Impatience And Short-temperedness** - We could find ourselves becoming angry at any moment for simple reasons; or we may snap at people, too quick to assume that they are accusing us.
- 3. Obsessive Working** - Overworking can be a stress symptom, although stress can also cause some people to work very little.
- 4. Loss Of Appetite** - Food doesn't interest us anymore. Either we don't eat, or we over-eat junk food.
- 5. Fear Of Silence** - Silence may cause us discomfort, so that we over-talk when with other people or leave on the television or music player when alone. Sometimes we may not tolerate noise at all.

## Soul Sustenance

### Effect of Food On The Mind (Part 1)

All foods have their own subtle (non-physical) vibrations or energy levels. **Food feeds more than the stomach; it not only affects the working of the body but its subtle energy influences the mind.** Consumption of food allows the energy levels to have an effect on our system, for better or worse.

Experimenting with the effects of different foods, three categories were defined corresponding to the particular energy that existed in them.

The first is **Satwik** or sentient food – this type of food is filled with vibrations of purity, self-awareness, love, peace and joy. This category of food includes fruits, vegetables, beans, nuts, grains, milk and dairy products. It helps our emotions and mind to remain in a stable and peaceful state. This in turn affects our thoughts, attitudes and behaviour.

(To be continued tomorrow .... )

## Message for the day

**Where there is determination there is success.**

**Checking:** Think of all that you wanted to achieve in the past few days. Now check if you have achieved it or are still trying for it. Check if you have left anything midway.

**Practice:** Pick out one of the things that you wanted to achieve or create an aim for yourself and think, "I am the one who is victorious and I will achieve whatever I set out to. I will not leave any task unfinished."

In Spiritual Service,  
Brahma Kumaris