



Miss Everything

You can only be in one place at any moment in time. If you feel you are missing out on something then you are. But it's not the party, or being with another person that you're missing, it's your own life. As long as you are thinking of where you could be, you are marking yourself absent from where you are now. Which means you are nowhere. Many people spend their entire life in 'nowhere'. Not a wise choice!

The Role Of Emotions In The Functioning Of The Soul

Inside the soul, there are four components - **thoughts, feelings, emotions** and **sanskaras**. Thoughts and feelings are present more on the surface of the soul in the conscious. Emotions and *sanskaras* on the other hand are less easily perceived and lie below thoughts and feelings.

Sanskaras can be defined as the traces left on the soul due to actions performed by it and also due to its interactions with others in relationships.

Emotions, on the other hand, are impulses associated with the *sanskaras* and are very close to these traces.

The internal functioning of the soul is cyclic - '**thoughts gives rise to actions, actions give rise to *sanskaras*, and *sanskaras* give rise to further thoughts**'. This description becomes complete, when we add an additional component - emotions. The deepest component inside the soul is the *sanskaras*. Next up from *sanskaras* are the emotions, above that are feelings and then finally the uppermost component inside the soul is the thoughts.

Thoughts can be caught instantly. Feelings can be seen and perceived if I stop for a moment and check. Emotions are deeper than both of them and are very close to the *sanskaras*, and just as its difficult to see all the *sanskaras* of an individual, we can't always see their emotions.

Feelings, being more towards the surface, can be clearly identified, but you have to go deeper to see the quality of emotions a person is creating and the quality of his/her *sanskaras*.

Soul Sustenance

Universal Concepts About The Supreme Being or God - Part 3

Continuing from yesterday's message:

The Zoroastrians worship God as fire (Indian Zoroastrians are called Parsis).

The ancient Egyptians worshiped the sun as God.

A Buddhist sect in Japan focuses the mind on a small oval shape. They call it *Karni*, the Peace-giver.

The Jews have the Menorah (a candlestick or holder for many candles together) which when lit is a memory of the form of God as light.

It seems therefore that human beings, without realizing, have all been worshipping and trying to discover the same God. There is only one God and His form is light. If union between the soul and the Supreme Soul is to take place, it can only be possible if there is knowledge and experience of that form.

On the basis of our (soul and the Supreme Soul) similarities of form and place of residence, I learn from God of my own original *sanskars* of peace, purity, love, knowledge, power and bliss. As I tune my thoughts to Him, His influence fills these original qualities in me. He is the perfect and infinite fountain, indeed the ocean, of these qualities. His superiority lies in the depth, clarity and continuity of His divine *sanskars*. Whilst human souls fluctuate between peace and peacelessness; love and hatred; knowledge and ignorance; sorrow and joy, God is ever constant and above and beyond these fluctuations.

Message for the day

Humility wins hearts.

Expression: The one who is humble is able to put the other person forward. Such a person recognizes, appreciates and uses the specialities of others for the success of any task. So, along with giving the best, he is also able to bring out the best in the other person too. So, he is able to do the best in any task.

Experience: When I am humble, I experience harmony in relationships. I am able to learn from the different experiences and make myself better and better each day. So, I experience success in all I do. I am also able to win the hearts of others and get good wishes from them.

Fear

Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. We ask ourselves, "Who am I to be brilliant, gorgeous, talented, and fabulous?" Actually, who are you not to be? You are a child of God! Your playing small doesn't serve the world. There's nothing enlightened about shrinking so that other people won't feel insecure around you. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And, as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.

In Spiritual Service,
Brahma Kumaris