



Centenary Diamond

Diamond Consciousness

When you look at the world through your physical eyes, you will see all the facets of our diversity: culture, race, personality, religion and so on. Seeing only through your physical eyes, it is easy to become stubborn and to try to prove yourself right. However where there is stubbornness there is no love. And trying to prove the self right is equally offensive. A diamond will sparkle even in the dust; you do not ever need to prove that you are right. In the face of the dangers that come from seeing only with the physical eyes, always think: now is the time to go beyond all divisions, beyond all that limits us and our sense of self. Whatever the race, the religion, the class - our consciousness now has to go beyond all of that.

Absorbing Spiritual Light (cont.)

How many times do we hear, * Oh, he is always in a bad mood..., * It is my nature to be irritable..., * He will never change... This shows the extent to which the soul's own light has faded and been replaced by the dark curtain of negativity. Therefore it is better that we do not try to deal with each vice and defect individually. As the soul fills itself with the power of spirituality, its overall condition automatically improves.

Another significant point is that **there is a deep-rooted awareness within the soul of God and His *sanskars***, however much it may be covered by dirt and weakness. This is because each soul is the child of God and being his children we inherit his *sanskars*. These *sanskars* are present in us when we start playing our part in the physical world, but gradually they fade away as we take more and more births. **As these *sanskars* are brought to the surface of the consciousness, automatically our thoughts and behavior patterns change.**

In modern psychology it is stated that we must express all our negative emotions and not suppress them. But the fact is that 'letting it out' leads the soul further into slavery to that emotion. Remembering that **thoughts, decisions and actions are formed on the basis of *sanskars*, which are deepened by repetition**, the soul can only cause harm by expressing any defect or vice. On the other hand, the psychological effect of suppressing negative emotions can be quite drastic. Suppression can lead to severe personality problems, even madness or insanity. The right path is that we emerge our positive *sanskars* with the help of meditation and other self-development techniques and the negative ones automatically vanish away.

(To be continued tomorrow ...)

Soul Sustenance

The Three Mirrors for Inner Beauty (Part 4)

The third mirror is the mirror of your own thoughts, words and actions – What you think and feel about yourself and others is invisible to others and only you know what it is. But you radiate your thoughts, feelings, emotions and attitudes through your facial expressions, your eyes, your words, your body language and your actions when you interact with others. That **way your words and your actions act as a mirror in which to see yourself**. You achieve this when you are a detached observer and you become aware of your responses, your reactions and how you express what arises from within you. **This awareness of being an observer needs to be maintained sub-consciously throughout the day and consciously in the night by filling a daily chart before sleeping, on any three personality traits** of your choice. Your main weaknesses or strengths you want to enhance should be included in the chart. We have explained the different types of traits that can be covered in a daily chart in our older messages. You could either evaluate these personality traits with a yes or no or perform a percentage wise evaluation like 50% or 80% for e.g. So it is a good practice to look into this mirror once in the night, before sleeping. This mirror will give you a review of the day that has gone by and make you careful for the next day. The daily chart is useful for this purpose. Filling a daily chart does not take more than a few seconds.

Finally and most importantly, always do remember that **those who use these three mirrors actively and use them well to ensure that their internal self looks good and beautiful all the time become living mirrors for others**. People who come in contact with them are able to see accurately what their internal self looks like. On seeing how beautiful and perfect they are, other people quickly realize their shortcomings or weaknesses and also take inspiration to become as beautiful, clean and virtuous beings as them.

Message for the day

To see only problems is to become the one who only takes service.

Expression: When there is the practice of seeing only problems in all situations there is the inability to find solutions and act effectively. All the resources that could be used for the benefit of the self and others remain hidden. Such a person becomes dependent on others for finding solutions and a source of pity.

Experience: When I am caught up with problems and not able to see anything else, I am unable to experience progress. I find myself moving backward losing a lot of things I have. I would not be able to retain my self-confidence and would become dependent on others.

Presents in the present

There is no time like the present. The present provides opportunities for improvement because whatever step we make will either take us up or down, forward or backward. The present gives us the chance the chance to lay a brick for the future. The past cannot change, but the present brings with it the time to change, to build and improve - time to fill ourselves in the areas we are lacking. As the scene of life's Drama brings gifts with it, we must look for presents in the present. They are present, easily visible in light and easy scenes but cleverly hidden in dramatic scenes. To develop the habit of letting present become past without finding the gifts it has brought is to be a loser.

In Spiritual Service,
Brahma Kumaris