



Armillary sphere with a compass-the State Hermitage Museum, St. Petersburg, Russia

### **Your True North**

To follow someone else's truth is a trap. The best strategy is to know your own truth, face it and live by it. Others may inspire, guide, give you directions, but ultimately you have to cut your own way through the jungle. You could always be asking others where North is, and they will tell you. Someone will say North is this way and someone else that North is that other way - and both would have been sincere. But you alone has to find your true North.

## **Seven Techniques To Let Go Off The Past**

Almost each one of us carries a heavy or subtle burden of negative events and happenings that have taken place in our life sometime in the past, either an immediate past or a far-off one; which reduce our present contentment levels immensely. The negative past could be of any form - you experienced the loss of a close loved one due to a break-up or sudden death; you went through a serious physical illness or a very lean phase of financial loss, you were abused on a mental or physical level; you were not treated properly by a colleague at office and undue advantage was taken of you; you performed an inappropriate action and you repent up till now, even after many years have passed, and many such similar and different types of incidents.

There are three different types of processes for removing negative past memories from our consciousness:

- \* **Modifying** - A negative past event is modified into a positive, beneficial form and then stored in the consciousness.
- \* **Forgetting** - Memories of a negative past event are forgotten and do not exist either in our conversations or in our conscious mind or thoughts, but traces of those memories exist in the sub-conscious mind.
- \* **Erasing** - No traces of the negative past exist in the consciousness and memories of it are completely removed from the sub-conscious also.

We need to take the help of all the different aspects or techniques of spirituality and not depend on only one or two for these removal processes. In the next two days' messages, we will explain all these different techniques of spirituality, which if incorporated in our life, help us experience lightness and emotional freedom from the past. All of them have their own unique importance.

(To be continued tomorrow ...)

## **Responsibility**

The one who is responsible is the one who is satisfied. When responsibility is taken up and fulfilled with commitment, there is efficiency and effectiveness in the work. This results in satisfaction and contentment at having made a significant contribution. Each day let us take up the responsibility of contributing something significant to any task, even if it is a simple one. Having done this, we will find that we are able to be happy with whatever we are doing, for having made some contribution.

## **Soul Sustenance**

### **Inculcating Powers Through Rajyoga Meditation - The Power To Tolerate (cont.)**

For most people today, if someone insults them, they'll immediately become angry or upset in return, so the situation not only remains unresolved but infact becomes more complicated. Those who are virtuous may be able to remain content and smile for a while, responding with patience, but repeated insults and repeated efforts by the other person to bring them down will tire them until the point come where their tolerance levels are crossed and they will react.

If, however, through my power of spirituality and meditation, I am receiving immense amount of strength from the Supreme Being, my heart will remain open and I won't count how many times the other person has harmed or insulted me. This may sound extremely difficult and may look like an impossible thing to do. Meditation, however, makes the impossible possible. Meditation gives me an experience of a very deep, personal relationship with the Supreme and helps me keep the Supreme as my constant companion, which gives me such power. It's immensely useful for anyone then to move towards that goal.

True tolerance is made possible by openness and acceptance. It doesn't mean clenching my teeth and carrying on, come what may. Suppression of my feelings can cause me internal, physical as well as emotional damage, and end in an outburst which can damage others too.

(To be continued tomorrow .....

## Message for the day

**Life's situations are a game for the one who is prepared to face challenges.**

**Projection:** For the one who is a skilled player, every situation, however challenging it may be, seems like a game. Even the most difficult situation is faced bravely, knowing that it has come to teach something and increase the skill within. So such a person becomes a source of support to those around during difficult times.

**Solution:** When I am aware of my own skills and specialities, I am able to face all life's situations with lightness and confidence. I enjoy everything that comes my way. I also am able to experience progress as I use all situations as a means for further increasing my own potential

In Spiritual Service,  
Brahma Kumaris