



Musha Cay, Bahamas

The Power of Thoughts

Thoughts are more powerful than actions because they are the creators of actions. You have to keep in mind that the thought-waves of your good wishes and pure feelings, your vibrations of peace and love, can once again bring harmony in nature and happiness in the world.

Meditation To Discover Your Inner Beauty

Given below is a meditation to reflect on and experience the original qualities and virtues of the soul. When you are in contact with these treasures, you begin to shine.

Create a space within you. Sit down and go within. Look at your being in a different way. Look at what beautiful things you have within, and learn to recognize them.

I allow my body to relax ... I breathe gently and deeply... My physical senses relax ... I can feel more and more how my body is calming down... I direct my attention to within, as if I was looking through a window... I discover a silent space... tranquil... calm... Here I feel safe from any outside influence... I can feel the silence ... My mind is quietening... it becomes silent and peaceful... The expansion of my thoughts fades... I concentrate on my true being... The lake of my mind is serene... clean... transparent... Everything is clear ... I can feel my own presence... I feel the pure energy of my being... I am shining like a beautiful star of divine light at the centre of my forehead... My original qualities like bliss, love and purity begin to shine at the heart of my soul, like a fountain of water that comes from a spring... I begin to recognize these treasures that rise up within me...

I concentrate on them and make them emerge, feeling that I am those qualities... I am a spiritual being... I am a being of light... I shine and sparkle with unlimited peace, happiness and love... I feel the peace... I am at peace... I am a being of peace... I feel the love... I am a being full of love... of good feelings, of acceptance towards everybody... My heart is strong... I feel that I am a being without limitations... with great strength... I glimpse what I really am... a being of authentic light... strong... radiating this light towards all people... towards the whole world... I stay in silence ... and I smile.

True Love

When there is true love, there is an expression of inner growth - not just for oneself but benefit for others too. When there is true love, there is the ability to express one's own qualities without being negatively influenced by others' negative character traits. To love is to know that what is being given is true. When I have true love for those around me, I am able to win the hearts of others. Since the expression of my love is consistent, others are able to return that love and give me good wishes. I find myself as a source of support for others and they are able to use me as a support for their growth.

Soul Sustenance

From Knowledge To Experience - Part 1

One aspect of practical spirituality is the practice of values such as tolerance, patience, flexibility, humility (egolessness) etc. Another is for the meditator actually to experience the highest level of consciousness. **It is said that when this highest level of consciousness is experienced, there is the strength to practice those values that create well-being.** How can we go beyond the stages of **information, knowledge** and even **wisdom** to **experience the original state of the soul**, that is, **truth**?

One way to describe the above process is to compare it to the game of the pole-vaulter. The pole-vaulter has a long pole to help jump over the barrier. The athlete runs for a short distance, and then quickly fixes the pole into the ground, enabling the body to be lifted up. When the athlete reaches a certain point in the air, the very pole that was used to get to that point is discarded; if the athlete fails to let go of the pole, then the body will be propelled backwards and it will be impossible to accomplish the task of jumping over the barrier.

We shall explain this comparison tomorrow.

Message for the day

To remain in peace is to give support to those around.

Expression: If there is inner peace even when there is negativity all around, there is the ability to give support to those around. The biggest service that one can do is to give this support to those in need during challenging times. The one who remains in peace even in chaotic conditions becomes an example also.

Experience: When I am able to maintain my own inner state of calm under all circumstances, I am able to learn from everything that happens. I am able to bring benefit for those around me because of the vibrations of positivity that I am able to spread. I become a source of inspiration and support for all those in need.

In Spiritual Service,
Brahma Kumaris