



Create Vision

Never believe anyone who says we cannot change. Vision is one of the secrets of personal transformation. We are all artists, our mind is the arena of creation and vision is what we are constantly creating. What is your vision of yourself today - patient, relaxed, positive or tense, tight and negative? What do you prefer? So be creative - what does patience look like, feel like, what are you doing that is different when you are patient and you are expressing your power to ...wait? Always start with vision not action. See it and you will be it. Be it and you will do it. This is how we create our own life.

Recharge!

Each day we all need to recharge our spiritual battery, otherwise the light of our consciousness becomes dim, thoughts become fuzzy, and decisions are impregnated with doubt. Power is available inside and outside. Inside us we have a spiritual centre, at the core of our consciousness, pure radiant spiritual light. This is what we are. However it is now blocked by our attachments, the record of all our life experiences and many learned beliefs and perceptions. Outside us we have the sun of spirit, the source, invisible to our physical eyes but only one second away when we are able to quieten and focus our mind. Meditation connects us to both sources of power - that's why meditation is the way to access the real vitamins and the minerals that spirit craves. The vitamin of pure love and the minerals of truth and wisdom. Take time to empower yourself today. Sit quietly and connect your mind to each source and allow yourself to recharge and renew.

relax7

The Significance Of The Power Of Thought In Meditation

Meditation is not a process of emptying the mind of thought. **In meditation I use the natural power of the soul - the power to create thoughts, as a take-off point (or as a spring-board) to finally experience the consciousness of the true self. In meditation, I climb a ladder of well-prepared, positive and spiritual thoughts and eventually climb beyond the ladder into the pure experience of what I really am.** Pondering over these pure and real thoughts can occupy the soul for long periods of time.

In the most basic stage of *Rajyoga* meditation, first comes the realization: I am a soul, the energy of consciousness made up of a mind, an intellect and a collection of *sanskars*. My eyes, ears, nose, mouth are just the organs, which when used correctly, help me, the soul, enjoy life. I now possess the knowledge that will free me from my cage. I have the key, spiritual knowledge is the key - I am a soul, a being of light, 'a bird' which has the power to fly freely. Knowing this, I am not bound by physical laws. I can detach and fly at the speed of a thought, to the soul world, where I can

easily experience my original state. I must realize that it is impossible to have peace of mind if I cannot detach from the body. I must look upon all my family members, friends, colleagues, also as souls which have come from the soul world. We are all fellow souls.

Soul Sustenance

Do Love And Suffering Go Hand-In-Hand (Part 2)?

We have the inner belief that love, worry, fear and suffering go together. It is difficult to transform (change) fear until we eliminate that belief. You are love and you need to share that love. Life is a sharing of love, it is loving the body, loving oneself, loving others, loving God, loving nature, loving work. That energy of love in the end purifies us and helps us to go forward. **But while the belief exists that love has to be linked to fear and suffering, we will be blocked and will put a brake to the flow of pure love.** In the name of love, we worry, we suffer and we are afraid. Instead of helping from a place of freedom in love, we help out of worry and fear, and in doing so we stifle, control, depend, and the other person feels their inner freedom restricted. We do not let them be.

If we review our personal life and see the moments when we have experienced most pain in our lives, we realize that **it is with the people we have most loved, and that have most loved us that we have suffered most.** We experience pain in a relationship of love, where there is **possession, control, submission and dependence.** Other times the pain is caused by a loss that generates an inner emptiness. That person filled me, they gave me wholeness, they were the reason for my existence and now they have either left me or they have gone. In the second case, we wouldn't say that they "have died", but rather that they have gone to another level of existence i.e. the soul has taken a new physical costume.

(To be continued tomorrow ...)

Message for the day

The one who follows the right method gets easy success.

Expression: When there is a clear aim of what has to be done and how one has to go about doing it, then there is accuracy in all words and actions. Whatever effort is put in is according to the system and is naturally accurate. So when there is accuracy in all that is done, the fruit of that is also right.

Experience: When I have been following the right method for whatever I have to do, I am able to remain happy for the effort that I have put in. I am also able to be patient and wait for the fruit of my effort to come at its own time. I am never in a hurry, so I always experience success whatever the outcome of the task may be.

In Spiritual Service,
Brahma Kumaris