

Today's Thoughts: April 02, 2020: Contentment



The King of the Jungle reposing with child

Contentment

Contentment does not come to those whose means are great, but to those whose needs are few.

Receiving The Gifts Of God (Part 2)

From our experience, the most beautiful gift of the present time, is the start of our daily routine, which begins in the lap of love of the Supreme Father (whom we all have experienced to be a subtle being of light, full of spiritual love) either **as a point source of magnetic spiritual light**, someone whose aura is so supremely charged that it envelopes the being of light or soul or the inner me completely **or in the angelic form**, through which we experience the multifarious (different types of) human relationships which we play on the physical world stage, but in their most perfect and pristine (pure) form. **We normally rise up very early at around 3.30 a.m., which is also called *Amritvela* or the sweet nectar time**, when a rising song is played and after freshening up; perform the meeting with this Supreme Light in both the forms (explained above) from **4 a.m. to 4.45 a.m.** The meeting is a visualization process, because the meeting is not visible to the physical eyes. The posture of the meeting is a simple one, just sitting cross-legged or on a chair comfortably, with the eyes open and soft red light illuminating the room, where the relaxation exercise is performed. Gentle flute like music or of a similar type is normally played in the background and a soothing song is normally played at the start and just before the end of the beautiful meeting of hearts of the soul and its father, its mother, its beloved, its best friend, its teacher and its guru all submerged into a single entity – the Supreme Ocean of Love, the Father of Fathers, commonly called God.

Love for both forms of remembrance of God – the point form and the angelic form is an integral part of the life at the Brahma Kumaris. Even during the day, five times, a short song is played amidst actions where we transfer our consciousness from action and connect through both these mediums (also called **mind traffic control**), thereby maintaining the love filled connection constantly. The point form is a powerful connection which strengthens the inner being or soul, purifies it immensely and fills it with the seven primary virtues whereas the angelic meeting is a loveful soft union with the Supreme, where the soul not only gets cleansed but can eat, sleep and play with the Supreme; hold his hands, relax with and sit in his lap and also experience his warm touch and absorb his spiritual energy through his angelic vision or *drishti* and be face-to-face with him, just like making a meeting similar to one we make in the physical world.

(To be continued tomorrow ...)

Being Soul Conscious

Every moment of every day is an opportunity to strengthen your ability to be soul conscious. The practical application of meditation means that you can move into this “soul awareness” wherever you are – while cooking, during a journey, in the middle of a conversation, while working in the office etc. These are the basic steps to practice moving into a state of stillness and focusing your awareness.

Sit in a comfortable but alert position wherever you are right now... Imagine your whole body is surrounded by an envelope of subtle light... See the light draw itself up to a point of focus above and behind your physical eyes... Be aware that you are that point of focus...

Just as you might stand absolutely still as you look through the windows of your home to see the street or garden outside... look through your eyes now as if they were windows... Be aware that you are not your eyes... you are the still point of awareness, a tiny sparkling star, the soul, looking through your eyes seeing the world 'out there'... Remain still inside...

As you watch people and life moving around you, remain completely still... just watching without thinking about what you see... Then, in one split second ‘narrow’ your awareness to one small detail in the scene that you see... Hold that detail for a moment... Be free of any judgment or assessment of the detail... Just watch...just be aware... Then ‘expand’ your awareness to the entire scene once again... Remind yourself of who you are...the soul looking out through the windows of the eyes...completely still....focused...fully aware.

Message for the day

Trust comes when there is mutual respect.

Projection: It is normally experienced that it is difficult to trust people around me. I do want to but the negative experiences do not let me do so. I add up to this negative experience with each incident that happens, which further breaks my trust for people.

Solution: The only way to trust and gain people's trust is by having respect for them. Respect makes me look at the specialities in everyone and I am able to relate to these specialities. The more I look at the positive aspect in others, the more I am able to encourage others to use these specialities and relate to my own specialities too. This is the only way that trust comes.