

Today's Thoughts: December 02, 2020: Heroic Behaviour



Christ the Redeemer, Brazil

## **Heroic Behaviour**

The main quality of a hero is courage – not a reckless bravado, full of impulse and ambition, but a quiet, introspective courage.

In that quietness, the hero is able to discern and then decide on a particular course of action. He might see that it is better to let go of another person's past rather than hold it against them or constantly remind them of it. With humility and courage the past is forgiven; the hero completely lets go.

Only heroes can do such things.

## **God And I - The Relationship We Share (Part 5)**

A companionship with God is incomplete without starting the day with His pure remembrance in your heart and that means experiencing one's true self and the form of the true self, which is the same as God's form. Only then can we experience God closely. At the Brahma Kumaris we say realize yourself as a soul or a pure being of light and then connect with the Supreme Being of spiritual light or God. This is called Rajyoga meditation. This is the first connection of the morning. **At the Brahma Kumaris, we perform this mental exercise every day at 4 am in the morning, because this is the time when nature is extremely pure and silent. Also at that time a large number, in fact most people are sleeping because of which the overall spiritual atmosphere of the area around you and in your region or country at least is pure, with very little negative activity in the form of thoughts, words and actions which are based on the *sanskaras* of lust, anger, greed, ego and attachment, which are the five primary vices which influence the spiritual vibrations of the world negatively.**

As a newcomer to the Brahma Kumaris, for some, the early morning meditation is the most beautiful experience which they went through over here. They also share their life changing experience of how they connect with God through the medium of spiritual knowledge, with their friends and family members to make them aware as to how one can, with the power of thought and the eye of the mind, experience a spiritual union with God in His home, the soul world which is up above the skies and the sun, moon and stars. So, something which has drawn thousands of people to the Brahma Kumaris is the technique of Rajyoga meditation. It is called Rajyoga because it is a simple union with the Highest being that exists – God. It does not involve any particular posture or difficult physical exercises and is an exercise of the mind and can be done by anyone, whether old or young.

(To be continued tomorrow ...)

**Most of us have the habit of interfering in other people's lives.**

Mostly it's out of concern and care, but sometimes it's because we enjoy meddling or we think that we know what's best.

Is your interference successful, useful or even necessary?

There are times to step in and make a situation better and times to step back and let others handle things their own way and find solutions.

So know when to interfere and when not to interfere. And maybe instead of interfering, try intervening!

**Message for the day**

**As is the consciousness, so are the thoughts, words and actions.**

**Expression:** To have the right consciousness means to identify oneself with one's own specialities and powers and not to work with weaknesses. When there is such an elevated consciousness, then there is power in all thoughts, words and actions. Effort need not be put for specially making them powerful and effective. Even if they are tried to be made powerful without changing the consciousness the effort put goes in vain.

**Experience:** As I have a powerful consciousness and I am set firmly on this seat, no outside situation or person can disturb me or my internal state of mind. I am free from negative and waste and also from being ordinary. I am free from labouring and of having to fight with my thoughts in order to maintain the right thoughts. And I find that there is only speciality within. Others too are able to take benefit from this speciality.