



Silence

In the ocean of silence you may discover your eternal treasures of peace, love and happiness. In silence, you can let bad feelings and past sorrows dissolve. In silence you can hear the whisper of God saying "Come child and rest with Me. You are a peaceful soul."

Self-confidence is to know your way around yourself so instinctively that you always have a strength to draw on. Somewhere inside, from the stillness, you can always find something to meet your need.

Understanding and Overcoming Fears (cont.)

Listed below are some of our common fears:

- * Dying
- * Getting ill
- * The unknown
- * Loneliness
- * Other people
- * Authority
- * Being rejected
- * Being hurt
- * Failure
- * Change
- * The future
- * Being
- * Being free
- * Thinking and being in a different way
- * Losing control
- * Dreaming and making our dreams real

From these fears many other fears and blockages emerge.

Soul Sustenance

Self Transformation (Change) (Part 4)

Here are some practical reminders and steps we can take to grow spiritually and bring out transformation (change) in ourselves:

Attend a meditation centre

The starting point is knowledge, or understanding. It is not possible to begin this journey without some kind of route map (directions). There are Brahma Kumaris centers of Raja Yoga meditation throughout the world that provide these maps and help a person begin his, or her, practice of meditation. At these centers, information is shared on how the mind functions, the power of positivity, spiritual values and the art of effective concentration. All of these maps help us to know ourselves better and, when translated into our personal daily life, give us strength in the form of self-respect and happiness.

A Raja Yoga meditation centre is a spiritual school, where we can learn the original arts of true living; it is a spiritual clinic, where we receive the understanding of how to apply the healing medicines of peace, trust and respect in our relationships; it is a spiritual family, where we realize that each member has a uniqueness and goodness that needs to be appreciated and genuinely accepted, and where we pay attention to avoiding the trap of focusing on weaknesses and the roles of others.

(To be continued tomorrow....)

Message for the day

To use the treasures within is to increase them.

Projection: Whenever there is a difficult situation, we always expect others to listen and understand. And so we feel helpless as the situation seems beyond our control and we don't feel we can do anything to change it. Then we don't make any attempt and the situation remains as it is.

Solution: Instead of looking at others we need to look within and we'll find a lot of treasures that we can use to change the situation. These treasures, our own inner powers and virtues are such that the as we continue to use them in situations, we find them increasing.

