



Artist: Soo Cha - Gallery Provence

### **Peace**

Peace consists of pure thoughts, pure feelings and pure wishes. When the energy of thought, word and action is balanced and stable, the individual is at peace with the self, in relationships and the world. To exercise the power of peace look inward in order to look outward with courage, purpose and meaning.

## Making Decisions

The key factors which interfere with right/accurate decision-making are being authoritarian, self-righteous, trying to please others. We should be sincere, do with good intentions and everything will turn out right. People are willing to forgive if you made a mistake but your intentions were good. We need to be peaceful and patient with the mind, not push it and rush it. That does not mean we are slow in making decisions. We can be peaceful and patient and still make quick, good decisions.

## Reaping The Benefits Of Meditation

Meditation taught by the Brahma Kumaris gives the intellect the power to select those positive *sanskaras* which lead to the higher emotions, calm and clear thoughts, and the pure desire to enjoy life in such a way that no sorrow is experienced for the self and no sorrow is given to others.

The practitioner of meditation calms the mind and experiences *sanskaras* which in most people surface only occasionally as they are deeper than the superficial (shallow) memories of worldly experiences. These are the pure and powerful *sanskaras* relating to the original nature of the soul - peace, purity, power and contentment. Consciousness (the soul) has the same property as light; a powerful force with distinct qualities yet having no gravitational mass. In fact, the only pull or burden on the soul is the result of its own impure thoughts and negative actions.

When the above mentioned original *sanskaras* are experienced then love and happiness are also experienced automatically. After some regular practice, the practitioner has the intellectual power to consciously emerge these *sanskaras* into daily life at any time. In a situation which would lead most people to experience negative moods or emotions such as fear, depression, anxiety, boredom, fatigue, hatred or aggression, the practitioner becomes detached and emerges the inner powers of contentment and tranquility (peacefulness). This of course is beneficial not only for the self but also to others.

## Soul Sustenance

### Becoming Responsible for My Destiny

These are examples of some of the inner questions that emerge in our minds from time to time:

\* Why is she rich and successful and I am not? \* Why did he behave in that way with me; I've always behaved well with him. \* Why does that one have easy success in life and the other, however hard he tries, fails at every step? \* Why is he nice natured but is born blind and the other ill natured but has no health problems at all? \* Why does she suffer so much? \* She is so sweet, but yet everyone disrespects her. \* Why did that child die at such a young age? She was so innocent. \* Why did I get married to such a person? \* Why am I here? \* How is that student in my class so intelligent?

There are lot more questions like these that trouble us. **In the case of sorrows, it is seen more than the sorrow, it is the question - why this sorrow exists in my life that troubles us. Why? What? How? When? Even so, they all have only one answer: *karma*.**

I don't need to go into minute details of each situation. If I see that nothing can happen without having had a justified cause in my past or in that of others, life becomes much easier to face, with responsibility and the power of courage.

(To be continued tomorrow ...)



## Message for the day

**Real progress can be experienced when we are faced with obstacles.**

**Projection:** When faced with obstacles in our path, we usually tend to have negative feelings. We either experience fear or irritation and we don't enjoy the work anymore, our total focus being on the result. We only wait for the outcome not really bothered about enjoying the effort that we need to put in.

**Solution:** When we are encountered with a difficult situation, instead of seeing it as an obstacle, we need to see it as an opportunity to evaluate ourselves and see where we stand. We can then use this understanding to bring improvement in ourselves. When we constantly work on ourselves in this way, we will never stop when faced with obstacles, but will experience constant progress in our life.