



Artist- Jia Lu

Tolerance

Someone who has tolerance won't even say "I have to tolerate," because that implies they are feeling sorrow. Instead, they will say, "It's not a problem. There is something for me to learn in this." Whatever the situation, tolerance enables me to learn. Perhaps I need patience, or humility, or understanding. Tolerance allows me peace, and my love to stay constant. That way I stay connected with the Source of all that is good, so that I can help both myself and others.

The Consciousness Switchover (cont.)

Given below are few simple methods which help us in the process of rising above action or role consciousness and make the task of switching of consciousness to a spiritual one, easy.

1. Every hour, stop for a few seconds and note down in a small diary, which you carry with yourself through the day, to what extent, in the hour that has just gone by; you have maintained the light and detached awareness of yourself as a soul, a being of peaceful and blissful light, situated at the centre of the forehead, playing its part through the physical body costume and the physical role costume and seeing others the same way. If you haven't had any awareness, that's fine: the light reminder will help you remain attentive for the next one hour period. This will over a period of time become an easy, natural and enjoyable exercise, which is very relaxing.

2. Every 2-3 hours, stop whatever you are doing for a 3-4 minutes and turn your attention within, creating an awareness and feeling of the soul, but a very deep one. Remind yourself of your spiritual relationship or your relationship on a soul level with the Father of the soul, the Supreme Being or God. Experience the relationship. At centres of the Brahma Kumaris and even at their homes and workplaces, the members of the Brahma Kumaris around the world, follow this exercise. Where it's feasible, music is played at these times to make the break effective and soothing. This exercise is called 'traffic control', because the peace experienced in this exercise helps you become aware of the traffic of your thoughts and slow it down, reducing the risk of accidents that are caused due to internal mental clashes as well as clashes with the variety *sanskaras* or personality traits of people whom you come in contact with.

3. Every time you eat or drink something i.e. you nourish the body, along with that sustain the soul with spiritual thoughts, above the mundane or ordinary. These spiritual thoughts could be based on something positive that you have read in the morning at the start of the day.

Soul Sustenance

The Influence of Your Thoughts, Intentions and Attitude On Your Destiny

We constantly carry out actions on this world stage. Each and every action is always motivated by an intention, and has an attitude and behavior connected with it. **According to the intention and the attitude with which you carry out a particular action, the action will return to you in a beneficial, negative or neutral way - the law says so.**

Nobody is above the natural laws of cause and effect. **These laws function each time that you think, feel or act.** For example, if you have a negative thought and you water it with your attention and develop it for an hour, or if you get up in the morning with negative thoughts and these thoughts remain in your consciousness for some time, this negativity will return to you. As a result, perhaps you feel depressed or angry, with a headache, a weakened immune system, little energy and you have a bad day.

Your thoughts affect yourself, other people and matter.

Thoughts also affect the environment. Children and animals pick up the vibrations of others; sometimes they go spontaneously to a stranger or at times keep a distance from someone who is known to them. Some pet owners do not trust a specific person if their pet, say a dog doesn't like the person or keeps a distance from him, because pets have higher perception powers. **Being in harmony with someone's vibration means that you pick up the quality of their thoughts.** A person with a good vibration thinks positively and carefully. On the other hand, a person with bad vibrations, perhaps, has a lot of anger, hatred, ego and laziness in their thoughts and attitude.

(To be continued tomorrow...)

Message for the day

To be a giver means to give according to need.

Projection: The one who is a giver would be sensitive to the needs of others and will be able to give what the other person needs at the right time, instead of giving what he wants to give. Also such a person is able to give without expecting anything in return.

Solution: When there is even a little thought to share with others whatever I have, I would naturally be able to perceive my own inner treasures and experience being full. Sharing with others, whatever I can, enables me to get their good wishes also. I thus find myself experiencing the richness of life.

Positive Impact

When we have a problem in a particular relationship, we are not able to think positive about that person. It is this negative attitude that creates an atmosphere of negativity. So although we may not say anything in particular, there might be some negativity experienced by others too. So the relationship and thereby the situation is further worsened. The only way to better the relationship and thereby the situation is to create a positive environment through our attitude. As is our attitude, so are our thoughts and feelings. It is this silent change within which creates a positive impact on people through subtle vibrations. And we find that we create a more beautiful world for ourselves and others, where our presence itself has a positive impact on people.

In Spiritual Service,
Brahma Kumaris