



Cave Homes, Tunisia

### **Introversion**

Instead of talking a lot and wasting my energy, let me be quiet, conserve my energy and experience the spiritual sweetness of introversion.

## **The Principle Of Focus and Flow**

If we look at the sun and the earth, we appreciate a basic and fundamental law of life, which we as human beings can learn from, that is of great help in the right movement of life. By means of light, the sun gives life to the earth; in addition, the sun is fixed in its position (a symbol of "focus") to enable the earth (a symbol of "flow") and all the other planets of our solar system to continue in their rhythmic, harmonious orbit. Otherwise, there would be chaos, upheaval and great damage. The earth on the other hand, constantly moves in repetitive cycles around the sun. This movement allows for changes and expression on the earth, which have a beginning, middle and end. In other words, the phenomenon of time is created as a direct result of the earth's balanced and harmonious cyclic movements. Both the fixed position of the sun and the movement of the earth are necessary for life. The earth has all the potential for life but, without light from a fixed source, there would be no life. In the same way, the sun has the power to give life, but if the moving earth did not hold the potential, even with light, there would be no sustenance of life. This fundamental principle of focus and flow involving the sun and the earth can be applied to real life also.

In certain situations and moments we need focus (like the sun), that is, a concentration of thought, will power and understanding. These three need to be together in one focused point if we are to reach depth and newness. However, if we become over-focused, then rigidity and pressure gradually set in. This subsequently leads to an imbalance that makes us lose our creativity and openness to new vision. Once we have learnt to focus, then it will require less effort and, eventually, the flow (like the earth) will become natural. In focus, we find vision, inspiration and understanding, and in the flow, we find expression, experimentation and experience. It is important not to over-flow, otherwise we get lost in a flood of over-thinking, over-speaking and over-doing. In such a state, there is no direction to guide the expression and things become unclear and delicate. At such a point, we need to recognize that it is time for focus again. According to necessity, a human being needs to move between focus and flow and it is only through the ability to discriminate, that we can know when and how to do this. Everything has its time. We are eternal beings working in time, so we need to know the balance between focus - where we find truth and purpose - and the flow of time - where we find expression and experience.

## Procrastination

Procrastination is not only the thief of time, it is the creator of subtle inner tension. You know you are cheating yourself. There are three secrets to overcoming procrastination. One, don't wait till you feel like doing it - the feeling will come only when you start doing it. Two, list all the things you have to do and then priorities the list. Three, create a vision of the result and be motivated by the vision of the outcome, not the thought of the process. And the options to those ideas? One - ask for help. Two - completely forget about it, you don't have to do anything! Three - if there is anything you can learn from the process then see it is action learning.

## Soul Sustenance

### The Location and the Form of the Soul (Part 1)

When I look in a mirror I don't see **my** reflection, but that of my body. The soul is actually looking through the windows of the eyes from some point inside the head. When viewed from the front, this region appears to be between and slightly above the line of the eyebrows. As the brain is the control centre for all of the various processes of the body - metabolism, the nervous, endocrine, immunological, and lymphatic systems - it makes sense that the soul be located somewhere in the brain. Just as the driver in a car sits behind the wheel with the steering wheel in his hands, the soul sits in a specific point in the centre of the brain. This is important to know for meditation purposes because it is the place to which attention is first directed in the effort to concentrate the thoughts: I am the soul, a tiny point of conscious light energy centered in the spot between the eyebrows.

(To be continued tomorrow ...)

## Message for the day

### Anger comes where there is discontentment.

**Expression:** When we don't get what we want or when people don't do what we expect them to do we experience discontentment. When there is discontentment, when our desires aren't fulfilled we experience anger. Then trying to do away with anger without knowing the actual reason, doesn't work.

**Experience:** When we find ourselves getting angry with someone or some situation, we need to first check what is the true reason for our anger. Once we find the cause of it, which is some expectation of ours, we will be able to work at overcoming it. We will then be able to get rid of our anger too.

In Spiritual Service,  
Brahma Kumaris