



Grand Teton National Park, Wyoming, USA

Patience

Patience is a reflection of the peaceful mind. My peaceful mind is able to cope with all situations without becoming disturbed and agitated. It calmly accepts the resolution of circumstances and, with this patience acquires the power to deal with all situations.

Overcoming Phobias (Fears) Through Meditation - cont.

To overcome any phobia, read over silently and visualize the following positive thoughts:

I am a soul, an eternal, immortal and indestructible (which cannot be destroyed) point of life energy.....

Sitting on my throne in the centre of the forehead, I the ruler, perform actions through my body.....

I have incarnated (entered) in this physical body from *shantidham*, my incorporeal (non-physical) home, original home of light.....

I am an actor on the huge world drama stage.....

All the other souls are actors too, each acting a unique role through its own individual body-costume.....

This spiritual knowledge makes me detached and fearless.....

Unimportant scenes of the drama that would have previously brought about fear in me no longer affect me.....

Through Rajyoga meditation, the soul can experience all relationships with the Supreme Soul in its day-to-day life. I continue -

I experience receiving powerful vibrations of spiritual might from the Supreme Being.....

I fill my mind with thoughts of courage.....

When the Almighty is my Father, my Mother, my Companion, my Guide, no one can be my enemy.....

Nothing can harm me in any way.....

Fear is wasted energy, it has no power in my life.....

Now I am becoming a bold person and I am capable of facing all fearful situations with increased self-confidence

At the end of the meditation practice, for a few minutes, the patient should create a picture of the fearful situation in his mind, while at the same time learning to relax. This will help him to decrease the anxiety (worry) when he faces the real life situation and he will be able to completely overcome (face) the specific fears.

Satisfaction

When there is selfishness there is always a desire and because of this desire there is no satisfaction. There is always a want for something more than what is always there. Thus the one with a desire is not able to be a giver. There is inability to share resources for others' benefit. Such a person cannot be happy. When I am selfless I have respect for my own resources and I am able to use it for the benefit of all. I would have the satisfaction of using what I have and would not therefore expect others to appreciate me. I become a giver instead of a taker, and so am able to experience constant happiness. This selflessness naturally brings praise and good wishes from others too.

Soul Sustenance

The Four Phases/Ages Of Humanity

In the stories of history of almost every ancient race, like the Egyptians, Greeks, Hindus, Mayans, Incas and Aborigines, there are many many references to a period, some four or five thousand years ago, when Earth was Paradise. Remembered as the Golden Age, Garden of Eden, Atlantis, *Satyug*, these stories all talk of a time when the world was beautiful and new - Heaven on Earth. Nearly all ancient peoples and traditions have a common memory of a time when humanity lived a simple yet magical existence in harmony with nature. Our ancestors said that this Golden Age came to an end because of some tragic mistake made by those who lived in that Age - the mistake being - they fell down from the pedestal of soul consciousness into the dust of body consciousness and succumbed to the five vices of anger, lust, greed, ego and attachment. They said that it was only after the change in the human way of **being** and **living** - the 'fall' of the human consciousness - that tragic global calamities (accidents) took place on Earth, whose geological, climatic and mental impact erased the former Golden Age almost completely.

(To be continued tomorrow ...)

Message for the day

To be an embodiment of solutions is to experience inner power.

Projection: During challenging situations, the one who is able to see things clearly is able to bring about solutions. To work with honesty means to see things clearly. The one who is able to bring about a change in one aspect is able to apply this learning in many more things and he finds his entire personality changing.

Solution: When I am constantly looking for solutions I am able to bring about a change from within. Each experience teaches me something new and enriches me. My perception continues to change and with each passing situation I become more and more positive. So I find myself powerful for all situations in life.

In Spiritual Service,
Brahma Kumaris