



## Choose Courage

When facing difficult situations it is a waste to think 'what will happen?' or 'how will things work out?'  
With waste thoughts you're less likely to find solutions.

Instead, maintain courage. Courage comes from the thoughts you think. With courage you're more likely to find the best solution for the situation at hand.

So, whatever happens, choose courage.

## **Appreciation**

We normally tend to measure our worth on what we do or how much people recognize and appreciate us. So we tend to get dependent on the external environment for appreciating ourselves. Since what comes from outside is not always stable, we find ourselves fluctuating in our thoughts too. Sometimes we are happy and sometimes we are not. We need to understand that each and every individual has his own unique set of capabilities. When we are able to appreciate our own inherent worth we can use our capabilities. So instead of wasting time, thoughts and energy we can use our treasures to make our life worthwhile.

## **Overcoming Phobias (Fears) Through Meditation**

A phobia is an intense (excessive), continuous and illogical fear of an object, situation, activity, person or animal that's generally considered harmless. Accompanying the fear is an excessive, unreasonable desire to avoid what you fear. When facing the object of his/her phobia, the person may experience negative feelings like excessive sweating, poor control of nerves, difficulty breathing, rapid heart rate, anxiety (worry), etc. In some cases, the avoidance or distress (anxiety) in the feared situation interferes significantly with the person's daily routine, social activities, relationships etc.

By practicing Rajyoga meditation regularly, a person suffering from any type of phobia, can erase (remove) negative thought patterns, which are the main cause of all phobias. It enables him/her to reprogramme his/her flow of mental tendencies.

(To be continued tomorrow....)

## Soul Sustenance

### Experiencing *Yoga* (Meditation) In Different *Karmas* (Actions) – cont.

To perform good and perfect actions we use both spiritual knowledge and power in a practical form (called *karma yoga*). Given below are some more examples of the same (we had explained a few yesterday):

While interacting with others, have the awareness of the soul, a being of light, situated at the center of the forehead, radiating rays of might or power towards other souls or beings of light.

While writing, have the awareness of the Supreme Soul or God speaking to you and making you work. And also practice, "I the soul am writing through these hands, my instruments."

While listening, in any situation, have the consciousness that I the soul, am listening through these physical ears.

While bathing, have the consciousness of being the soul, the deity, cleaning the temple of the body.

We need to pay attention that we do not do any action that creates wasteful thoughts in the minds of others. The above *karma yoga* practice (and what was discussed yesterday) will help us in doing that. If our actions create wasteful thoughts, then this becomes a burden for us and as a result we cannot remain light.

## Message for the day

**To have courage is to have the ability to bring easy change.**

**Projection:** The one who has faith in the self, in others and in God is constantly courageous. To have courage means to ensure change even in the most adverse conditions. Situations help in bringing change and progress. To bring change means to finish complaints.

**Solution:** When I am courageous in difficult situations, I don't have any complaints for whatever is happening. I am also not caught up with the past. On the other hand, I am able to constantly use the present moment and move forward towards the future. My vision becomes clear and I am able to bring about quick and easy change.

In Spiritual Service,  
Brahma Kumaris