



Balance

The indication of balance in life is a sense of well-being, optimism and a clear conscience. The foundation for achieving this is to look after myself spiritually- making my mind peaceful, loving and thoughtful. Then I will instinctively know how much time to spend on my own well-being and how much on fulfilling other responsibilities. I can only give my best to others when I am myself at my best.

A Daily Experience Of Positive Newness

A very important aspect of each one of our lives is newness. We all require a regular dosage of newness to keep our hearts and minds fresh. **How can we define newness? It is a change of thoughts, feelings, words, actions, circumstances - when all or some of these deviate from the normal or are new, they give us an experience of joy.** On a physical level we go on a holiday or a party, watch a movie, etc., all of these and many more such activities achieve the purpose mentioned above. We then get back to our daily routine of thoughts and actions, with more freshness, which makes the routine more interesting.

On a spiritual level, **a daily dose of new and different spiritual knowledge at the start of the day does the work of newness, it rekindles our creative spirit. Newness in our thoughts then flows into our feelings, beliefs, attitude, personality or nature, perception, actions, interactions, relationships, etc. bringing newness in all of them and removing the stagnancy of the regular routine.**

Meditation, which is not just a process of reducing the mind to a nil stage, but the creation of positive, constructive thoughts to take the mind to a positive experience of peace and bliss, can become boring or less interesting for many over a long term, if the thoughts created each time one meditates are the same. So feeding spiritual knowledge to the mind benefits meditation immensely, because meditation can then become an interesting, new and creative exercise each time one practices it, instead of a routine affair. Also, the speed and enthusiasm of bringing positive transformation in the self can slow down, if the methods used for the same are not changed regularly.

Fresh spiritual knowledge everyday helps us see transformation from a different perspective each day and work on it differently, which increases its speed and also helps us realize new aspects of our personality which need to be worked on. Swift self change then also brings benefit to everyone whom we interact with, all of which are significant aspects of spirituality.

Soul Sustenance

Open-Eyed Meditation

One of the special characteristics of Raja Yoga meditation (as taught by the Brahma Kumaris) is that I learn to meditate with my eyes open. The training of the mind, so that it creates thoughts, to give a positive experience, helps me in facing not only my daily routine, but specifically, in dealing with unexpected practical life situations that test my real power. Mastering the art of meditating with my eyes open can be of immense value to me in my practical life.

If I restrict myself to seated meditation with my eyes closed, then I am prevented from continuing the meditative experience in the course of my normal activities i.e. walking, eating, cooking, working in the office, moving around and so on.

Meditation is at the same time an incredibly relaxing experience as well as brings about an increase of perception (judgement) powers and sharper reaction response. In this way, I can be walking along the street in a meditative state and yet have a very quick perception (judgement) and reaction response to the surrounding pedestrians and traffic.

Message for the day

Negative situations can be transformed into positive with the power of stability.

Expression: When faced with a negative situation, usually the mind gets affected. Lot of questions arise in the mind that don't allow us to be stable at that time. Because of the thoughts in our mind, though it is in our hands to work at transforming the situation, we don't make use of this opportunity but only end up adding to the negativity.

Experience: In a negative situation, it is necessary for us to maintain our own inner stability. We need to free ourselves from wasteful thoughts. Then, the negativity in the situation will finish, first in our mind and then in the situation itself. Our own internal stability will help in finishing the influence of the external situation.

Connect Within

To be nourished constantly with happiness is to be in a state of peace and calm where one's state of mind is not dependent on the external situation. The one who is able to connect within and find his own uniqueness and specialties is able to express his own inner qualities. So he is able to express happiness and positivity whatever the circumstances may be.

