



Live Fully

They say 'only fools live to the full'. Because only fools go where most of us fear to go, only fools do what many of us spend our lives avoiding. You don't have to climb Mount Everest, or cross the world in a hot air balloon to live to the full. Simply enter each day with a commitment not to avoid

anything or anybody who comes your way. Then your Everests will come to you, in the form of difficult people and challenging situations, and the only thing you will need to conquer is our own fear and evasions. And when you do conquer, you will know that you have lived fully, for there is nothing more exhilarating than overcoming our own obstacles which, if the truth were known, are always only in our own minds. When you turn to face these inner obstacles and challenges some people call this real courage and you certainly are no fool.

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Check & Change

Most of the times we do manage to win over our weaknesses and achieve progress but sometimes we find that we are defeated at the wrong moment by our own weaknesses and thus experience failure. So instead of experiencing progress it is sometimes the case that we find ourselves moving back. In order to bring benefit to others and to ourselves, we should recognise and remove even the last trace of weakness that is working within ourselves. For that we need to have a constant checking about the real cause of the weakness and remove it. Such checking and changing helps me to overcome my weaknesses.

The Practice Of Meditation

As with anything else, the more we practice meditation, the more we feel the benefit of what we are doing. We do need to practice meditation regularly because the habits of:

- i. identifying with our physical form,**
- ii. succumbing to mental and emotional negativity (in the form of waste and negative thoughts) along with negativity in words and actions,**
- iii. becoming attached to the physical as well as the non-physical, and**

iv. being dependent upon the experience of physical stimulation of any sort (from e.g. food, movies, people, sports etc.) for happiness are extremely deep.

These habits have deepened over a period of many many births, because of repeating them regularly, due to a lack of spiritual awareness. As a result, in the present moment also we regularly and quite easily slip into these four habits.

(To be continued tomorrow...)

Soul Sustenance

Spiritual Education

Spiritual education leads us back to the understanding and the experience of our holistic existence as human beings, to the knowledge that we are spiritual, as well as physical, mental and emotional beings.

A true spiritual education could be described as:

- **learning from others**
- **growing through others**
- **integrating with others**
- **contributing to others**

When we are genuinely **learning**, only then can we experience spiritual **growth**. When we grow, we **integrate** with others and it is in that integration that there is a natural and mutual **contribution** to nature and other souls. These four processes of education are constantly at work, but only happen in a way that is enjoyable and meaningful when the spiritual resources of the self like peace, joy and love are activated and creatively used.

These resources, along with the mind and intellect, enrich the way we see the world, the way we interact with it and the way we individually create our place in it. These resources are the original qualities of the self, which we have not properly used for a long time. By become spiritually aware, we start to harness and use these positive energies.

Message for the day

True fortune comes to the one who recognises and uses his treasures with an honest heart.

Expression: Sometimes we might be faced with certain situations where we find that we are not very fortunate. We find ourselves thinking about all those things that we need to have in order for us to be able to bring a positive outcome. Because of this kind of thinking, we tend to miss out on perceiving those treasures that we can make use of.

Experience: There are a lot of treasures within us that we can use in our practical life. These treasures could be our talents, skills, or some specialities of ours. Under all circumstances we need to have an awareness of these treasures. When we are aware of them we will begin to use them in our daily life instead of just expecting things to happen right. This is what will create a good fortune for us.

In Spiritual Service,
Brahma Kumaris