



No Blame

By having an attitude free from blaming others, good wishes are received from everyone.

Fortune

There are usually a lot of negative feelings experienced when something goes wrong. At that time there is no perception of the positive aspects of life. Then we tend to feel sorry for ourselves and remember only the negative things. Then there is a tendency to think that we are not so fortunate. Even in the most difficult times we need to make conscious effort to see the positive aspects in our life. We need to understand that circumstances will come and go but our fortune will remain unbroken. This awareness will keep us happy and make us work harder in the worst conditions.

Meditation And Health

Each original quality of the self or soul is specially required for nourishing and empowering one human body system. The quality of **peace** is responsible for taking care of the respiratory system, **joy** for the gastrointestinal system, **love** for the circulatory system, **bliss** for the endocrine system, **knowledge** for the brain and nervous system, **purity** for the immune system and the five senses and **power** for the muscular and skeletal systems.

Each one of us has at least one body system, which is most prone to disease. When our mind is under the influence of stressful emotions, there is a decrease in the flow, from the soul to this body system, of that quality which is required by it for its nourishment, which leads to the development of disease in this system over a period of time e.g. when an individual with a weak respiratory system is in a negative state of mind, there is a decrease in the flow of the quality of peace to the respiratory system which in turn can lead to a disorder like asthma.

Soul Sustenance

Reflection

Reflection (thinking deeply) is a necessary step in digesting knowledge.

Reflection is an exercise of the mind and intellect that goes into the depths of understanding an idea, or realization, or point of knowledge with the aim of practicing it in daily life.

Values in my life are a sign that knowledge has been digested; without this, knowledge simply remains a beautiful aspect, appreciated, interesting information in my intellect but without the ability to give me strength because it is still external; it has not been internalized.

All **quality action** (quality action is that action which is truly appropriate to person, circumstance and the need of the moment), all newness of perception (understanding), all new insights, or vision, require a space for silent reflection as a preliminary step.

Normally, we are lost in the business of action, its routine and ritual that make our life so mechanical and hence dull and boring, or demanding and hectic.

A mind and intellect that do not give time and attention to reflective silence (meditation) become lazy, though externally there is lots of activity for hours and hours. No new heights are reached because there is no depth of awareness in what we are doing, no reflection on purpose. As a result, we get trapped by routine.

(To be continued tomorrow)

Message for the day

Where there is honesty there is flexibility.

Projection: When someone challenges the truth of what we are saying we generally tend to argue and prove our point in order to prove ourselves right. When we argue in this way, it only shows our own stubbornness and doesn't help in any way to reveal the truth. Where silence doesn't help in revealing the truth, argument never will because the other person is not in a position to listen to us at that moment.

Solution: We need to realize the fact that when the other person is not able to recognize the truth, our arguing will not help in any way. When the truth is with us we need not argue but we only need to wait for the right opportunity to talk what we have to say. When we try to talk when the other person is not in a position to listen to us, it only reveals our lack of flexibility.

In Spiritual Service,
Brahma Kumaris