



### **The Value of Silence**

Silence means unplugging, disconnecting from the many sources that absorb our energy: problems, worry, pleasing, fear and overload. To be released quickly from all these debilitating socket points, we need to become introspective and quiet. This revitalizes our thoughts. Every thought we create is energy and it produces its own current, whether negative or positive. In quietness I step inside and I stabilize myself in the thought of that original peace. Then slowly, I begin to feel great. This original current of peace releases me from burden and fear.

## The Inner Voice

We all face moral choices in life but it can be easy to ignore the little voice which is telling you to do the right thing. But learning to listen to your conscience and developing a strong sense of your own values will help you develop a feeling of well-being in your life which will help lift your mood daily. People come under the influence of other people and they don't even realize what they are doing. Once I have understood what is right nobody can influence me to do anything which is not right. If you don't listen to your conscience what is the point of life? It may as well be a life that is like being dead.

## Overcoming Sorrow By Regaining My Original Texture Of Purity

Unless the soul regains its original *sanskars* of purity, it cannot escape suffering and grief. Purity is the foundation of peace and bliss. And for purity the soul requires the removal of every trace of negativity. Souls are burdened with the accumulated negative *sanskars* of their previous births, the extent of which varies from soul to soul. According to the law of karma, the soul has to experience suffering as a result of its wrongful acts. **A pure soul does not suffer. The evidence that most human beings are bearing sorrow in some form or the other shows that nowadays souls are carrying a load of negative *sanskars* resulting from wrong actions committed in this and their past lives.**

A question can be asked, "Can a soul be relieved of all its past negative actions through suffering for the same in its present life?" Not really, because due to the cyclic nature of the thought process there is a cumulative effect of negative *sanskars* which forces the soul to perform more negative actions than it can clear through suffering. That is why the degrees of purity of the soul decrease continuously. The downfall becomes steeper due to the cumulative effect of vices. Negative *sanskars* give rise to negative thoughts which lead to negative actions, resulting in the formation of still more negative *sanskars*. Thus, souls are caught in a downward spiral from which they are unable to release themselves. **Meditation, however, opens the door to God, and through rising above all physical laws, one can set oneself free from the effects of all wrong actions.** Through connection with the purest Supreme Soul, the *sanskars* of the soul are automatically purified and it moves further towards its original state of purity, peace and bliss.

## Soul Sustenance

### The Consciousness Switchover

While we have explained in many of our past messages what body consciousness or attachment to physicality is and how it leads to a creation of lot many different types and shades of vices or weaknesses which tend to creep into our sanskaras, thoughts, feelings, attitudes, words, actions, etc. as a result of which we lose access to our pure, positive inherent nature; another process of subtle attachment to physicality that we get drawn into regularly, which leads to the same result, but on a more subtle level, **is *karma* or action consciousness where there is no over consciousness of the physical body but one gets so engrossed in the role one is playing that one becomes role conscious and experiences bondage and burden and mental freedom is lost.** As a result our inner comfort and contentment levels drop, others tend to become discontent with us and we become discontent with them, our relationships suffer, the efficiency in our actions drop, even our physical body is affected and we don't know the reason for the same.

Most of us will experience body consciousness once in a while but we experience *karma* consciousness every day, something which we don't perceive as negative but it gives a negative result because it is a subtle form of body consciousness, which can accumulate inside us over a period of time and cross the boundaries of subtlety and take a gross form. What is a simple solution for the same? **A consciousness switchover from role or *karma* consciousness to soul consciousness at different points in the day and then returning to playing the part of *karma* with a revised consciousness.** The role remains the same and is to be played, the soul cannot exist without it, but the consciousness is changed.

**In tomorrow's message, we will mention a few very simple methods which help us in doing that.**

## Message for the day

**The one who sacrifices name and fame is the one who gets recognition.**

**Projection:** When we make a positive contribution we usually want to get recognition for it. We might not always say it in words but there is always an expectation that others should recognise our contribution.

**Solution:** We need to make sure that we enjoy whatever we do. Since the task itself becomes enjoyable for us, we don't anymore expect recognition. The more we become free from expectations we get the love from others and recognition too.

In Spiritual Service,  
Brahma Kumaris