



First Thought

Each morning before I begin the journey of my day let me sit still, in silence, and sow the seed of peace. Peace is harmony and balance. Peace is freedom - freedom from the burden of negativity and wastefulness. Let peace find its home within me. Peace is my original strength, my eternal tranquility of being. Let my first thought of the day simply be peaceful.

Passing Clouds

There are a lot of negative situations that come my way, as I move along. During the difficult phase I tend to experience a lot of negativity within too, either in the form of fear, anger or pain. I then find that particular difficult situation to be very big and it also seems to last forever. I need to recognize the fact that whatever difficulties I face are like passing clouds. These clouds come at their time and fade away at their time too. I need to develop the determination to work on my problems with this understanding. I will then be able to face the situation with ease.

The Game of Life (Meditation)

I relax my body... I breathe deeply and let go of all tensions... I centre myself on this present moment... On the screen of my mind, I visualize myself without fears... I let go of all labels, all roles that I play... Now I 'am'... I am a shining being of light... I am free... I am peace... I am totally free, beyond all limitations... I enter into another dimension, a home full of soft golden red light, a home without any boundaries, my original, unlimited home, the home from where I have come... I stop thinking so much; I simply experience my spiritual presence...

I am who I want to be... I am me... I do not need to justify myself... I do not need to give explanations... I connect to my inner beauty... I radiate the energy of the beauty that there is in me...

I let go of the branches... I fly... I fly high... Beyond the body, above this place, the people that surround me, beyond the houses and the streets, beyond the clouds, I fly towards the dimension of light where no physical limitation ties me down...

I feel the unlimited peace that caresses my being... I let myself be taken by the sensation of freedom that the flight gives me... I see the planet Earth from above... I recognize that everything there below is a game... I relax: everything is a game... I am a player in the game of life... I simply have to learn to play the game being who I am...

Now, it is time to return... I am here, present... My breathing calmed... I, the soul am relieved... Now I know that, whenever I want, I can fly... Being an observer of the game, and live it with joy and peacefulness.

Soul Sustenance

Meditation And Physical Health

The state of the body is a result of the state of the soul not only because of past karmas (actions performed in this and previous births) but because of its present state also.

For example, when the emotion of fear passes through the mind, the endocrine system starts pumping adrenalin through the body to prepare it for a surge of energy. It is easy to note the cause-effect relationship between fear (cause) and adrenalin (effect). In the same way all of the mental ups and downs cause resulting secretions throughout the body. Internal rage is accompanied by heavy breathing, fast heart-beats, red face and so on. This relationship between body and soul is the reason most physical diseases arise from a psychological or mental origin. There is no doubt that any lessening of harmful secretions by reducing the emotional causes will bring about sound and lasting health. Health and order in the soul (mind) bring health and order in the body.

Of course there are other factors which give rise to health problems - pollution, unhealthy life-style, lack of exercise, wrong diet etc. Through Raja Yoga meditation (taught by the Brahma Kumaris) and its connected positive lifestyle and through a pure vegetarian diet, ill-health can be minimized. The removal of stress and tension has to be one of the most important advantages for a person who practices Rajyoga meditation.

Message for the day

Habits break easily when there is flexibility.

Expression: The more we work with a habit the more it will be strengthened. When we hold on to our habits because of our rigidity, we will never be able to change them but will only be strengthening them all the more. On the other hand if we are flexible we will be able to give up unwanted habits very easily.

Experience: If we are working with any habit which we want to get rid of, we have to remind ourselves that we must not strengthen the habit any more but have to break it. We only need to emerge the flexibility within us and tell ourselves that we needn't act in the same way that we have always done, instead we can think of something new.

In Spiritual Service,
Brahma Kumaris