



Breathtaking Scenes of Mount Fuji, Japan

Carefree

When the soul is tired it is restless and there is a lot of worry; we think I have to do this and that. All I really have to do is to remain peaceful and there will be the feeling that everything will be OK.

We will feel that we are able to remain carefree and restful.

Attention

We sometimes tend to take on a lot of tension for the responsibilities that we have to take up. We find it very difficult to relieve ourselves from this tension, especially when we feel there is demand from the situations or expectations from people beyond my capabilities. During demanding situations specially and in general too, the way to relieve ourselves from tension is to have constant attention. It is important to have attention during difficult times, but it is also necessary to keep attention on the self even during normal conditions. Attention brings checking and changing and relieves us of tension.

Meditation - A Process Of Cleansing, Dialogue And Joining

Meditation can be defined as a process of cleansing, a process of dialogue and a process of joining. Today we take up:

Cleansing

Meditation is a useful method to help human beings redirect their life positively and healthily, and to achieve inner stability. The word meditation comes from the Latin word *mederi*, which means **cure**. Curing the inner self is not a matter of taking medicines, but it involves re-establishing the balance through knowing oneself, having the correct attitudes and making the correct use of mental and emotional energy.

In meditation, we learn to observe our inner self and recover the resources that can cleanse (heal) and harmonize us: peace, love, truth, wisdom, purity and happiness. Through concentrated thought we learn to let these positive and pure energies manifest (show) themselves in our conscience and in our day-to-day actions.

(To be continued tomorrow....)

Soul Sustenance

Simple Exercise for Experiencing Inner Peace And Compassion (Kindness)

Sit comfortably and relax. Now focus your attention on your breathing... let it find its own calm rhythm... gently breathe in peacefulness and breathe out any negative feelings.

Allow your mind to slow down... do not judge your thoughts as good or bad, accept them and let them go.

Now focus on your inner peace...that place that is deep within yourself... that is peaceful... where your inner compassion (kindness) and forgiveness lies... here you are patient, tolerant, generous, understanding... all these qualities are here which make up your inner compassion. Experience the feeling of compassion... and see it focused as a point... a point of light...situated at the center of your forehead.

Now raise your awareness beyond yourself... to a place of unlimited peace... see it first as a small point of light. As you move towards it, it becomes brighter... it is like an ocean of peace... a space of calm, of love, of compassion... you feel connected to that ocean of deep peace and love... it surrounds you like a shawl, it fills you up, absorbing every part of you with a comfortable warmth.

Rest in that feeling of being loved... it is like energy... a vibration... a light filling you... until you overflow...

Now, slowly you move away from the ocean – as a point of light. You still have the memory of being loved... and can reconnect at any time you want.

Gradually become aware of your body.

Message for the day

Faith enables the creation of elevated fortune.

Projection: Usually there is a tendency to leave things to destiny. When something goes wrong, we blame fate for it. Then we feel the situation to be totally out of our control, which prevents us from taking responsibility for our own life. And we will not be able to work in any way for bringing about a change and improving the situation.

Solution: Instead of blaming fate for whatever is happening, we need to take up responsibility for creating our own fortune for the future. When we have faith in ourselves, we will take up responsibility for our own life. We will, then, be able to work at making our each thought beneficial, contributing to our success, making a better future for ourselves.

In Spiritual Service,
Brahma Kumaris