



Perceive Positively

True self-awareness, plus the ability to choose our perceptions of life, the universe and everything, is the basis of free will. Every situation and scene in front of us has so many possibilities in terms of how we perceive and interpret. If someone is 10% selfish and 90% generous what should we focus on, what should we perceive first within them? Most of us are now well trained to perceive and focus on the negative, the selfishness in others, and to follow it quickly with accusation and judgment. We forget that what we perceive is what we empower within another and, more importantly what we perceive is what we empower within ourselves in that moment. And what we choose to see is usually what we get. So how important is it that we choose to perceive only the best, the highest, the greatest in another, even if it's only a half a percent? Bosses and parents - take note!! Don't forget - your perception is your reality. Your perception is what you project. And what you project is what comes back!

Relaxed Attitude

When there is a problem in the body, there is naturally pain experienced. The one who is caught up with the pain is not able to take the mind beyond it. Such a person usually continues to describe the pain and tends to focus on it more and more. So there is inability to use the power of the mind to relieve oneself from the pain. When there is the ability to make the mind strong even when there is a problem in the body, we are able to have the courage to win over the pain. We don't get caught up with the pain. On the other hand, the relaxed attitude of our mind generates power, which can even cure the body.

The Location And The Form Of The Soul

When I look in a mirror I don't see 'my' reflection but that of my body. The soul is actually looking through the windows of the eyes from some point inside the head. When viewed from the front, this region appears to be between and slightly above the line of the eyebrows. As the brain is the control center for all of the various processes of the body - metabolism, the nervous, endocrine, immunological, and lymphatic systems - it makes sense that the soul be located somewhere in the brain. Just as the driver in a car sits behind the wheel with the steering wheel in his hands, the soul sits in a specific point in the centre of the brain. This is important to know for meditation purposes because it is the place to which attention is first directed in the effort to concentrate the thoughts: I am the soul, a tiny point of conscious light energy centered in the spot between the eyebrows.

(To be continued tomorrow ...)

Soul Sustenance

Seeing Yourself in a Positive Light

Sit down in silence, relax, breathe deeply and create a space within you...

Now feel yourself looking at your inner being, with your third eye, in a different light... Instead of focusing on your weaknesses, failures, what you lack inside, what is lacking in your life, look out for what beautiful treasures, your qualities, specialties, talents, etc. you have inside you, look at the positive aspects of your life and bring them into your conscious awareness... Becoming self-aware in this way, realize, you have so much to offer, so much to give to others...

Now, create a beautiful image of yourself where you see yourself as free... free of negative feelings for yourself and others, with a pure heart and a peaceful mind... Feel and see your inner greatness, discover that you are special and unique... Come back to being your own friend... Love yourself, accept yourself and respect yourself... Appreciate and value the qualities of others...

Feel fine being yourself, in that space, in that room that there is within you, where you are secure and safe, where you can enjoy the marvelous thing that is your own company, the company of a positive being...

Be awake and full of life... you are happy... at peace... feeling peace... sharing peace... feeling free... Having seen yourself in a positive light, prepare yourself to enter into action, maintaining your stage of self-esteem...

Message for the day

Even the impossible becomes possible with determination and there is sure success.

Expression: The one who is determined is the one who never gives up in adverse situations. He is able to use all the challenges as a means for self-progress. He is never deterred with situations which seem difficult to handle, but is able to creatively bring out new ideas that help him to cross over the obstacles with ease.

Experience: Determination brings confidence in me and in my ability to achieve what I set out to achieve. I am able to remain confident and sure of my own success. This confidence gives me the encouragement not to let go half way through, but to do something till the end. With each obstacle that comes my way that seems to deter me from my path, I find myself improving and progressing, making myself better and better. So I am able to experience success constantly.

In Spiritual Service,
Brahma Kumaris