



Express Emotions Creatively

No artistic talent is needed. Simply give shape, size & colour to your emotions. Paint, draw or make a collage, & release your emotions safely.

Respect

We normally expect respect from others and when others don't behave according to our expectations, we tend to get disappointed. We only think about what else the others have to give but things always don't go according to our expectations. Instead of expecting others to change according to our wishes and instead of expecting others' respect, we need to see whether we give respect to the other person or not. The more we have the practice of accepting and respecting people for what they are, we are able to keep our mind at peace (with no waste and negative thoughts). Also people start responding to our feelings and give us respect too.

The Location And The Form Of The Soul (cont.)

All of the characteristics present in the soul are subtle or non-dimensional (without size) in nature - thoughts, feelings, emotions, decision-making power, personality traits (*sanskars*) and so on. If they are all without size, then it is reasonable to conclude that the living, conscious energy, the soul, from which they emerge is also sizeless. For this simple reason it is eternal (beyond life and death). Something which has no physical size cannot be destroyed. As a soul I am neither spread throughout the whole body nor am I an invisible duplicate of the physical body. Even though the body of subtle energy exists inside the physical body, it is the effect of the soul being in the physical form and not the soul itself. Just as the sun is in one place and yet its light radiates throughout the solar system, the soul is in one place and its energy is spread throughout the whole body. To express something that exists but has no physical dimensions we can use the word point. The soul therefore, is an extremely small point of conscient (living) light. For the sake of having an image to fix our minds on we can say its star like in appearance. In deep meditation we can experience the soul as an extremely small point of non-physical light surrounded by an oval-shaped aura.

Soul Sustenance

Motivation

The example of an iceberg shows the need to see under people's surface behaviour; the need of a deeper insight.

Only 10% of an iceberg is visible on the surface, 90% is under the waterline, invisible, but yet prominent. If there is a wind coming from left to right, just by seeing the visible mass, we think it will move the iceberg to towards the right. If, against all expectations, the iceberg moves in the opposite direction (left), it is because, under the waterline, there is a strong current running towards the left.

Sometimes you, as a leader, try to move people in a certain direction by giving them orders, instructions, explanations and encouragement, but you do it on the basis of what you see above the surface. The visible part represents what is at the surface such as appearance, behaviour, manners etc. You do not see what moves them under the surface so you become surprised and maybe frustrated seeing them move in the opposite direction. The main part, which is the 90% not visible, is within the subconscious. Under the surface (subconscious) you will find emotions, fears, attitudes, deeply held values etc.

If you want to move people, if you want to motivate others for a project or even just to reach others, you need to be aware of these kinds of things that you find under the surface. The key to understanding others better is to be more aware of your own feelings and under-currents, because, at a deep level, we are very much alike. If you understand your own fears and strong motivators, you will understand others much better.

Message for the day

To be strong is to be free from the influence of the body.

Expression: To allow the body to influence the mind is to be doubly ill. The one who allows himself to be doubly ill is not able to deal with the illness of the body. On the other hand, the one who is powerful in the mind is able to maintain the inner strength in spite of the disease and so has the power to put in effort to finish it.

Experience: Instead of being conscious of the disease of the body, all I need to do is to maintain the consciousness of being powerful internally. Then I would not be afraid of the disease of the body but will have the courage to deal with it. I am able to see the disease as something temporary and will soon find myself rid of the illness, as I am powerful within.

In Spiritual Service,
Brahma Kumaris