



Treasures

All human beings have a place inside which is filled with treasures; be still and you will find it.

Contentment

The more positive the thoughts flowing through my mind, the more contented I will feel. It is easy to feel contented when we are praised and appreciated but to remain contented when we are being criticised and rejected is the mark of real spiritual strength. The way to develop this level of strength is to learn about God's way of loving. Only when I am in deep contemplation can I see God showing me the kind of love I need to express so that I myself never reject or criticize and always generate good wishes for others. Then I will feel satisfied no matter what life throws at me.

The Four Phases Or Ages Of Humanity - Part 2

In the stories of history of both the Greeks and Indians, human life on Earth is depicted by four phases or Ages. These four Ages together make up one cycle. The four Ages are:

Golden Age or Satyug (also the morning or spring time of humanity) - remembered as Paradise, Heaven on earth, around 4,000 - 5,000 years ago when the world was one kingdom and there was complete purity of the soul and peacefulness and happiness in all human affairs. Sorrow in any form or at any level was unknown.

Silver Age or Tretayug (also the day or summer time of humanity) - still relatively like Paradise, still unity, but the purity of soul and matter were beginning to decrease. Sorrow was still unknown.

Copper Age or Dwaparyug (also the evening or autumn time of humanity) - the loss of spiritual awareness and stepping down into the consciousness of the body, succumbing to the five vices. Also the beginning of separation and breaking up of the world, the beginning of sorrow and conflict. Ego begins to rule in the minds and hearts of men and women.

Iron Age or Kaliyug (also the night or winter time of humanity) - the dark night of the soul and the darkest period of the world, a time of greed, lust, sorrow, peacelessness, conflict, war and hatred at all levels of human activity.

(To be continued tomorrow ...)

Soul Sustenance

Controlling Your Emotions

There are five essential steps to emotional control and mastery. Although the complete process will finally happen in a few seconds in real life, it is essential for our learning to break it down and see what is required at every step.

Step One – Awareness

This simply means being aware of the emergence of the subtlest (finest) of emotions, which, if left unchecked, will grow into important disturbances. For example irritation leads to frustration leads to anger leads to rage.

Step Two – Acknowledge

Which means taking responsibility for the emotion by understanding and acknowledging that I am the creator of the emotion, not someone or something else.

Step three – Acceptance

Fully accept the presence of the emotion without resisting (opposing) it in any way. If it is resisted it simply becomes stronger, or is suppressed for another day.

Step Four – Ascend

This is the moment of full detachment from both the emotion and the inner source of emotion. In the process of detached observation the emotion is losing its power. And it is only through detached observation that the emotion will begin to dissolve.

Step Five – Attune

This means returning our attention to the very centre of ourselves where our inner peace and power are to be found. This is the purpose of meditation.

Message for the day

To be in the awareness of my own speciality is to be free from negativity.

Projection: When I perceive negativity in others, I find myself very easily influenced by it. I then react negatively to them and am not able to maintain my own positivity. All my specialities remain hidden in such a negative atmosphere and I continue to be negative too.

Solution: Like a rose I need to maintain my originality and uniqueness while being amongst the thorns. Instead of blaming others and their negativity for my own negativity, I need to practice being positive and working with my original qualities. Then I will never complain but will always use my own specialities.

In Spiritual Service,
Brahma Kumaris