



Staying Peaceful

Desires cause peace to disappear. You think that acquiring things will make you feel secure, but the reality is that the more you have the more fear there usually is of losing it, and the further you are from peace. Desires are the cause of all conflicts. When you want something and cannot get it you become frustrated. Learning to be free from desires is learning how to stay peaceful.

A Powerful Consciousness Of Faith In Critical Situations (cont.)

In the latter part of the birth-rebirth cycle, as our accounts of negative karma increased, we have experienced large number of ups and downs in the four parameters explained in the last two days messages - **mind, body, wealth (or profession) and relationships**. **All these bitter experiences, which we obviously do not remember today, have weakened us and left deep scars on our subconscious mind and are in fact the main cause of the creation of *sanskaras* of fear, uncertainty, doubt, pessimism, etc. which we find in ourselves today.** Repeated experiences cause the formation of similar *sanskaras*. If we experience peace repeatedly i.e. we think about peace, visualize peace, make peaceful conversations repeatedly, *sanskaras* of peace are created inside us. In the same way each time something went wrong with any of the four parameters (mentioned above) in the past births; due to a lack of spiritual awareness and power, we experienced sorrow, pain, peacelessness, anxiety etc. and that caused the creation of similar *sanskaras* inside us. This is the main reason why today we find ourselves in a situation, when faced with a problem, we are not being able to have the faith in ourselves, that we can emerge victorious in the situation.

We have experienced failure in the past births at different points of time and many times and that is why each time something goes wrong, although we emerge thoughts of victory we dilute these thoughts with a large number of weak thoughts, of possible failure. This kind of a weak consciousness during problems is not only prolonging the time period of our problems but is also keeping the solution away much longer. Today, with the help of spirituality, we need to inject the power of faith in our thoughts, words and actions. For that, we need to increase our thought power tremendously, which will have an effect on our words and actions automatically. The food of powerful thoughts through listening to or reading spiritual knowledge and the experience of emotional power through meditation given to the mind only can heal the emotional scars inside us over a period of time, the result of which we can become full of fierce determination and will-power so as to weaken negative situations and not let situations weaken us.

Why has meditation been the core practice of all wisdom paths for over two thousand years?

Because it is the most effective method to access your innate wisdom, rediscover inner peace and enhance your creative ability. Meditation restores well being, and once your being is well again, all that you do will be successful and fulfilling. But maybe you think you are OK as you are. Perhaps you feel your being is well. But is it? Do you feel tense, worried, hopeless, mentally tired, emotionally upset...ever? Then your being is not well. Your body may be OK but you, the being, is unwell. Medication is for the body, and meditation is for the soul, that's you, and for your mind. Learning how to meditate is one of the greatest gifts you can give to yourself. Practising meditation says you care about yourself. Being in meditation can touch the minds and hearts of others a thousand miles away. It actually says that you care about others too. But first...your self.

Soul Sustenance **Self Empowerment**

Make a list of your strengths and weaknesses. Now make up a series of questions, which will judge how effectively you are using these strengths to improve your personal and professional life, and what negative effects are your weaknesses (shortcomings) having on the same. These are some of the questions that you can ask yourself at the end of each week to monitor your self-progress:

e.g. Which strengths if acquired would help me improve my worth (value) at the workplace? Is any weakness of mine proving to be an obstacle (barrier) in maintaining a healthy relationship with my family? Am I using my strengths in empowering (strengthening) others? Does any weakness exist inside me, which if removed would improve my level of contentment (satisfaction) and lead to greater peace of mind?

Note down three main strengths and three important roles that you play in your life. Now check if your strengths properly match the roles. If they do not match, think if there is a new personality characteristic you need to develop. If a particular role is self-selected, if it does not match your strengths, is it a good role for you to be playing?

Message for the day

To be flexible is to enjoy everything that life brings.

Projection: When I plan perfectly for the day ahead, I sometimes find that I am not able to implement all that I had planned for. Things seem to be coming up unexpectedly spoiling everything for me. I am then not able to be happy with what is happening and so find it difficult to do my best in the particular situation.

Solution: It is as important to be flexible in my thoughts as it is to be particular about my daily schedule. Flexibility allows me to accommodate the unforeseen situations that come up my way and enables me to make the best use of everything. And so I enjoy everything that comes my way.

In Spiritual Service,
Brahma Kumaris