



## **Courage**

Courage thinks only of the destination & nothing in between. You don't stop because courage is the knowing in your heart that becomes a light to see by.

## **Serving Though The Subtle Body Of Light**

Apart from our physical form (body), each one of us also has a form of light - a subtle light body. It is referred to as the aura, and can be 'seen' by some sensitive souls. All of us might not be able to .see. it, but we can become .aware. of the aura of others. through the vibrations they emit. The purity of our subtle, light form is dependent on the purity of our thoughts or mental vibrations. Given below are some thoughts for a meditation to help experience your subtle form and serve through it. Think and visualize each thought alongside:

I become detached from my physical surroundings... I consciously create only the purest thoughts...

Now I visualize my true form. I am a subtle being of pure spiritual light, a sparkling star situated at the center of the forehead...

Gradually, I become aware of my subtle body of pure, white light surrounding my physical form...

In my body of light, I, the soul, the sparkling energy, consciously stand up and step away from my physical form, which remains seated... I, the soul, inside my subtle body, observe my physical body in a detached way.

Now I slowly fly outside the room I am in. I visualize myself, in the subtle form, suspended in the sky.

White rays of spiritual light radiate from me, the soul, and my body of light into the world... like that of an angel.

In this pure awareness of myself in my form of light, I realize that the greatest gifts I can share with those around me are the light of love, peace and truth.

Sitting anywhere, this meditation exercise can be done to visualize oneself in a hospital, on the site of a natural calamity, accident, next to a friend or relative in pain etc., basically anywhere where vibrations of positivity, peace and happiness are required . the location of visualizing yourself can be hundreds of miles from where you may physically be. As you practice the art of being aware of your subtle body, you will begin to sense how you can have a positive effect on others simply radiating good wishes, pure thoughts and pure feelings.

## Worry Confused With Concern (Part 2)

We are all linked together at a subtle, invisible level, and communicate with others invisibly. We not only send but also pick up the energy that others radiate, especially the ones that we are close to. We demonstrate with an example how this can work positively as well as negatively when we find ourselves in negative situations in our practical lives.

Suppose the class teacher of your child (we take the example of your son) calls up and says that while playing in the school playground, your son has injured himself. She doesn't explain much but says there is nothing to worry. She requests you to come and pick him up from the school. At this point of time your son **is radiating his own spiritual energy which is most probably the negative energy of fear, stress, anxiety and sorrow (although the teacher has informed you that he is fine).** **At the same time he is also picking up your subtle spiritual or mental energy.** You are driving to his school to pick him up. At this point of time, you only have a rough idea of what situation he is in exactly at that moment because you are physically far away from him. Guessing about the exact situation is making assumptions and is a waste of your mental energy. **If you make negative assumptions i.e. you worry and are scared, then you are sending him the same vibrations of fear, a negative energy, which he is going to pick up and it is not going to empower or help him in anyway but is more likely to weaken and disturb him and even disturb you in your driving.** You have been told that there is nothing to worry but still you know he is in a slightly difficult emotional situation and only he knows how he will come out of it. What will help him? He needs your support, but what will support him the most - we are talking about subtle support, because you are going to take some time to reach the school and provide him physical support? Your negative vibration of fear which you may mistakenly call concern or care as you imagine something bad has happened? Or the positive vibrations of your unconditional love and your good wishes, which is true concern or care? What will you send him to support him from far away? Worry vibrations or the vibrations of love in the form of your good wishes for them? Vibrations of love will keep you also in a positive state as you drive through the city. Besides, what is care or concern? It is you sending your positive inner spiritual light to help another and worry is definitely not that.

## Soul Sustenance

### The Three Root Causes Of Anger (Part 3)

**We are at war with our self when we fail to make the world do exactly what we want, or we believe we have let our self down.** An e.g. of a war with one self is – Suppose you are standing in a queue waiting for your chance to arrive, only to discover an hour later, just when your chance is about to arrive, that the time for the counter to close has come and the counter has closed. You get upset, but with whom? Perhaps the person at the counter at first and may be with the other people in the queue and then with yourself, for not having found out the time of closing of the counter. There are two failures that make you uneasy here. First you failed to ask someone early enough, which would have saved you the hour time loss. Second, you failed to control your emotions of anger. Although you might not externally admit that you failed, inside you know. Because of these two failures, you then start to get **angry with yourself**. The thought pattern that goes inside your mind: to fail is to lose, to lose is to be sorrowful, to be sorrowful causes me to become angry, as you look for an external cause of your sadness which, in this case, is initially the person at the counter and the other people in the queue (who would have known the time of closing and could have told you). So you demonstrate to others your justified anger towards them. But deep inside you know it is you yourself that has made you sorrowful.

As the anger builds up inside you, again, after a while, you find someone else outside on whom you vent out your anger. You seem to feel better as a result, but it's only temporary. **The next time you become angry; interrupt the pattern of your anger by asking yourself two simple questions: Who are you fighting a war with? Answer: Yourself. Who is suffering the most due to the war? Answer: Yourself. And if your anger is directed at yourself for your own supposed failure then just tell yourself, "There is no such thing as failure, only a different result from the one that I expected and results are not going to be exactly as I want, expect or desire. That is a rule of the game of life."**

## Message for the day

**To serve with the heart, with love is to guarantee success.**

**Expression:** When I have to be of help to others, I sometimes find myself doing it with force. I don't seem to be really interested in doing it but situations or people seem to be forcing me to do it. I then don't enjoy what I do and also don't find the benefit of it either to others or to myself.

**Experience:** I need to consciously make an effort to see what people are benefitting when I am helping them. With this conscious effort I am able to help others with love without feeling the heaviness of what I have to do. Thus I find my actions to be much more fruitful.

In Spiritual Service,  
Brahma Kumaris