



Inner Cleaning

Desires and dependencies make us into thieves. Inner cleaning, however, fills our actions with spiritual honesty, and our motives become selfless. There is a steady stream of elevated thinking. Then God is able to work through us, and our only desire is to become good, an instrument for God. Keeping ourselves in peace, love and mercy is the basis for being able to talk to God and having Him hear what we say. "Don't come into sound too much, stay in the Home, with Me". This is what He is signalling to us now. Such signals, filled with His love, endear us to Him very much.

Rediscover The Essence Of Happiness (cont.)

Loving your life is about trusting your instinct, taking the odd chance in difficult situations, loving and experiencing joy, enjoying memories of good actions and episodes of life and learning through life time experiences. The birds chirping on the tree, a child nibbling on her mother or merry children spilling out of their homes, all have the capability to make a person feel happy. We just neglect most of these. Nowadays, we try and look for joy in bonuses, promotions or any monetary gain. But can money really buy happiness? Sometimes you see poor people laughing carelessly while they play with their children and experiencing happiness. On the other hand, children from well off families are surrounded with technology today. Technology has created such an influence in an individual's life that people have almost abandoned their family time. The time of the day that brought so much laughing and giggling in the house is now substituted with members glued to television or mobile phones. Festivals that were the major joyful events have now lost their essence. They are merely days of more worry and tensions because of the new trends of exchanging expensive gifts or celebrating them lavishly.

So what is real happiness - perhaps a better way to describe **happiness in its true essence is contentment.** This comes from a complete **awareness** and **acceptance of the self** as we are now at an internal level, and an acceptance of 'what is' at an external level. Sounds difficult? The highest happiness is bliss which can be experienced only when the self is totally free of all attachment and dependency. Sounds even more difficult? But this is **a real understanding and definition of happiness**, which is not difficult to accept and make a part of our life, once there is a deep **understanding, absorption** and **appreciation** of the divine wisdom of the self and others as well as the laws of action and time involving both of them i.e. wisdom which is accurate and complete in all aspects. Real happiness is a direct result of this divine wisdom.

(To be continued tomorrow ...)

Every change is a means to take one forward for those who are positive.

For the one who is positive, change brings progress. Otherwise, most changes are seen as threats to our well-being. So, for everything that happens in my life, I need to see what positive outcome is inherent in it. This will help me be open to change in the right way. Today I will make a list of major changes in my life in the past 15 years or so. I will see what I have learnt from it. This will help me appreciate the fact that there is some beautiful outcome for everything that has happened.

Soul Sustenance

Meditation - A Process Of Cleansing, Dialogue And Joining (Part 1)

Meditation can be defined as a process of cleansing, a process of dialogue and a process of joining. Today we take up:

Cleansing

Meditation is a useful method to help human beings redirect their life positively and healthily, and to achieve inner stability. The word meditation comes from the Latin word *mederi*, which means cure. Curing the inner self is not a matter of taking medicines, but it involves re-establishing the balance through knowing oneself, having the correct attitudes and making the correct use of mental and emotional energy.

In meditation, we learn to observe our inner self and recover the resources that can cleanse (heal) and harmonize us: peace, love, truth, wisdom, purity and happiness. Through concentrated thought we learn to let these positive and pure energies manifest (show) themselves in our conscience and in our day-to-day actions.

(To be continued tomorrow....)

Message for the day

Trust comes when there is mutual respect.

Expression: It is normally experienced that it is difficult to trust people around me. I do want to but the negative experiences do not let me do so. I add up to this negative experience with each incident that happens, which further breaks my trust for people.

Experience: The only way to trust and gain people's trust is by having respect for them. Respect makes me look at the specialities in everyone and I am able to relate to these specialities. The more I look at the positive aspect in others, the more I am able to encourage others to use these specialities and relate to my own specialities too. This is the only way that trust comes.

In Spiritual Service,
Brahma Kumaris