



Who Are You?

Remember who you are. A human being. Not a human doing.
You are not what you do.
You are a being of peace, love and happiness.
When you allow yourself to be - you become centred, grounded and focused.
Then, you're able to bring your 'being' into 'doing'.

To Quit or not to Quit

When things get tough, do you quit and walk away from the situation? Of course, sometimes quitting is the right choice. But when we quit, we can't always avoid the situation. Invariably we find ourselves in a similar situation in the future. That means, whatever we're walking away from, we're merely putting it off.

So be honest with yourself about why you choose to quit or not to quit. And acknowledge the weakness within yourself that's triggering the situation. Then work towards changing yourself and building up your strengths so that you're able to overcome similar situations in the future.

The Search For Happiness And A Beautiful Relationship

Throughout history, human beings have desired and searched for two things, **happiness** and a **perfect loveful and beautiful relationship**. It is interesting to realize that you cannot search for what, you have not already had or known. In other words, we search for these two things because inside us we have a deep subconscious memory of the original, perfect and eternal relationship with our Friend, Guide and Parent, the One remembered as God, *Allah*, *Ishwar*, etc. It is only when we restore our relationship with this Being is that we can experience true happiness or bliss. **Bliss is the highest form of spiritual happiness we can experience.** It is experienced only when we are free of all attachment, when we no longer identify wrongly with anything physical and when our inner mental state is not dependent on anything or anyone. At its highest level and in its purest state, our relationship with God is **non-dependent and unconditional**, and therefore **blissful**. **Deep within the soul, there is a memory of the bliss of this perfect union and it is this memory that inspires us to search for the perfect relationship, for the perfect happiness.** However, instead of seeking it at the spiritual level, we seek at the level of personality and body. We search in those around us for the perfect partner - our soul mate. It is not incorrect to have worldly relationships, but there needs to be a deep realization inside each one of us that our true soul mate, is the One with whom we can have an ever-lasting, eternal relationship, the One with whom we have the deepest eternal bond (over a period of many births), the One from whom we will experience everlasting, eternal, unconditional attainments.

Soul Sustenance

The Location Of The Soul Inside The Body

The soul has the following basic functions to perform:

- **to give life to the body and to maintain life inside it,**
- **to express and experience its role through the body, and**
- **to receive the rewards or fruits of past actions performed in previous births, through the body.**

These functions are controlled and monitored by the soul via the nervous and hormonal systems from a particular point in the area of the brain which contains the thalamus, hypothalamus, pituitary and pineal glands. This region is known as the seat of the soul, or the third eye. The connection between the physical (body) and the non-physical (soul) is by the medium of thought energy. Many religions and philosophies place great importance on the third eye, or eye of the mind. When viewed from the front, this region appears to be between and slightly above the line of the eyebrows. It's for this reason that Hindus use a *tilak*, a dot in red or sandalwood paste in the middle of the forehead. Christians also make the sign of the cross in this region. Even when one makes a mistake or expresses tiredness it's to this region that we put the hands in the gestures of self-dismay or exhaustion. After all the soul subconsciously knows that it makes the mistakes and not the body. When people are concentrating deeply in thought it is this area of the forehead where creases or lines are formed on the skin.

Message for the day

Consider yourself on the world stage and your every act will become special.

Checking: Check all the actions that you perform throughout the day. Are your actions such that others will be inspired by you or are they just wasteful and ordinary?

Practice: Make the practice firm, " I am on this world stage, each and every action that I perform is being watched by many and will inspire them." when you have this practice you will have attention on your actions and they will become special.

In Spiritual Service,
Brahma Kumaris