



Cultivate Silence

Behind all creation is silence. Silence is the essential condition, the vital ingredient for all creation and all that is created. It is a power in its own right. The artist starts with a blank canvas – silence. The composer places it between and behind the notes. The very ground of your being, out of which comes all your thoughts, is silence. The way to silence is through meditation. When you arrive in your own silence you will know true freedom and real power. Stop, take a minute, and listen to the silence within you today. Then be aware of what disturbs your inner silence. It could be negative thoughts, memories, sensations. And when you are aware, you will know what is draining your creative power, and you will know what needs to change...on the inside!

Spiritual Roses Of The Supreme Gardener

The main features of physical flowers are their colour, form and fragrance, by which we judge their beauty. All these characteristics have their own unique importance. Introducing oneself to spirituality is like giving oneself into the hands of the Supreme Spiritual Gardener or the Supreme Being (God). Like a physical gardener who possesses qualities of patience, tirelessness, love, far-sightedness, faith etc. on a limited level, the Supreme Gardener possesses these qualities on an unlimited level, which he uses to bring us up. As we remain under his sustenance and care, over a period of time, we blossom and are transformed into beautiful spiritual flowers, and our thorns fall away. When we look at ourselves as spiritual flowers, our colour symbolizes spiritual knowledge. **Depending on how we imbibe the wisdom shared by the Spiritual Gardener and bring it in our day-to-day functioning; in our thoughts, words, actions and relationships; the more beautiful a colour we take. Our form is shaped depending on the quality of our connection with the Supreme Being, the Gardener. The deeper and stronger the connection, the more beautiful the form. Lastly, our fragrance refers to divine qualities like sweetness, humility, tolerance, carefreeness, purity and many more, which we develop.** Physical flowers with a good colour, form and fragrance, attract everyone around them. Seeing and coming close to them, gives one an experience of joy. The same holds true for spiritual flowers.

Roses are considered the king of all flowers, with the best possible colour, form and fragrance. Spiritual roses are those souls which continuously remain in a spiritual consciousness and spread the fragrance of that consciousness to others. Their thoughts, words and actions get shaped according to this consciousness. They have a deep relationship with the Spiritual Gardener and are always eager to ensure that others also experience that relationship and become spiritual roses; which is a deep wish of the Supreme Gardener, for every spiritual being. They help him in fulfilling that wish.

Spiritual growth

Keep an eye on your own spiritual health, don't look to others for whatever is lacking, look within, see what remains to be done and do it. Never allow those with a strong personality to tell you what to do especially when you feel something else to be right. This creates depression and you can't afford to be disheartened. Take care of yourself with understanding and love making sure that you never compromise your own spiritual growth.

Message for the day

To be easy is to touch hearts without leaving a mark.

Thought to Ponder: Every relationship has something beautiful to contribute. Although there are certain moments where there is bound to be conflict or discord. Yet, when I am connected with the positive side of the relationship, I am able to give unconditionally and touch hearts. Thus, I am able to be free from such words, thoughts or even attitude that leaves a negative impact.

Point to Practice: Today I will say something good and touching to people around me. I will take as many chances I can to touch the hearts of those around me. This will make me appreciate and value the contribution that people in my life make for my own growth and progress. Every relationship has, in fact, some unique contribution to make.

*In Spiritual Service,
Brahma Kumaris*