



Meditation

Meditation is not complicated. It is simply a means of teaching your mind to think in the right way.

Attitude Matters (Part 3)

When listening to a piece of information use your third eye or third ear if you like to call it that. We normally use the words third eye or the eye of wisdom. In the same way **the ear of wisdom means while you listen to something about a person with your physical ears, use this third ear to differentiate between what is right and what is wrong.** What that means is emerge spiritual wisdom of different life situations and the knowledge of Law of Karma (Action) i.e. What you sow you shall reap or Every action on a spiritual level causes a similar reaction or life situation to come back to us. A positive action brings a positive life situation back to us and a negative action brings a negative life situation back to us. The two ears will listen physically but the third ear will listen to the physical information after filtering it with the filter of the Law of Karma. That also means is understand every hidden aspect of the information being shared with you about a particular person and yet keep a positive attitude towards that person.

At the same time, **use the 8 powers in that particular situation like the power to tolerate, power to accommodate, power to face, power to pack up, power to discriminate, power to judge, power to withdraw and power to co-operate to bring about success in that particular situation.** What that means do the right thing at the right time – resolve the problem filled situation without harming anyone's interests on a physical or subtle level of mental energies. Also, keep good wishes for everyone involved, keep yourself free from waste and negative thoughts, maintain the positive environment of the workplace or home, spread good information about everyone including the person who may have committed a mistake or the person who has given you wrong information about that person. Lastly, remember everyone's original qualities are peace, joy, love, bliss, purity, power and truth. **Look at everyone with these spectacles of their original qualities and don't look with the filters of negativity and weaknesses of different colours.** Then everyone will look beautiful. Attitude matters and it is the key to success. So always keep it nice, pure and positive.

To see things as they are is to be free from the influence of my own weaknesses.

Sometimes I find myself reacting to even small situations. I also find my feelings being dependent on the different situations I face. I do try to change my feelings of negativity, if they do arise. But sometimes I am not able to, either because of my personality or the dominant personality trait working within me at that time. If I have to change my reactions to the different situations that I am faced with, I need to change my vision, i.e I need to change the way I see things. I need to understand the situation as it is and not let it be coloured by my own personality traits. When I see things as they are, I am able to act in situations instead of reacting.

Message for the day

To be a master means not to be cheated by one's own weaknesses.

Expression: When there is any weakness working within me it means that the internal power is not working at that time. To be a master means there is total control over all the internal powers. Whether it is the power of concentration, or the power to decide or the power to be stable, whatever power is required is used according to the right time. So no weakness is expressed but only inner strength is revealed.

Experience: When I am able to use all my powers at the right time, I experience mastery - over situations and over others. But most of all I find that I am a master of myself and my own feelings and emotions. I am always in control of my emotions, however challenging the situations outside may be. So I find that I am never cheated by my weaknesses.

*In Spiritual Service,
Brahma Kumaris*