

## **The Eight Powers of the Soul - Day 1**

**These are powers that recharge the soul. As the soul comes into action it experiences the practical form of these powers.**



### **The Power to Pack Up**

I can pack up all wasteful thinking, so the soul becomes light and free of burdens and worries. Let me consciously practice this as the challenges of the day unfold.

## **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.

## Ideas!

When working with someone else's idea, are you able to apply the same interest & excitement that you give to your own ideas?

Try letting the idea percolate in your head to stimulate your creative thinking. Then you can contribute & collaborate.

If there's no room for contribution or collaboration, then develop a genuine interest & simply start working on the idea.

## Message for the day

**To be free from ego is to ensure lifelong learning.**

**Thought to Ponder:** When someone corrects me, or when something happens that reflects my mistake, I tend to get defensive. This actually is a form of ego, which deprives me of learning. At least to myself, I need to be honest and see what I can learn from it. This helps me enrich myself and progress constantly.

**Point to Practice:** Today I will think of one incident where things went wrong. I will then see what I learnt from it. Even if 99% of it is another person's mistake, I will not think of that right now, but will focus only on what I can learn from it. I will repeat this exercise for any other incidents that happen today.

*In Spiritual Service,  
Brahma Kumaris*