

The Eight Powers of the Soul - Day 5

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



The Power to Discriminate

Like the trained eye of a jeweller who discriminates the real from the imitation, I can discriminate what is true and what is false.

Rediscover The Essence Of Happiness (Part 3)

When you feel stuck in a hard time, change your attitude by letting go or shedding off your attachment to possessions and people (external attachments) and habits (internal attachments) that no longer work for you. **When you get rid of your attachment to physical things and people and emotional habits that *weigh you down*, and start to feel lighter — you'll witness how by letting go, you're making room for new things, new values to enter your life.** As a result, your

subconscious will be relieved by letting go of emotional burdens or bondages.

To achieve the above purpose, try the short meditation below. Think as well as visualize alongside the following thoughts:

I become aware of myself as a tiny sparkling star of light, an energy, situated just above the eyebrows – a soul... In soul consciousness, I experience the beauty of the many qualities like peace, love and joy; of the spiritual being that I am... Now, with the medium of visualization, I, the soul, travel beyond the world of 5 elements to the soul world, a non-physical dimension of the subtle light of golden red hue (shade)... Over there, I visualize, in front of me – a sparkling Sun of golden light - God, the Father and Mother of me, the Supreme Soul, the ocean of peace, love and joy, which is His eternal nature... He radiates the immense spiritual energy of peace, love and joy... I turn my mind and intellect to His light... I feel the warmth of His presence and the light of His love for me gently healing the wounds of the past that are buried deep inside me, the soul... wounds left by ego, fear, sorrow, jealousy, hatred, anger that have reduced my happiness all this while... I feel a deep feeling of emotional freedom inside me, I feel light and my happiness is restored...

Fortunately, being happy is easy but it is not something that can be demanded from life, and if you are not happy you better stop worrying about it and see what treasures (whether your internal ones or from the Supreme) you can tap into.

The nectar of sweetness spreads happiness and increases success.

We are usually task oriented and are focused on the task at hand. We don't pay that kind of attention to relationships too. This attitude creates an environment which doesn't allow us to increase the efficiency of our work. I need to pay special attention to maintain relationships also, along with the work that I get done. The sweetness within me spreads around positive vibrations to those around and creates a conducive environment which increases efficiency of the task.

Message for the day

Simplicity is the promise of happiness.

Expression: The one who is simple is able to see through the complications of situations and people. He has the ability to only pick out what is useful and worthy from the expanse of all that is available. A simple person's words and actions are the ones that give happiness to those around.

Experience: When I am simple in my vision and attitude, I am able to remain happy, as I am free from the complications of all that is happening. My mind is not caught up with unnecessary things, and I am able to remain easy in the most difficult situations. This attitude of mine also helps in creating an environment of happiness where others too experience this happiness.

*In Spiritual Service,
Brahma Kumaris*