

## **The Eight Powers of the Soul - Day 6**

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



England-Stepping Stones

## **The Power to Face**

Nothing seems like an obstacle, but rather a stepping stone to victory. To lack this power means to be dominated by external dramas.

## **How Often And Why Do I Need To Meditate (Part 1)?**

As with anything else, the more we practice meditation, the more we feel the benefit of what we are doing. We do need to practice meditation regularly because the habits of:

- i. identifying with our physical form,**
- ii. Succumbing to mental and emotional negativity (in the form of waste and negative thoughts) along with negativity in words and actions,**
- iii. becoming attached to the physical as well as the non-physical, and**
- iv. being dependent upon the experience of physical stimulation of any sort (from e.g. food, movies, people, sports etc.) for happiness are extremely deep.**

These habits have deepened over a period of many many births, because of repeating them regularly, due to a lack of spiritual awareness. As a result, in the present moment also we regularly and quite easily slip into these four habits.

(To be continued tomorrow...)

## **Where there is knowledge energy is saved.**

I put in a lot of effort to deal with the situations I am faced with. But sometimes I do not find the success that I should. I then put in more energies to bring about the desired change, but without any positive result. In order to deal effectively with the situations, I need to understand the situation accurately. If I don't succeed once, I need to check if I have understood the situation accurately or not. With understanding, my energies don't get wasted away, but get focused accordingly.

### **Message for the day**

**To understand that I am a creator of my thoughts is to have the power to control them.**

**Thought to Ponder:** To control thoughts after they go out of control is really difficult or almost impossible. But when I understand that I create thoughts, I can have mastery over them. From time to time, I need to remind myself of this, keep a check on my thoughts, steer and stop them whenever and wherever necessary.

**Point to Practice:** Today I will take one thought, "I am the master and creator of my thoughts. So, I have the reins in my hands and can guide them how I want.". Even if any other thought comes, I can have a control over them, instead of them controlling me.

*In Spiritual Service,*

*Brahma Kumaris*