



Start Early

The best time to awaken both body and spirit is in the early morning. We are fresh, in solitude, and the vibrations of the world are at their calmest. It is not surprising that you will find all experienced meditators and yogis up with the dawn, inviting the sun of spirit to shine into the heart of their soul. The first half hour of conscious awareness will be the foundation of your day. Make an early start. Meditate, set the switch of your consciousness and calibrate your energy for the day. You'll be surprised the difference it makes.

The Art Of Forgetting In Relationships

Sometimes, someone says something in two minutes that makes you feel really bad - they said it in two minutes but it is still there inside the register of your mind two months or even two years later. How could they! Who do they think they are! Something happened in two minutes and you remember it, you repeat it again in your mind and in your words during interactions with others. You keep replaying the scene repeatedly in your mind. Just like an action replay of a cricket match, you see the replays from different angles and judge the scene in many different and negative ways and come to different conclusions, most of which are negative in nature. With this you strengthen that experience in your mental register. Memories and the experiences associated with the memories replayed continuously in the conscious mind enter your sub-conscious, so that even after a long period of time you remember what they said to you. The other person unburdened themselves and forgot it straightaway.

It's like your neighbour who takes out rubbish, throws it outside his house, into your compound and forgets about it and you allow that rubbish to remain there, without thinking of getting it cleaned. Someone throws a few words at you and they forget, but not only do you not forget but you repeat them in your mind to such a point that at times these action replays do not even let you sleep. **We need to learn the art of forgetting memories that generate shadows of hurt or pain in our present.** The past has already gone and what you have now is the present moment.

Weathering a Storm

When a ship is caught in a storm, the captain navigates the ship towards the eye of the storm, a place of calm. As the storm subsides, the ship continues on its journey.

Similarly, when everything around us is changing, when there's a storm of emotions or events, we too can turn towards our inner calm; here, we can find strength and stability.

Then when the storm is over, we won't be battered or depleted. Instead we'll be able to continue on our journey with confidence and clarity.

Message for the day

To be strong is to ensure positivity in life.

Thought to Ponder: When I am weak, I am actually inviting wrong and weak things to enter my life. If I am strong, I only know to move on with self-respect and pride. Even weakness will hesitate to come my way. I will be able to use my strength under all circumstances.

Point to Practice: Today I will make a list of my own specialties and keep that in my awareness throughout the day. I will remind myself of this at least 10 times during the day. So, today I will move forward with an awareness of my strength.

*In Spiritual Service,
Brahma Kumaris*