



Look Inwards

We all have three eyes. Two for looking out and one for looking in. Why would we want to look in when everything is happening 'out there'? Because the treasure we seek is inside, not outside. What is treasure? Beauty, truth, peace, happiness. You already have what you seek. You already are stunningly beautiful. You are already peaceful and loving. How come you don't know this? Simple, you never look inwards, beyond superficial memories or recent experiences, so you never see your own riches. Take a moment to stop, look in and see. Don't rush. Don't search. Just look. And be aware.

Qualities, Virtues And Powers

Innate or basic characteristics are properties that are unchangeable. It's impossible to take the heat out of the sun or sweetness out of sugar. Heat and sweetness are part of the unchanging make-up of the sun and sugar respectively; they are the basic properties of each of them. In the same way, in spite of whatever I have become as a human individual, my deep basic characteristics are still the same ones that have always existed in me. It's my inner core of qualities that in fact inspires me to seek the ideal in whatever I do. The impulse to seek and to dream comes from my own store of innate attributes that is just waiting to be found and brought into practical activity.

The innate qualities of the soul are those that are the most basic: Peace, Truth, Happiness, Love, Purity, Power and Bliss. They are so basic that they themselves are the foundation of all virtues and powers. They are like primary colors and **virtues** and **powers** are secondary colors. Just as orange (a secondary color) is made of red and yellow (both primary colors) and blue is made of yellow and green, virtues such as patience, tolerance, courage, generosity etc. and powers, are obtained by mixing the basic qualities **e.g.**

Patience - peace, love and power

Humility – love, peace and truth

Courage - power and truth

The aim of meditation is to emerge and enhance my **qualities** so that my behavior becomes full of **virtues** and **powers**.

Tame your stress

When stress looks like it's getting out of control, take a moment and 'tame your stress'. How? Be present.

As soon as you start dwelling on the past or the future, release the need to control the uncontrollable & be present. Keep bringing yourself back to the present moment & let everything else fall away.

Feel the stress reduce & realize that you're OK & so is everything else. Now you're ready to get back on track!

Message for the day

To order whilst being seated on the seat is to ensure obedience.

Thought to Ponder: Before I expect obedience from others, I need to check if my own mind and sense organs are obedient. For this, I need to be seated on the seat of my own self-respect (of the qualities I have). Thus seated, like a king, when I order, I find that orders are obeyed.

Point to Practice: Today I will practice a point of self-respect. I will recognize and appreciate one quality in myself. I will remind myself of this quality, from time to time, throughout the day. If I find my mind wandering or my sense organs disobedient, I will give orders with the same consciousness of self-respect. Then, I will find positive results.

*In Spiritual Service,
Brahma Kumaris*