



True Happiness

True happiness comes when my mind and the senses have become quiet and peaceful. In that state, there is spiritual power; we are performing actions, but free from desires and free from attachment to what we do. Such happiness finishes any sorrow that comes to us.

Understanding The Mechanism Of The Virtue Of Peace (Part 3)

To experience the eternal peace of the soul world, I do the simple exercise explained yesterday and then go a step further. Having created the thought about myself that I am a sparkling star-like energy at the center of the forehead, just above the eyebrows, visualized it and as a result experienced it, now my objective is visualizing my star like form in the soul world. With this objective in mind, I now create a simple thought that I the star-like energy will make a short journey to the soul world and back. So I create simple thoughts and visualize alongside that I, the soul am leaving my physical body and flying outside. Then I, see my star like form, slowly fly past the ceiling of the room I am in and see myself suspended in the sky (night sky makes the visualization more easy). I see myself as a point of radiant light high above many many buildings and lights. This is similar to what one would see from an aeroplane window while landing or taking off. I then see my light form going higher, past the atmosphere and going past a sea of stars and a few planets and the moon. I then take this visualization further and see myself entering the soul world, a region of soft orange-red light (this is similar to how it looks like at dusk). This region is multidimensional and unlimited in size or expanse. I see my star-like form suspended in this region, radiating rays of peace in all directions. I also see other white/golden star-like souls just like me in the same region. I spend some time in this region, in this experience. In this region my thoughts stop completely and I am only visualizing.

This is the eternal peace experienced whilst visualizing the spiritual self in the soul world. The peace experienced in this exercise is greater than in the exercise mentioned yesterday. Thus the *sanskara* of peace created in the soul in this exercise is deeper. After a few minutes of this experience, I see myself descending in the physical body in exactly the same way as I flew to the soul world. **This is just a visualization exercise or experience and the soul does not actually leave the body and go anywhere.** The two practical exercises explained in yesterday's and today's message can be used to experience the two types of peace mentioned. At one time, you can choose to either experience both types or only the first one. You can start with a few minutes and increase the time gradually. **Continuous practice will create stronger *sanskaras* of peace and take you closer to your original state of peace.**

Do you feel like a pressure cooker?

Most of us are used to living under pressure but when the pressure intensifies, do you feel like a pressure cooker, about to explode?

Why not take something off your plate & turn the heat down. Loosen the lid of routine & unwind. Gradually let the steam out, release the pressure & breathe. Once you've cooled down, think about how to stay cool under pressure & avoid becoming like a pressure cooker again.

Message for the day

Where there is faith, there is greatness.

Expression: To have faith means to recognize the positivity in the self, in others and in situations. It also means a deep connection with God. The one who has faith is able to bring out the greatness in everything and everyone. So such a person reveals his greatness wherever he is.

Experience: When I have unbroken faith, I have the understanding that everything that happens is for some good cause. So, I am satisfied with everything that happens in my life. So I am creative in my responses to the environment, which in turn, makes me truly great.

*In Spiritual Service,
Brahma Kumaris*