



Let God

Whether you believe in God or not is not important. Belief can be an obstacle to experience. The main thing is to keep an open mind, and be willing to start the conversation. The experience of so many people is that when they engage in a mental conversation, whether it's with a question or simply sharing what is in their heart, they get a reply. This is God as a personal experience, not just a voice in your head. Not your higher self, but the presence of the Source in your life. God is not a concept, or a belief. You cannot have a conversation with a concept. You cannot have a meaningful relationship with a belief. Worth a try? Dear God.....

The Power To Transform Emotions (Part 2)

Thoughts may be temporary. **Feelings** (either positive or negative), accompanying repeated thought-patterns, stay a bit longer inside us. But when a soul suffers a major setback, loss or failure in life that it is not able to deal with, it becomes **emotionally** damaged and the results of that can be extreme.

Suppose I lose a loved one all of a sudden. If the feelings that come to me because of this loss can be taken care of at that time, through any means like the remembrance of God, meditation, developing a positive hobby to divert my mind, spending more time in the positive company of other family members, etc.; I will deal with the feelings and move on. If however, I am unable to deal with my feelings through any of the means mentioned, the experience of loss I feel is going to cause a lot of deep damage on the emotional level. Then it will not just be a feeling of loss, but it will actually have wounded the soul emotionally. Until that wound has healed, I'll carry it with me long after the loss has suffered. The emotions linked to it will come to the surface repeatedly, though I may have no idea where my sorrow is coming from. Due to the emotional wound, I'll be unable to stay happy, no matter how positive my circumstances may be today.

Meditation does not require me to go into the subconscious roots of my pain. Instead, through thought, **meditation enables me to take conscious control of my feelings and emotions, so as to displace the negative, which brings sorrow; with positive, which brings happiness.** It helps me experience pure, powerful emotions and loveful feelings to such an extent that the wounds left by past experiences are healed. Raja Yoga means royal union - it means having a loveful relationship with God. The experience of God's love is a soothing balm for my emotions, and a remedy for the emotional pain the soul feels.

Trust life

No matter how it may seem, can you trust life?

Trust that life knows your potential & it wants to nurture you.

Start trusting life more & you'll recognize that everything that happens, happens for your growth.

Message for the day

Asking the right questions brings learning and progress.

Thought to Ponder: When I am too focused on answers, I don't find them. I need to ask the right questions and also letting go of the dependency of wanting answers. Right questions are like brooms that sweep the mind clean. Once the mind is clean, answers flow. There is then, learning, growth and progress.

Point to Practice: Today I will ask questions that help me progress rather than expressing doubt. There need to be more "hows" and "whats" rather than "whys". These questions will lead me a step forward, instead of getting stuck with difficult situations.

*In Spiritual Service,
Brahma Kumaris*