



No Problem

Solutions are never necessary because there are no problems, only our perception makes it seem so, and only our minds make our perceptions seem real. If there is a problem it is our perception. That is hard to see in a world that celebrates and rewards the finding and solving of 'the problem'. When you decide that you will no longer perceive the problem, you will see only the facts or a situation. Facts are just facts and any and every situation can always be improved, unless it is in the past, then it's just a memory, and memories are never a problem, are they? If you can cancel from the patterns of your perceptions the very idea of 'problem', then you will not only be a positive thinker and positive proactive actor, you will be a leader.

The Consciousness Switchover (Part 2)

Given below are few simple methods which help us in the process of rising above action or role consciousness and make the task of switching of consciousness to a spiritual one, easy.

1. Every hour, stop for a few seconds and note down in a small diary, which you carry with yourself through the day, to what extent, in the hour that has just gone by; you have maintained the light and detached awareness of yourself as a soul, a being of peaceful and blissful light, situated at the center of the forehead, playing its part through the physical body costume and the physical role costume and seeing others the same way. If you haven't had any awareness, that's fine: the light reminder will help you remain attentive for the next one hour period. This will over a period of time become an easy, natural and enjoyable exercise, which is very relaxing.

2. Every 2-3 hours, stop whatever you are doing for a 3-4 minutes and turn your attention within, creating an awareness and feeling of the soul, but a very deep one. Remind yourself of your spiritual relationship or your relationship on a soul level with the Father of the soul, the Supreme Being or God. Experience the relationship. At centres of the Brahma Kumaris and even at their homes and workplaces, the members of the Brahma Kumaris around the world, follow this exercise. Where it's feasible, music is played at these times to make the break effective and soothing. This exercise is called *traffic control*, because the peace experienced in this exercise helps you become aware of the traffic of your thoughts and slow it down, reducing the risk of accidents that are caused due to internal mental clashes as well as clashes with the variety *sanskaras* or personality traits of people whom you come in contact with.

3. Every time you eat or drink something i.e. you nourish the body, along with that sustain the soul with spiritual thoughts, above the mundane or ordinary. These spiritual thoughts could be based on something positive that you have read in the morning at the start of the day.

Have Faith

Trust in others wins co-operation from them. To have faith in others also means reinforcing other people's faith in themselves. This naturally increases their self-confidence and creates enthusiasm. Then they become better able to respond to positive feelings and access their full potential.

If I notice someone I work with is not co-operating with me I need to check my own faith in that person. When I am able to appreciate them for their own unique qualities, my faith in that person will grow.

Message for the day

To have a positive conversation with the self is to empower oneself.

Thought to Ponder: Everyone is irritated with a person who nags or talks negative all the time, especially if they are really close to us. During negative situations, we too tend to nag or have continuous negative talk with ourselves. Since we are our constant companions, we tend to end up getting irritated or upset by the end of the day.

Point to Practice: Today I will talk positively to myself. I will encourage and explain to myself. I will not nag myself, but will have a positive conversation with myself. I will help myself become better by learning from my mistakes and encouraging my successes.

*In Spiritual Service,
Brahma Kumaris*