



## Life Can Begin To Flow

As we grow in strength in our spiritual life, we give up the habit of worrying. It serves no purpose other than to make us feel tense and miserable. When I stop fretting about things that are beyond my control and focus instead on generating optimistic and kind thoughts, my life can begin to flow in ever more positive directions. Such a light and easy approach to life enables me to take everything in my stride.

## Switching On The Consciousness Of The Soul To Experience Peace

During the initial stages of meditation many wasteful thoughts do come. This is due to the soul's old habit, since many births, of thinking aimlessly. The mind has been attracted or repelled by everything and everyone. The soul has been pushed around from waves of one experience into another, exposed to different scenes. So, after such a long journey, in the present moment, it finds itself stuck in negative cycles of worry, doubt and confusion, which it must break by recharging itself with its own original characteristics of peace, purity, love and joy. **Meditation is this recharging process with which we channel good, constructive and positive thought energy into our moods.**

I must make sure the engines of my senses are not burning up the vital fuel of inner peace. The soul does not grow or diminish but only experiences change in its happiness or unhappiness, peace or peacelessness etc. The very word *peaceless* suggests that I was at some stage peaceful. I now know that I had peace in the soul world. I can see how peace is the real *oxygen* for the soul. When I do not have it, I choke and become spiritually breathless and look for it everywhere. I am a soul and I have my own inner store of peace from which I can draw at any time. I do not need to practice complicated breathing exercises or difficult physical postures for the same. **I can experience peace by switching on the consciousness of the soul wherever I am, driving, cooking at home or when busy at work.** Thus meditation is a continuing experience rather than a static one.

## Be a go giver

It's good to be a go getter! But why not be a go giver as well as a go getter. Take action and make things happen, but at the same time, give.

Give what you want to give. Give your time, attention, ideas, knowledge, compassion, smile.... Give through your mind, words, actions, presence....

Just keep going, keep getting things done and keep giving.

## Message for the day

**The biggest service is to become the one who removes sorrow and gives happiness.**

**Thought to Ponder:** There can be no greater service than becoming instrumental in giving happiness to someone and removing their sorrow. When I see someone's pain, I need to see what I can do for making them happy. I need to pay attention that I don't experience pain seeing their sorrow. A person, who is unhappy, cannot give happiness to others.

**Point to Practice:** Today I will lend a helping hand to one person and do something that truly helps him. To help also means to empathize, to give good wishes, to listen non-judgmentally or even to be a support to them in some way without making them dependent on you.

*In Spiritual Service,  
Brahma Kumaris*