



The Secret to being Content

To be peaceful is to be free from expectations and to want nothing from anyone. Take the initiative and be generous. Lead the way and do something. This is the secret to being content in all circumstances.

Receiving The Gifts Of God (Part 2)

The most beautiful time of the day is the morning, the start of our daily routine, which should begin in the lap of God, the Supreme Father. God can be experienced as a non-physical energy, full of spiritual love, **as a point source of pure spiritual light**. He is someone whose aura is so supremely charged that it envelopes the being of light or soul or the inner me. This early morning time is called **Amritvela or the sweet nectar time**, when a meeting with this Supreme Energy or Power can be made. It is a meeting with the mind and is not visible to the physical eyes. The posture of the meeting can be a simple one, just sitting cross-legged or on a chair comfortably, with the eyes open. Soft light can illuminate the room, where the relaxation exercise is performed. Gentle music can be played in the background. This is a beautiful meeting of the soul and its father, its mother, its beloved, its best friend, its teacher and its guru. They are all the One, a single entity – the Supreme Ocean of spiritual love, commonly called God.

Even during the day, meditation can be done at short intervals for a few minutes, where the consciousness can be transferred from action and connected to the Supreme. This is also called **mind traffic control**, thereby maintaining the love filled connection constantly. This is a powerful connection which strengthens the inner being or soul, purifies it immensely and fills it with the seven primary virtues. These virtues are peace, joy, love, bliss, purity, power and truth.

(To be continued tomorrow ...)

Procrastination

Many of us have the tendency to postpone even the most important things to the last moment.

We assume we will be able to get things done later. But sometimes the unexpected intervenes and everything collapses under the added strain.

When I remain focused I am able to prioritize. I understand that small tasks can be as important as the larger ones, and I make sure I get them done at the right time. I make sure I leave time for the unexpected, too.

This lifts the pressure and allows me to give my best in every situation.

Message for the day

The one who knows the value of time uses each moment well.

Expression: For the one who knows the value of time, each moment is valuable. Each and every moment of each new day is spent in a worthwhile way. There is an expression of the inner potentials and powers with each passing second. Not a moment passes by without recognizing its worth.

Experience: When I know to value the time that is in my hands, the present, I will neither be caught up too much with the past nor with the future. I will be able to enjoy this moment and so there will never be a dull moment in my life. I will be able to bring constant progress with each passing second and experiencing success constantly.

*In Spiritual Service,
Brahma Kumaris*