



Artist: Ali McNab

Peace, love and wisdom

There is an immaculate eternal and constant space within you hidden under different appearances. In that space there is only peace, love and wisdom. Let go and free yourself from the layers that cover that space and you will uncover the secret of a life of fullness.

Marrying Spiritual Practices With Actions

Spiritual practices and life are interconnected; so are my thoughts and actions. It is not possible to separate them. **The immediate influence of any spiritual practice like meditation is on the quality of my thoughts. The quality of my thoughts is then reflected in my day-to-day actions. As the quality of my actions improves, it starts influencing my thoughts positively and the quality of my spiritual practice also starts improving.** When I really understand this, it becomes clear that the right way to live is to marry both these sides within my life - meditation and practical life, marry the process of improving the quality of my thoughts with my actions, because both are interconnected with each other.

Actions performed by being too action conscious, in a wrong, non-spiritual consciousness, have led to a monotonous and meaningless existence, an existence without permanent peace, love and joy, causing feelings of discontentment and an emptiness in many hearts. On the other hand, religious or meditation practices, which were done with the aim of bringing peace and happiness in our personal life as well as in relationships, but were performed in seclusion (by detaching or becoming aloof from society), did not achieve the desired objectives and was unable to influence life positively. This caused spirituality to become disconnected from reality.

I want my consciousness to become such that I can experience the richness of a life of actions, interactions and relationships of the world, but adorned (decorated) with the jewels of the energy and spiritual power that only meditation can provide.

Reacting and Responding

Something is going wrong, it looks like there is a disaster in the making, and chaos is emerging fast.

In the West we say, "Don't just sit there, do something!" In the East they say, "Don't just do something, sit there!" Now why is this? Intuitively we know that unless it's a life threatening situation, wisdom lies in the Eastern approach, because sitting still in body and mind, even if only for a moment, allows us to discern the right thing to do. It is the difference between reacting and responding. It allows new intuitions to overcome old instincts. Watch for such opportunities today.

Message for the day

To have the right intention while performing actions is to bring success.

Though to Ponder: When the heart recognizes the need to do something, there has to be reasoning in the intellect, why I want to do it and with what intention. Without the right intention, feelings can make me get carried away, not able to contribute my best. For example, if I want someone to change (feeling) because I want to be more comfortable, it will not work. But, if I bring the thought that I want them to change, because they would be happier. This is the right intention, which would bring success to my feeling.

Point to Practice: Today I will do actions with the right intention. All the major tasks that I do, I will first take a thought about why I am doing it. I will then do that action. This will enable me to bring quality to the actions that I do. So, whatever I do, I will be successful in that.

*In Spiritual Service,
Brahma Kumaris*