



The Habit of Disapproval

It could be their idea or their behaviour that is triggering your habit of disapproval. It just means you are attached to your ideas, your way, your ideals. Or you want to stop them getting ahead because you are attached to a picture of your being the frontrunner in the relationship.

That's when you see their creation as a threat to you. So you fear and fight. You acclaim your superiority and attack with criticism to ensure their inferiority. All the while you are the embodiment of unhappiness, without realizing that you are the creator of your misery.

Can you turn it around? When you embrace, encourage and empower the ideas and ways of others you will instantly notice you are empowering yourself.

Meditation In Action (Part 2)

The churning over of points of knowledge throughout our active hours strengthens and maintains the meditative state of mind.

There are five basic points to churn over. We had discussed two yesterday. The remaining three are given below. Create your own thought commentaries around each point.

What Is My True Religion?

No matter how much surrounding turmoil there may be, I can remember that my true religion is peace and purity. I am not a Hindu, a Buddhist or Christian, I am a peaceful soul. Just as people do not want to convert from their religions, I resist any attempt to pull me away from my true religion of peace and purity.

Where And What Is My Home?

Just as people love their homeland, I can have the same natural love for my original home, the soul world. At the same time I can be aware of my original form of light and power. In this way I can cross any situation that comes in front of me. I am also aware that I have soon to return home and so I must settle all my karmic accounts.

How Is This World a Drama?

With the consciousness of the eternal world cycle, I can see my role and the roles of others in a perfect and unlimited drama. Even though others and I are playing parts, we are separate from the roles. Now that I know the Director (Supreme Soul) and story of the whole drama from a spiritual perspective, there is no point in getting upset over tiny little scenes. I know that in the beginning of the drama when I had come on this world stage from the soul world, I was full of peace, love, purity and happiness and so now I can re-emerge the sanskaras that I had in the beginning.

Embrace change

When you are aware and accept that everything around you is constantly changing, and that you have no control over 99.99% of it, you are able to embrace change like a close friend! Change is a like a river, constantly flowing and moving things around. The river of life is constantly bringing you ideas, people, situations - each one is an opportunity to be enriched or to enrich others, and to learn. Change is the play of the universe as it entertains us in the biggest light and sound show of all time. Why not sit back and enjoy the show!

Message for the day

To sow the seeds of pure feelings constantly is to experience positive fruit.

Expression: When one's feelings are constantly positive and pure, there is no expectation of the fruit to emerge immediately. Even if others are not able to respond to the positivity or if situations are not according to my expectations, there is still the feeling of giving. So there is this positivity expressed through the vibrations spread around and in every word and action.

Experience: The more I am able to have pure feelings for those around me, the more is the positivity that emerges from within. Because of having discovered the positivity within, I am able to give unconditionally. So I experience the immediate fruit of what I have given and also accumulate for the future, and continue to enjoy multifold fruit of what I give.

In Spiritual Service,

Brahma Kumaris