



Healing

I gently return to equilibrium, nurtured by a well spring of love. I, the soul, am washed and soothed by the quiet energies of stillness. Embracing the vastness of my inner landscape, I understand the cycles of growth and decay. Today I will fix something broken, or find a new use for it.

Simplifying The Union With The Spiritual Parent

The easiest definition of the word *yoga* is union. When you unite with someone or something, you keep thinking about that someone or something and keep visualizing the same. It is as if you experience a union with the object or the person in your mind. In this way, there is a subtle (non-physical) communication with them which, when you meet, will turn into a form of words (physical communication).

We communicate with others mostly through physical means, but we cannot do the same with our spiritual Father and Mother - God, as He does not take a physical form. Our communication or union has to be subtle (non-physical), through the vibrations that we radiate as souls or life energies. There is deeply rooted belief in many – a belief that goes back to many centuries, that this union takes many births of effort to become a master at, but that's not true, it just takes a little practice and patience. **The reason why it may seem difficult, at first, is that our mind tends to be filled with thoughts, feelings and images related to other people, friends, family members with whom we have interacted or will be interacting, our workplace, the past, the future, unnecessary anxieties and many more issues.** We need to learn to drop these *thought conversations* with others and *creation of subtle images* of other people and situations so that we can redirect our mind and vibrations to the Supreme. This also means learning how to make our mind and intellect quiet enough, and as a result, receptive enough, to **receive, listen and feel** His vibrations and His thoughts, and to experience His subtle presence. Ultimately it is an exchange of the energy of pure love between the soul and its Parent.

Intuition

Only when we find the quietness in our own minds can we begin to hear our inner teacher, so that we may receive some in-tuition. Only when we are ready to recognize and value the wisdom that we carry at the core of our being will we turn our attention inwards and 'listen in'. But it's been a long time since we truly listened, so a little practice and patience will be needed. Sit down, be quiet and listen in at some point today and you might be surprised at what you hear. Then do it again tomorrow. All you need to do is remember that you are the listener and not the noise.

Message for the day

The best way to progress is to gain good wishes and blessings from others.

Expression: For the one who earns the blessings of others at every step, there is easy success. There is positivity and speciality revealed in every action and benefit for the self and others. Even the most difficult circumstances, don't deter such a person, but he has the power and the courage to move on. So there is constant progress, whatever the situations may be.

Experience: When I am able to take good wishes from those around me, I am able to experience being obstacle-free. I am able to move forward with ease under all circumstances. Even in the most difficult situations, I am able to take the benefit from those around me, for others are willing to provide support at the right time, because my actions have earned good wishes from others.

*In Spiritual Service,
Brahma Kumaris*