



Be Reluctantless!

We have a tendency to make significant choices in our lives and then forget that we actually made the choice. Work is such a choice. If we forget to choose the work we do then each day of our life can easily be an experience of continuous reluctance. Would you choose to live your life reluctantly? Every time you use the words 'have to' you are telling the universe you would rather not be where you are and you'd rather not do what you are doing at that moment. And if you keep thinking in this way in one area of your life, it becomes a habitual thought pattern which you soon find turning up in your attitude everywhere in your life. And if you keep thinking, feeling, saying and living with this pattern of reluctance you can be absolutely sure the universe will eventually grant your recurring wish. But you will like the result even less. Nothing positive, fulfilling or empowering was ever created with the energy of reluctance. Don't be reluctant about anything in your life today. Re-affirm your presence and your choices every day.

The Significance Of The Power Of Thought In Meditation

Meditation is not a process of emptying the mind of thought. **In meditation I use the natural power of the soul – the power to create thoughts, as a take-off point (or as a spring-board) to finally experience the consciousness of the true self. In meditation, I climb a ladder of well-prepared, positive and spiritual thoughts and eventually climb beyond the ladder into the pure experience of what I really am.** Pondering over these pure and real thoughts can occupy the soul for long periods of time.

In the most basic stage of Rajyoga meditation, first comes the realization: I am a soul, the energy of consciousness made up of a mind, an intellect and a collection of *sanskars*. My eyes, ears, nose, mouth are just the organs, which when used correctly, help me, the soul, enjoy life. I now possess the knowledge that will free me from my cage. I have the key, spiritual knowledge is the key - I am a soul, a being of light, *a bird* which has the power to fly freely. Knowing this, I am not bound by physical laws. I can detach and fly at the speed of a thought, to the soul world, where I can easily experience my original state. I must realize that it is impossible to have *peace of mind* if I cannot detach from the body. I must look upon all my family members, friends, colleagues, also as souls which have come from the soul world. We are all fellow souls.

Be Introvert

It is extroversion that wastes our energy and makes us feel weak. In a state of introversion we think less and speak less. We then have the power to put into action whatever we think and whatever we need to do.

Message for the day

The one who is responsible is the one who is always light.

Expression: To be responsible means to do everything with the best of one's ability. It comes with the recognition and the understanding of the importance of the task. No action is wasted, but everything meaningfully connects to the fulfillment of the task. So there are not even ordinary actions, but only those that are meaningful.

Experience: When I take up every task that I need to do with full responsibility, I am able to give my best. Then I will be able to be light having done my task well and in time. There is never the pressure of work, but there is plenty of time for the self and for others. I also find my inner resources being used to the fullest extent.

*In Spiritual Service,
Brahma Kumaris*