



Never Battle

Never fight. Nothing is worth fighting for. Wisdom never fights, it waits patiently, speaks positively, releases easily, sees benefit in everything and envisions a future of abundance...knowing that all needs will be met at the right moment, in the right way. If you think life is a struggle you will always be struggling, If you think life is a breeze, your attitudes and actions will convey lightness and easiness. And that's what attracts everything you need, and much more. Make today a breeze not a battle.

Reliving The Memories Of The Past (Part 3)

Can someone without spiritual power accept the negative happenings of the past easily? Of course, there are some who easily move on and look at the present and future with a positive vision after an uncomfortable event has passed in their life. But that is only temporary and only a few are gifted with the natural ability to do that. But let us talk about the majority who do tend to become sorrowful sometimes when past events which have hurt them or reduced their happiness are mentioned. Sometimes our family members remind them to us or are remembered by us or their memories are triggered in our minds on seeing certain negative present events in our lives. In such cases, without us consciously deciding, our thoughts and feelings tend to drift into a negative mindset.

Attachment is the seed of all negative emotions. If you see any weaknesses inside the soul – all have their origins in one single negative emotion of attachment. Obviously, some people are attached to past memories more because their mind is not able to let go of what it has faced or what negative experience it went through, however long ago. **The ability to let go or forget easily is brought about by the practice of soul consciousness. Also we need the practice of Supreme Soul consciousness or the remembrance of the Supreme Soul.** When we souls were completely pure, we were in a state of such strong detachment that even when we left the body and took another body, we used to not experience sorrow. This is an external detachment from the physical body. Not remembering a negative past at all and a positive past excessively requires internal detachment. So, we need to become pure now by visualizing oneself as a sparkling being of light, just above the eyebrows, which is the form of the soul. Also, we can keep an hourly chart for noting the amount of time I have remained in that experience in every hour **while performing actions.** We need to also practice Supreme Soul consciousness every 2 hours for at least 3 minutes i.e. at least 5-6 times a day. This means seeing oneself as a sparkling soul or energy in the Supreme Soul's presence in the soul world and absorbing His pure energy within oneself. This is the method of becoming internally detached from what has already happened in my life – either pleasant or not so pleasant.

Inner treasures

If we recognize inner treasures we will be able to use them well. Time, energy and thoughts are one's greatest treasures. The ones who recognize these treasures are able to look after them carefully and use them for the benefit of all. None of these inner resources are ever wasted. When these treasures are used properly and are put to full use, they bring in the best external treasures too. When I am in touch with myself and give attention to myself, I am able to recognize these inner treasures. These treasures keep me rich at all times, even when external circumstances are not so favourable. Further use of these treasures makes me only richer and richer.

Message for the day

The method to finish waste thoughts is to deal with the mind with love.

Expression: When there are waste thoughts in the mind which one tries to stop, it becomes difficult to do that. There is discomfort and difficulty experienced. On the other hand, when the mind is taught to take the right direction with love, there is a quick and dramatic change.

Experience: When I learn the art of speaking to my mind with love, I am able to free myself from waste thoughts without any feelings of suppression. Concentration too becomes easy and all thoughts are directed towards the right direction.

*In Spiritual Service,
Brahma Kumaris*