



## **Courage**

One of the highest forms of courage is the ability to face my own negativity without feeling guilty or bad about myself, and then take responsibility for changing it. To begin this process, I first make contact with my deepest spiritual core. Reflecting on the things I care about mostly gives me a glimpse of my innate goodness. Building on this, God will, if I let Him, gently reveal in me a caring and compassionate nature that can even be described as divine. The courage to let go of unwanted thoughts and feelings will develop when I accept that my higher, divine self is not separate from me, but lies at the very heart of who I am.

## Acceptance

Accepting life as it is a multi-faceted concept. While it's good to accept circumstances and people as they are, it would be unwise to act out of blind faith or dejection: Either we say things will happen if God or destiny wills it, or that things are never going to improve so why bother... Both perceptions spread a negative vibration. Acceptance means I don't confront a situation or person simply because things aren't to my liking, as this drains me of energy I could use to reform the problem. With a clear mind, heart open to the unexpected, and willingness to make a difference, I link myself to God and take His energy to be successful in my goals.

### The Three Root Causes Of Anger

Any time we sense irritation, frustration or anger emerging inside our consciousness, if we take a close look at it, we will notice we are fighting a war in our consciousness with one of these three: either with **another person**, most obviously or with **the past** or with **our self**.

**We are at war with the past because our anger is always towards something that has already happened and looking at it we react emotionally which means we are trying to change it, which is impossible.** Any scene that has taken place a year ago, a month ago or even a second ago cannot be changed. We may be completely convinced and we may believe we can. That's because we hold this belief subconsciously. Somewhere and sometime in the past, we have picked up and absorbed the belief that the world and its circumstances should shape up exactly as we want.

**When our internal desire of a certain type of circumstances is not fulfilled, or in other words something against this belief happens, our instant reaction is one of the various forms of anger and we tend to try and change the incident** that has happened in a far-off past or a past that has just gone by. We keep replaying a revised incident, with words and actions that we would have liked and that suit our convenience and we also keep nullifying the actual incident or remain in a un-acceptance mode towards it. This is like fighting a war with the incident. We tend to do this inside our minds, repeatedly, even realizing somewhere deep within, that it is impossible.

(To be continued tomorrow...)

## Soul Sustenance

### Topics For Meditation Thought Commentaries

As you start your meditation practice, you need to have in mind some simple topics for your thought commentaries on which you base your meditation. Repeat them gently. Doing that will give you enough time to experience the feelings hidden inside them. Realization of thought commentaries will help your thoughts to develop and your thoughts will slowly expand as you now guide yourself in your meditation. Take up a few simple topics or phrases as the foundation for your meditation. Initially, listening to a guided meditation commentary on an audio cassette or CD, which is available at any Brahma Kumaris center will be extremely helpful. As you get an idea about what thought commentaries are all about, you can gradually start creating your own powerful, positive, thought commentaries. These will ultimately have more meaning for you because they have been created by you and you will easily be able to relate to them. You can continue to take the help of recorded commentaries, though, from time to time. Given below are a few topics for your thought commentaries, which you would find helpful and which you can explore.

- I am a subtle (non-physical) point of consciousness, which resides within this body (situated at the center of the forehead), I am the energy which brings this body to life every day. I am the energy which uses this body to see, to speak, to touch and to hear. I am the energy which experiences everything via the body. But I am not this body
- I am a soul, a being of light, situated at the center of the forehead, radiating pure light into my body, out towards others close to me and the world. As I turn within and remember who I am, I experience my own capacity to have pure love for all others. It is a generous (kind) love that neither wants nor needs anything in return.

(To be continued tomorrow...)

## Message for the day

### God's love brings out the perfection from within.

**Projection:** The power of God's love brings about change internally. Through His love everything old and unwanted finishes. There is the natural tendency to bring about such perfection that the one who loves Him and gets His love becomes like a mirror - a mirror in which perfection of others too is visible.

**Solution:** There is such inner strength that I get because of God's love that even if somebody does something to hurt me, I don't allow myself to get hurt. Even if people are saying negative things, they don't influence or touch me in a negative way. I am so full with God's love that it naturally flows out to those around me.