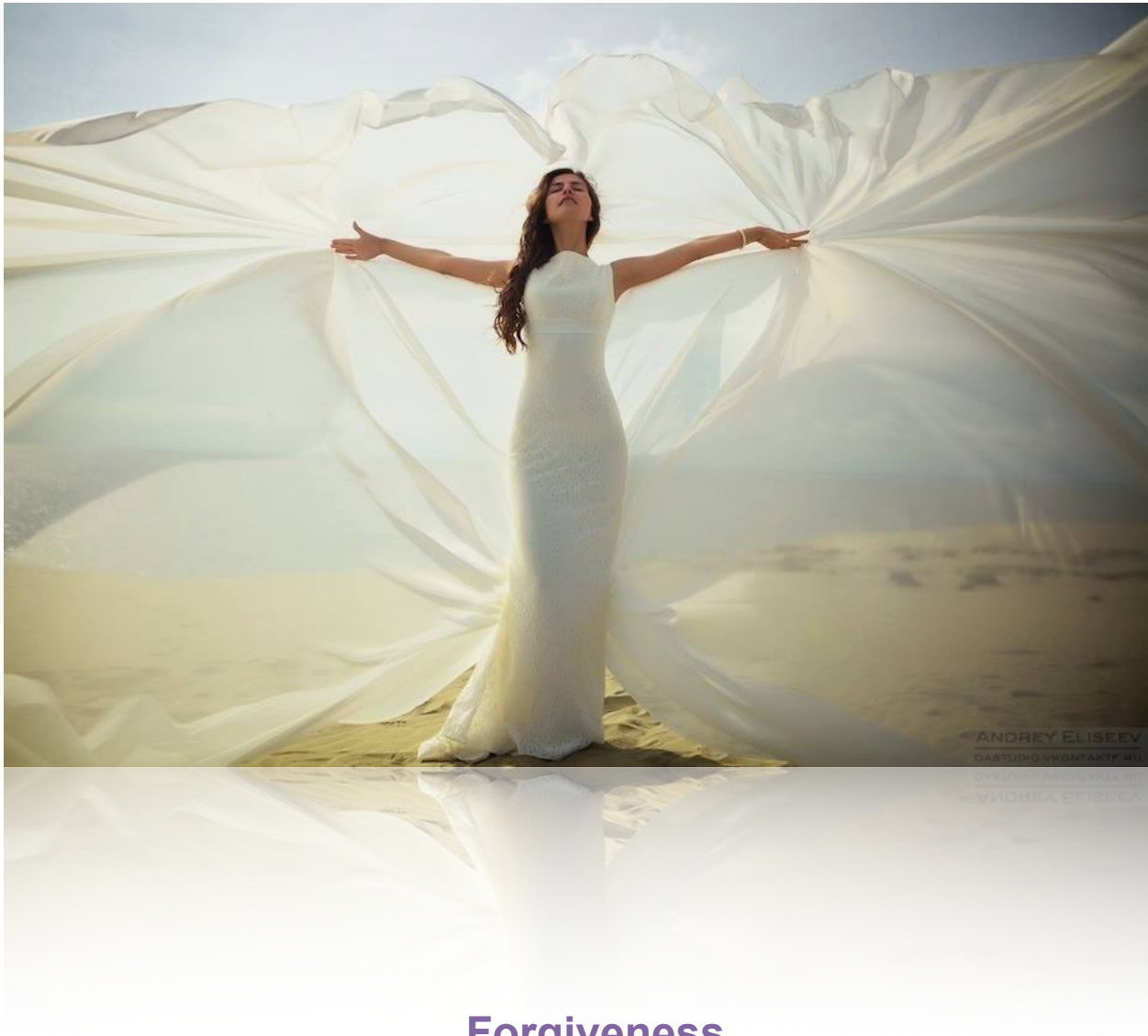


Today's Thoughts: February 06, 2020: Forgiveness



Forgiveness

Forgiveness does not change the past, but it does enlarge the future.

Life Beyond Life (Part 3)

What type of mindset and consciousness should one keep on being faced with the death of a beloved relative or a close associate, so that one remains protected from the shock related to such a sudden demise? If, we at the Brahma Kumaris, say that it's not death but a life beyond life and a shift to a new life existence or reality, you might question and might ask something that we agree with also, but how do I fill the void (emptiness) left in my life and how do I not remember the loved one, with whom I spent millions of minutes, sharing and receiving so much love and happiness, something which have left deep impressions on my heart, which are difficult to erase. On one hand, we at the Brahma Kumaris, on being faced with the death of a close one, conduct group meditation, and pass on the vibrations of peace and power to a departed soul, which help it to go into a life setting with the best of the four pillars of existence - nice *sanskaras* to be received from the new set of parents, a healthy body, plenty of wealth and beautiful relationships and also adapt easily and in a short period of time to the new environment along with slowly coming to terms with the shift that it is making and also easily forgetting what it has lost. On the other hand, people who lose such loved ones, apart from contributing through vibrations, which help their loved ones in their shift; through a deep loveful relationship with the Supreme which helps them to be strong and reading spiritual wisdom as shared by the Supreme which helps them to become content, get used to the sudden emptiness created in their lives when such events happen. Also love for serving each one whom they meet, with virtues and powers and being absorbed in the Supreme's task of the present moment of self change and world change helps them rise above the difficult time phase. They do remember the relative they have lost, but from an empowered consciousness.

To end on an empathetic (understanding your feelings) note, we confess that the reality of life beyond life is something that many of us knew or had heard of, even before joining the Brahma Kumaris, but at the same time, we were not empowered enough to accept the reality and live the reality. **Spiritual understanding empowered us to do that and we wish from the bottom of our heart that you are able to do the same. All the best.**

Soul Sustenance

Adding A Spiritual Vibration To My Actions

My quality of *yoga* or meditation is reflected through the *karmas* or actions that I perform. If I add meditation in my daily routine, **whatever actions I perform, start carrying a different quality or vibration to them.** Work itself (whether at home or in the office), far from being a routine affair and just a medium of survival, becomes the basis of real transformation or change. After all, **it was through actions that the soul came down from its original, pure, positive state. It is through actions that it can return back to the same state.**

It's not just action for the self but action or *karma* becomes the means through which I can share the experience I have in meditation, with others – be it family members, my colleagues in the office, at the city mall, in the vegetable market, on the street etc. - just about anywhere and everywhere. My meditation isn't an incognito (invisible) process but a very visible one. I can see the results of *yoga* through my *karmas*. If my actions are filled with irritation and anger, or are motivated by emotions such as ego, greed, attachment, jealousy, hatred, etc, or if I do not experience constant happiness or my mind still has a high percentage of waste thoughts, these are indicators that my meditation is inaccurate or insufficient. **If there is the experience of a link with the Supreme, his peace, purity, love, joy and power will manifest themselves and be visible to others through my actions.**

Message for the day

Your humility enables people to realize their mistakes and correct themselves.

Contemplation: Real humility results in so much power of truth that you don't need to say anything at all in words. The very power of your inner state of being will make the other person realize the error of their ways.

Application: When you are giving directions or corrections to someone, check your own attitude, remind yourself of the humility within and then say whatever you have to say. With humility your words will be for their benefit and this will enable them to learn.

To make the internal stage powerful is to be protected.

Situations and challenges will continue to challenge me, but when I am strong from within I am able to withstand and move forward with every challenge. I need to work on making myself stronger at each step. When I have weaknesses, even a small little challenge will make me weak and vulnerable. I will, then, not have the strength to move forward. Today I will strengthen myself. Strength comes from faith. When I believe that I am strong, I am. So, today I will practice a simple thought like "Victory is my birthright" or "I have the power to transform" or "God is my companion at every step". Such thoughts silently build strength into me.