



How do you manage the unending stream of thoughts that flow through your mind? Do you put a comma, an exclamation mark or a queue of questions? Why not apply a full-stop and begin to master your mind.

Contentment is to be satisfied with what we have & who we are.

This doesn't mean that we have no ambitions or goals.

It means that we have our eye on the goal, but at the same time, we can be content.

Be content & you'll have the power to achieve & be more.

Resisting False Attractions In Actions

All that glitters (shines) is not gold. Life presents you with many illusionary scenes, scenes in which what may be visible may not be the truth. These scenes cause desires to be born inside you to achieve something unnecessary for your prosperity or other types of fulfillment. These can be illusions that make you believe that you will gain something from a situation or person, without the same being true. Thus, you waste time going down a path that not only leads you to disappointment; but you also waste the resource of your thoughts and energy and as a result you tire yourself out emotionally and mentally.

If the intellect is polluted, you make incorrect judgments and are easily deceived by situations or people. Thus, you will make incorrect choices, dishonest or illogical decisions. **You will justify dishonesty and improper actions and you will be incapable of differentiating between the real and the imaginary.** A person with a pure, clear, clean and powerful intellect will act with honesty and sincerity. When your intellect is polluted, you may act against your own conscience or against your better judgment; you also may be insensitive. A person with a doubtful intellect will always justify a dishonest act. Meditation is the process of purifying and cleaning the intellect, because in meditation we connect with the purest intellect, the intellect of the Supreme Soul or God. Meditation is also a process of inner awakening and strengthening of your conscience. **Being awake means to realize, and being strong means to act according to what you have realized.**

Soul Sustenance

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.

Message for the day

Become an embodiment of peace and a bestower of peace.

Expression: People in the world only want peace and happiness. When you experience peace yourself you can give others this experience too. Where there is peace there would naturally be happiness too.

Application: Spend a few moments each day in solitude. Practice stabilizing yourself in one powerful thought. Let the experience of peace from you flow to others too. During interactions too, keep your mind free from waste thoughts and you will find that others will be free from them too.