

Today's Thoughts: March 12, 2020: Que Sera, Sera



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Que Sera, Sera

Resistance leads to persistence. Whatever you resist or push against simply persists and pushes back in equal measure. Instead, transform resistance into acceptance by practicing "Que Sera, Sera ... whatever will be, will be..."

The Car-Driver Comparison To Aid Self Realization (Part 2)

If a good driver, while driving a car is distracted by the negative and disturbing scenes which he comes across and his attention is pulled in many different directions, he will make his journey unsafe increasing the probability of meeting with accidents. When the same principles are applied to the soul and the body, **I also need to take care that, while traveling on the road of life, I am not distracted by scenes that are not useful to me** e.g. when looking out through my eyes and I don't have to take in all the images, scenes and information along the way, otherwise I may meet with an accident. When listening through my ears, I don't have to take in all the words and everything that people say, otherwise I may meet with an accident. I can choose to take in what is useful for me, but I do not have to register distracting, negative and harmful images and words. **Just like a driver, I see and understand situations, too I keep my eyes and ears open - it would be unsafe to ignore them completely, I need to be aware of them - but I look only for the positive in them, so that I remain focused and am not deflected from my goal of experiencing inner contentment and bliss, while making the journey.**

I, as the driver in charge of this vehicle, the body, also need to take care that I do not drive rashly i.e. **I learn to monitor the feelings and attitude that are transmitted outwards through my eyes, my words and my complete body language.** Driving rashly i.e. transmitting negative energy in this way could harm any co-traveler on the road of life. When these feelings stay positive, filled with sweetness, purity and respect, that too helps to ensure that my journey passes smoothly and enjoyably. When I stay alert and aware in a driver conscious and drive carefully as explained in this and yesterday's message, my actions bring me closer to my spiritual truth and I am able to share my positivity with others around me. When I lose awareness for even a moment, there's danger either from me to others or vice versa.

Sponges have limits

Like a sponge, we soak up all the information that the world offers us. This broadens our horizon; it keeps the mind sharp and stimulates ideas.

But our mind can only absorb so much! Sponges have limits, so regularly squeeze the liquid out; otherwise the sponge will start to smell!

Give your mind space to process all the information. Keep what's useful, discard what's not and apply what's necessary. You can do this whilst exercising, listening to music, cleaning, commuting - find what works best for you.

Soul Sustenance

Creative Visualization

The incorporeal (non-physical) soul, situated in the centre of the forehead consists of three energies. Although each energy can be given a different name, it is actually the same energy, the soul, functioning on three different levels at the same time. These are the mind, which is the thinking faculty (energy) of the soul; the intellect, which is the decision-making and visualizing faculty (energy) of the soul and the personality characteristics, commonly called *sanskaras*.

In the practice of meditation, on one hand, the mind is used to create pure, positive and powerful thoughts or affirmations based on the basic qualities of the soul like peace, contentment, happiness, love, joy, power, etc. Along with that, the intellect is used to create visual images of the same thoughts, which is called **creative visualization**. This process brings about a positive change in our *sanskaras*. This is the basic principle used in the Rajyoga meditation taught by the Brahma Kumaris. Creative visualization may be used in various ways to experience true relaxation of the mind.

Message for the day

Freedom means accepting the rules of freedom.

Expression: The one who wants freedom naturally accepts the rules that go untold. He is willing to take responsibility for all his decisions and choices. Such a person will never blame others but try to check his own mistakes.

Experience: When I take decisions with freedom and take responsibility for them, I am able to learn from anything that goes wrong. I'll feel light and free yet with a base from where I can work. Thus I find myself experiencing constant progress.