

Today's Thoughts: August 01, 2020: Self- Mastery



Self-Mastery

Within each one of us there is a master of the universe. Not the universe out there but the inner universe of our thoughts and feelings, attitudes and actions. Most people realize too late what awaits within and how valuable it is. For too long we allow ourselves to be distracted and bewitched by all that is happening outside. To be the master of your inner world is to be the master of your own destiny. Are you going to be the master or a slave?

Yoga - A Lifestyle (Part 3)

The practice of spiritual yoga or connecting the mind with a higher source of spiritual power i.e. God, causes His spiritual energy to enter our mind and fill our minds with the seven primary qualities - **peace, joy, love, bliss, purity, power and knowledge. These qualities nourish all our body systems and make them free of illnesses.** Each time we experience an impure or negative emotion, its negative effect travels to all these systems and this causes the birth of illnesses in these systems. Spiritual yoga, which at the Brahma Kumaris is called Rajyoga meditation and is *karma yoga*, because it can be done while performing any action, does the opposite. Because Rajyoga is a yoga with the Highest power existing in the universe, it is given that name. This Highest power is God and He is the Highest because He is an overflowing source of all these seven qualities mentioned above. So a link with such a source gives us an experience of these qualities and as a result these qualities flow to each cell of all the systems of the body and cause these cells to heal and become full of pure spiritual and as a result physical energy. Also, each one of us has a target organ or system which is most prone to disease. What this organ or system is for each one is connected with the *karmas* of the soul performed in this and previous births, which reflect in the systems of the body. Rajyoga meditation, as taught by the Brahma Kumaris, because of the mechanism explained above, helps in keeping this target organ healthy and also brings with it mental peace and a stress life.

Lastly, as you follow the path of spiritual yoga, take care that physical health issues are also addressed since a healthy body finds it easier to meditate correctly and also perform actions in the remembrance of the Supreme Being with comfort. On one side **the meditation helps in clearing up the negative *sanskaras* of the soul which are created in the soul when a negative action is performed either in this or previous births, and are the primary cause of all our illnesses.** At the same time, on the other side **care should also be taken of the physical body through the mediums of a right diet, exercise and sleep, so that the spiritual journey is smooth and obstacle free; a journey on which we welcome all of you.**

Observing but Not Absorbing

To observe means we take a new, appropriate mental position in whatever situation, or in whatever relationship, we find ourselves. Observation is a silent skill — a skill we need to learn if we are to assess clearly what positive changes are needed to be made in the self in a particular situation or relationship.

If we fail to learn this art of observing, we are likely to react and absorb ourselves in the negativity of the person, or event. We get lost in the quicksand of 'what's wrong?' which prevents us from putting things right. As we absorb and fill ourselves with negative emotion, we become heavy and remain helplessly rooted to the ground. The gravity of overload does not allow us to rise above a situation and to understand the reality of what is happening. As a result, we lose perspective and overreact.

If we wish to understand how the mental position of observation gives us the power of perspective, we can look at the example of the bird and the ant. The ant, extremely busy, running here and there, scrambling over everything in its rush to find and collect food, will see only what is in front of its nose. The bird, on the other hand, leaves the earth and, as it flies higher and higher, starts to see the bigger picture, compared to when it was on the ground, or on the branch of a tree. Seeing the whole picture, it has a completely different perspective. It is only then that it can truly see where to go and what to do. When we get absorbed in a situation or relationship, we lose perspective, we are like the ant, we get too involved in the details, missing the obvious, and cannot imagine, or think of other possibilities.

Message for the day

To have inner strength in all circumstances is to ensure progress.

Expression: To have inner strength is to be so powerful within that there is a capacity to mould myself in all the variety that life brings. The more I know how to pave my way forward and also have the power to do it, I ensure progress. Like a blade of grass I need to be rooted yet knowhow to mould myself according to the wind.

Experience: Today I will make the effort to find a way to deal with someone or something that I haven't been able to. I will find something in me that I can use to deal with what is difficult outside. There is surely something in me; I just need to find it. Even if I can't find something, let me at least take the thought that I have the power within me to do it. And as I keep practicing I will surely get success.