



Art of Spiritual Intelligence

Think before you think. Each thought is the energy of my being. As I have thoughts, I am spending myself. To ensure that I spend myself well, I can think carefully about what I will think. To notice what I am thinking and to choose the thoughts I will invest in, is the art of spiritual intelligence. Today let me choose only high quality thoughts.

Understanding The Mechanism Of The Virtue Of Peace (Part 2)

Yesterday we have explained how the virtue of peace works in human souls through the cycle of life. In today's message we explain (with reference to yesterday's message) how we can experience our original state of peace experienced during the initial phases of the birth-rebirth cycle. Tomorrow we shall explain how we can experience the eternal peace of the soul world. **To have both these experiences, the basic principle that I need to remember is that to experience peace, I need to concentrate on it - concentration means creating thoughts about it and visualizing it at the same time. Secondly to access peace, I need to separate myself from my body and surroundings. So how do I bring these two principles in practice?**

The first chapter of the Rajyoga meditation course as taught by the Brahma Kumaris in each of its centers states a simple fact and makes me realize it that I am not this body but I am an eternal soul, a non-physical star like spiritual energy, situated at the centre of the forehead, just above the eyebrows, the original nature of which is peace. The body is my vehicle. Now, to experience the peace experienced during the initial phases of the birth-rebirth cycle, my mind picks the above fact or wisdom from my intellect, which is a reservoir of spiritual knowledge and where the above fact is stored. Then, my intellect, which possesses the decision making ability judges the thought as to whether it is a right or wrong one. If my intellect is convinced about the fact, it judges the thought as right. Next, I take this process further. Along with creating this thought I visualize this thought on the screen of my mind i.e. see my star-like white/golden light form just above the eyebrows radiating white/golden rays of peace in all directions. I do this exercise for a few minutes. **This exercise then leads me to an experience of peace, as a result of which a *sanskara* of peace is created.** This is the peace experienced whilst visualizing the spiritual self inside the body - **it is the peace experienced in the initial phases of the birth-rebirth cycle.**

Soul Sustenance

Rising Above Limits

From the moment the soul has occupied the physical body, it has been living a life completely surrounded and absolutely controlled by limits. The domination of these limits has been increasing as it has taken body after body. Not just physical limits such as of gender or power, money or material possessions, but of time – the time I spend with my children, the time it takes me to finish a particular task, the time my friendship lasts, the time it takes me to drive to the office, etc.

The beauty of meditation is that it detaches me from the consciousness of the body and as a result I rise above these physical limits and limits of time. I experience the **pure** and very importantly, **free** and **independent** consciousness of the soul. I step out of the boundaries of both space and time. I begin to feel my own eternity, in which I simply am, without a beginning or an end. I existed before the formation of the body and I shall exist after it has returned to dust. This **awareness of my eternal (with no beginning or end) identity is powerful, because it removes the fear of death.** With that goes away a lot of the ego-driven, pressure filled behavior, the desperate need to make a mark through my profession or material objects which I own or in my relationships. This is the behavior in which I indulge when there isn't the realization of my eternal identity.

I, the soul, become aware of a continuity to my existence. Very importantly, **I am also able to have the feeling of a place that is my eternal home, a place of rest, of peace, of complete stillness and silence.** It is my place from where I began my journey. I exist in that home, and I come from that home to play my role on Earth, and I return there when my role is completed. This realization makes me internally full, fearless and content.

Message for the day

Become free from obstacles by finishing wasteful questions.

Expression: When something negative happens, check what your thoughts are. Are you searching for the reason for the negative situation to occur in order to learn from it or are you just asking questions and complaining about your situation?

Experience: Each day think of anything that has not happened right and make the practice of seeing what good could have come out of such a situation. In this way you'll not waste your own time or that of others since you don't ask why. You'll thereby free from obstacles.

Perfection

Perfection comes when there is positivity in thoughts. When we are faced with any weakness of ours, we usually think about it so much that it is totally blown out of proportion and it seems bigger than it actually is. This leads to negative thinking, which in turn doesn't let us work on improving ourselves. We will then just remain the way we are, not being able to bring about progress. What we need to do in order to win over our weakness is to change our focus. Instead of thinking about the weakness, we only need to think, "I am not perfect yet, but I am working towards it and I am slowly improving." With such positive thoughts, our negativity will finish.