

Today's Thoughts: January 31, 2020: Power of Truth



## **Power of Truth**

The power of Truth is such that you need never be concerned about justifying it. You need only be concerned with being it and living it. Truth is always revealed at the right moment, at the right place.

## **The Consciousness Switchover (Part 2)**

Given below are few simple methods which help us in the process of rising above action or role consciousness and make the task of switching of consciousness to a spiritual one, easy.

1. Every hour, stop for a few seconds and note down in a small diary, which you carry with yourself through the day, to what extent, in the hour that has just gone by; you have maintained the light and detached awareness of yourself as a soul, a being of peaceful and blissful light, situated at the centre of the forehead, playing its part through the physical body costume and the physical role costume and seeing others the same way. If you haven't had any awareness, that's fine: the light reminder will help you remain attentive for the next one hour period. This will over a period of time become an easy, natural and enjoyable exercise, which is very relaxing.

2. Every 2-3 hours, stop whatever you are doing for a 3-4 minutes and turn your attention within, creating an awareness and feeling of the soul, but a very deep one. Remind yourself of your spiritual relationship or your relationship on a soul level with the Father of the soul, the Supreme Being or God. Experience the relationship. At centres of the Brahma Kumaris and even at their homes and workplaces, the members of the Brahma Kumaris around the world, follow this exercise. Where it's feasible, music is played at these times to make the break effective and soothing. This exercise is called *traffic control*, because the peace experienced in this exercise helps you become aware of the traffic of your thoughts and slow it down, reducing the risk of accidents that are caused due to internal mental clashes as well as clashes with the variety sanskaras or personality traits of people whom you come in contact with.

3. Every time you eat or drink something i.e. you nourish the body, along with that sustain the soul with spiritual thoughts, above the mundane or ordinary. These spiritual thoughts could be based on something positive that you have read in the morning at the start of the day.

## Soul Sustenance

### Reflection

Reflection (thinking deeply) is a necessary step in digesting knowledge. **Reflection is an exercise of the mind and intellect that goes into the depths of understanding an idea, or realization, or point of knowledge with the aim of practicing it in daily life.**

Values in my life are a sign that knowledge has been digested; without this, knowledge simply remains a beautiful aspect, appreciated, interesting information in my intellect but without the ability to give me strength because it is still external; it has not been internalized.

All **quality action** (quality action is that action which is truly appropriate to person, circumstance and the need of the moment), all newness of perception (understanding), all new insights, or vision, require a space for silent reflection as a preliminary step. Normally, we are lost in the business of action, its routine and ritual that make our life so mechanical and hence dull and boring, or demanding and hectic. A mind and intellect that do not give time and attention to reflective silence (meditation) become lazy, though externally there is lots of activity for hours and hours. No new heights are reached because there is no depth of awareness in what we are doing, no reflection on purpose. As a result, we get trapped by routine.

To be dictated to by external situations, which make us run around without stopping internally, brings about unnecessary stress on the mind, which keeps us tied to the strings of the external, like a puppet pulled, pressed and pushed by circumstances. **To break free from this force, to relieve the mind of the weight of stress and waste and routine, I need to step inside and reflect (think) on who I am and where I am going and reassess my value system.** Otherwise, life becomes like a wheel that keeps spinning faster and faster until we become dizzy - we want to get off but it is going so fast we do not know how. Reflection and taking time to understand spiritual knowledge bring us to the essence of everything.

## Message for the Day

**Your power of truth will enable you to learn from your mistakes.**

**Expression:** The power of truth within you will enable you to learn from all situations. When things go wrong you will be able to check yourself and improve instead of giving excuses to yourself and others. When you give excuses you will not be able to learn and progress.

**Experience:** Take any situation that went wrong today. Check within yourself what your part was in the situation because of which things went wrong. Then correct yourself based on this understanding.

## To love myself is to be loved by all

When I love myself, I will use all my qualities without being affected by the external situations. I will then use my capability to the fullest. This self esteem brings respect from others too. Others will continue to see and respect those specialties as I am using them consistently. Today I will pat myself on my back and say to myself "you are special and I love you and am proud of you". Just as we tend to encourage others, we need to encourage ourselves too. This will help us get in touch with our own qualities, which would then be expressed in all we do.