

Seeing yourself in a positive way

Meditation practice: *Sit quietly in comfortable posture... Relax yourself mentally and physically and gently release any area of stress and anxiety... Start taking deep breaths and focus your attention at the center of your forehead... At this very place, with the eyes of your mind, behold your true self, the soul, in a form of a luminous point of light and might. Contemplate on this visualization and affirm that...*

“I am a soul...I am different from this physical body made of five inert elements... I am extremely subtle shining star, the point of light... My physical body is merely a costume or



a means to perform my role in this world drama... I express and act myself through this physical body which is temporary and mortal... but I, the soul, am eternal, immortal, indestructible and invisible... Originally, I , the soul, am endowed with values, virtues and powers.

Instead of focusing on our weaknesses, flaws, and failures, let us think about the beautiful treasures we have, the virtues, the values, the powers, and the talents. And all of these are within us. Let us look at the positive aspects of your life and bring awareness towards it. Continue to affirm:

“Originally, I, the soul, am full of peace, purity, love, happiness, and power... My part in this world drama is all round and unique... In my deity role in the golden aged world, I was complete with 16 celestial degrees... completely free from vices, non-violent and full of all divine values and virtues... My deity idols are still being worshiped in the temple.... Since I have acquired the spiritual knowledge from my spiritual father almighty God Shiva, I am becoming free from all the vices like lust, anger, greed, attachment, ego, jealousy and hatred... Supreme father has freed me from all the faults.... I am also free from all the negative aspects of my personality.... And now I have imbibed all those divine values, virtues, and powers in my life... Now I am fully contented and happy... Now I am honest, truthful and sincere.... Now I have regained lot of pure and positive emotions like patience, tolerance, love and compassion... Due

to which, now I can behave well with any person and tackle any situation... Now I see my present and future quite elevated.... “

In this way, let us become spiritually aware and completely soul conscious and realize that we have a lot to offer, and a lot to give to others. Now, let us create a beautiful image of ourselves, where we feel and see our original qualities and inner greatness. Discover that we are special and unique. Let us be our own good friend. Love ourselves, accept ourselves and respect ourselves. Let us also give importance to the life values of others and appreciate them.

Continue to make affirmations with this determination and this true perception:

The course of Spiritual Science and Rajyoga Meditation, which I took at Brahma Kumari organization, has awakened a very deep spiritual discernment within me... I have developed a new positive perspective... Now I can see myself and the outside world from a new perspective... So I can see even the most negative person or situation in a positive light... Now my conscience has awakened....I am full of enthusiasm, excitement and courage... I can change every situation for the better... My attitude and approach have now become

positive... I have now learned how to evaluate every situation... Now I can adjust with any person or any situation very easily... Now I have enough patience and endurance to overcome every situation easily... I have experienced that I, the soul, am the child of my spiritual father, the almighty God Shiva... My perceptions about God are now so clear that I feel that the almighty God is always with me... and he is guiding me... He is my



strength... Now I am free from any kind of fear... I feel confident, powerful, and courageous... Now no situation, no event, or no person can make me unhappy without my consent...”

In this way, experiencing the presence of the almighty spiritual father God Shiva, let us see ourselves in a pure, positive, and creative form and feel ourselves light, safe, and secured.

----- Om Shanti -----

BK Prafulchandra

San Diego, USA; (M) +91 98258 92710