

Daily Positive Thoughts: June 17, 2014: Sincerity



Italy

Sincerity

The practice of silently observing life enables me to understand other people's inner concerns. I become slower to judge and better able to respond openly and thoughtfully.

Patience

What one cannot achieve with pressure on the self can be very easily achieved with patience. Patience brings a state of calm inside, which helps in finding the answers that already lie within. It gives courage to work on the problem in a cool and relaxed way till the solution is found. It brings creativity into mundane things.

The Soul Body Relationship

Human being means the consciousness, the soul or being (living energy), experiencing life through the physical body, the human (non-living). The body is perishable and temporary, whereas the soul is eternal and without physical dimension.

- * **The soul is the driver; the body is the car.**
- * **The soul is the actor; the body is its costume.**
- * **The soul is a diamond; the body is the jewelry box.**
- * **The soul is the musician; the body is the instrument.**
- * **The soul is the guest; the body is the hotel.**
- * **The soul is the deity; the body is the temple.**

I can use a knife to chop vegetables. I can use the same knife to kill someone. The knife neither decides (outwards) nor experiences (inwards), but can be washed easily under water. Now look at the fingers which held the knife. They neither decide nor experience the actions. They too can be washed under water. It's easy to realize that the knife is an instrument, but it is more difficult to realize that the fingers as well as the arms are instruments too. The legs are instruments for walking, the eyes for seeing, the ears for hearing, the mouth for speaking, the tongue for tasting, the heart for pumping food and oxygen (via blood) around the body, and so on. Even the brain is an instrument used like a computer to express all thought, word and action programs through the body and to experience the results. If every physical part of the body is an instrument, who or what is it that is using this instrument? Very simply it is *I*, the self, the soul. The soul uses the word *I* for itself and the word *my* when referring to the body; *my* hands, *my* eyes, *my* brain, etc. *I* am different from *my* body.

Soul Sustenance

Improving The Quality Of Different Areas Of My Karmas (Part 4)

Karmas as spiritual service of others

Service of others can be seen on a very basic level as physical charity but the real service is to uplift the souls of others by inspiring them to re-claim their state of self-respect.

There is the old saying that if I give others chapattis, I feed them for a day. If I teach them how to cook chapattis, I feed them for life. In a spiritual way, this refers to the fact that instead of merely performing a positive *karma* like the donation of money, food, clothes, etc. if one can show others the understanding of *karma* and how it works and also teach them the ultimate, pure *karma* of coming closer to the Supreme on a spiritual level, they can make efforts to change their negative karmic situation and bring happiness, peace and positivity back in their lives.

When there is a change at the mental and emotional level, then changes will begin to show at the physical level too. Over a period of time, due to understanding spiritual knowledge (as a result of which the soul starts performing positive actions) and a deep connection with the Supreme (due to which negative actions or sins performed in the past are burned up), the *karmic* situation of the soul, which has been served, starts improving.

Message for the day

The one who has the spirit of service is free from wasteful thinking.

Expression: It is usually thought of as an additional burden to think of serving others. The usual thought is to think of first serving oneself and when one is content to think of serving others. But this thought makes one miss out on the fact that both service to oneself and service to others are complementary to each other, one helping the other in a positive way.

Experience: When we take on the responsibility of bringing benefit to others, i.e., when we consider ourselves as a humble server we will be free from wasteful and negative thinking. We will not waste our thoughts and energy on something that is not worthwhile, something that is not going to bring benefit to anyone. So each thought, word and action of ours becomes elevated.

In Spiritual Service,
Brahma Kumaris