

Daily Positive Thoughts: September 11, 2014: Pause, Think, Act



215 Foot Tower in Elektrostal, Moscow

Pause, Think, Act

For all the times you've found yourself in a sticky situation because you didn't think before you acted.... here's the antidote: PAUSE, THINK and then ACT. Insert a pause - a space. Then think. Look Before You Leap. Be aware of the consequences of your action and then act.

Make the Most of the Present

We usually blame our fortune when something goes wrong. We either feel it to be unjust or we tend to curse our past actions, which have brought us this fate. To curse past actions is to lose the present moment too. Instead of cursing our past actions, we need to make the most of the present. Whatever we do today, we get the fruit of it right now and for the future too. So we need to pay attention to do the right actions always and create the best fortune for ourselves.

Are You Directing Your Inner Orchestra Well (cont.)?

You can direct your orchestra well, which means that you can:

- * Achieve what you want.
- * Reach where you want.
- * Be who you are.
- * Stop being who you are not.
- * Feel what you want to feel.
- * Stop feeling what you do not want to feel.
- * Be. You can be in your space.
- * Do. You can do what gives meaning to your life.
- * You can stop doing what lowers you, is ordinary and you do not want to do.
- * You can reach excellence by crossing inner mental barriers.
- * Let go of that which you have clung on to.
- * Free yourself and fly.

If you believe that you can, you can. You have to harmonize your inner voices. Listen to those that allow you power, strengthen you and accompany you. Silence the voices that suppress you, judge you badly and limit you.

Soul Sustenance

Observing My Mind and Its Creation

Let us experience creating positive thoughts about ourselves and see how long we can maintain them. We must learn to become our own best friend. A positive thought is imagining oneself as a being of peace. Peace is considered as the power and original quality of human beings.

In order to be able to concentrate, let's imagine a point of light, a small star like point of energy in the centre of the forehead... Let's focus our attention on this point and begin to create these thoughts: Who am I? Who am I really?

I turn towards my inner self in order to know myself... I am going to observe the screen of my mind for a few moments...

I become aware of the thoughts and images I see on the screen of my mind, but I do not let myself be influenced by them... I simply observe them, and I am gradually going to let them flow... I let go of them, I let them drift away...

I create a space between me and my thoughts, between me and my stream of feelings... I feel at peace and calm, I can choose what I think... The feeling of being able to choose makes me feel stronger...

I am strong, peaceful and calm... I am positive energy... I am a peaceful, calm being: peace is harmony and balance...

Message for the day

True love brings success in relationships.

Projection: The one who is loving, likes to be with the others. Such a person will never try to be away even from people who are not loving towards him, but will be able to change the one who is not so loving with his own love. So the one who is loving is always successful in relationships.

Solution: Since I am a loving person, I am able to maintain this love for every person I come into contact with. Whether the other person is able to be loving or not, I find that I never lose my love because of being aware of my true nature.

In Spiritual Service,
Brahma Kumaris