



## Silence

It is when we silence the chattering of our mind that we can truly hear what is in our heart and find the still, clear purity that lies within the soul. Spiritual love carries us into the silence of our original state of being. This silence contains the power to create harmony in all relationships and the sweetness to sustain them.

## **Spread Fragrance**

Some people say that it is very difficult to be positive in this highly negative world. But just as an incense stick spreads fragrance everywhere and dispels bad odour, the power of constantly pure and positive thoughts can transform the negative attitudes and atmosphere of any person or place.

## **Consciousness**

There are two different basic levels of consciousness; \* I am a body (which is illusory (false)) or \* I am a soul, (which is real). When the feeling is \* I am a body, the thought process is trapped in the limitations, problems and vision of the physical identity. Its reaction to others is on the same level.

Given below is an awareness-thought-decision-action-result cycle in the case of a typical father-son relationship. You will notice the difference consciousness can make to the cycle.

### **Awareness**

Body Consciousness: I am the father. I know the most.

Soul Consciousness: I am a soul. My natural state is love and peace.

### **Thought**

Body Consciousness: My son should listen to me as he is my own flesh and blood.

Soul Consciousness: My son is a soul too. As a soul he is my brother.

### **Decision**

Body Consciousness: I will teach him a lesson.

Soul Consciousness: I will respect his idea also.

### **Action**

Body Consciousness: Father argues with son.

Soul Consciousness: Father and son discuss with respect.

### **Result**

Body Consciousness: Ill feeling between father and son.

Soul Consciousness: Respect maintained.

## **Soul Sustenance**

### **Understanding The Different Types Of Thoughts That The Mind Creates (Part 4)**

We have explained Negative Thoughts yesterday. Today we continue with the same:

#### **Negative Thoughts (cont.)**

If your thoughts are based on the five vices or related emotions (as explained yesterday), it is as if you had poisoned your own mind and the atmosphere around you. However much you may be right, it does not matter. By thinking negatively you will always be the loser, since negative thoughts take away the respect you have for yourself and others respecting you. Generally speaking, people who think very negatively about others will often find themselves alone, even though they have many relationships. Other people will try to avoid someone who has angry thoughts since anger is like a fire that destroys and causes damage, and nobody wants to approach this fire.

A negative person who only sees the negative side of things causes disharmony in their immediate environment. These types of thoughts are more prevalent in people today, and are one of the causes of stress, fragmentation, aggressiveness and suffering in our current society.

At a practical level, negative thoughts make you lose energy and weaken you. They are a form of inner pollution that must be cleansed so that your mind becomes a more efficient tool.

(To be continued tomorrow .....

## Message for the day

**The one who is free from desire is the one who is able to maintain positivity.**

**Projection:** When I put forth my ideas to others I expect them to listen to me. My idea changes to desire and when it is not accepted I then tend to become irritated. And along with it also comes jealousy or dislike for the others and I find myself caught up in negativity.

**Solution:** I need to make sure that I share my ideas with others but at the same time I need to keep myself free from any selfish motive. When I put forth my idea in a detached way, I too will be open to learning and I will be able to accept any criticism or rejection that comes my way. Thus I will be free from negativity.

In Spiritual Service,  
Brahma Kumaris