

Today's Thoughts: July 21, 2020: Angel Face



Angel Face

An angel's face is still because there are no lies inside. Truth makes it a straight, simple face whose beauty lies not in its form but in the feeling it gives you.

Blessings For The World (Part 3)

Creating positive thoughts for others is something which we can do at any time of the day and also when we are performing actions like driving, cooking, walking or even when we are at work, when time can be taken out in the middle and short breaks can be taken. Don't think this is a waste of time but it is our responsibility towards the world. Don't forget that sorrows do visit everyone from time to time. Today we may be seeing others in sorrow or pain. Tomorrow we could experience the same. So never think what have we got to do with a crisis in some corner of the world but remind yourself they are my brothers and sisters who need help. I cannot go physically to every corner of the world but I can give 10-15 minutes everyday to others by meditating for them and providing them relief from suffering. We have given the example of one part of the world – Syria in the first part of this message. Similarly, there are problems in other parts of the world like hunger, poverty and illness in Africa, a difficult recovery from a massive earthquake in Nepal, financial instability in China which is negatively influencing the economies of various countries around the world, farmer suicides in India, fear in parts of Kashmir due to the constant differences of opinions between India and Pakistan and also terrorism in many parts of the world. These are some examples. There are many others. Also, there are global concerns regarding the future of the world on all levels – economic, political, social, environmental as well as financial which is causing fear, uncertainty, sorrow and peacelessness in different pockets of the world.

In such a negative atmosphere, it is only our blessings of love which can help people. Blessings are like a prayer for the world and its people, which heal people's sorrowful hearts and prayers as they say can be extremely powerful especially, when many of us together create thoughts of a similar type. **At the Brahma Kumaris, every third Sunday of the month is especially kept for the world, when all the students of the Brahma Kumaris, all around the world, will meditate, from 6.30 pm to 7.30 pm only for the world and spread the rays of peace to the whole world. This is called World Meditation Hour.**

Life is a sport. Are you a spectator, a coach or a player?

The spectator sits outside the game, airs opinions and cheers the game with enthusiasm and passion. The coach is also outside the game, but has a significant role in empowering and supporting the player. The player is in the game, focused on the now, focused on the results and on improving their game.

Take part in the game and know when to be a spectator, a coach or a player.

Message for the day

To be content and ensure others are content too; is to bring significance in all I do.

Thought to ponder: Anything that brings benefit to people is that which brings contentment. Through out the day, if I pay attention to this one aspect of bringing contentment to people, I will be able to add meaning and significance to everything I do.

Point to practice: Today I will ensure that in everything I do, I will ensure there is benefit for someone, including me. At least I will ensure that I will not do anything that will not bring benefit to others. Thus I will be able to make my actions more meaningful.