

Today's Thoughts: July 19, 2020: Want Not



Want Not

Next time you are waiting for anything, notice what you are wanting! This will be a source of your tension or impatience. All desire has fear built in - fear of not getting or losing, even before your desire is fulfilled. If you want to be free of fear in life, which is another way of saying if you want to be free of stress, the secret is to want nothing, and then magic happens, for lo and behold, all that you need and more, arrives in your life, at the right time, in the right way. Not what they told us in kindergarten was it?

Blessings For The World (Part 1)

A special relationship that we all hold with each other is of give and take of joy and love which keeps us full of energy and also enthusiastic throughout the day. It's as if people who are with us in our lives are there to provide us with their blessings and keep us going and give us the power to cross difficulties and also be free from questions that can come in our minds at times. But its people and their love that makes it easy for us to not get tired and also keep putting in all our efforts to destroy these different negative situations and enjoy life to the maximum. **Blessings of love, they say, can move mountains, but we feel blessings can even change the entire planet.** This is what we at the Brahma Kumaris have, with the help of all the people of the world, taken a responsibility of doing – of changing the world's atmosphere of sorrow by giving blessings to the world in the form of pure and positive thoughts of good wishes of change.

Recently, the world has seen the Syrian refugee crisis in the news, in which thousands of Syrian refugees are trying to enter European countries because of the difficult conditions and fighting in Syria. A photograph of a small child lying dead on a sea coast has appeared in the news and social media all over the world and has shocked millions and is an image of pain that has gripped the world. This is the current crisis which has brought the attention of the world again to how we are living in a world of pain where people in some pockets of the world are facing great difficulties. Similarly, people from various other parts of the world are experiencing different types of sorrows because of which they are suffering in silence and need a lot of help from us.

(To be continued tomorrow ...)

Anxiety drains energy.

Stop the drain by becoming aware of your anxiety.

Visualize your anxiety moving away from you, until it disappears into nothingness. When you dis-identify from the anxiety, you create space for calm.

Calmness restores peace of mind, vitality and energy.

Plug the anxiety drain, and not only do you feel better but you free up your energy to be used for better things.

Message for the day

To check regularly means to bring about a change.

Expression: When there is any negative action performed, there is an immediate feeling of guilt and a desire not to perform it again. But the checking also needs to be at a level where it never repeats again. Maintaining a chart of one's own weakness means checking regularly. Such checking brings about a permanent change.

Experience: When I am able to maintain a chart where I could monitor my own progress, I am able to remain committed to my transformation. Adverse situations or people will never deter me, but I am able to bring about the desired change. I am able to continue the process of transformation even when what I seek to change is not harmful in the present phase of my life. Thus regular checking will prevent carelessness from creeping in.