

Today's Thoughts: August 16, 2020: Journey of Life



## **Journey of Life**

Journey of life is exciting when you challenge your own weaknesses. Sometimes your enemy teaches you better than your friend.

### The Invisible Law Of The Universe (Part 3)

We all desire to live a beautiful lifestyle where we don't have to face negative situations from the world which are a reflection of our past *karmas* – by past we mean *karmas* performed in this birth and also *karmas* performed over many births before this one. Of course, the births before this one have been forgotten completely. Also every thought, word and action performed in each birth which created a matching *sanskara* in the soul and is the main cause of attracting negative or positive situations in our present life, was forgotten completely by us as we took new births and older births were forgotten. So, nothing can be done about what happened in the past and how we spent each birth and what was the quality of our actions in each birth. But, there is a way of cleaning up all the negative *sanskaras* of the soul which attract negative situations in our life. **Meditation is a beautiful method for doing this, in which through the power of visualization, which we all possess, we experience the beautiful energy vibrations of the purest seed of humanity or God, whom we commonly see with the eye of the mind as a point of pure spiritual light.** Meditation means touching this point of pure energy using the power of visualization and sitting under this fountain of overflowing spiritual energy which He radiates, for a few minutes every day. His light is like a laser beam which removes or destroys these negative *sanskaras* from the soul, which were created due to negative *karmas*. That is why, at the Brahma Kumaris, we commonly call this meditation as a method of destroying negative actions performed over many births and a soul from which traces of negative actions have been removed then attracts positive circumstances only and keeps negative circumstances away.

**The reason why we experience happiness when we start our journey of birth and rebirth is that we are pure souls or we are full of the power of purity i.e. negative *sanskaras* created due to negative actions, which attract situations of sorrow, are either not there or are less inside us.** As we come down in the process of birth and rebirth, we fill ourselves with these negative *sanskaras*, due to the quality of actions reducing and the sorrow in our life increases.

(To be continued tomorrow ...)

## Like your Dislikes

In our lives there are probably activities we dislike, people we don't like.... Most often, irritation and anger arises from being rigid about what and who we like and dislike.

The next time you find yourself saying, "I don't like..." pause and ask yourself, "Can I like this dislike?" Can I find something positive about this dislike?" If you can't, then maybe dislike a little less!

Liking your dislikes might just make you calmer and an easier person to be around!

## Message for the day

**Introspection enables one to be free from the influence of negativity.**

**Thought to ponder:** Introspection means the desire to be good. Introspection brings the ability to look within and see the true self in the mirror of the heart, thus enabling one to activate the inner spirituality. Then all effort made will be towards activating this inherent goodness. And slowly one finds that the behaviour associated with negative traits are no more expressed, as they begin to lose their hold.

**Point to practice:** When I am able to introspect and look within, I can find the goodness that is there within me. Because of this, I naturally am free from expectations from others that they should recognize my goodness or consider me good. Instead I find myself content with what I am and continue to bring out the best from within me. I also continue to learn from all situations and experience progress.