

Today's Thoughts: December 30, 2020 Success



Success means to reach such a constant level of positive thoughts that pure actions happen naturally. Pure actions are like good seeds which, when planted, produce healthy, sweet fruit. Become very, very sweet. Remove even the slightest trace of anger. Whatever you think, whatever you say, consider carefully all the consequences beforehand. By performing actions knowing their consequences, success is definitely experienced.

The Subtle Role Play Of Thoughts And Images (Part 2)

What the quality of a soul's thoughts and images (or scenes) that it creates, depends on the soul's *sanskaras*. Depending on the quality, the soul experiences the various different emotions, whether positive or negative. When the soul first incarnates on the physical world stage from the soul world, the quality of this role play of thoughts and images is high, pure and positive, hence it experiences only positive emotions. As it plays its different roles and comes down in the birth-rebirth cycle, this quality reduces, leading to the experience of emotions like sorrow, peacelessness, etc.

A point worth noting is that **the key to any deep emotional experience, whether positive or negative is the creation of thoughts as well as images related to that particular emotion at the same time** e.g. think and visualize at the same time, the death of a close relative that took place ten years ago and you immediately have a deep experience of sorrow. Think and visualize together, a loving hug of your mother that took place in your childhood, and you immediately experience deep happiness. This type of co-ordination between these two subtle processes is true concentration. The key to any type of spiritual upliftment is the upliftment of these two processes. **The meditation that is taught at the Brahma Kumaris is nothing but a spiritual thought process accompanied by a spiritual visualization process, whereby thoughts and images of the subtle, spiritual self (or soul) and the Supreme Being (or Supreme Soul) are created together** to experience the original qualities of the spiritual self and the eternal qualities of the Supreme Being – **purity, peace, love, happiness and power.**

"I forgive you."

When our feelings are hurt, we find it hard to forgive. But if we don't forgive we become so wrapped up in the hurt that it just makes us unhappy.

So even though it's hard, forgive, it's good for your well-being. Forgive the person or the people involved. And whenever you think of them, think "I forgive you."

When you forgive, you're not erasing or excusing the wrong, you're releasing the hurt. This frees you up to either do something about the wrong or move on.

Message for the day

To be in the present is to experience the beauty of who I am.

Thought to Ponder: Life takes place in the present moment; past and future exist only in our imagination right now. So, I need to experience the present moment. Past and future can hold threats or negative experiences. But the present offers only the beauty of this moment. When I experience the joy of this moment, I would be able to experience and express my inner qualities.

Point to Practice: Today I will spend at least a few minutes to relish the experience of being in the now. I will feel the flow of energy in my body and the beauty of thoughts in my mind. I will relish the joy of being alive, the joy of having the ability to express and experience who I am and what I can do. Just for these few minutes, I will keep aside what happened yesterday and what would happen tomorrow.