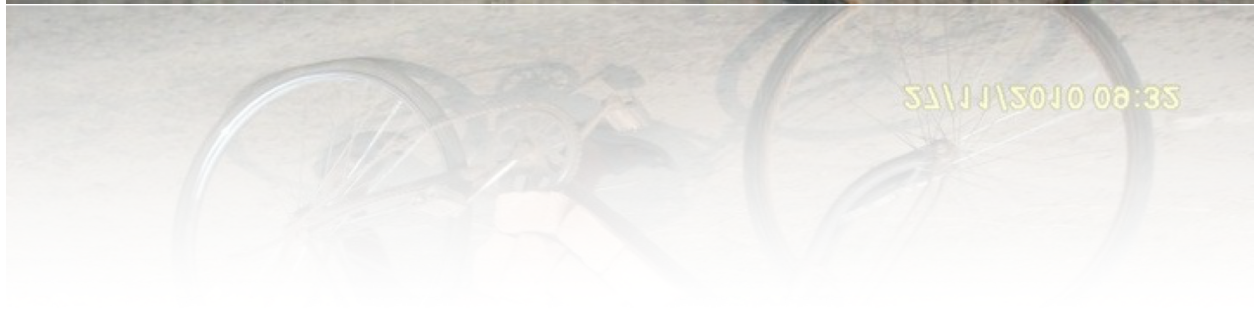


Today's Thoughts: December 03, 2020: Mindful Moments



**Mindful Moments**

Most of us are of sound mind, but many of us have trouble maintaining a note of harmony and peace. Most of us know how to think, but few of us are able to control our thoughts. We all have the capacity to be creative, to image new ideas, but few of us are able to do it together and co-create in harmony with each other. We could all do with some mental training so that we may use the most powerful energy in the universe, the mind, which is always at our instant disposal.

We can begin with mindfulness. It's a simple way to gently help our mind go where it is best to go, do what is the best thing to do. It begins by simply being fully aware of what you are doing. Mostly we are not fully aware, as our minds wander into the past and then into possible futures. We spend most of our time watching others and so rarely fully focus on what we are actually doing ourselves.

Next time you sit down to a meal, watch yourself. Be aware of only what you are eating. Every time your mind wants to wander, bring it gently and lovingly back to the action and sensation of eating. Then do the same when cleaning, when writing, when working. The more you do it stronger and more focused and more rational will be your concentration, the more natural will be your actions, the more peaceful you will feel, and the more relaxed you will be, no matter what you are doing.

## God And I - The Relationship We Share (Part 6)

Keep in mind some form of remembrance of God once you start performing actions like getting ready in the morning, cooking food, driving to work, taking a walk in the evening and going off to sleep. Do you know that God is not present in every molecule of the world or is not omnipresent or *sarvayapi* in Hindi, as we think. What that means that He is not actually present everywhere but His remembrance is present in every human being's heart and that is why we think He is everywhere. There is a difference between what the two ways of expressing the same thing mean. So, we say – *God, we love you* and we experience His warmth and love immediately at that time. The complete world's more than 7 billion population can do this at one time and God can respond to each one's loveful thought with love in return. This is God's power and because of this power, we thought that God is in each and every molecule of the world. So, we at the Brahma Kumaris, do not deny God's remembrance in 7 billion hearts but do deny God's actual presence in those same hearts. **There is a difference between remembrance and actual presence.**

If God was actually present in the hearts of 7 billion people, they would all be happy and there would be no spiritual ignorance in the world. Also people would never give any sorrow to each other and there would be no misuse of lust or impure physical attractions in the world. If God was present in every molecule of nature, there would be no natural calamities like earthquakes, floods and droughts in the world which give sorrow to everyone. Also, the complete animal and plant life would be in order which is not the case. Are ecological and climatic disturbances which are threatening the safety of human beings a sign that God is present everywhere? Wherever we see, negativity in the world at all levels is increasing, human values and qualities are reducing. All show that God is not actually present everywhere, but His remembrance still exists in human hearts, but not equally in each one's heart, because of which the world is not a very nice place to live in at the present moment. **Our remembrance of God will bring peace, love and happiness back in the world and that is why this remembrance is a lifeline for the world.**

## Do you find some meetings a waste of time?

We do need to work together & make decisions, share information & generate ideas.

So how will you make meetings more effective?

Hold a walking meeting, if you can, or a stand up meeting to keep it short. Alternatively, try a different environment to make things creative.

Stick to agreed start & end times, & by the end of the meeting identify clearly who will do what, by when.  
Go from "Not another meeting!" to "That was a good meeting."

## Message for the day

**Fortune is in one's own hands.**

**Expression:** To have fortune in one's own hands doesn't mean to have it in the lines of one's hands. It means to have the ability to make the best use of all the resources available. When they are put to the best use, they naturally increase. Through right actions one can draw the line of fortune as long as desired.

**Experience:** When I understand the significance of my actions and create an elevated fortune for myself through right actions, I am able to experience constant progress in my life. I also naturally become an inspiration for others too, so that they can discover their inner resources to create an elevated fortune for themselves.