

Daily Positive Thoughts: July 29, 2014: Get Busy



Cherry blossoms, Fuji Volcano, Japan

Get Busy

Instead of losing sleep over whatever I have done wrong, let me
get busy doing something right.

Lightness

When we are faced with any difficulty, we usually tend to carry the entire burden of it. Although we know that we can do nothing about it by worrying, we are not able to let go of the feeling of worry, tension or anxiety. So we tend to retain this burden with ourselves and feel heavy about it. The way to feel light even during difficult times is to pass on my burdens to God. When with faith I give the burden to Him, I begin to experience lightness and this will enable me to search for the right solutions (that are already within me). When the mind is busy looking for solutions, it is further able to experience lightness.

Understanding What Is Real Happiness

Real happiness is not an external stimulation by watching an action movie or eating out or buying a new dress; it is not the result of acquiring something - whether it be a new car or a position, or of receiving some good news. True happiness is not relief from suffering - whether from an illness or a difficult situation, nor is it the achievement of a goal - whether personal or professional. All these are externally dependent, where happiness is confused with **stimulation, excitement, achievement, acquisition or relief. Happiness is not all of these.** You also know that happiness is not a future promise. It can only be experienced now.

So what is spiritual happiness - perhaps a better way to describe **spiritual happiness is contentment.** This comes from a complete **awareness** and **acceptance of the self** as we are now at an internal level, and an acceptance of 'what is' at an external level. Sounds difficult? The highest happiness is bliss which can be experienced only when the soul/self is totally free of all attachment and dependency. Sounds even more difficult? But this is **a spiritual understanding and definition of happiness,** which is not difficult to accept and make a part of our life, once there is a deep **understanding** and **absorption** of spiritual knowledge, but spiritual knowledge which is accurate and complete in all aspects. Spiritual happiness is a direct result of spiritual knowledge. Without complete knowledge of the self, one cannot remain ever and truly happy (happy as per the definition above).

Soul Sustenance

Adding A Spiritual Vibration To My Actions

My quality of *yoga* or meditation is reflected through the *karmas* or actions that I perform. If I add meditation in my daily routine, **whatever actions I perform, start carrying a different quality or vibration to them.** Work itself (whether at home or in the office), far from being a routine affair and just a medium of survival, becomes the basis of real transformation or change. After all, **it was through actions that the soul came down from its original, pure, positive state. It is through actions that it can return back to the same state.**

It's not just action for the self but action or *karma* becomes the means through which I can share the experience I have in meditation, with others – be it family members, my colleagues in the office, at the city mall, in the vegetable market, on the street etc. - just about anywhere and everywhere. My meditation isn't an incognito (invisible) process but a very visible one. I can see the results of *yoga* through my *karmas*. If my actions are filled with irritation and anger, or are motivated by emotions such as ego, greed, attachment, jealousy, hatred, etc, or if I do not experience constant happiness or my mind still has a high percentage of waste thoughts, these are indicators that my meditation is inaccurate or insufficient. **If there is the experience of a link with the Supreme, his peace, purity, love, joy and power will manifest themselves and be visible to others through my actions.**

Message for the day

Success comes to the one who understands the importance of time.

Projection: When we are working at a task, success doesn't come as much as it should because we have not been able to recognise the importance of time. Because of this sometimes carelessness sets in which makes us lose valuable time and interferes in what we are doing. Then, we cannot give our best to the task.

Solution: We need to recognise the importance of time so that we never postpone what we can do now. We will then always have the slogan 'now or never' in our mind. Knowing that what we can do now, we cannot do it as well in the future, we'll give our best to all we do right now. This will enable us to use our time in a fruitful way and success will come very easily to us.

In Spiritual Service,
Brahma Kumaris