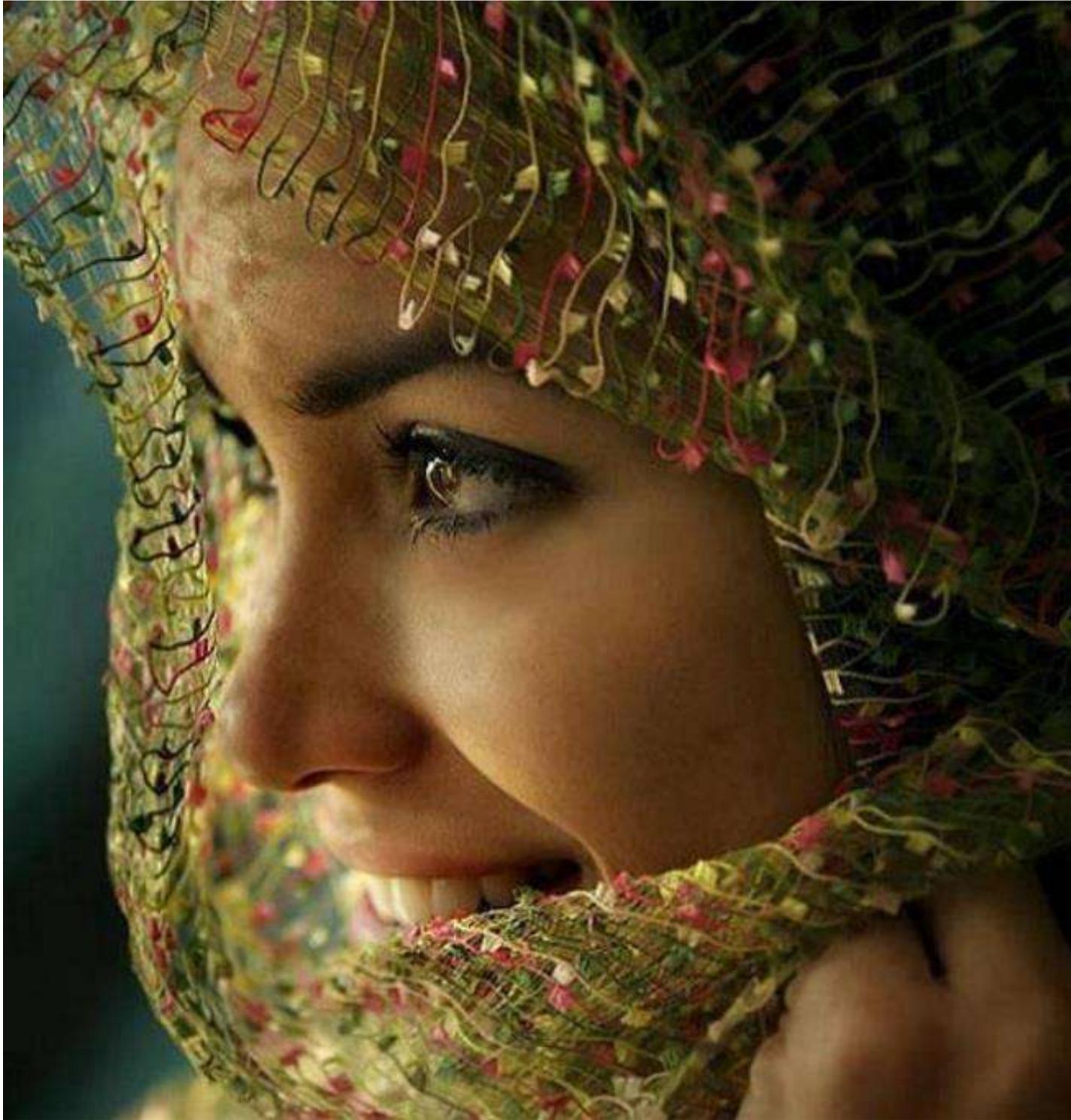


Daily Positive Thoughts: June 26, 2015: Smile



Smile

Of all the things you wear, your smile is the most important.

To be a leader is to lead by example keeping a watch on every action.

When someone is clicking a photograph or recording a video of us, there is care taken about every action of ours. We make sure we are able to portray our best. In life too, if we have this consciousness, that I am being watched and I am a role model to everyone, I will be able to set the right example for others. Today I will check my actions. I will do at least one thing today that can be as an example for others to follow. For example, when someone shouts or doesn't behave well, I will smile and have a thought of good wish for them.

The Spiritual Concept Of Becoming A Trustee

Spirituality introduces to us a very beautiful concept of **trusteeship**. At first, I realize that as a spiritual being or soul, I possess the treasures of my mind, my thoughts, words, actions, virtues, powers, time, physical wealth, etc. Even my physical body is a treasure. **While I may have many a times misused these treasures earlier, now I learn how to use them correctly for my spiritual upliftment or the long term benefit of me, the soul. As per the Supreme Being's instructions, I use these treasures for a positive purpose of bringing not only myself but others also, closer to a state of truth**, a state in which the soul experiences its original virtues of peace, love, joy, purity, power, wisdom, etc. By doing that I, in return, experience spiritual self-growth.

Each time I deviate from this purpose, I come down spiritually, or I do not grow spiritually. This is a different type of existence as compared to before when I did not even realize that these were treasures in the first place. **A treasure can be defined as something of immense value. So, these physical and spiritual energies or resources (mentioned above) which I own or possess, become treasures because by the right use of them towards myself and others, I can increase my value.** Here we refer primarily to the spiritual self's value. Once that is increased, the physical self's value also increases as a result.

(To be continued tomorrow...)

Soul Sustenance

The Power Of Concentrated Thought (cont.)

Yesterday we had discussed external influences. Some of the internal influences or voices include the influence or voice of:

- * selfish or impure desires of name, fame, revenge, greed, remaining in control of a situation or a person or dominating a situation or a person;
- * the ego;
- * the past;
- * our inner conscience;
- * pure desires;
- * the Supreme Being or God;
- * our worries of the present or of the future;
- * temporary negative *sanskars* or personality traits;
- * original or inherent positive *sanskars* or personality traits;
- * attachments to people, situations, material objects, etc.;
- * jealousy or dislike for a particular person, etc.

We are exposed to some or all these influences, whether external or internal, all the time. **If we are not strong, our mind weakens under so many influences, which as a result, becomes unclear, confused and unfocused. Because of all of this, on the one hand, we need to have good judgment power to remain connected to what is essential, important and true, and on the other hand, you have to strengthen your thought, that is, think less; think more slowly; more concentrated and clearly with focus, a sense of purpose and positivity.** That thought is like an arrow; it has positive force and clarity and it always bears powerful fruit. This kind of thought is called concentrated thought. The practice of introversion or meditation for a minute or few minutes at regular intervals during the day helps us remain above all influences and constantly feeds our mind with the power of silence, which helps us remain in this experience of concentrated thought easily.

Message for the day

A powerful stage is like a switch which finishes darkness of negativity in a second.

Projection: Darkness is dispelled when a light is switched on. Similarly, a powerful stage is also a light switch. When this switch is on, one can put an end to all wasteful darkness and no longer have to labour to stop any wasteful thoughts. By becoming powerful, one can naturally become a donor, as there is nothing waste within.

Solution: When I am aware of my positive qualities and what I can contribute to others, I am able to be powerful. This naturally enables me to be light and spread the inner light to others. I am never influenced negatively with any kind of waste or negative, but am always able to maintain my own positivity and that of others too.

In Spiritual Service,
Brahma Kumaris