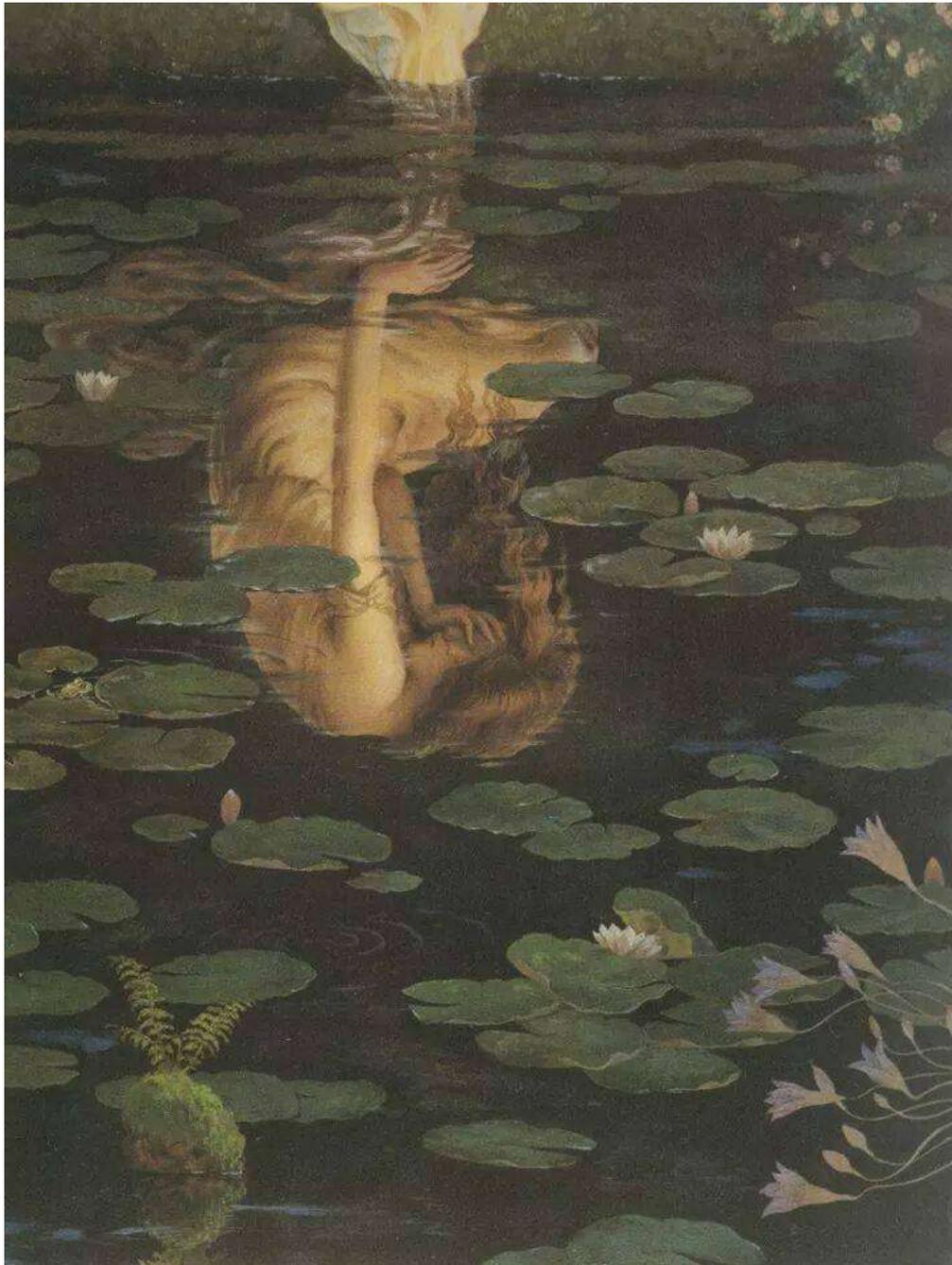


Daily Positive Thoughts: May 18, 2015: Remain Positive



Artist: Kinuko Crafts -Secret Gardens, Beautiful Psych Weeping

Remain Positive

If my mind is still enough, I can see the deeper meaning behind each situation. No matter how bad a problem may seem on the surface, if I remain positive eventually I will see how everything has worked out for the best.

Power of Truth

Truth never needs to be proved. Truth is always revealed at the right moment and at the right place. You don't need to be concerned about proving it. You need only to be concerned with being it and living it. Trying to prove truth reveals stubbornness. When you find that someone is not believing what you say, ask yourself if you believe in it. If you do, then you need not be concerned of proving it to others. Only where there is doubt in yourself you'll want to prove it to everyone.

Super Sensual Bliss

Beyond the limits of this vast expanse of the solar system and galaxies there is a region of non-material (non-physical) light. It is not reached by any physical means e.g. by travelling in a space shuttle, because reaching there is simply not a question of light years or kilometers. It is a region which is beyond the physical plane and therefore can only be experienced through divine vision or by the "third eye" or eye of the mind during the process of meditation. Through deep meditation the soul can travel with its power of visualization to this region and experience the bliss of being free from the limits of anything earthly. This bliss is called super sensual bliss. Sensual bliss is the bliss which is experienced by visualizing, thinking about, seeing, tasting, smelling, hearing or touching something which is physical or in other words something which is made up of the five elements - earth, air, water, fire and space. Super sensual bliss is experienced by visualizing the soul to be completely free and full of bliss in this incorporeal (non-physical) world, in the company of the Supreme Soul or Supreme Father who is also non-physical.

Soul Sustenance

Awakening Your Intuition (Part 2)

Meditation purifies and sharpens our intellect which makes it broader and far-sighted and also makes it free from waste and negativity; very clean and clear, like a mirror. As a result the intellect is able to subconsciously look into the hidden aspects of any situation, sense the underlying thoughts, emotions and feelings of people involved without any of them being visible, also look into the future without it having evolved as yet and sense the right solution. Nothing can remain hidden from a mirror. Even though a mirror is not consciously aware, somehow or the other it will decide correctly.

This is only the intuitive capability, the capability of becoming a 'situation doctor', hearing the mental pulse of the situation and coming up with the right cure for it, which is awakened by meditation immensely. If the intellect contains negativity or waste and is not clear, sometimes one or more than one of the many influences which we had mentioned in yesterday's message might be perceived to be the intuition and then we might fail in a particular situation. Its important to note that the intuition, if heard correctly, which is only the case when the intellect is clean, can never be wrong and will always take you in the right direction.

In the above context, for the completely analytical minded, it's significant to understand that the intuitive perception was favoured more by old spiritual traditions and **the intellectual perception**, is being favoured more by modern science and medicine. Relying only on **the intellectual perception** is not wise. It alone cannot give us a complete idea of reality. A balance needs to be created between the two different types of perception. People with a balance will be more successful in life and victorious in difficult situations.

Message for the day

To be flexible is to enjoy everything that life brings.

Expression: When I plan perfectly for the day ahead, I sometimes find that I am not able to implement all that I had planned for. Things seem to be coming up unexpectedly spoiling everything for me. I am then not able to be happy with what is happening and so find it difficult to do my best in the particular situation.

Experience: It is as important to be flexible in my thoughts as it is to be particular about my daily schedule. Flexibility allows me to accommodate the unforeseen situations that come up my way and enables me to make the best use of everything. And so I enjoy everything that comes my way.

In Spiritual Service,
Brahma Kumaris