

Today's Thoughts: October 05, 2020: Treasure Every Moment



Treasure Every Moment

Treasure every moment that you have. And treasure it more because you shared it with someone special, special enough to spend your time. Remember that time waits for no one. Yesterday is history. Tomorrow a mystery. Today is a gift... That's why it's called the present.

The Soul Realized (Part 3)

Whenever you get up in the morning, say to yourself that I am a spiritual energy which is completely different from the physical body i.e. it is not made up of the 5 physical elements, also called five *tatvas* in Hindi, which the physical body is made up of. The words human being literally mean human + being where human means *humus* or soil, which is non-living and being means spiritual energy, which is living. This is called soul realization. **In the teachings of the Brahma Kumaris, which are direct versions of God and in our day to day lives, we commonly use the terms soul consciousness when speaking in English and *aatma abhimani* when speaking in Hindi.** Both these terms mean that I am a soul and I emerge the consciousness of being that in my day to day routine and also while meditating. This does not mean that I stop performing actions and taking care of my work and other responsibilities but I perform all those duties and while performing them I realize that I am a soul and that means experiencing the form and qualities of the soul. The form of the soul is not a physical form, because the soul is a non-physical energy or light. Here, light does not mean that it can be seen by the physical eyes. Also, it is a light, which is minuscule in size or of a very small size and cannot be seen even under a physical magnifying glass or microscope, because it is non-physical in nature.

To make visualization easy, we at the Brahma Kumaris, experience the soul to be a star of subtle light at the centre of the forehead, just above the eyebrows, in meditation, though the actual location of the soul is inside the brain, as explained in yesterday's message. The soul looks at the world outside, through the eyes, listens through the ears and speaks through the mouth, which are the main actions performed by the soul. Also, the other senses of touch, smell and taste are performed by the soul while sitting in its position. Lastly, the qualities of the soul are peace, joy, love, bliss, purity, power and truth, which undergo change depending on the actions performed by the soul. If the soul performs positive actions, these qualities increase and if the actions performed are negative, they decrease.

Relationship

Had a disagreement with someone you're close to and then found it's gone too far and you're no longer talking?

Often when we're hurt, we speak harshly and hurt the other person. And then we both continue to hurt in the absence of the other.

Do you wish you were still on talking terms? Why not take time to reflect on the value of the relationship. Let your fondness for the other person flow in your heart. And then write a note, an e-mail, or a text; or simply pick up the phone and start the conversation. Converse to get the relationship back!

Message for the day

Real positivity is to have positive thoughts even during a negative situation.

Thought to Ponder: To think positive when everything is going on fine is good enough. But to create a positive thought when things are not fine is real positive thinking. It is such practice that makes us stronger, better and more powerful with each passing difficulty. On the other hand, every turbulent situation makes a weak mind weaker.

Point to Practice: Today I will find something positive in the most negative situation. I will try to find the brighter side to something that seems obviously negative. I will remind myself of this and sustain it, so that negativity doesn't influence me.