

Today's Thoughts: November 30, 2020: Touch the Stillness



## **Touch the Stillness**

Every action has its seed in a thought and every thought is a creation of the thinker, the soul. I choose what thoughts I want to create and as is my thinking so are my actions and also my experience in life. Going within, I touch the stillness and pure love that lie at the core of my being and every thought that I create is of benefit to me and of benefit to humanity.

### **God And I - The Relationship We Share (Part 3)**

A beautiful relationship with God does not mean that we stop having beautiful relationships with everyone else because the love experienced from God is used to give to others without which life would be without any meaning. People who have tried to connect to God alone and forgot the beautiful people in their lives which make life a joyful journey did not reach the destination of peace, love and joy successfully. A loner or someone who disconnects with people will never feel as satisfied as one who connects with people and their specialties. God is to be included into your life and given the highest status but not at the cost of relationships which you share with others. **Love God a lot but love others too. In fact, it is God's love which will fill our relationships with others full of love. This is the triangle of spirituality. Take from God and give to others and also love others to bring them closer to God.** This is the objective of true spirituality. Spirituality does not mean only remembering God to purify oneself but to serve others with that pure love which you receive from God. Service, as stated in all religions, is one of the primary objectives of a beautiful spiritual life and service is nothing but purifying others with the help of a love filled connection with God.

**Loving God with a pure heart is another aspect of spirituality. Remember it's the humble and the sweet who will win God's love and closeness.** The egoistic and the critical lose God's love and as a result are not able to fill their relationships with it. A loveful bond with God means being happy in His company and sharing that happiness with your eyes, face and your words and actions with others. A remembrance of God at the Brahma Kumaris in meditation is often done in a gathering to share the vibrations of peace, love and joy with others sitting with you through your eyes or vision. That is why we at the Brahma Kumaris meditate with open eyes. So taking and giving go side by side, remembrance of God and serving others go side by side.

(To be continued tomorrow ...)

## Be Happy!

Being overly critical of ourselves & others robs us of our happiness. It can be so quiet that we don't even realize we're doing it.

But if your aim is to be happy at all times, then consciously notice your inner & outer criticisms. Inwardly smile at them & let them go. Notice how freeing this is.

Let go of your inner & outer criticisms, & you're free to think supportive, uplifting & affirming things about yourself & others.

## Message for the day

**To be in the unlimited is to be free from getting trapped in the limited.**

**Thought to Ponder:** In any situation, I need to go beyond what is visible. If I see that I will be able to see the larger picture instead of getting caught up in the triviality of the situation. Everything becomes clear and meaningful when I have the consciousness of seeing it in the context of the larger picture.

**Point to Practice:** Today I will make an effort to understand the context of the situation rather than getting caught up with the situation itself. For example, if someone is shouting at me, I will try and understand why he got upset and try to give him what he wants or at least the feeling that I understand. Also, I will try and understand that the anger is temporary, but the person as a friend is permanent.