

Today's Thoughts: November 03, 2020: Discovering Spirituality



## Discovering Spirituality

Faith in spirituality enables us to trust ourselves. With trust we can let go of the past and have the courage to dare. To dare with courage gives us the confidence to know that we can achieve what we set out to achieve. If we begin with doubt then we have sown the seed of possible failure. Faith in spirituality always allows us to win. Every step of faith opens another chapter in our lives.

## **Rising Above Limits And Mental Barriers (Part 3)**

When a mental limit has been set in our minds, the first thing one needs to do is look inwards and **check** it. The next step is to **change** it with the help of mental strength and spiritual power, without which the limit continues to dominate our personalities. This process is commonly called at the Brahma Kumaris as – **check and change**. So, the weak personality characteristic in the form of a mental barrier which is influencing our thought patterns is first checked and then erased (removed) or transformed (changed) into a powerful nature characteristic which then is able to dominate the limit set and bring it down. Also, standing back from the weak thought patterns, observing them and steering or changing their direction from a negative frame of mind to a positive one is another method of working on winning or lifting the barrier. A person who is constantly thinking about failure needs to check that personality characteristic and the number of thoughts that he creates in one particular day which are focused on the possibility of failure in his life. He then needs to change them to affirmations or positive thoughts of success accompanied by visualizing the success repeatedly in a complete day with no room for the weak thoughts and images of possible failure to enter his mind.

There are 3 types of people – the first type are neither able to check and as a result they are not able to change. The second type are sensitive enough to check but they do not have the power to transform or change the direction of the thought patterns either due to lack of the power of determination or they are determined but lack the mental strength to do that. The third type can check and change both and overcome the limit and mental barrier with their mental strength. We have talked about various methods of increasing mental strength in our previous messages. Some of them are – **creating positive and powerful thoughts related to the virtues of peace, love, joy, bliss, purity, power and truth or thinking deeply or churning spiritual knowledge listened to or read in the morning or meditation which is a connection between the soul and the Supreme Being or God** at the Brahma Kumaris.

## Take Action

Are you avoiding or hesitating to take valuable opportunities because of fear of failure?

The longer you avoid or hesitate, the more the fear increases. You can reduce the fear of taking action.

Remember: it's not important whether you succeed or not. What is important is to take action.

Taking action helps you to overcome a little of your fear.

## Message for the day

**The biggest service is to give hope to the hopeless.**

**Thought to Ponder:** The one who gives hope is the one who does the greatest service. When someone is negative and weak, instead of pointing out and making him weaker, it is important to give him some hope so that he can overcome that situation or weakness.

**Point to Practice:** Today I will check my words. I will see if I am being positive and encouraging or not. I will also make sure I speak words that give hope to at least one person. This will help me inculcate a habit of speaking positive encouraging words.