

Today's Thoughts: November 28, 2020: Talking to the Self



## Talking to the Self

When you talk to yourself in your mind, which self do you address? And how? Usually people do not talk to their divinity, but to the most superficial aspects of their everyday personality. And often it's a stream of fears, complaints and mindless repetition of old things. If we talked that way to another human being, we would have to apologize. Learning to talk properly to the self is a spiritual endeavour. Thoughts from the past and worries about the future do not create good conversation. Instead learn to talk to your mind as if it were a child. Talk to it with love. If you just force a child to sit down, he won't. A good mother knows how to prompt her child into doing what she wants. Be a good mother to your mind, teach it good, positive thoughts so that when you tell it to sit quietly, it will. Love your mind. Stay happy.

## God And I - The Relationship We Share (Part 1)

**A beautiful lesson which we learn at the Brahma Kumaris is to keep God with us in every action throughout the day.** The type of remembrance varies according to the action we are performing and also changes depending on the setting we are in, like whom we are talking to, whether we are silent or our mind is busy in something. Also whether the action we are performing at that time is something we have to give a lot of mental attention to like driving a car or is it an action like taking a walk in the park which allows us time to give ourselves mentally to. The energies of our mind and intellect are used in remembrance and we have to keep that in mind and decide how we will invest that particular time wisely and also how we will keep God as a companion with us. There are various different methods of keeping a positive consciousness through the direct or indirect remembrance of God. They say God resides in clean temples only – that means if our mind is absolutely clean, we can experience God extremely closely. Do you know that there are some people in the world, amongst us, for whom God is an extremely close friend who will tell them everything that is required to experience success in every sphere of life? A sweet conversation with God in which He can give clear and absolutely true instructions for the required moment based on the scenes which He can see from above, of which we are completely unaware since they are hidden from our physical eyes.

Very often we are so busy in performing actions, that our subtle connection with the Supreme or God is cut off and we do not realize it. What is the right type of positive type of mindset with a pure connection with God, our spiritual Father and Mother, throughout the day, in different actions, is something that God has shared with us at the Brahma Kumaris. This has made us rich with His power filled company. **Our every action needs to be filled with the love filled company of the Highest of Highest and the most beautiful being that exists, whom we have given the name – God.**

(To be continued tomorrow ...)

## Transform the word:

- Pickle to Pick. Instead of feeling stuck, empower yourself by remembering that you can pick and choose how you want to feel.
- Harm to Harmony. When there's a disagreement, rather than holding onto hurt feelings, explore how you can create more harmony.
- Tar to Star. When you stumble, trip up or fall, instead of looking down at the tar on the road, look up and reach for the stars.

Just add or remove a couple of letters and transform the meaning of a word. Today, play with words and discover what a difference it makes!

## Message for the day

**To have power means to enjoy the variety of life.**

**Expression:** When there is the inner strength there is enthusiasm to give the best and also to learn and improve with every obstacle. To work with inner power is to be like a skilled player whose focus is on enjoying the match too rather than just on winning.

**Experience:** When I have learned the art of focusing on my strengths, I am able to enjoy the variety scenes that life brings for me. I would enjoy dealing with all these different scenes in a natural and easy way, and also be naturally victorious. And so I have the benefit of double enjoyment.