

Daily Positive Thoughts: July 26, 2014: Grain of Sand



Arabian Desert

Grain of Sand

It is not the mountains ahead that wear you out. It's the grain of sand in your shoe.

Fear of Failure

When involved in something new, there is usually more fear for our failure than there is faith in success. So although we put in sufficient efforts towards achieving the target, we are not able to experience success. This fear neither makes us give our best to the task, nor does it ensure our success in anyway. We need to maintain the faith in our mind first about our own success. Because if we think in our mind that we have failed, we have failed even before we have actually attempted the task. What we need is a constant experience of success in the mind, which makes us increase the speed and intensity of our efforts.

The True Self And The False Self

Meditation is an attempt to find the true self. It is this self which holds the identity of what I am, an identity which, when realized, gives fulfillment and direction to our life. This is what we call the consciousness of * I am, which emerges in meditation when there is concentration on the present and we focus on the now of * I am, rather than the past, or the future (* I was, or * I will be).

To remind us of this state, we use the word *Om*, which means 'I am a soul', the spiritual identity that acts as a key to human consciousness. As we find and realize the true self through meditation, we become aware of the false self and how deeply embedded it is in our lives, both in our way of thinking and being.

When we understand this illusory (false) self then we can begin the process of dissolving its negative effects on the original or true self.

In tomorrow's message, we shall examine the various forms of the illusory or false self and its negative effects on us.

Soul Sustenance

Saying Yes Or Saying No?

In life many times we are presented with situations that **ask something of us or offer us opportunities**. They make us question what we are doing and suggest to us that perhaps we should change direction. To remain in flow with life is to remain bring about changes in the self that situations want from us, as long as it is in agreement with our conscience. But for that, we should be clear about what we say yes to, and what we say **no** to. **When you put your heart into something and your mind is centered, the energy flows powerfully towards there. It is a question of listening to your heart, and daring to say yes or to say no.** We have to say it keeping our conscience and action in line, in order to maintain honesty and integrity.

Personally, we all live through difficult and uncomfortable situations, but in your heart you need to know that you will definitely be there. **The trust in yourself, and the confidence that everything will work out fine, knowing that there is some hidden lesson that you have to learn, helps you to say yes.** It is what the situation asks of you, although you prefer to be in some other 'more comfortable' situation - a less risky or seemingly negative one. It is important to hear the voice of time, of the moment, of the situation and trust that it would strengthen you, with which it would bring you closer to greater personal development and to your destiny as a person, and also brings about global benefit since you are a part of society, a part of humanity.

Message for the day

To be obedient to God means to have a right to His inheritance.

Projection: We sometimes find ourselves feeling low and unenthusiastic. We tend to blame the situations and the people around which makes us feel even more dull. At such times we expect and seek God's help and power but experience no help from him.

Solution: We need to realize that we don't have to ask God for power or blessings but have a right to them. Before we perform any task we need to ask ourselves if God will like what we are doing. If we do everything according to God's wishes that means we are obedient. Such obedience will get us the inheritance of peace and happiness from God.

In Spiritual Service,
Brahma Kumaris