

Daily Positive Thoughts: February 22, 2015: Am I Happy?





## Am I Happy?

If there is any sadness I make a strong effort to be free of it quickly, otherwise it grows like a vine in the rainy season: by midday I will be confused; by evening a whole jungle of weak, wasteful and negative attitudes will have taken deep roots in my mind. The result equals chaos. Sometimes I reach a stage where the attitude is: "So what if I feel the blues today? It is my life; no one else will be affected". Firstly, the more I allow myself to experience sorrow, the less time I have available to be happy and contented. It sounds ridiculously obvious, but am I aware of the value of happiness? It is an extremely rare commodity, and the cost goes sky high. Secondly, is it my life? Yes, I am living it, but am I not a member of a family or a co-worker with others, and am I not part of society? If so, then every movement affects and is affected by those around me.

## Let's keep it Simple

Live simply so that others may simply live. It's a nice idea, but our lives are more complicated and complex than ever. What can you simplify today - your desk, perhaps your thoughts, a meeting? Simple means easy. Simple means asking, "Is this really necessary?" Simple means keeping it short but sweet. Simple means keeping the focus of your attention on what you need to do now. Today's mantra is, "let's keep it simple."

## **The Law of Belief**

Beliefs are concepts that you consider real and true, and you do not question them, even though they have no logical explanation. If we believe in something strongly, if we think that we can achieve something, then we will. What we believe will come true.

We can classify beliefs into five groups:

**Beliefs about defects and weaknesses:** These beliefs produce thoughts in our consciousness like: \* I am no good, \* I cannot do this, \* I am useless, \* I won't manage to complete it.

**Beliefs of survival:** These beliefs produce thoughts such as: \* Life is short. Get whatever you can at any cost whenever you can. Life's decisions are taken based on these beliefs without taking into the account the repercussions (effects) they may have on our health, our relationships and our future.

**Beliefs that create blocks:** When we label someone, we are no longer open to try and understand them. For example: \* My boss is really egoistic. This type of belief blocks the flow of our positive energy and stops us from connecting openly with these people.

**Beliefs that strengthen the self:** For example: \* I am capable, \* I can do it, \* There is nothing I cannot be or do if I really want to, \* I will overcome the difficulties and meet the challenge.

**True beliefs about ourselves:** They are connected to eternal certain truths, such as: \* I am a spiritual being, I am eternal. God is my spiritual father.

To assure us that a belief is true, we must first believe in it. Then we check it in our consciousness and if a belief is true it will become an experience. If this does not happen, we are doing something wrong or this belief is not correct.

## Soul Sustenance

### A Powerful Consciousness Of Faith In Critical Situations (Part 1)

Almost every single day in our present lives brings with it various ups and downs in **mind or *sanskaras*** (when our thoughts or *sanskaras* are not the way we would like them to be, in spite of us wanting them to be so), **body, wealth (or profession or role) and relationships**. There is not a single human soul existing in the entire world today that is experiencing a constant state of positivity in the four parameters mentioned above. All parameters are extremely changeable and every now and then seem to bring with them negative surprises. A very simple reason for this is today we stand at the fag end of the eternal world cycle, when every human soul is in its last phase of its journey of birth and rebirth in this respective cycle, a journey in which it has committed many mistakes, especially in the latter part of the journey, as it has continued to lose its power and succumbed to negativity or the consciousness of the physical body.

**So the problems from time to time in the four parameters mind, body, wealth and relationships are nothing but a reflection or mirror image of incorrect actions performed by each soul, especially in the latter part of this cycle.** If we are expecting a time to come in the present time, when all these will be absolutely fine and they will always be positive, that will not be possible, not until this cycle reaches an end and we return back home to the soul world. Until we return, we will need to settle all our accounts of our past *karmas* or incorrect actions, by being faced with problems in these four parameters (not necessarily in all of them at the same time, but in one or more from time to time) and overcoming them with ease, positivity and power. **Instead of running away from this reality we need to accept it completely** and instead of looking at ways of keeping these parameters positive on a physical or superficial level only, which we will be able to do but only to some extent because there will be times when it will not be possible for us to change the negativity in these parameters, in spite of our deep efforts on a physical level. We should do it and we will be able to do it at times, but it will not be

possible each time that these parameters will change for the better as much as we want and at the speed we desire.

(To be continued tomorrow...)

### **Message for the day**

**To recognize one's own fortune is to be constantly happy.**

**Expression:** When there is an awareness of one's own fortune, there are no expectations from people and situations. Due to this I am able to recognize and use my own resources for my own benefit and also for the benefit of others. One's happiness also spreads out to the others and they too become happy.

**Experience:** When I recognize constantly my own fortune, I am able to make the best use of it. I constantly remain content and am able to move forward with happiness. I never become upset with the various unexpected situations that come my way, but am able to see them as test papers that will help me move on to the next step. So I never get tired of continuing to put in effort.

In Spiritual Service,  
Brahma Kumaris