

Today's Thoughts: April 17, 2020: Say Goodbye



### Say Goodbye

The most powerful anchor on our potential to soar high in life is the past. The past contains the dead weight of experience, learned beliefs and all our mistakes. Life cannot truly begin until we are able to say goodbye to the legacies of yesterday at will. Like a filing cabinet, the past is a resource of information for learning, but it is not a place to live. When you go to work do you spend your day in the filing cabinet? How often will you/did you live in the past today? Say goodbye and make it final. Saying farewell to yesterday, last month and last year is the sign of a person who wants to live for today and is truly alive to all the possibilities of “the moment”, while fully aware that all they think, say and do right now, creates tomorrow.

### Accept Change, Don't Resist It (Part 3)

The third power shared by the Brahma Kumaris to Mr. Rai was the **power to let go of all the memories of the negative events** that he had been exposed to, since childhood, by taking out time to indulge in pure service in his corporate circle - share all that he had learnt at the Brahma Kumaris with one person everyday. He made a principle of his life called *Each One Teach One Each Day*. This became his hobby and all the negative incidents that were negating (reducing) his ability to perceive positively a negative situation and as a result accepting it were pushed in the backgrounds of his consciousness and he became a new person, from one with a cupboard full of files of a negative past to one with an unfilled cupboard eager to fill new positive experiences in itself, which would help him in crossing an uncertain present and constructing a positive future.

Also, another power to achieve success in the change of perception and then accept was the **power to think correctly based on beliefs based on spiritual truths** e.g. the belief - *I will be unable to emerge victorious over this negative event in my life* was replaced by – *Every negative situation is a boon or blessing to achieve significant transformation in the self and to bring about progress on a spiritual level, which is not possible without the existence of the negative event*. These spiritual truths were a part of the complete spiritual knowledge of the Brahma Kumaris which is in the form of a week-long, an hour per day, introductory study course, which Mr. Rai undertook.

The last power was the **power of an everyday morning input of holistic and pure knowledge** after the week-long introductory course was undertaken, at the nearest centre of the Brahma Kumaris, which as discussed earlier went a long way in creating an environment inside Mr. Rai's spiritual self, where positive perceptions surface inside the conscious mind and also settle in the sub-conscious mind and getting over the sorrow connected with the worst of circumstances became easy.

## The Five Senses

Sight, hearing, taste, smell and touch are the five senses.  
Your senses are connected to your mind.

Anything negative they pick up or generate will disturb the mind's workings.  
Your senses can over-stimulate, over-load and over-tire your mind.

To maintain peace of mind, use your five senses more sensibly!

## Message for the day

**To receive respect from others comes more with responsibility than as a right.**

**Expression:** The one who gets respect is the one who becomes worthy of it rather than the one who just expects it. True respect comes from how well a task is done rather than what is done. The more one's speciality is expressed, the more one becomes worthy of respect.

**Experience:** When I go on giving my best in whatever is expected of me, I will start receiving respect from those around me. I will then never expect from others but will naturally be able to give respect to all. This further makes me earn their love and regard.