

Today's Thoughts: June 16, 2020: Harmony



### Harmony

Love dissolves hate;

Kindness melts cruelty;

Compassion calms passion;

Cooperation evokes love and when we bow, others bend;

This creates harmony.

## **Mental Churning And Its Benefits (Part 1)**

**Starting the day on a positive note sets the foundation for a day filled with positivity and purpose.** There was once a gardener who used to take utmost care of his plants by starting the day in their presence, watering them and ensuring that they were nourished with the right amount of sunlight and the right type of soil. The gardener's love for the plants used to reflect in the way his plants started being loved by everyone around him. When people sometimes used to ask him the secret of his beautiful plants, he would give credit to the early morning sustenance that he would give his plants which would ensure that they grew positively throughout the day.

**We all also have to create thoughts, speak words and perform actions throughout the day, all of which need to be perfection filled so that even other people around us are full of praises for them.** It's easier said than done especially with so many people around us with different *sanskaras* and different ways of thinking and also sometimes with their own priorities, which sometimes take us away from our path of perfection and our thoughts, words and actions are not of as high a quality as we wish. In such cases, we forget that the foundation of a day full of perfect thoughts, words and actions is laid in the morning by beginning the day on a positive note. Here by positive we mean reading a paragraph or two of positive information, which is a like an exercise to shape our thoughts which keeps them fit for the whole day, which as a result keeps our words and actions full of purity and positivity. At the Brahma Kumaris, we make it a point to absorb spiritual knowledge before starting the day because we have realized the significance of that, in keeping our thoughts, words and actions beautiful the whole day. Just like the garden requires early morning attention, the garden of our mind which consists of the flowers of thoughts, feelings, emotions and attitudes requires attention in the morning, which keeps our complete personal landscape consisting of thoughts, words and actions, beautiful the whole day.

(To be continued tomorrow ...)

## Accept Yourself

Are you happy with what you see in the mirror?  
Do you consider yourself to be beautiful?

Most of us complain about the reflection in the mirror.  
Even the swan could complain: "I'm too big,  
my neck is ridiculously long and my feathers are plain white."

Be less critical, be more appreciative.  
Accept yourself. You are beautiful.

## Message for the day

**Sweet words bring benefit.**

**Thought to ponder:** When I get upset or disturbed by something that someone did, my immediate reaction is to say something to them. But most times, such words only turn out to be like stones hit at them, which are hurting. In fact, it is all the more important to say something positive and encouraging to someone who neither have the power at that time to act positively nor realize their mistake.

**Point to practice:** Today I will only say something positive. If I feel that my saying something will not help the other person, today I will not say that. I will pay special attention to what I speak. I will only say that which would create a positive effect.