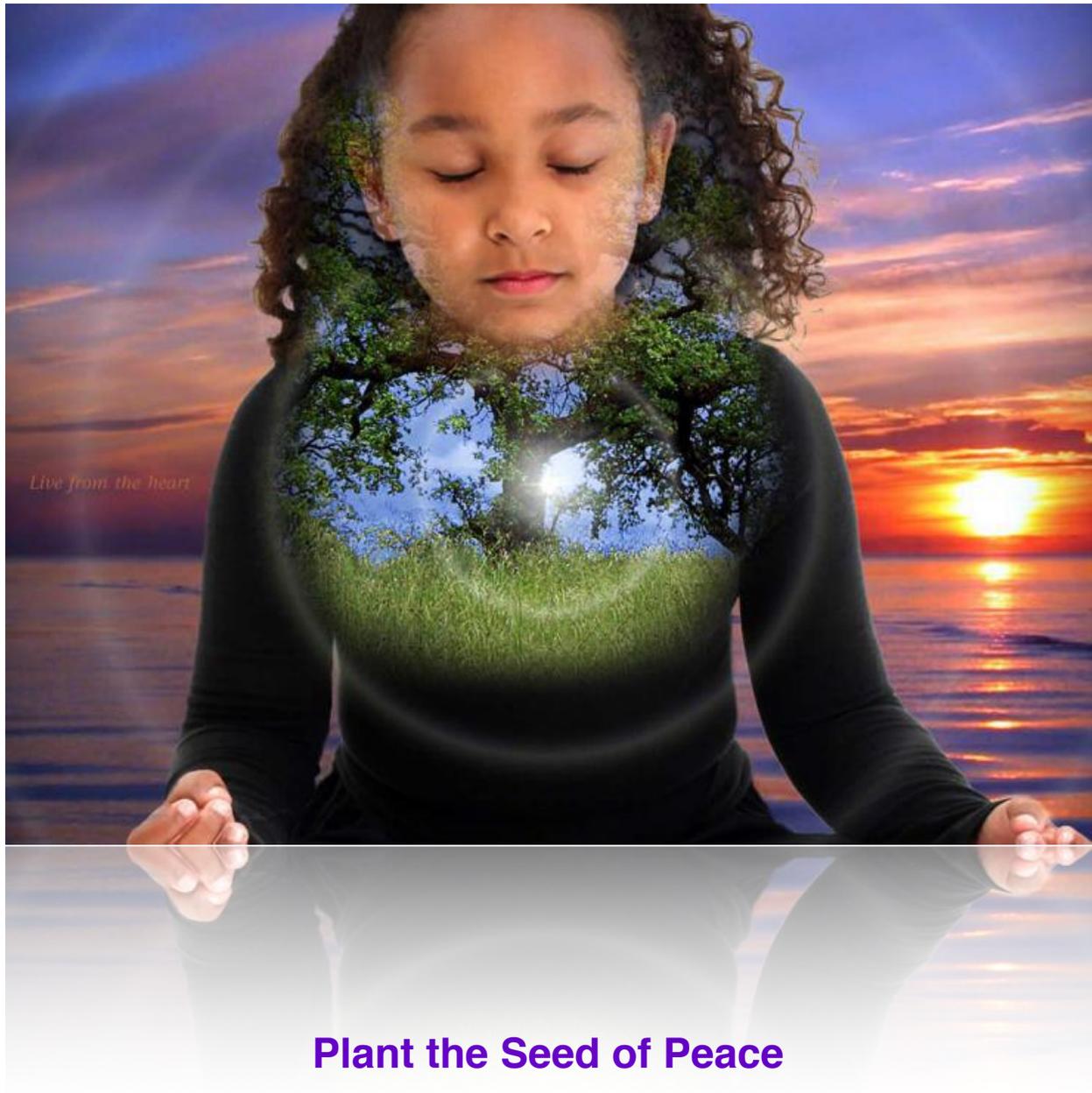


Today's Thoughts: July 06, 2020: Plant the Seed of Peace



Plant the Seed of Peace

As are our thoughts, so is our consciousness, and as is our consciousness, so is our life. Let your first thought of the day simply be peaceful. Plant this seed. Water it with attention and you will gather the calm.

8 Powers To Experience Success (Part 6)

In yesterday's message, we had explained how spiritual wisdom is the key to using spiritual strength in a particular situation which is required to use a certain power out of the eight main powers. In this message, which is the last part of this message series we explain how we fill ourselves with spiritual strength because only wisdom is not enough to experience success in a particular situation. **Spiritual wisdom will be incomplete without spiritual strength and will be like an axe without a sharp edge.**

Spiritual strength is filled in the soul over a long period of time. It requires the practice of meditation, which is the only way a soul can empower itself after it has lost most of its powers in the cycle of birth and rebirth. Meditation, as taught at the Brahma Kumaris, is a technique of connecting the mind using thought power and intellect using visualization power, together with God who is the Supreme Source of spiritual strength. In meditation, we take little steps of creating thoughts in the mind and creating mental images in the intellect and in a few minutes reach a stage of higher consciousness of the realization of the soul and then God, the Supreme Soul which is the final step. Of course, after reaching an experience of a realization of the Supreme Soul, one needs to remain in that experience, which is a face-to-face deep connection with God, in which His power enters the soul and the soul is strengthened. So, this taking in of power or absorption of spiritual strength over a period of time naturally fills the soul with the eight powers - the power to tolerate, power to accommodate, power to face, power to pack up, power to discriminate, power to judge, power to withdraw and power to co-operate. It is important to note that **in meditation we use the mind and intellect of the soul to connect with the Almighty source. As a result, spiritual power gets filled in the *sanskaras* of the soul.** In this way, we become a master almighty or a spiritually powerful child of God, full of all the eight powers.

To water seeds of positive thoughts is to bring it to fruition.

Every seed needs the right amount of water at the right time to help it grow. In the same way, when I have a good thought, I need to provide with what it needs to take it fruition. Understanding it in a deeper way, by churning about it; adding it with good wishes and pure feelings; reminding of this thought again and again... these are the things which help the seed grow fully. Today I will take up a good thought and provide the right environment for it grow. I will not do anything that will take me away from that thought. On the other hand, I will do every possible thing to help it grow. I will repeat that thought to myself, not only as a reminder, but also as an experience. This will help me sustain it.

Message for the day

The habit of thinking positive finishes negative.

Expression: Just as it has become a habit of thinking negative, a positive habit when created will naturally bring about a change. A little practice and attention to form a habit of thinking positive will reveal its result of creating an influence of positivity. The situations will not change on their own, but the habit that has been formed will bring about a change in the response and will change the situation too.

Experience: Usually it becomes very difficult or sometimes impossible for me to think positive in difficult situations. At that time, although I want to, the response that emerges from within is based on the habit that is formed previously. So when I make the habit of constantly and consciously thinking positive, I then become free from the struggle of having to change my mind to positive, in difficult situations.