

Today's Thoughts: August 08, 2020: Power



Alaska

## **Power**

Give birth to new possibilities through your ability to reach into the future and let go of the past.

## **A Beautiful Reunion (Part 1)**

Have you ever wondered why we started celebrating festivals? **One of the main reasons why festivals started being celebrated, apart from the traditional reasons, was to bring enthusiasm in the lives of people through celebrations on special days.** We at the Brahma Kumaris also celebrate festivals, but we celebrate them with their spiritual significance deeply held in our minds, because festivals without their spiritual importance lose their substance and their essence of purity. **At the same time, care is taken that apart from celebrating the festival on the special day, every day is treated as a series of joyful moments of time so that the happiness is not restricted to the day of the festival but every day is a fun fill festival.** Everyday involves a loveful chit chat with the spiritual parent - the mother and the father (or God), playing with the jewels of knowledge which he gives and also distributing the jewels to others in the same way as we used to play as little children and share chocolates and simple gifts with each other and experience the happiness associated with the loveful bonding that existed between all of us due to that.

Also, a day in God's company is incomplete without sharing all the love that we have inside us with the world family because spirituality is incomplete without sharing all that you fill yourself with – the peace, joy and good wishes with others. So, life is not being close to God alone but also close to other souls of the world family. **Both these pure relationships - with God and the other souls of the world family, in the present, are based on the spiritual knowledge of who we are, who God is and who the souls of the world family are and what roles all of us have played in the world drama.**

(To be continued tomorrow ...)

## Release Stress

Traffic jams make us all a little bit annoyed and even angry, but getting stressed doesn't make the traffic go any faster!

The next time you find yourself stuck in a traffic jam, accept the fact that traffic jams happen. Listen to music or sing out loud and release the stress.

Take a deep breath in and out. And practice patience. Stay calm, keep your cool and enjoy the journey.

## Message for the day

**Faith in one's progress brings contentment.**

**Expression:** Even when the situation is not according to what is expected, there is contentment for the one who has faith in his own progress. Such a person will not just sit back waiting for things to change nor will he just curse his fate. Instead he'll do his best and use all his resources in bettering the situation.

**Experience:** The understanding that all life's situations are training for me, automatically keeps me content in all situations. There is naturally an experience of constant progress and a feeling of having gained something from all situations.