

Daily Positive Thoughts: May 09, 2014: Peace



Peace

Stay full of peace yourself and know that this peace will reach your loved ones and ultimately the whole world.

Coloured Glasses

To find reasons to be happy is to increase happiness. When the mind searches for reasons to be sad and sorrowful, even situations with no great significance are seen with a vision of negativity. So there is constantly an expression of words and actions that reflect the need for sympathy and reassurance. On the other hand, when there is the search for happiness, then everything is positive giving happiness. It is like wearing coloured glasses. Whatever colour my glasses are, the whole world is coloured with it. Then, I am no longer able to perceive and recognize negativity and I am able to remain happy with everything.

The Subtle Role Play Of Thoughts And Images (cont.)

What the quality of a soul's thoughts and images (or scenes) that it creates, depends on the soul's sanskaras. Depending on the quality, the soul experiences the various different emotions, whether positive or negative. When the soul first incarnates on the physical world stage from the soul world, the quality of this role play of thoughts and images is high, pure and positive, hence it experiences only positive emotions. As it plays its different roles and comes down in the birth-rebirth cycle, this quality reduces, leading to the experience of emotions like sorrow, peacelessness, etc.

A point worth noting is that **the key to any deep emotional experience, whether positive or negative is the creation of thoughts as well as images related to that particular emotion at the same time** e.g. think and visualize at the same time, the death of a close relative that took place ten years ago and you immediately have a deep experience of sorrow. Think and visualize together, a loving hug of your mother that took place in your childhood, and you immediately experience deep happiness. This type of co-ordination between these two subtle processes is true concentration. The key to any type of spiritual upliftment is the upliftment of these two processes. **The meditation that is taught at the Brahma Kumaris is nothing but a spiritual thought process accompanied by a spiritual visualization process, whereby thoughts and images of the subtle, spiritual**

self (or soul) and the Supreme Being (or Supreme Soul) are created together to experience the original qualities of the spiritual self and the eternal qualities of the Supreme Being - **purity, peace, love, happiness and power.**

Soul Sustenance

What Is Karma Yoga?

Karma Yoga implies two things:

- yoga (meditation) by which the karmas are elevated and purified;
- those karmas by which the remembrance of the Supreme Being (God) is maintained and strengthened.

The loveful remembrance of the Supreme, is not just a "sitting" matter. If we approach meditation from this angle (as only a sitting practice), any real change in practical life takes a very long time. We should not only use meditation to improve our actions but also modify our actions to improve our meditation. In this way, theory and practice should be simultaneous. As the soul takes virtues and powers from the Supreme Soul, it gives to the world, thus increasing the capacity to take and give.

In the sitting meditation, be it five minutes or two hours, the soul dives deeply into itself and establishes an unbroken mental link with the Supreme. When the "sitting" finishes and the soul has to go back into the world of action and responsibility, the link need not be forgotten. The hands can be involved with the work and the mind can still be with the Supreme Soul.

Message for the day

The one who is truly fortunate is constantly enthusiastic.

Expression: When we find things going wrong with us, we immediately find ourselves losing all enthusiasm. We then do nothing to change our situation but just begin to curse our fate. With such an attitude we can do nothing to change our fortune.

Experience: When things go wrong, we have to recognise the fact that it is the present that is in our hands. We don't need to think of what happened in the past and curse our fate. Instead we need to fill ourselves with enthusiasm to make the best use of the present to make our future the best.

In Spiritual Service,
Brahma Kumaris