



The Power of Thoughts

Thoughts are more powerful than actions because they are the creators of actions. You have to keep in mind that the thought-waves of your good wishes and pure feelings, your vibrations of peace and love, can once again bring harmony in nature and happiness in the world.

Practical Ways of Changing Old Habits or Beliefs (cont.)

Positive Affirmations

Affirmations are promises that we make to ourselves. They are helpful for breaking negative habits or weak thoughts that have been created as a result of mistaken attitudes. Affirmations help to strengthen the mind, although to be effective there must be acceptance and understanding behind them. It is interesting to begin experimenting with them and, later on, we can begin to create variations of new affirmations, according to our individual needs.

Here are some examples:

- * Today I will experience peace through positivity. I will see what is good in others and will not think about what is negative or harmful. I will see others in the way I would like them to see me.
- * From now on I will not judge others.
- * Today I will speak peacefully and share peace with everyone around me. I must speak as softly as I can.
- * Today I will make the past the past and look towards the future with a new vision.
- * Today I will not react angrily. I will stay calm and in peace and will not sacrifice this for anyone or any situation. I must not allow anything or anyone rob me of my peace.

For the affirmation to be effective, we must repeat it to ourselves often, so that it becomes recorded in our subconscious. It is also important to proclaim the affirmations with feeling, believing in them and not in a monotonous and impersonal voice. As a minimum, you should repeat each affirmation at least five times a day. If we listen to something repeatedly, we begin to believe in it. In reality, this is the origin of the majority of our beliefs, when as children we heard our parents tell us things over and over again. Advertising uses this technique constantly. They create a phrase, a slogan, and repeat it over and over again in the media until, finally, people believe it. To be able to control your life, first you must know and dominate your beliefs. One way of doing this is through affirmations.

(To be continued tomorrow)

Look at Specialties

Most of the time, we are caught up in looking at people's negativity. When we see some negative quality in someone, we immediately make his specialties a background and start focusing on his negative traits. The more we think of these negative qualities, the more they occupy the conscious mind, changing all reactions too. It is natural to be coloured or influenced by what we see. If we see specialties, we'll take on a little of that and if we see weaknesses, we'll take on a little of that too. So we need to make an attempt to look only at specialties and encourage others too to use their specialties.

Soul Sustenance

Understanding Fear And Its Effects

The reason we sometimes cannot see the other options, when faced with a challenging situation, is because our deepest learned habit is to create fear and then react from that fear, and it's fear that shuts down our ability to create choices, not to mention paralyzing our ability to assess the strengths and weakness of each option and make the right choice. We have been taught to believe that the fear is normal and natural. But the truth is that the fear paralyses our ability to create what may be much more appropriate and effective responses. Fear is a learned habit and very soon we are generating fearfulness at the slightest perceived threat. Contrary to popular belief, fear has absolutely no value to our well-being. E.g. You don't even need fear to respond effectively to the unexpected encounter with a thief late at night or an unexpected outburst by your boss in the office. You need the cool, calm and concentrated focus of a gymnast and the creativity of a skilled sculptor to respond effectively. It's not the thief or the boss that scares you, it's what you do with the thief or the boss in your mind that generates the fear. Who or what are such fears in your life? What are you doing with them in your mind?

Message for the day

The beauty of things lie in the ability to appreciate them.

Projection: Nothing is positive or negative in itself, but the one who has the eye for positive things sees only positively even when there is negativity around. Such a person is like a swan, which separates and picks up only pearls from stones.

Solution: When I am looking only at the positive aspects, I am able to remain happy. If I am able to appreciate everything that comes my way, even if it is visibly negative, I find nothing to be a problem, but everything becomes enjoyable for me.

In Spiritual Service,
Brahma Kumaris