

Daily Positive Thoughts: March 09, 2015: Smile and Say "Hello"



## **Smile and Say "Hello"**

In life you will meet many people. All are significant. They deserve your attention and care, even if all you do is smile and say "hello".

## Limiting Ourselves In Comfort Zones

We are basically unlimited beings. But we limit ourselves in many comfort zones. We have a lot of conditionings which, in reality, are mental.

Some mosquitoes were put in a box and they kept jumping a lot. The box was covered from the top and each time they jumped they hit the top of the box, and when they jumped too close to the right or the left they hit the sides of the box. Slowly, to avoid harming themselves, they learned to jump just under the cover and without reaching the sides of the box. One day all the four sides of the box were opened. The mosquitoes were free, but they kept on jumping as far as the limit they had learned. The physical limits were no longer there. But they had become conditioned mentally. The same thing happens to us. We have to open the sides of the box and take off the top, or we can continue to live inside the box created by our own mind.

Given below are some conditionings under which we work, because of which we do not experience complete freedom.

- \* **Beliefs**, acquired since our childhood, which limit us.
- \* The **negative images of low self esteem** that we have created of ourselves.
- \* The damaging **thoughts of doubt**, which does not let the highway of trust to build up inside ourselves and does not allow the creative energy of positivity to flow from inside us to the outside.
- \* The **fear of failure** or not being to able to succeed completely. A lot of times the fear exists due to past experiences of failure or not having succeeded as much as you would have liked.

We need to become aware of what our pattern of thoughts is, which brings us under the negative influence of mental conditionings. When that happens, we will be able to become free of these conditionings. While we do not become aware, we will continue to remain under its influence.

## Soul Sustenance

### Meditation On Self-Forgiveness

Sit comfortably and relax. Recall the feelings associated with some mistake or mistakes you have made in the past. Connect with any feelings of hatred and revenge; connect with any feelings of guilt and how you felt you had let others and yourself down; the shame and the humiliation you may have felt...

Now ask yourself:

What good is it doing me or others by holding onto these feelings...? What benefits does it bring me? How does it help me, or the other people affected...? (pause for 30 seconds).

Now, say the following to yourself inside your mind:

I decide that I have held onto these feelings long enough and it is time to let them go... This is a matter of reason as they no longer serve me, and a matter of my will at a deep level to release them... I feel all these negative feelings and let them go... I release them... let them go...

Now, unconditionally, forgive yourself... you have made a mistake... you have learned from that mistake... there is nothing to be gained from having feelings of guilt or shame... let them go... forgive yourself... forgive everyone else who may have contributed... it is time to let it go...

Now focus on your true self - a divine being of spiritual energy situated at the center of the forehead... focus on your inner feelings of peace... Think of and feel your inner qualities of honesty, tolerance, kindness and generosity. Focus on them, as this is who you truly are... a peaceful, compassionate, forgiving being of spiritual light... radiating these qualities to the world...

## Message for the day

### As is the seed so is the fruit.

**Expression:** Several times we find things happening unexpectedly. Yet, there should be the understanding that nothing is unexpected or a matter of chance but everything depends on the seeds previously planted. When there is this understanding there is no passiveness but there is an ability to take responsibility and better the situation.

**Experience:** Every thing I do has a deep significance and an importance for what I have to attain. When I understand this fact, I am able to make the most out of what I have. I am never discouraged by the negative results that I get today, nor do I take myself to a great height for the positive things that I get. I remain stable and make the best use of what I have.

## Co-operation

If there is the thought that we can do things ourselves without other people's help, it means that we have arrogance of our own potential or we are not able to have trust for others. This lack of trust doesn't allow us to use others' potential for the benefit of the task. So we are deprived of a very useful resource and we will not be able to be happy. We need to understand the fact that there is greater success in cooperation. It is much more useful to invest our time and resources in training and developing others' potential. This brings about the best from people and so there is a greater contribution and hence greater success in every task that we take up.

In Spiritual Service,  
Brahma Kumaris