

Daily Positive Thoughts: April 16, 2015: Full of Drama



A pod of 9 dolphins surfing a wave behind a stand-up paddle boarder - talk about an experience ! Elouera Beach, Cronulla, Sydney, Australia

Full of Drama

Take life as it is, full of drama and adventure. Experience the fun and the excitement, if not, it'll turn into melodrama!

So, the next time things get dramatic in your life, add the ingredient of humour and go from feeling heavy to being light.

Lighten up and you'll lighten up the situation; going from melodrama to enjoying the drama of life.

Wasteful Thoughts

By having the sanskars or personality of wasteful thoughts, you increased the duration of a situation. When you have wasteful thoughts, you understand that they are wasteful, but just as there is great force of a river or an ocean, so the flow of wasteful thoughts is so fast that they pull you. No matter how much you try to stop them, they still continue to flow. You understand and you also think that it is not right; you understand that it causes a great loss, but you still continue to allow them to flow. What is the reason for this? The lack of the power to transformation.

The Filtration Process In The Soul

The mind and its creation i.e. thoughts, in these times, in most people, are controlled by three main factors:

- i. their habits or *sanskaras***
- ii. their past experiences, and**
- iii. information which they are exposed to and which they imbibe.**

The intellect is like a filter which has the function of discriminating, of judging the thoughts and deciding which ones to put into practice and which ones not to, basically filtering them. **Presently the filter of the intellect has become weakened, confused and unsure; it has become blocked by many incorrect beliefs, due to which this filtration does not take place properly - as a result many wrong thoughts get converted into actions.** A lot of times during the day, thoughts become actions so fast, that the filter of the intellect does not even come into play i.e. thoughts become actions bypassing the filter.

The beliefs that we have today are related to our cultural, physical, social, religious, political identity associated with our age, gender, occupation, wealth, role etc. of our body. Beliefs connected to materialism, to **having** rather than **being**, are living based on the perception of the sense organs, and not on the intuition and the wisdom of the spirit. There are beliefs that block you, or brake you, others break you, they bring about fears in you and a limited perception of reality and of yourself. However much you try to generate positive thoughts, if you do not change these beliefs, their influence on the intellect will be so strong that it is almost impossible to maintain a positive state of mind. Even if you experience it, it will be short-lived and temporary.

Soul Sustenance

Universal Concepts About The Supreme Being or God - Part 1

There are some universally accepted characteristics of God:

- He is the creator and the one who sustains and takes care of the entire world population.
- He is the Highest of Highest.
- He is the Supreme Father.
- He is non-physical.
- He is omnipotent (one with unlimited power).
- He is a living being.
- He is all-loving and possesses complete knowledge.
- He is unchangeable.
- He is one and He is light.
- He is perfect in values and morals.
- He is absolutely just.
- He is the Supreme Benefactor (the one who brings benefit to everyone).
- He is the savior of souls.
- He is the purifier.
- He is mysterious in His ways.

Even in those religions that believe in and worship many Gods, there is one God who stands above the others. Then there are other faiths who believe God to be one single Supreme Being. Traditions, sacred texts, monuments, sayings and rituals all over the world, point to the existence of and belief in one knowledgeable, all-powerful and merciful being or soul. That being is universally called out to and recognized as the remover of sorrow, the giver of happiness and the savior of the sinful.

(To be continued tomorrow ...)

Message for the day

To be a master means to win over habits

Expression: Normally habits rule over the person and there is the inability to be a master over them. But to be a master is not to get influenced negatively by the habits but to be a stronger influence. The one who is a master never reacts to situations, but is able to respond to situations positively. Such a person is free from negativity in words and actions.

Experience: When there is inner silence I am able to overcome the negative influence of my habits. Inner silence comes with an experience of positivity. With practice I experience detachment from the situations and am able to feel the inner powers which frees me from the negativity of the situation too. So there is victory over the habit.

In Spiritual Service,
Brahma Kumaris