

Daily Positive Thoughts: January 04, 2017: We are all part of one family



## **We are all part of one family**

If I remain aware that as fellow human beings we are all part of one family, and that even the smallest of gestures can make a difference in people's lives, I am always blessed with a caring heart. It takes so little to show that I care yet it can mean so much.

## The Power To Transform Situations (Part 2)

We all look to the world and its different situations with a positive attitude and no one wants to be negative in their approach in facing them. Yet when they come we are not able to transform them with ease and at times situations can be so powerful that many days can be spent in finding ways in overcoming them and life can become a struggle for many. Such a life in which you are not at peace in the presence of a negative situation is not something you like but at the same time, it is something which is not in the control of many of us. What that means is that a mind without positivity is difficult to remain calm and that means feeling a lack of power and also a lack of joy and contentment. Such a mind is not able to solve the problem that is in front and instead will be confused and will fear the situation.

A beautiful way of keeping the mind positive in a negative situation is to keep a powerful thought diary with you. What that means **is create one affirmation or positive statement each day and note it down in your mind and keep that positive thought in your mind the whole day. Let it touch your sub-conscious mind so deeply that its effect travels in the form of positive energy outwards to the situation and is able to change it in a short period of time.** Do you know that if you spend a complete day in one particular powerful thought of success, repeating it in your mind many times, you will not only be free of negativity, but also have the authority to erase the negative situation completely from your life? Such a thought gives rise to positive feelings and then slowly our attitude towards the situation becomes completely positive resulting in a positive destiny or situation in return. Try doing this the next time you face a negative situation and you will realize how it works.

(To be continued tomorrow ...)

## Replenish the self

Meditation allows us to accumulate a stock of pure and positive thoughts; this will easily and automatically finish all waste and negativity.

Where there is light darkness does not exist, in the same way, wasteful and negative thoughts are just a lack of a pure and positive state of mind.

Take moments throughout the day to check and replenish the self.

## Message for the day

**To make use of situations in a positive way is to experience constant progress.**

**Expression:** Each and every situation comes with a hidden blessing - a hidden opportunity. It of course brings challenges, challenges that could bring out the best potential from within. But the one who is caught up with only weaknesses never gets a chance to use these challenging situations as opportunities. On the other hand, the one who uses his potential is able to be from his weaknesses also.

**Experience:** When I am able to use all situations as opportunities to recognize and use my inner potential, I am able to be free from the influence of my weaknesses. This freedom gives me the ability to enjoy this moment without filling the mind with unnecessary doubts and questions. It gives the ability to bring about progress in my life, whatever the circumstance may be.

*In Spiritual Service,  
Brahma Kumaris*