



Sunset Point, Mount Abu, Rajasthan, India

Power of Protection

Do you need protection? Are you strong enough to protect yourself?

Cultivating self-awareness allows me to see how I have the inner power to choose my feelings regardless of what others say or do.

The Power To Transform Situations (Part 3)

Looking at situations with spectacles of a positive vision means having positive perceptions of negative situations. So, looking at situations with a brave face and not being in awe of the situation is a way of bringing to an end the problem as early as possible. Whereas being in awe of the situation and letting it affect your mind negatively means the problem gets prolonged further and does not go away very easily. So the choice is in our hands. But as some would say this is theory and theory is easy to preach and understand but when it comes to the real test papers of life, we forget this basic truth of life. We tend to easily get caught in the web of negativity which is always there and it gets created because of the habit of perceiving situations negatively.

Do you know that when a powerful consciousness acts on a negative situation on an energy level, it is an interaction between positive and negative forces? The greater our positive consciousness or the power of the positive force, the faster the negative scene which is the negative force, transforms into a positive one. The positive force is the energy of the mind and the negative force is a situation which is of the physical world, either of our physical body, of our wealth, of our relationships or of our role or sometimes of our mind itself. In all the cases except of the mind, it is the non-physical force of our consciousness which is stronger than the physical one because the mind is subtle and possesses greater power than anything physical. The mind can influence matter more than the other way round i.e. matter influencing the mind. Techniques like what we have shared in the previous message i.e. a positive thought diary maintained for the entire week can help you in raising the power of your mind. **Keep one positive thought with you every day even if negative situations do not exist in your life and over a period of time you will enjoy a greater success rate in transforming negative situations of all types.**

Far from the madding crowd

Want to find just a little bit of quiet far from the madding crowd? Without going away to a sanctuary or a retreat, you can find it right now, right here within yourself.

Here is an accessible exercise:

Slow down the speed of your thoughts, slow it right down & become aware of the spaces in between your thoughts. Focus on the quiet, empty spaces & let it stretch over the mind; & feel the quiet, sinking from the top of your head, right through to the tip of the toes.

Now allow the quiet to expand around you as you sit as quietly as you can. Create this quiet space for yourself & carry it into the madding crowd.

Message for the day

To have love for God means to be protected from weaknesses.

Expression: To have love for God means to have love for the perfection that is present within each and every individual, which means to be able to recognize and relate to everyone's specialities. When this is done, automatically one remains free from one's own weaknesses and fears and also from looking at the imperfections in others.

Experience: God's love frees me from all worries and concerns. There will be that close connection with God that will enable me to feel light and easy as God takes care of all my worries and troubles. The faith that God is with me frees me from negativity and so I also find my faith making me an instrument to help others to be free from negativity. I am able to give hope and courage to others too.

In Spiritual Service,

Brahma Kumaris