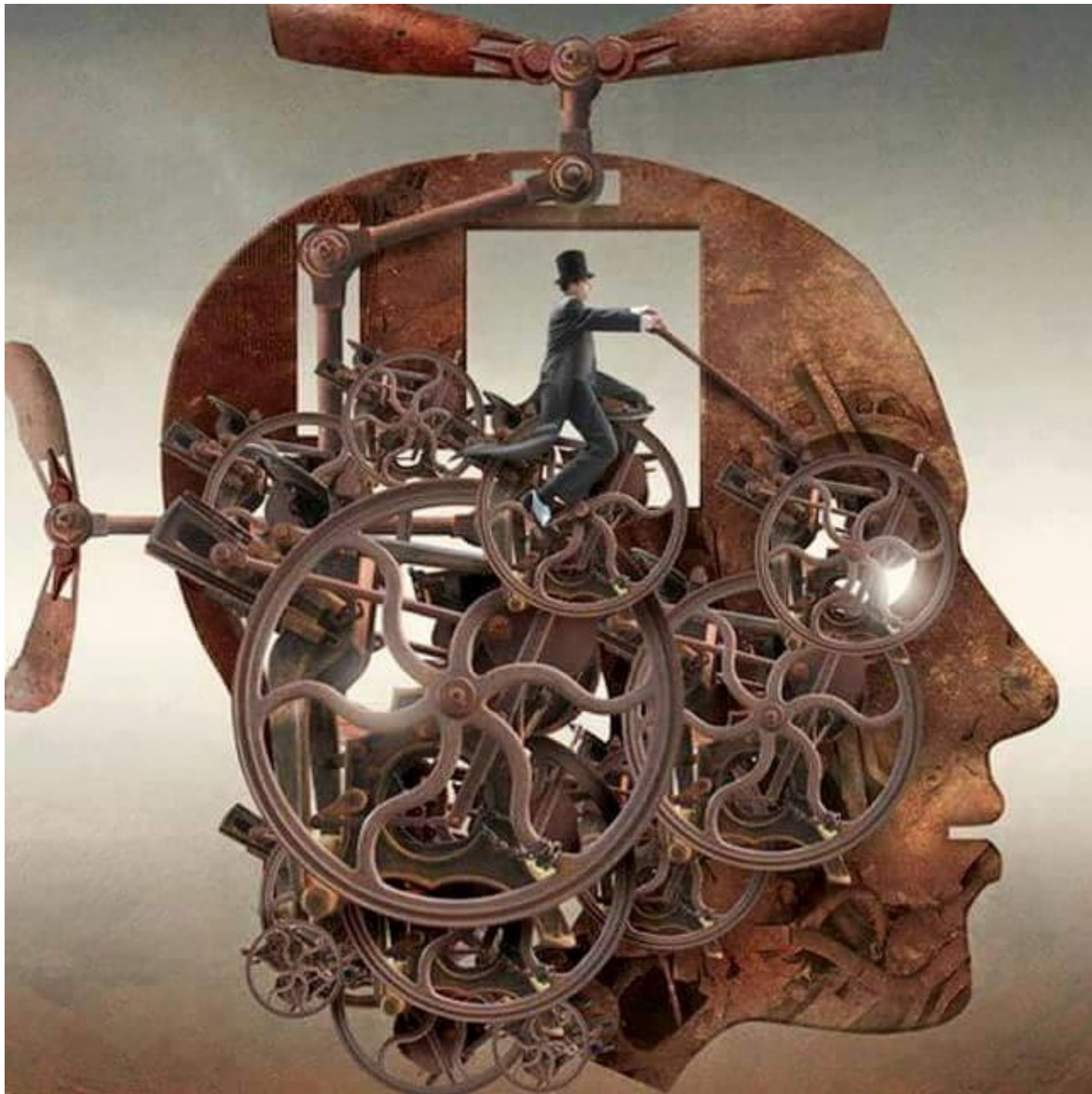


Daily Positive Thoughts: January 10, 2017: Think less



Think less

**Economize on your thoughts and you will automatically save your
time and words.**

Transforming The Other's Anger

In meditation, when I connect with God, I absorb His spiritual love and peace, which causes my own original qualities, which are present in me, the soul, in my pure state when I begin the playing of roles through physical bodies on the world stage, to come to the forefront or to the surface, to emerge in the conscious from the sub-conscious. As a result, now, where previously there would have been conflict, I have a greater capacity to remain peaceful when another person behaves in an unpleasant way with me. I have the power to stay mentally and emotionally stable when someone provokes or insults me. This power is enormously valuable in life, enabling me to cool heated situations, and even remove another person's anger altogether.

Instead of focusing on the anger on a person's face, I focus my attention to the non-physical, star-like being or soul within the person, which was peaceful and loveful in its original, pure state. This increases my tolerance and acceptance power. Also, through my meditation, I am actively aware of the spiritual bond all human beings share, as souls who have a common home of peace, the incorporeal (non-physical) home, from where all of souls come and a common connection with the One Supreme Father, the Supreme Soul. Through this knowledge, I connect with the goodness in the other soul and my love for the soul is maintained. I realize that this goodness is a deeper reality than the anger. The truth is **that if I can hold this soul-conscious vision steady for long enough, I radiate positive energy to the other soul, which works like magic and awakens the goodness within the other person.** Then, my tolerance bears fruit and peace really does prevail between the two of us.

Keep Dancing!

A good dancer makes every move look effortless! Yet we know that each step is precise & taken with consideration. But most dancers will tell you, that as soon as you start to doubt or over-think, you make mistakes.

Like a dancer, put consideration into each step you take in life without over-thinking. Be as precise as you can be, keep fine-tuning your technique but know when to be spontaneous. And when you make mistakes, learn to flow into the next step quickly & with ease. Then you'll have fun & enjoy the process.

Message for the day

Greatness lies in being humble.

Expression: A seed grows only when it is mingled with the mud. In the same way, the one who is great is naturally humble. He understands the truth that only when there is humility will there be success. Humility gives the power to bow down without reducing one's own self-respect.

Experience: When I am humble I am able to experience my own inner greatness, which naturally keeps me set on the seat of my self-respect. So when the situation demands, I have no problem bowing down. So I am able to allow the situations to work on me, so I am able to strengthen myself from within under all circumstances.

*In Spiritual Service,
Brahma Kumaris*