

Daily Positive Thoughts: January 15, 2017: Accounts Payable



Accounts Payable

If we recognize that all inner and outer effects or results in our lives have causes which can be found within ourselves, then we understand karma or the law of sowing and reaping. If we are aware that we have just awoken to this law, and that we are consciously live with this law in our awareness we will also be aware that we were asleep to this law before – perhaps for a long time, possibly many births. It is therefore highly likely we tried to break the law. What we did not know was we cannot break this law. We cannot take anything without having to pay it back at some future stage. We may receive but we may not take – there is a difference. If we have taken then we must payback. Any form of pain or discomfort – mental, emotional or physical – means it is payback time. The universal debt collector has come to knock on our door. Accounts are being settled. If you can regard all pain, from a bump on the head to an emotional crisis, as the settling of a debt, you will be using the oldest wisdom to respond to life in the most enlightened way. The destination, once all accounts are settled, and all debts paid, is true peace and real freedom. Peace of mind and freedom from all pain.

Unloading Your Pressure Baggage (Part 3)

Sometimes the pressure we are carrying is related to the situation we are in, sometimes we even carry a pressure of one situation in another situation i.e. it is unrelated pressure. All this continues throughout the day, day after day. What all this pressure does is increase the quantity of thoughts that we carry in our mind, which in turn reduces our efficiency and discriminating and judging power. The words and actions coming out from such a state of mind are improper and lacking in power, conviction and clarity. **To ensure that we do not carry pressure baggage on our emotional back, as per our pressure equation** (shared in the first message of this series), **we need to change the incorrect beliefs that we carry, which are the root cause of our pressure and at the same time increase our ability to bear the different life forces.** We carry thoughts that are determined by our belief of what success is and what failure is, what winning is and what losing is. Although we perceive such beliefs to be true, they are not true; they are like a facade that influence our perception of reality and generate in us feelings of pressure. The truth, on the other hand, is deeper than beliefs.

While meditation will serve as an important tool to increase our inner power to tolerate or resist life forces; spiritual knowledge, understanding and wisdom will serve as an immensely important tool which will help us in correcting our beliefs. So in times of pressure, stopping yourself for a minute and assessing your thoughts, then going backwards, and **checking** the beliefs which are the root cause of the thoughts at that particular moment and then **changing** them requires strength and clarity, which we will obtain through the medium of spiritual wisdom. Once the beliefs are corrected, the thought patterns will change. Thoughts like - *Maybe I won't arrive on time* or *If I don't finish this assignment successfully, I will lose my next promotion* or *If I lose my money in this financial investment, my family will stop appreciating me* etc. which we create all the time - will be replaced by more positive thoughts of security, fearlessness, patience, peace, faith, determination, certainty etc.

Spot or no spot

Is that a spot on your face? Notice a spot on your face and then no matter how good you look, at that moment, the only thing you can think about is the spot on your face!

The more self-conscious you become, the more uncomfortable you feel.

Other people may not even notice the spot but they will notice you feeling uncomfortable.

Spot or no spot, feel comfortable in your own skin and others will be comfortable around you.

Message for the day

Humility brings excellence.

Expression: Humility means there is no expectation of being perfect always. So whatever is done comes naturally. There is no feeling of threat about others' opinion, but the one who is humble is able to express inner talent without any fear and expectations. So humility takes one forward towards excellence.

Experience: When I am humble, I am able to stabilize myself in my state of self-respect always. This naturally is felt even when I am not able to bring perfection in my actions or even when others are not satisfied with me. Internally there is a feeling of satisfaction, knowing that I am constantly learning and moving forward.

*In Spiritual Service,
Brahma Kumaris*