

Daily Positive Thoughts: February 02, 2017: The Wonder of Silence



After the bombing in Bangkok, Buddhists are changing the energy on the bombing site through meditation and prayer, proving that love is greater than hate.

## The Wonder of Silence

The disease of anger needs the medicine of tolerance;

the pain of disappointment needs the medicine of hope;

the violence of revenge and spite needs forgiveness;

fear needs courage;

ego needs self-respect;

Through inner silence we receive the strength to heal.

## Worry Confused With Concern (Part 2)

We are all linked together at a subtle, invisible level, and communicate with others invisibly. We not only send but also pick up the energy that others radiate, especially the ones that we are close to. We demonstrate with an example how this can work positively as well as negatively when we find ourselves in negative situations in our practical lives.

Suppose the class teacher of your child (we take the example of your son) calls up and says that while playing in the school playground, your son has injured himself. She doesn't explain much but says there is nothing to worry. She requests you to come and pick him up from the school. At this point of time your son **is radiating his own spiritual energy which is most probably the negative energy of fear, stress, anxiety and sorrow (although the teacher has informed you that he is fine). At the same time he is also picking up your subtle spiritual or mental energy.** You are driving to his school to pick him up. At this point of time, you only have a rough idea of what situation he is in exactly at that moment because you are physically far away from him. Guessing about the exact situation is making assumptions and is a waste of your mental energy. **If you make negative assumptions i.e. you worry and are scared, then you are sending him the same vibrations of fear, a negative energy, which he is going to pick up and it is not going to empower or help him in anyway but is more likely to weaken and disturb him and even disturb you in your driving.** You have been told that there is nothing to worry but still you know he is in a slightly difficult emotional situation and only he knows how he will come out of it. What will help him? He needs your support, but what will support him the most - we are talking about subtle support, because you are going to take some time to reach the school and provide him physical support? Your negative vibration of fear which you may mistakenly call concern or care as you imagine something bad has happened? Or the positive vibrations of your unconditional love and your good wishes, which is true concern or care? What will you send him to support him from far away? Worry vibrations or the vibrations of love in the form of your good wishes for them? Vibrations of love will keep you also in a positive state as you drive through the city. Besides, what is care or concern? It is you sending your positive inner spiritual light to help another and worry is definitely not that.

## Kindness

You probably perform acts of kindness without even realizing it. Even so, look out for further opportunities to be kind.

An act of kindness doesn't need to be big; it just needs to come from the heart. Kindness works its way through to the hearts of others.

Kindness not only makes the person at the receiving end feel good but it also makes you feel good!

## Message for the day

**To have the ability to smile is to bring solutions to problems.**

**Thought to Ponder:** To be worried when things go wrong is to lose the ability to find solutions. But, if I learn to smile at situations, I will be able to see situations in a calm and peaceful way. I will then not only be free from the negativity of the situation in the present, but I will also help find solutions for the future.

**Point to Practice:** Today I will find one positive thing from something that I am not happy with. This will help me smile at the situation without being affected negatively. When I remind myself of this positive aspect again and again, I will surely be able to work on the situation and make it better.

*In Spiritual Service,  
Brahma Kumaris*