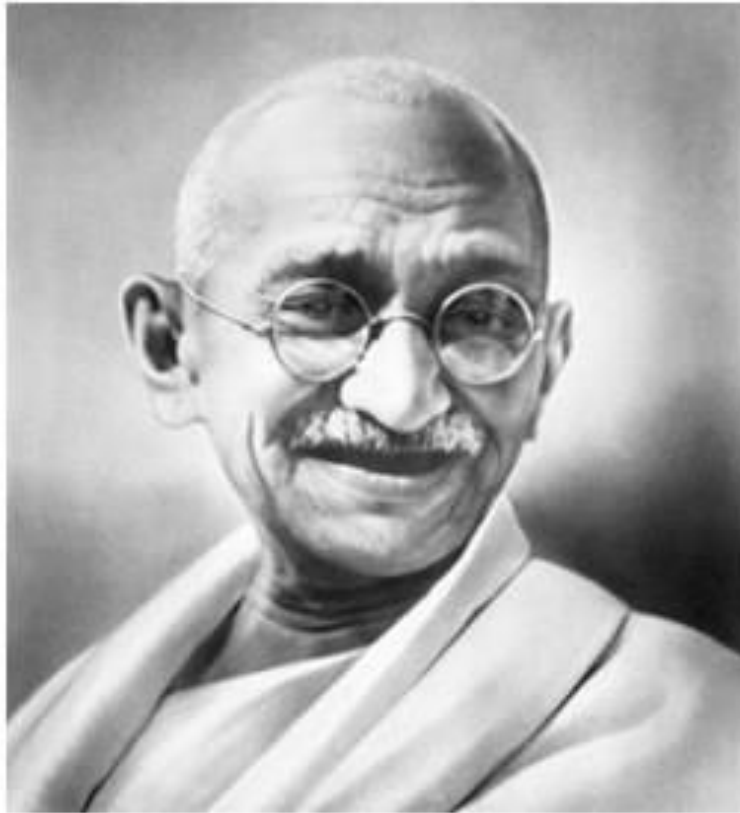


Daily Positive Thoughts: February 03, 2017: Princes



Be The
Change
You Wish To See In
The World

Gandhiji

Princes

The princes among us are those who forget themselves and serve mankind.

The Umbilical Cord Of Meditation (Part 1)

A bright start to everyday is a revision of the events of the day that you are expecting will happen and setting a time table for the day in which you keep your mind filled with the remembrance of the Supreme Being, whom we call God. He is also the Supreme Father and Mother. Just like a little baby being formed in the womb of its mother, is connected with her through the umbilical cord and receives physical sustenance from its mother, in the same manner I need to remain connected with my spiritual mother or the parent of the soul. This parent is the one and only God, a Being of love, an Ocean of love. Remaining connected with Him is a way of filling myself with that love and becoming pure at the level of the mind and not just in words and actions.

Purity of the soul is gained back when we experience ourselves as a soul and connect with the Supreme Soul. God is not physical. So the key to having a beautiful connection with Him is a spiritual consciousness i.e. I am not this body, but a soul - an energy which is a different entity from the body. Once I don't exist in the body or in other words leave the body (for which we commonly say that someone has passed away or is no more) the body is like dust, with no life in it. So understanding that I, the spiritual energy or soul, am eternal or constant and the body is temporary, is the first step to opening the door to spiritual treasures, which are present in God. Meditation is a lovely relationship with the Supreme and increases the purity of the soul and makes it more loveful. We all were originally pure but have become impure as time has passed. Meditation is the need of the present time for everyone. We all require this umbilical cord of meditation at every step in our life. Remember, a baby is constantly connected to its mother in the womb with a physical umbilical cord and receives blood filled with nutrition and as a result it grows or matures, ready to be born one day, in the outside world. That is growing up physically and we need to grow spiritually and become filled with spiritual powers. **The umbilical cord of the technique of meditation brings that power inside us from Him and as a result we grow or become full of spiritual energy.**

(To be continued tomorrow ...)

What's your metaphor for life?

Is life like a box of chocolates?

A stage, a river, a mountain to climb, or maybe a battlefield?

You may even have more than one metaphor.

As is your belief, so is your experience. If you see life as a battlefield, you may feel that everyone is against you or that everything is a struggle, a battle.

Or if you see life as a stage, you may realize that everyone is playing their role and you just need to play your role.

Why not find an empowering or motivating metaphor to enrich your experience in life.

Message for the day

To understand the value of tasks is to get cooperation.

Thought to Ponder: It is important to value tasks that need to be done. If I don't have value for what I am doing, others will not too. So there would be minimum or no contribution from others. I need to recognize the true worth of what I am doing. Then, there would be a clear understanding of the significance and the difference I would be making in others' lives through the task.

Point to Practice: Today I will start each new task with a thought in mind that I am grateful to get to do this task. This is something that is an opportunity for me to express my skills and abilities. This thought will make me do the task in a special way and others are able to get benefit from it too.

*In Spiritual Service,
Brahma Kumaris*