

Daily Positive Thoughts: February 14, 2017: Like a Star



### Like A Star

At the end of the day, on the wings of your thoughts, go beyond the cares and troubles of the world. Remove your mind from everything and everyone, and become blissfully detached, like a star. Like a star, be free to radiate light, for your essence is light and peace. Enjoy the simplicity of the night sky, the peace. And then, when you want to, you can shoot down to earth.

### **The Beauty Of Giving (Part 3)**

A personality of giving comes natural to some people and for some it is the most difficult thing to do. There are people who live only for others. **Every single moment they give to others what they require. It's not about only donating wealth and clothes or food for that matter.** That is a different subject of service. We will not discuss that in this message. But here we talk about giving love and happiness to each and everyone you meet. It can become the most beautiful intention of your life. Love in the form of sweet words and warm gestures that make people happy. Even if you have a problem in your life which you are facing since a few days, keep giving during that time. It will ease your problems. You can actually spend many years of your life serving each one with these two qualities – love and happiness.

Also, other qualities which people would like from you are peace and power. Today, the world is lacking these two qualities immensely. Peace in every individual's life can be given to them by remaining silent yourself. Silence does not mean talking less only but also remaining free of any unnecessary thoughts which are not important at a particular point of time i.e. they are irrelevant. Such a person with fewer number of thoughts will automatically transmit the energy of peace to others. Also, people today are lacking emotional strength and they weaken under life's pressures very easily. Are you ready to be the one who can stand as a pillar of strength for others by being powerful yourself? **So take up this responsibility and deepen your spiritual personality i.e. make yourself full of spiritual treasures. Become a giver.**

**We know gratitude is important, so here are three steps to integrate gratitude.**

Firstly, look up, look around & notice the beauty surrounding you.

Secondly, sincerely appreciate the people you interact with, friends, colleagues, the cashier...

Thirdly, at the end of the day, look back at the day & note what went well, what you learnt & what you enjoyed.

Do this & you'll find more things to be grateful for!

### **Message for the day**

**To move forward is to be on a pilgrimage.**

**Thought to Ponder:** When someone goes on a pilgrimage, there is only one thought of moving forward. Our life, too is a pilgrimage of experiencing progress in all we do. When something uncomfortable comes up, my vision needs to be fixed only on the goal and nothing else.

**Point to Practice:** Today I will create an aim for myself of something I want to achieve. This could be even a short term goal or even imbibing a quality in myself. Every time I am faced with any difficult situation, I will focus my energies on achieving my goal instead of wasting time and energy worrying over what is wrong.

*In Spiritual Service,  
Brahma Kumaris*