

Daily Positive Thoughts: February 22, 2017: Compassionate Soul



## **Compassionate Soul**

**You are a soul who does not over-think, over-speak, or over-act- because you understand.**

## Love And Suffering (Part 2)

**We have the inner belief that love, worry, fear and suffering go together.** It is difficult to transform (change) fear until we eliminate that belief. You are love and you need to share that love. Life is a sharing of love, it is loving the body, loving oneself, loving others, loving God, loving nature, loving work. That energy of love in the end purifies us and helps us to go forward. **But while the belief exists that love has to be linked to fear and suffering, we will be blocked and will put a brake to the flow of pure love.** In the name of love, we worry, we suffer and we are afraid. Instead of helping from a place of freedom in love, we help out of worry and fear, and in doing so we stifle, control, depend, and the other person feels their inner freedom restricted. We do not let them be.

If we review our personal life and see the moments when we have experienced most pain in our lives, we realize that **it is with the people we have most loved, and that have most loved us that we have suffered most.** We experience pain in a relationship of love, where there is **possession, control, submission and dependence.** Other times the pain is caused by a loss that generates an inner emptiness. That person filled me, they gave me wholeness, they were the reason for my existence and now they have either left me or they have gone. In the second case, we wouldn't say that they have died, but rather that they have gone to another level of existence i.e. the soul has taken a new physical costume.

(To be continued tomorrow ...)

**To admire or to praise is to imbibe those virtues too.**

When I notice someone's specialities, I begin to admire them and describe them to others too. I really like those virtues in the other person, but rarely do I make effort to imbibe them in myself too. I need to understand that I like these particular virtues in the other person because they are subtly working within me too. When I work on them more consciously, I will be able to emerge them easily.

**Message for the day**

**To be free from desires is to be free from the burden of problems.**

**Thought to Ponder:** When I chase my shadow, there is sorrow, but when I face the sun, I find my shadow following me. Unreasonable desires are like the shadow which I am trying to catch. What I need to do is, have a clear aim and work towards it. That is like facing the sun. I find more attainments when I am connected with my efforts.

**Point to Practice:** Today I will check my desires and ask myself if I am doing anything to earn them. I will then see what I really want, make a clear plan to achieve it and follow this plan in order to get to it. This will enable me to be connected with my efforts and the fruit of my efforts would surely come, bringing along with it a lot of other qualities in me.

*In Spiritual Service,  
Brahma Kumaris*