

Daily Positive Thoughts: March 01, 2017: Smile and Say "Hello"



Smile and Say "Hello"

In life you will meet many people. All are significant. They deserve your attention and care, even if all you do is smile and say "hello".

Hearing The Voice Of Inner Wisdom Clearly

In a way we already know all that we need to know and all that is required to bring about transformation in the self – after all **originally, we were a perfect being, and the experience of that stage as well as the knowledge of the path to reach back to that original, perfect stage is embedded inside us.** Then why take up spirituality? Why can't we just listen to our intuition – the voice of inner wisdom? Listening to our intuition would be great but unfortunately most of us are not able to hear the voice of our own inner wisdom, which lies submerged in the sub-conscious because the noise of our thoughts, feelings and attitudes drowns the voice out. **We have been gathering, slowly and steadily, thousands of beliefs since we have been a part of the cycle of birth and rebirth and these beliefs, in turn, create a flood of incorrect and unwanted thoughts and feelings,** today, which distort the true inner voice so that when we think our intuition is telling us something that is true, it is really a wrong belief that we learned sometime in the past.

Over a period of time, as the soul gets purified through the practice of meditation and as it starts listening to and understanding true spiritual knowledge, false beliefs based on body consciousness get displaced by true ones based on spiritual consciousness and this inner voice starts speaking absolutely clearly and accurately without any wrong judgments or distortion. That is why, in the beginning, when we are still learning to connect with God, it is extremely important, to have the guidance of someone more experienced when learning meditation, who can guide us with his/her wisdom and experience, so that we can differentiate between what is actually our intuition and our own belief influenced viewpoint.

Faith brings determination.

When we are trying for something we find ourselves losing hope and giving up. Although we feel that we are trying till the end, it is usually not so. Sometimes we find ourselves giving up just before we could have succeeded. Determination to succeed comes with faith - faith in myself and the faith that things will work out fine. This faith doesn't let me give up mid-way but gives me determination that makes me put in efforts till I achieve success.

Message for the day

To understand the power of positivity is to finish negativity.

Expression: All it takes to finish darkness is a little light. What is real is light and what needs to go away is darkness. In the same way, negativity is nothing but a lack of positivity. The one who is able to use positivity in situations, is able to finish negativity very naturally. There is a very powerful influence of this inner positivity, where no negativity of the self or the others remain.

Experience: When I am able to enable myself to use the power of positivity, I experience myself to be free from the influence of negativity. I am powerful in all situations, and deal with them with great ease. Others or situations don't have an influence on me. Instead I am able to influence others with my own commitment to positivity.

*In Spiritual Service,
Brahma Kumaris*