

Daily Positive Thoughts: March 08, 2017: I am Love



I am Love

We seek it here, we seek it there, we look for love everywhere! We expect it to come to us, usually through another person. All our conditioning says it is something that happens to us. The mythology of our fables, legends and modern day entertainment industries say it is something we 'fall into'. And yet...and yet real love cannot be acquired, possessed or accumulated. It cannot be known when we think it comes from outside ourselves. The ultimate paradox is we are it. We are love. Each one of us is a source of love that has forgotten that 'love is what I am'. Say it now "I am love". Doesn't feel right does it? That's because it's been so long since we knew and experienced ourselves in this true way. And yet we all know that the deepest trust and the purest love is known and experienced only when we give it, not take it. As we give love in whatever way is appropriate, we are the ones to experience it first, on the way out. Falling in love is impossible. It is only infatuation, obsession with an external object which appears to fill a gap in ourselves. As soon as the object or person is remembered when they are not present and when they do not need to be remembered, it is simply attachment which, if sustained, will become a dependency. And attachment and dependency are not love. But you already know that...don't you?

The Seven Relationships With The Supreme

Every soul has a close relationship with the Supreme (God), but we simply **forget it as we become over-involved in, attached to and distracted by our** life on the physical plane and our different relationships with different physical beings during our journey of births and rebirths. Spirituality makes us realize the need of restoring our connection with God, which has either broken or has become loose. It also makes us realize that this connection needs to be a very deep and personal one.

God plays many roles, just as a good parent, being one, but will play many roles while bringing up his or her child. Each role consists of different spiritual characteristics and virtues of God, expressed by Him. Take a few moments to think about the main roles that God plays in our life and identify the main virtues and characteristics which He expresses e.g. in the role of Father He demonstrates the art of living to us and how to perform right *karmas*. In the role of Mother He gives spiritual sustenance, in the form of virtues like peace, love and joy to us. In the role of Teacher, He showers us with true knowledge of the spirit or the soul. These are just a few examples. We suggest you do your own thinking about seven different roles that God plays: **Father, Mother, Teacher, Guide (or Guru), Companion (or Beloved), Friend, Child** and how he plays them. Once you have done this inner thinking exercise, experience each of these seven roles on each of the seven different days of the week, one role per day. Feel Him being in that role for you and then note what you feel exactly and how you relate to Him. Also identify the spiritual characteristics and virtues that it brings out from within you.

Refocus on what's important.

We're not going to agree on everything so there's going to be disagreements.

And it's so easy to rush from a disagreement to an argument. But arguments rarely accomplish anything.

In fact, put energy into an argument and it takes more energy to reconstruct that relationship.

The next time you find yourself rushing into an argument, take a deep breath, slow down and refocus on what's important.

Get your point across clearly and calmly, and work towards an agreement on what you both want to achieve and gain.

Breathe deeply and you'll improve your relationships!

Message for the day

Cooperation creates space for learning and growth. **Expression:** The one who cooperates and inspires cooperation is able to create a conducive environment for the progress of all. To inspire cooperation means to be able to relate to the positivity in those around. Relating to the positive aspect naturally inspires others to use their specialities for the success of the task. Their good wishes for the task too emerge very naturally.

Experience: Since I am able to relate to others' positivity, I find myself enriched with it. I subconsciously imbibe what I perceive. I get a chance and a space to learn and progress. The journey towards success in itself is a joyful experience and there is harmony in working with others. Thus I find success too easy to achieve as there is the contribution of each one's speciality for the task.

*In Spiritual Service,
Brahma Kumaris*