

Daily Positive Thoughts: March 12, 2017: Eternal Star



## Eternal Star

There is a part of you that is perfect and pure. It is untouched by the less-than-perfect characteristics you have acquired by living in a less than perfect world. This part of you is a still and eternal star. Make time to reach it and this will bring you untold benefit.

## **Effort To Manipulate The Law Of Action**

Human laws can be adjusted, manipulated and even ignored by some, but no one can do the same with the Law of *Karma*. On the physical level, there is no time interval between an action and its reaction. If I throw an object in the air, it falls back immediately with the same force. With the Law of *Karma*, however, there can be a delay between the action and its result or fruit. The seeds of certain actions (negative or positive) bring immediate fruit. Others can take years or even many births to bear fruit. If I eat too much ice-cream, I will see the result or karmic effect of the negative *karma* of greed within a space of ten-fifteen minutes in the form of a headache or after two days in the form of a cold and flu. This is an e.g. in which we realize the working of the Law of *Karma*, we realize clearly the cause and its effect, but on a subtle level, when we see the effects of actions, we do not realize that the cause may have actually been in a previous life. There is a total connection between the cause and the effect.

When we analyze a natural calamity such as a major earthquake that uproots buildings and trees, overturns vehicles and kills thousands of people. The physical cause may be tectonic activity associated with faults inside the earth's surface but at the same time, we realize that such a calamity could have its roots in a process initiated by human beings a few hours, days or months ago – an e.g. being testing of nuclear weapons. On a personal level, I can say that there is nothing which happens to me for which I am not responsible. Whether I remember what I did to make it happen or not, whether I realize it or choose to ignore it, I am ultimately responsible.

## Down & Out?

Sometimes when we feel down, all our thoughts of dejection and feelings of discontent block us. It's as if, in that moment, we're not open to receiving all the good that is coming to us; it just can't get through.

When this happens, start by taking a deep breath and relaxing. Allow your heart to feel more open, your mind more expansive, and allow your natural good feelings to emerge.

Now notice if anything has changed from a moment ago. Notice all the good that is coming to you, right now.

## Message for the day

**To invest rightly is to increase savings.**

**Thought to Ponder:** How we spend is more important than not spending at all. When it comes to our biggest asset, our thoughts, we need to invest well. When we have positive thoughts, they become a saving for the future too.

**Point to Practice:** Today I will spend at least half an hour with something that gives me a feeling of positivity. Today I will also be careful to avoid anything that will create negative feelings in me. This will ensure that I will be investing my thoughts in the right way, without wasting them.

*In Spiritual Service,  
Brahma Kumaris*