

Daily Positive Thoughts: March 20, 2017: Fill the Gap



*Gaiola Bridge, Naples, Italy*

## **Fill the Gap**

**If anyone has any weakness, make it your duty to fill that gap. To speak about someone's weakness is not greatness. The greatness lies in removing that weakness.**

### **Ruling The Kingdom Of The Mind (Part 3)**

Rulers have ruled over different territories all across the globe since thousands of years. There was a time when rulers headed the complete world, a time when there was no trace of sorrow or hatred or injustice or disharmony in their kingdom. We know these rulers as *devis* and *devtas* or also gods and goddesses today. What was the secret of their success? They possessed, apart from the skills to rule, all the powers to succeed. **So what is the secret of success for the spiritual king, which is me? I enhance my spiritual powers and make them a part of my personality trait set.** How? The examples of thought suggestions which we explained in yesterday's message – their practice. Thought suggestions coloured with the seven primary virtues – peace, love, joy, purity, bliss, power and truth. We have explained four virtue types in yesterday's message. Our readers could give a thought to the remaining three.

**These virtue coloured thoughts, when repeatedly brought into my conscious canvas every day, seep inside me and colour my sub-conscious canvas, which then fills me, the spiritual king's personality, with those seven virtues. Virtues in turn cause the creation and increase of spiritual powers inside me** which in turn makes me mighty or strong, a king with the eight primary spiritual powers - the power to withdraw, the power to pack up, the power to tolerate, the power to accommodate, the power to face, the power to discriminate, the power to judge and the power to co-operate. Such a power-filled king is then obeyed by his ministers - the thoughts, feelings and emotions and his people - the attitudes, expressions, words and actions and all of them learn to respond to the outsiders i.e. external situations, in tune with their king's personality i.e. in tune with the seven primary virtues and the eight primary powers. As the king, so his ministers. As the ministers, so his people – resulting in a harmony, love and joy filled atmosphere in the complete kingdom. Such an order filled kingdom is a kingdom of high self-esteem, and is respected by other spiritual kings it associates with every day because the kings who come in close connection with such a kingdom experience these virtues and powers from the kingdom and its people i.e. my complete self.

## Feel Stuffy?

All the unnecessary, repetitive thoughts that linger around in our minds create a stuffy atmosphere and affect how we feel.

Next time your mind feels stuffy, filter out any negativity or unwanted thoughts. Remove all the contaminants from your mind, just like an air purifier.

Now you can think fresh thoughts, feel good and breathe easy!

## Message for the day

**As is our attitude towards others, so is the quality of interactions.**

**Thought to Ponder:** Our attitude towards others influences our interaction with them. A negative attitude towards another person not only makes me behave negatively. It also makes the other person use that quality again and again when in interaction with us. We actually become a reminder to the other person about his own negativity. For example, if I continue to believe that someone is lazy and we keep expressing that, that person will only remember their laziness when they see us, and use it too.

**Point to Practice:** Today I will remind one person of some quality that I see in him. I will praise or use this quality of the person at least 3 times. Thus, I will be able to become a reminder for them, of their own specialty. This will encourage them to use this quality at least when they are interacting with us.

*In Spiritual Service,  
Brahma Kumaris*