

Daily Positive Thoughts: March 26, 2017: I wish to be me



I wish to be me

How fast can life become? How much can we do in the corporeal amount of time we have. There are only 24 hours in the day, but we're trying to fit 26 hours into it. If we could watch a movie of our average day we'd probably be amazed at all the things we try to do.

And then there is the exact opposite. Some of us spend our lives watching others doing and achieving, and from these images we build such high expectations of our own life, and then sit around feeling utterly powerless in our attempts to meet these expectations. That powerlessness becomes hopelessness and hopelessness becomes depression. If we can just see this process and release these expectations! If we can at least be detached from any expectations, we will get back some of our inner power and self-motivation.

It helps to stop watching others and their lifestyles, especially in the media, and then comparing yourself to them. It helps to eliminate all but one 'I wish' from your mind. There is only one valid and useful 'I wish' and it is simply "I wish to be me". For that is all you can ever be. It is all you can ever have. It is all that you are. And when you know it, you will be free of all expectation and desire, and able to enter the most relaxed state of being, at will.

Breaking The Cycle Of Negative Energy Exchanges (Part 3)

A simple pro-active response in breaking the cycle of negative energy exchanges with another person is the deep inner realization that the other soul is at that point of time lacking in the treasures of peace and love, although the foundation for the realization should be a humble consciousness. Very often this realization is based on an egocentric consciousness, which instead of cooling the situation can serve to make it more volatile on a subtle level. **So based on this realization is an inner reminder to the self of my duty at that point of time - serving the other soul with the infinite treasures of God's love and peace, which I am an embodiment of.**

So, pure donations at that time in the form of constructive positive and powerful thought vibrations for 5 minutes, once a day, at a fixed time, does the work of a soothing balm of love and peace for the other person. Through this method, **your feelings of lightness, contentment and goodwill reach the other person, with whom you have a problem. By doing that, these positive feelings transmitted to the other person pave the way for a realization inside the other person, of the negative that exists inside him/her in the form of shortcomings and misdemeanors (incorrect actions) committed, if any.** The realization serves as a motivator for change. Also coming into contact with the other person with a cheerful face and colouring the other person with your enthusiastic company, a company full of the feelings of sweetness, happiness and contentment brings about transformation in the other as our actions become teachers for the other and the other is humbled and is inspired to become likewise. Also donations in the form of humble and soft words, words that are numbered (few) but invaluable, help in bringing to an end the negative energy exchanges and winning the blessings and good wishes of the other as well as people connected with the situation.

(To be continued tomorrow ...)

Drop the comparisons.

"Yesterday was such a good day!" "The food yesterday was really tasty!" Does that mean today isn't a good day? The food today isn't tasty? Compare one moment to another & you don't enjoy the present moment.

Understand: every day, every moment, everything is different, unique & special. And then you'll experience contentment in the present moment & enjoy what is.

Message for the day

To be egoless is to learn from people.

Thought to Ponder: Each and every person I come into contact with has something to teach me. When I work with ego, I become deprived of this learning. I am not able to see the positive in people. Nor do I have the humility to understand that there is a lot to learn and improve. Being egoless helps me continuously learn and progress.

Point to Practice: Today I will learn something from someone really close to me. I will take one point that I feel that I should imbibe from this person. I will consciously work on imbibing this point into my life.

*In Spiritual Service,
Brahma Kumaris*