

Daily Positive Thoughts: March 31, 2017: Harmony



Harmony

All things have their time. All things have their answers. All things have their right to be. Accepting this reality, all things come into harmony.

Overcoming Sorrow By Regaining My Original Texture Of Purity

Unless the soul regains its original *sanskars* of purity, it cannot escape suffering and grief. Purity is the foundation of peace and bliss. And for purity the soul requires the removal of every trace of negativity. Souls are burdened with the accumulated negative *sanskars* of their previous births, the extent of which varies from soul to soul. According to the law of karma, the soul has to experience suffering as a result of its wrongful acts. **A pure soul does not suffer. The evidence that most human beings are bearing sorrow in some form or the other shows that nowadays souls are carrying a load of negative *sanskars* resulting from wrong actions committed in this and their past lives.** A question can be asked - *Can a soul be relieved of all its past negative actions through suffering for the same in its present life?* Not really, because due to the cyclic nature of the thought process there is a cumulative effect of negative *sanskars* which forces the soul to perform more negative actions than it can clear through suffering. That is why the degrees of purity of the soul decrease continuously. The downfall becomes steeper due to the cumulative effect of vices. Negative *sanskars* give rise to negative thoughts which lead to negative actions, resulting in the formation of still more negative *sanskars*. Thus, souls are caught in a downward spiral from which they are unable to release themselves. **Meditation, however, opens the door to God, and through rising above all physical laws, one can set oneself free from the effects of all wrong actions.** Through connection with the purest Supreme Soul, the *sanskars* of the soul are automatically purified and it moves further towards its original state of purity, peace and bliss.

Be Carefree

There is a crown of light on those who are carefree.

If you are worrying about anything you carry the baskets of burden on your head.

Which do you prefer? Do you prefer the basket or the crown of light?

Message for the day

Patience brings contentment.

Thought to Ponder: When I am patient with life's situations and people, I am able to appreciate the beauty of everything that is happening in my life. I am not caught up with the future, but am able to enjoy this moment and use it well. This automatically brings contentment in my life, without making me lazy.

Point to Practice: Today I will make patience my companion. When anything happens that I don't like, I just have to remind myself that I need to enjoy this moment and work to make my future better. I need not worry about what will happen or have fear of it.

*In Spiritual Service,
Brahma Kumaris*