

Daily Positive Thoughts: April 06, 2017: Balance



## **Balance**

**Maintain the balance of responding to situations with a cool head and  
to people with a warm heart.**

## Understanding The Mechanism Of The Virtue Of Peace (Part 2)

Yesterday we have explained how the virtue of peace works in human souls through the cycle of life. In today's message we explain (with reference to yesterday's message) how we can experience our original state of peace experienced during the initial phases of the birth-rebirth cycle. Tomorrow we shall explain how we can experience the eternal peace of the soul world. **To have both these experiences, the basic principle that I need to remember is that to experience peace, I need to concentrate on it – concentration means creating thoughts about it and visualizing it at the same time. Secondly to access peace, I need to separate myself from my body and surroundings. So how do I bring these two principles in practice?**

The first chapter of the Rajyoga meditation course as taught by the Brahma Kumaris in each of its centers states a simple fact and makes me realize it that I am not this body but I am an eternal soul, a non-physical star like spiritual energy, situated at the centre of the forehead, just above the eyebrows, the original nature of which is peace. The body is my vehicle. Now, to experience the peace experienced during the initial phases of the birth-rebirth cycle, my mind picks the above fact or wisdom from my intellect, which is a reservoir of spiritual knowledge and where the above fact is stored. Then, my intellect, which possesses the decision making ability judges the thought as to whether it is a right or wrong one. If my intellect is convinced about the fact, it judges the thought as right. Next, I take this process further. Along with creating this thought I visualize this thought on the screen of my mind i.e. see my star-like white/golden light form just above the eyebrows radiating white/golden rays of peace in all directions. I do this exercise for a few minutes. **This exercise then leads me to an experience of peace, as a result of which a *sanskara* of peace is created.** This is the peace experienced whilst visualizing the spiritual self inside the body – **it is the peace experienced in the initial phases of the birth-rebirth cycle.**

## **Working and living with others is like being part of an orchestra!**

The musicians in the orchestra know their instrument well.

They know that they don't all play at the same time or for equal amounts of time.

In the same way, we too have to recognize and value our own and each other's' strengths and contribution.

And when we harmonize together, that's when we create great music.

### **Message for the day**

**To speak about others' negativity is to increase the burden of negativity.**

**Thought to Ponder:** Every negative experience leaves a negative mark on my mind. When I talk about that to someone, they too would be influenced. In the same way, when someone talks about others, it creates negativity in our minds too. Although we did not have that negative experience, we tend to carry the unnecessary burden of negativity.

**Point to Practice:** Today I will neither gossip nor listen to anyone gossip. I will pay attention to myself that if I have to talk about anyone, it will only be about any positive aspect of them, if not I will not say anything. For today, I will pay attention to this.

*In Spiritual Service,  
Brahma Kumaris*