

Daily Positive Thoughts: April 09, 2017: Smile and say "Hello"



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In life you will meet many people. All are significant. They deserve your attention and care, even if all you do is smile and say "Hello".

Churning Spiritual Knowledge (Part 1)

Churning spiritual knowledge or thinking deeply about it makes us a complete authority of that knowledge. What are some practical ways of implementing churning in our lives?

Take 15 minutes out of your daily routine every day to think deeply on any topic related to spiritual self progress (like e.g. each day's *Positive Reflection* message or something else). You do not need to disconnect yourself from action to do this. You could do this while taking a walk, while driving to office, while cooking food, etc. By churning this way in isolation, the mind is able to concentrate immediately. Secondly if you read some spiritual knowledge and afterwards write down the essence (summary) of it for 5-10 minutes as it has influenced the mind, then you will find that essence will remain with you and deepen during the day.

The benefits of churning spiritual knowledge are as follows:

1. Churning makes the soul feel powerful: it makes you aware of your powers and increases your self-respect. Any inferiority complex ends and one experiences oneself as a great and powerful soul. Self-confidence awakens as weak thoughts diminish: *I won't be able to do this. Will I succeed or not?* Strong thoughts emerge instead: *The Supreme Being himself is with me. I will definitely be successful.* Such confidence and bravery is experienced which strengthens the soul to undertake any impossible task.

2. Natural and unruffled peace in my outlook: Churning takes us to the depths of the ocean of knowledge. The depth of knowledge finishes all our attractions. In the depths there are no storms, but only the peace and bliss of unlimited treasures.

(To be continued tomorrow ...)

Make change easy

Throughout the year, we adapt and change our eating habits, activities.... according to the seasons.

We changed the clocks when the clocks turned back. We're going to put that big coat on and wrap up warm when it starts to get chilly. We're not going to resist, are we?

Come on, be practical. Quickly accept and adapt to any new changes in your life and make change easy.

Message for the day

The power of transformation brings all attainments.

Thought to Ponder: When there is the ability to transform negative into positive, and waste into useful in a second there is the ability to be useful for the self and others. There would not be just complaints against the situation, but the best would be made out of all situations and move on to the aim set out.

Point to Practice: When I am able to use the power of transformation to finish negative and waste, I am able to experience being free from obstacles. So I am able to experience contentment under all circumstances for having made the best use of everything available.

*In Spiritual Service,
Brahma Kumaris*