

Daily Positive Thoughts: April 17, 2017: Exercise the mind regularly



To exercise the mind regularly keeps it healthy

Whenever we have negative thoughts, we try to stop them. We know they are not good for us and they drain us of energy, so we try to avoid them or change them. Because we are not always able to succeed in doing so, we begin to accept those kinds of thoughts as part of our lives.

I need to get into the habit of exercising my mind in order to keep it healthy. To exercise the mind means creating and stabilizing whatever consciousness is required at that time. That means if I need peace, I can hold on to that thought for however long I want to. This prepares me to deal with difficult times.

Crossing Negative Situations With Spiritual Power (Part 1)

A significant and important sphere of our life which constantly goes away in a direction that we do not want it to is **the way we look after our mental well-being and how it influences our overall behavior and the way we perform our actions**. E.g. if we are in a positive mood today, automatically all our actions will begin to get influenced by that and positive emotions that exist in our mind, start showing in our interactions. Also, if a negative and difficult situation comes into our life suddenly and our mind moves into a negative direction, then almost automatically our actions go into that direction.

How do we prevent this process from happening? What is the single best method to follow to prevent the mind from coming under the influence of difficult and demanding circumstances? Is there some method which we can use for our mind so that this complete process is stopped at the level of the mind in the first place? Say, you are not physically well today and you do not feel comfortable. So that is a type of negative situation. On another day, your boss at work has not been nice to you and you feel uncomfortable with the situation surrounding you. This is another type of negative situation. Such ups and downs are common in life and they will be there at every step, but do we let them dictate the way we behave or do we ensure that they do not interfere with our regular routine and our dealings with people? Of course, no one wants a burden on them but at the same time **situations have to be dealt with positively also. But the main thing to take care of is, that while doing that, you do not lose your inner stability and your actions remain positive and full of peace, love and happiness.**

(To be continued tomorrow ...)

As without, so within

We live in the age of 'busy'. Busy people not only do a lot, they think a lot. The origins of 'busy' are mental.

Mental tiredness is a symptom of the self-going against the grain of the truth about the self. Being lost in thought, thinking constantly about things to do, what's been done, what could have been done, what was done wrong, what should have been done but wasn't, what others did, are doing, should do, must do, is not only tiring and a brilliant way to waste energy, If you would learn to meditate and thereby turn the eye of your attention and awareness within, if you would let your mind be quiet and allow your being to be still, you would rediscover, 'as without, so within'. You would realize outer space is but a reflection of inner space. Both are vast and infinite spaciousness.

Message for the day

To be content and make others content is the best way to get good wishes.

Thought to Ponder: Whether others are good to me or not, I need to develop the art of being content. I can be content when I appreciate what I have rather than just expecting from others or situations. When I am content, I can provide others too from my own reservoir. Thus, I will be able to give the experience of contentment to others too. This is a simple way to earn good wishes from others, filling me more.

Point to Practice: Today I will not let anyone go away from me empty handed. I will ensure that every person that comes to me, gets some positive experience or is connected to something positive in his own life. This will keep me busy giving and will make me free from expectations too.

*In Spiritual Service,
Brahma Kumaris*