

Daily Positive Thoughts: April 18, 2017: Co-operate with good wishes and pure feelings



Co-operate with good wishes and pure feelings

The best way to co-operate is to use the energy of the mind to create good wishes and pure feelings towards others and for the success of a task. When I co-operate with others in this way, I will receive their co-operation when I need it most.

Crossing Negative Situations With Spiritual Power (Part 2)

Looking at different types of difficult problems in our life can make us lose our enthusiasm and also weaken us internally. Life can become a difficult and rough journey, which is when spirituality with all its different benefits can help us immensely. **Spirituality is the technique of learning how to rule over yourself not only at the level of words and actions, but also on a more subtle level of thoughts, feelings and emotions.** It teaches us the art and fills us with the power of applying a brake to our negative and unnecessary thoughts when a difficult situation is in front of us. It's not about suppressing your mind and saying that from today I will not get angry or I will behave with love and humility with everyone and then going back to your negative self after some time. This is unnatural. But on the other hand, it's about gently transforming your negative emotions into positive ones by the use of spiritual power filled in the self by connecting with the Supreme Spiritual Power Source of the world - God. This connection is called meditation in spirituality.

Also, it's not about just relaxing your mind by reducing the number of thoughts, but it's about creating the right positive thoughts which replace the negative thoughts which are in our mind, when we are in the middle of a difficult situation. So, **spiritual strength is what will give us the ability to change our way of thinking and behaving and not just spiritual knowledge.** Remember, it's our personality which needs to change and that will automatically transform our thoughts and feelings, which are influenced by my personality.

(To be continued tomorrow ...)

Anger

Anger is a condition in which the tongue works faster than the mind.

To be controlled by anger is to repress the soul's original qualities of tolerance and love.

Message for the day

To be a trustee is to use all treasures well.

Thought to Ponder: We do have a lot of treasures. But we need to understand that we are entrusted with these treasures so that we can bring benefit to others too. When we put into use treasures like our thoughts, values, skills etc. for the benefit of others, we are benefited too. So, we need to use all these treasures as a trustee.

Point to Practice: Today I will say everything that is mine belongs to God and is meant for His service. This ensures that I don't waste or misuse any of the treasures entrusted to me. I use it well for others, as well as for myself.

*In Spiritual Service,
Brahma Kumaris*