

Daily Positive Thoughts: April 21, 2017: Circumstances are like objects



Circumstances are like objects. They are not alive; you bring life to them.

The positive is more powerful than the negative. The positive is innate. The negative indicates what is missing inside you. Light exists and its absence is darkness.

Never forget you are a human being who can decide the attitude you take in life. You have an enormous positive inner potential still to be discovered.

These thoughts will help you face any circumstance in life with a different perspective.

Serving Through Silence

In meditation you connect to the experience of silence in which both the mind and the heart are calmed. The mental chatter or noise stops. A gentle flow of slow, clear, transparent and peaceful thought is produced. The organs of the senses and the body are calmed and your emotions become peaceful. **In this state you can listen to the voice of your conscience, the voice that guides you.** That way you awaken the divine intuition. **On listening to that voice, you are strengthened. In this way you start to align your life with your purpose, with what you really want. You begin to have more determination to carry out the things that you really want to do, without fear preventing it.**

With meditation you learn to love the silence. A tender, beautiful and sweet silence. That way you value each word more, given that to not lose that experience of the sweet silence, you try to talk less, to speak with sweetness and gentleness. When you generate the love and pleasure in going to the silence, it helps you express the best of yourself. **To help others, sometimes it is better not to speak, not to use words; to use the vibration of your thoughts and good feelings that emerge from that state of silence.** That way you will enter the hearts that are trapped in darkness. Those hearts are in darkness, they have lost hope, and they are hurt, wounded, discouraged. From your silence you transmit to them the light with which they can find a way out. To receive it, they have to be willing. But if their time has not yet come, at least they will know that there are people willing to help from a silence that does not judge, does not complain. **A silence that accepts, appreciates and loves,** generating an atmosphere in which one can be oneself and feel free to change at their own speed, without feeling forced, but rather from understanding and love.

Creative energy

When you lose something that you've really worked hard on, do you get that sinking feeling?

All that hard work, all that time - lost! Even though the product of your efforts is no longer in your possession, your efforts are never lost.

If you have to redo the work, take a brief break: to recover your enthusiasm, recall that creative energy and refresh your memory.

Just think: I get a chance to do this again. This time I can give an even better performance, an encore.

Message for the day

A step of courage brings multifold help.

Thought to Ponder: One step of courage is enough to pave the way for something better. If we get disheartened and stop, we will be worse than what we are. So, whatever the situation may be we need to take one thought of making the situation better. This one thought will help us see the hidden opportunities. Also, we find help coming from others and situations too.

Point to Practice: Today I will take up something that I have given up on, and see where I can start once again. With renewed courage and enthusiasm, I will create a plan and work on it. With the faith that I am going to find a way, I will work on this plan.

*In Spiritual Service,
Brahma Kumaris*