

Daily Positive Thoughts: April 29, 2017: Pure Peace



Crystal clear water, Kastellorizo, Greece

Pure Peace

Why do we find it hard to be at peace with ourselves, each other and the world? Imagine a lake that is flat and calm and pure – it is so clear you can see the bottom. Even when the wind blows it only ruffles the surface. All is still and peaceful in its depth. Then the first polluting chemicals of the new factory and farm come rolling down the hill and into the water. Immediately it starts to cloud over and bubble a little. Chemical reactions are taking place and the purity is lost. When purity is lost peace is lost.

It is the same with human consciousness. We are innately peaceful beings. Peace is our deepest inner state of being, our true nature. To be at peace is to be in our natural state, but only when our consciousness is pure and clean and true. As soon as the pollutants of any negative images are allowed in, or we allow old memories and experiences to disturb us into negative thinking, our purity and therefore our inner peace are gone.

It's not the external event or person that takes our peace away – it's because we give them permission to enter and give them life in our minds. Keep your mind and heart free of all pollution and peace will always be with you.

Creating A World Of Forgiveness (Part 2)

We are all very much aware that forgiveness is a healing balm for anger. But **to forgive, the first and foremost power that is required is the ability to apply a full-stop on my rough emotions when provoked.** The control of my emotions, one minute every hour, is like building a dam across the river of emotions which becomes rough, while coming into interactions with a variety set of personalities and while becoming busy in actions, both of which cause an expansion of thoughts. The situation becomes worse when the interaction or action, during the past hour, has been a negative one, filled with conflict. So, every hour, a short one minute meditation, to fill the mind with the power of peace, is the first preparation of the mind to forgive easily. We suggest to you a few thoughts that you can create – *I am a peaceful soul, a beautiful golden-white star situated at the centre of the forehead. I spread the rays of peace to my surroundings. I am the child of the Ocean of peace, the Supreme Soul. All the people in my office or in my family or in the world at large are also children of the Ocean of peace, their nature is originally peaceful. We all together, collectively, have to create an atmosphere of peace at our workplace or home or in the complete world, so that we can all create a world of forgiveness.*

Collecting 15 minutes of peace every day (one minute every hour), in this way, is extremely valuable. These 15 minutes are the bricks of the dam that you have to build for yourself inside your mind and keep the rough emotions in check. Try this for one month with an earnest heart and determination to transform the self. This peace-brick building exercise will not only control your emotions but will also slow down the speed of the flow of the river of emotions by healing the origin or source of the river of emotions, which is your *sanskara* of anger and transforming it into a *sanskara* of forgiveness, because thoughts of peace not only fill our emotions with peace in the short term but also make our *sanskaras* peaceful in the long term.

(To be continued tomorrow ...)

An Extra Boost

Mornings are an ideal time for solitude and contemplation. Not only do you create a feel-good feeling but you also create a reservoir of energy that you can draw on throughout the day.

So when you need an extra boost during the day, rather than reach for coffee or chocolate, you can slip into your reservoir of energy and refresh yourself.

Message for the day

To be powerful is to be a support for others at all times.

Thought to Ponder: When we face challenges, we may not look for solutions from others, but we definitely tend to look for support from others. Yet, we find that most people today are unable to give support. We then tend to get disappointed, further increasing our negativity. Yet, we need to understand that each one has their own problems and they too are in some way looking for support. We need to be internally so powerful and self-reliant that we can become a support for others, instead of expecting from them.

Point to Practice: Today I will create a simple practice for myself. At least 5 times today, I will tell myself "I am powerful and self-reliant. I am the master, the creator and this situation is just a creation. So I the master will find a way to maneuver and change the situation". This practice will help me stop expecting from others, not even support.

*In Spiritual Service,
Brahma Kumaris*