

Daily Positive Thoughts: May 01, 2017: Nurture Nature



Nurture Nature

Many a philosophical debate arrives at the bottom line – are we naturally the way we are or is it nurtured? Are we all pure in heart, but blinded by the impurities of the world? Are we all enlightened souls who have simply succumbed to illusion? Most of us have an intuitive response which seems to acknowledge that there is goodness in everyone; it's simply sometimes hard to see. As we look at ourselves maybe we even find it hard to see the good in ourselves. Perhaps we've been taught to see only the dark, the negative. Perhaps we grew up with others whose vision always landed on the negative. But who would choose to live in the darkness? Who would choose to be a negative person? Who would choose pessimism? Probably very, very few, if only we could see the choice. That's why it is essential you find the good, however small within yourself, tend to it, nurture it, nourish it – just as you would the plants in your garden. When you focus on the good, the positive within yourself, you give it life, you give it permission to grow and to be restored to your nature. The good has been there all along, simply out of your inner sight, out of your awareness. Some say 'get a life' but this is how to give a life. This is how to give life back to yourself! Or do you prefer to live in the dark?

The Consciousness Switchover (Part 1)

While we have explained in many of our past messages what body consciousness or attachment to physicality is and how it leads to a creation of lot many different types and shades of vices or weaknesses which tend to creep into our *sanskaras*, thoughts, feelings, attitudes, words, actions, etc. as a result of which we lose access to our pure, positive inherent nature; another process of subtle attachment to physicality that we get drawn into regularly, which leads to the same result, but on a more subtle level, is ***karma* or action consciousness where there is no over consciousness of the physical body but one gets so engrossed in the role one is playing that one becomes role conscious and experiences bondage and burden and mental freedom is lost.** As a result our inner comfort and contentment levels drop, others tend to become discontent with us and we become discontent with them, our relationships suffer, the efficiency in our actions drop, even our physical body is affected and we don't know the reason for the same.

Most of us will experience body consciousness once in a while but we experience *karma* consciousness every day, something which we don't perceive as negative but it gives a negative result because it is a subtle form of body consciousness, which can accumulate inside us over a period of time and cross the boundaries of subtlety and take a gross form. What is a simple solution for the same? **A consciousness switchover from role or *karma* consciousness to soul consciousness at different points in the day and then returning to playing the part of *karma* with a revised consciousness.** The role remains the same and is to be played, the soul cannot exist without it, but the consciousness is changed.

In tomorrow's message, we will mention a few very simple methods which help us in doing that.

True Love

Love provides the environment for everyone's growth.

When I experience true love I can provide the right environment for people so that they can progress in their lives.

Today I will not hold onto those I love nor expect them to do everything according to my needs, but instead will give them real support.

Message for the day

To have control on the self is to be a winner in situations

Thought to Ponder: Situations influence me and I get carried away. This means that the reins are not in my hands and I have given them to the people outside. I, then, have no control of my feelings, thoughts, emotions, words or actions. Everything becomes a reaction to what is outside. On the other hand, if I am able to keep things in control, I am able to respond in the right way to situations, making me a winner.

Point to Practice: Today I will remember that no one can control me, but myself. I am the master, and seated on this seat of self-sovereignty, I can give orders to myself and keep myself in control. I will not let anyone or any situation influence me or take me away from what I have to do.

*In Spiritual Service,
Brahma Kumaris*