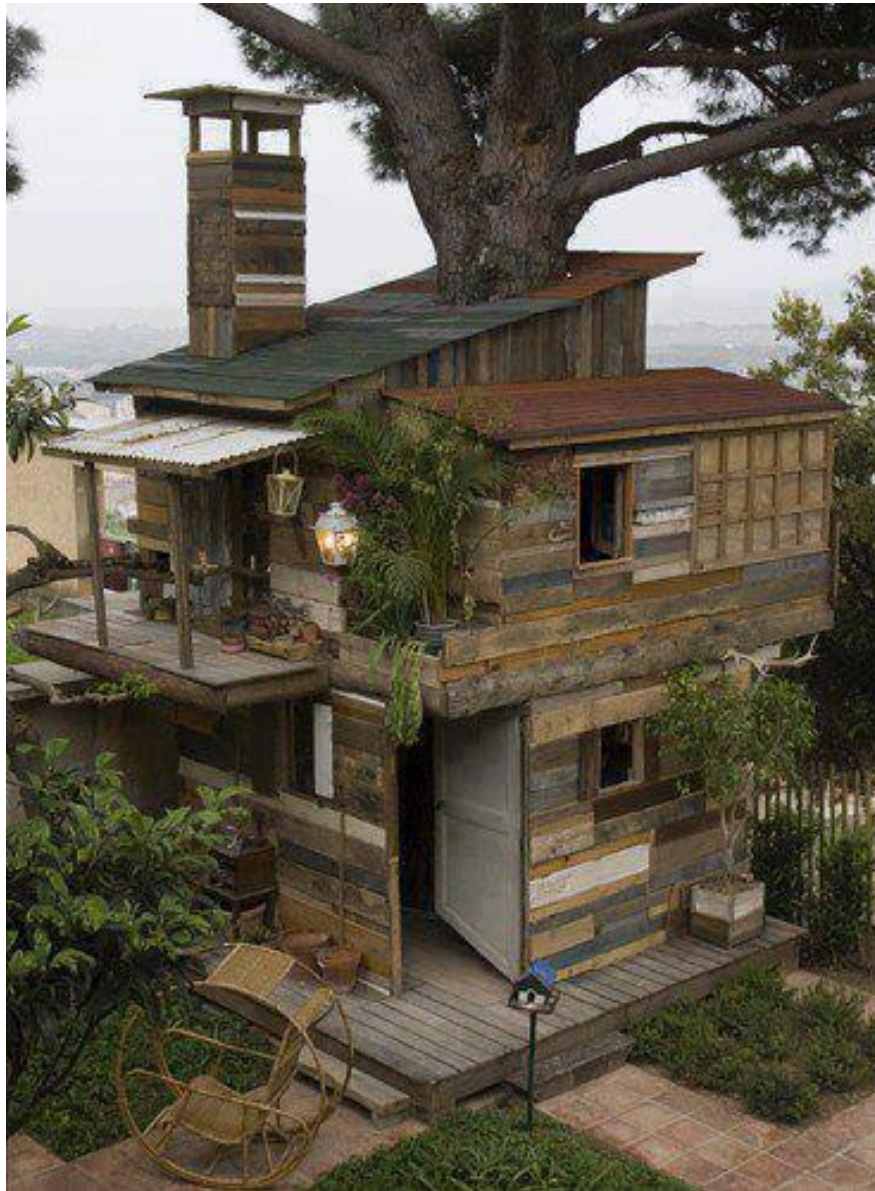


Daily Positive Thoughts: May 08, 2017: Solutions to problems



Solutions to problems

In order to find solutions to problems, it is important to improve the quality of my thinking. I need to calm my mind by creating peaceful thoughts. The first thing that follows is that problems stop affecting me. I am able to think more clearly, which brings about a solution.

Restoring The Mind-Body Balance

Many people are under the impression that the focus of spirituality is only on the mind and the soul, and the physical body is neglected. But that's not true. Our physical body is essential to our life and the art of living. It is our vehicle and our home. An appropriate balance of **diet, sleep, relaxation** and **exercise** is important for the body. However, when we enter the world of spirituality, the main emphasis is on the mind and the soul. This does not mean that we do not value or take care of our body. Without a healthy body, we would not be able to express ourselves mentally or spiritually. **Spiritual progress, which includes the listening/studying and imbibing of spiritual knowledge, the practice of meditation, the inculcation of divine virtues and the spiritual service of others through different means is much easier and better with a healthy body.**

Unfortunately, though, we have lost the art or wisdom of balance and for very long we have placed too much emphasis on our physical form, the body; and less emphasis on our spiritual form, the soul, as a result, reducing our spiritual awareness. One of the aims of spirituality is to restore this balance between mind and body so that we can experience well-being and happiness at every level. So while our body and our physical energy are essential, the focus of spirituality is on the mind and the soul, to help regain the balance.

Do something constructive

Feeling guilty is like sitting in a rocking chair. We rock back & forth emotionally, but it doesn't get us anywhere!

The next time you find yourself sitting in the rocking chair of guilt, hop off & move to a better emotional place. How? Ask yourself, what can I do to make amends? And then act on it.

Do something constructive & you'll feel better about yourself.

Message for the day

To recognize weaknesses is to have the ability to transform them.

Thought to Ponder: We do try to work on weaknesses to remove them, but most times we are not able to understand what the real cause for them is. So, we do not find any marked difference, i.e., we are not able to bring about much of a change. The method to find the real weakness is to keep introspecting as to why the weakness is working. This needs honesty in the heart and clarity in the intellect.

Point to Practice: Today I will pick out one weakness of mine and check what the real cause of that weakness is. When I try and understand, I find that I am much more easily able to work on removing my weaknesses. I then don't have guilt or negativity but am able to work on it with confidence.

*In Spiritual Service,
Brahma Kumaris*