

Daily Positive Thoughts: May 22, 2017: Close to Perfection



Close to Perfection

When nothing attractive attracts you, even in your thoughts, you can then be said to be close to perfection.

Keeping The Balance With Ease (Part 2)

How do I keep myself stable and constant when surrounded by lots of actions either in my personal life or my professional work or anything else? As per the knowledge of who I am, what we see about ourselves in the physical mirror is the way we look. Other than that, we know our education, our personality, our skills and even our work or the role we play. This is our physical self. But, inside this physical body and the one which plays its part through the physical body is the inner being or also called the soul. The soul is an energy which is a natural storehouse of all our qualities and powers. If I experience these qualities and powers inside my mind, which is a part of the soul, I will remain at peace and in a content state of mind. But what happens is that when we begin our actions, we lose our connection with the inner self. We start acting on a physical level, without giving importance to the inner spiritual self.

A very simple method to bring these qualities and powers into my consciousness and then into my actions is reminding myself. Reminding that *I am a peaceful soul* or *I am a loveful soul* or even *I am a powerful soul*. What this will do is make you that. These are called affirmations. The more I bring these qualities and powers into actions, the more my actions will become streamlined and I will not get over-involved with them. At the same time I will perform them accurately, because my mind is focused and full. This is called soul-consciousness and is a higher state of mind than being action-conscious.

Jealousy doesn't look good or feel good.

It makes us overreact, misinterpret and assume things.

Every time jealousy emerges, don't look away, acknowledge it.

Then challenge your feelings of jealousy: What's really making me jealous? Do I have valid reasons? Am I being overly controlling, insecure or suspicious? Why do I feel threatened?

Gain insight from the feeling of jealousy and grow from this insight.

Message for the day

True knowledge is that which comes into practice.

Expression: To know and not to bring into practice means there is not the accurate understanding of it. It is natural that whenever there is clear understanding change is brought about very naturally and with great ease.

Experience: When I am able to bring about a change within myself based on understanding, I naturally change with interest and commitment. I don't feel the pressure of the situations or people for me to bring about a change.

*In Spiritual Service,
Brahma Kumaris*