

Daily Positive Thoughts: May 23, 2017: The Rejuvenating Power of Silence



The Rejuvenating Power of Silence

Silence has to be love-filled. Love actually inspires and moves all things towards their original freedom and happiness.

Keeping The Balance With Ease (Part 3)

We are all action-conscious at times, forgetting that all the actions are performed by the inner being or soul. Actions may seem to be performed by our hands; words may seem to be spoken by our tongue and everything we see and hear seems to be done by our eyes and ears. But, always remember, to keep a balance of all our actions and to maintain a positive and powerful as well as detached state of mind which does not get disturbed, we need to remember one thing. The hands, tongue, eyes and ears, all of them are being controlled by the soul or the real me. I am not Mr. X or Ms. Y. That is the name of the physical body or the physical costume I wear. The real I is the invisible being of spiritual energy or non-physical light – the soul.

With this kind of soul-consciousness, I will look at all my actions and words from a distance and not be worried too much in their involvement. Things can go wrong at times. Work may go in the wrong direction, people can at times be negative towards us and our physical body can be ill at times. Also, there will be lot of actions to be completed at times. All this will happen at times. Also, there will be days when there is lots to do. But, if we remain soul-conscious, or in touch with the inner being, remembering our spiritual qualities and powers, we will be remain at peace and in control. **So, work hard, have beautiful relationships full of love and happiness and excel in every sphere of life. At the same time, remember to keep the balance by remaining introverted and detached. This is the key to contentment and a stress free lifestyle full of calmness and self-esteem.**

Good Morning!

What are your first thoughts when you wake up in the morning? Scattered, random...? Are you complaining, mapping out the day...?

Our first morning thoughts set the tone for the day. So don't overlook your morning thoughts. Notice them as you brush your teeth or take a shower. If they're negative or unhelpful, curb them or turn them around.

Think positive, motivating, empowering thoughts and start the day right.

Message for the day

Real contentment spreads happiness to others too.

Expression: When one feels contentment but the others are not able to perceive that contentment, it means that it is not true contentment. Real contentment is visible in such a way that others too are able to feel the happiness that is created. When there is real contentment, all thoughts, words and actions are filled with quality.

Experience: When I am content, others automatically recognize the contentment within me. They are able to take benefit from my state. Even in the most hopeless state, I find that I become a source of support for those around me. I am able to give hope to the hopeless and help them get back to a state of happiness.

*In Spiritual Service,
Brahma Kumaris*