

Daily Positive Thoughts: May 25, 2017: Listen In



Listen In

Only when we find the quietness in our own minds can we begin to hear our inner teacher, so that we may receive some in-tuition. Only when we are ready to recognize and value the wisdom that we carry at the core of our being will we turn our attention inwards and 'listen in'.

But it's been a long time since we truly listened, so a little practice and patience will be needed. Sit down, be quiet and listen in at some point today and you might be surprised at what you hear. Then do it again tomorrow. All you need to do is remember that you are the listener and not the noise.

Experiencing And Maintaining A State Of Contentment

To reach, experience and maintain a state of contentment or fulfillment you have to first realize what true freedom is and then learn how to use it so that it strengthens you and also helps you to achieve the full potential of your individual self. Freedom is the key to contentment. You also need to check what brings you close to the state of fulfillment and what takes you away from it. **Fears** of different kinds are one of the main obstacles in experiencing contentment. Any **weakness, inability to apply any virtue or spiritual power** required in any situation, **lack of focus, inner instability**, etc. will cause a leakage of the energy of positivity that is required to feel content. Free yourself of any personality trait that hinders your progress and does not allow your inner being to manifest itself and express itself with all its potential. To live in contentment, you should be in charge of your inner mental and emotional world. If not, you will only be able to experience temporary periods of fulfillment.

To achieve fulfillment you not only have to have inner control, but you also need to check whether there is any door open to allow any weakness to enter the room of your personality. Because if you strengthen yourself on the one hand and on the other you are weakened, you will never reach the desired state of inner power. E.g. you keep a bucket of water under a tap of water. If it has even a single crack, however much water you pour into the bucket, it will never get filled completely. In the same way, this can happen to you. Because of this, you need to check, which cracks are present in your personality through which there are leaks of energy, because of which your efforts to become content do not give you the results you hope for.

When someone is complaining about someone else to you, you can:

- change the subject or try to lighten the mood
- stay quiet & not say anything
- step away graciously from the person complaining, without hurting their feelings
- share something positive to change their perception & feelings for the other person

What makes the difference is realizing that we don't have to engage in the complaining & add fuel to the negativity. We can positively influence the person complaining.

Message for the day

To appreciate is to use the treasures of life well.

Thought to Ponder: There can be hundred reasons to complain and there can be of course hundreds of reasons to appreciate. It is upto me whether I want to complain or appreciate. If I continue to find reasons to complain, I will never be happy. In such a state, I cannot use any of the treasures that I have.

Point to Practice: Today I will not complain. Whatever happens throughout the day, I will find excuses to appreciate rather than complaining. Because when I complain, I will only make myself more and more sorrowful and less and less positive and enthusiastic. So, just for today let me be the one who uplifts the atmosphere rather than just being a victim to it.

*In Spiritual Service,
Brahma Kumaris*