

Daily Positive Thoughts: June 04, 2017: Quality of Thoughts



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Quality of Thoughts

An enlightened person understands that there is nothing to be gained by thinking about others. Pure thoughts and feelings will do all the work. There is no need to think any further. The quality of your thoughts will affect your spiritual endeavour. So keep checking them. If you don't, then at some point your mode of thinking will become quite ordinary, no longer spiritual. The sign of this is that your mind begins to race and you start reacting sensitively to little things. You become vulnerable not just to the opinions of others but even to your own limited way of understanding. Thoughts can be your best friend or your worst enemy.

Situation Proofing Yourself (Part 1)

We are always learning a lesson at every step of our lives. The real life situations are our hidden lessons which come to teach us something or the other in a short period of time and bring in front of us questions in the form of – **How** will I ever live a life without a loved one, lost due to death or due to differences in opinions or **Why** did this particular event ever have to happen to me like an illness or a sudden financial loss at the workplace or **When** will I achieve the desired success in a difficult scene full of events that challenge my mental security or **What** did I do in my past births the results of which I am seeing in the form of a loved one not looking at me with the love and respect that I deserve?

We all know what is water-proofing. A rain coat worn in the rain does that. Based on that, is a term **situation-proofing**. The situations are there. They will always be present from time to time. But you have to mould the way you live your life and make significant positive changes in the way you perceive difficult situations and become situation-proof. Situation-proof means you become free from the influence of the situations and free of worry. Life for all of us does involve different types of challenging situations. The situations will be sometimes in the form of a temporary rise of my own negative nature characteristic like anger or jealousy or ego; sometimes in the form of lack of respect by a work colleague. Also, there will sometimes be a challenging or difficult work task in any action; sometimes there will be difficult relationships with people and a clash of personalities of two people. And also at times, there will be a temporary setback in the physical body, etc.

(To be continued tomorrow ...)

We all have a past.

And there are things that we'd like to forget, mistakes, bad decisions....
But if we choose to forget the past, we miss out on its potential.

Instead, extract and take valuable lessons from those mistakes and bad decisions, and the past becomes a story of wisdom and learning.

Honour what you've learnt by using it to make your present and future brighter. Then you really allow the past to become the past

Message for the day

To give regard to one another is to bring unity.

Thought to Ponder: The strength of the gathering will increase when I am able to give regard to one and all. Each one has their unique part to play and I only have to see that uniqueness. When I appreciate the contribution that each one makes, I will be able to use the smallest specialty for the success of the task. This brings about unity and the strength of the gathering increases.

Point to Practice: Today I will note the specialty of at least 3 people close to me. I will also go up to them and appreciate this quality of theirs. This will help me to use this specialty for the success of tasks. When I develop the habit of seeing the positive aspect of people instead of negative, I am able to bring about unity and strength in the gathering.

*In Spiritual Service,
Brahma Kumaris*