

Daily Positive Thoughts: June 11, 2017: *Ocean of Peace and Silence*



Ocean of Peace and Silence

It is said that rest is best. Imagine an ocean of peace and silence and plunge into it. Let your mind relax and enjoy moments of tranquility.

Free yourself from wasteful thoughts. This is the best type of rest.

Creating The Destiny Of Your Choice (Part 1)

In this information age, we have an overflow of knowledge. **Do we pause and check the quality of the information we are consuming?** Does it matter or can we listen, read and watch everything that is fed to us. Like food is a vital part of our body, information is the food for the mind. Every piece of information we consume becomes the source of our thoughts. Our every thought is followed by a feeling. Feelings over a period of time develop our attitude. Attitude comes out into action. Any action done repeatedly becomes a habit. All our habits put together is our personality. Our personality radiates energy and as will be the energy we send out, so will be the energy we receive according to the law of *karma*, which becomes our destiny. **Let us be aware of this inner process and see the impact of our thoughts on our destiny and the influence of information on our thoughts. Simple formula Information = Destiny.**

Let us take simple scenes of our life and check how we react – Your child has not reached home and phone is not reachable ... are thoughts of worry, anxiety and mishap natural? You have worked very hard on an assignment and you get criticism in return ... are thoughts of hurt natural? You expect someone to behave in a particular way and they just do not seem to understand ... are thoughts of irritation and anger natural? We live in a world where uncomfortable emotions like stress, anger, rejection, hurt, jealousy, resentment are being called natural. This chain of emotions means we are creating a disturbed mind, diseased body and conflicting relationships.

(To be continued tomorrow ...)

Give Support

It is easy to raise our voices and complain when we encounter someone else's negativity. This disturbs our own inner calm and we become caught up with that negativity. When thrown off balance in this way, we are unable to give the other person the support he or she needs.

When someone is doing something wrong, I need to see what I can do to help that person. There is surely something I can contribute toward the growth of each and every human being. When I focus on how best is it to offer my help, I do not become caught up with negativity and I can transform the situation into one that benefits us both.

Message for the day

To have respect for the self constantly is to experience progress.

Expression: The one who has respect for the self is not dependent on external inputs for having a good state of mind. To have respect for the self means to have the right state of mind and the right way of working with the self specially when things are not going well. It means to constantly express the positivity that is within.

Experience: When I am able to give respect for the self under all circumstances I am able to experience constant progress. Especially when I am not able to achieve the desired results or when I am not able to be successful, at that time I need to be good to myself. Then I will be able to be the best and do the best with what I have. So I will be able to experience constant progress.

*In Spiritual Service,
Brahma Kumaris*