

Daily Positive Thoughts: June 19, 2017: An Angel's face



An Angel's face

An angel's face is still because there are no lies inside. Truth makes it a straight, simple face whose beauty lies not in its form but in the feeling it gives you.

Seeing With Spiritual Eyes

My eyes are the most powerful medium through which I, the soul, not only absorb information from the outside to the inside but also express myself to others from the inside to outside. **All that the soul possesses inside it or is made up of in the form of thoughts, feelings, attitudes, positive virtues, even weaknesses, in fact all personality traits, are expressed through my eyes to others and shared with others.** As I look towards others, my eyes can be used to shower others with pure love, peace, joy, power etc. and the same eyes, if not used appropriately, can shower others with anger, jealousy, criticism, hatred etc. My eyes also express whatever wisdom or knowledge I possess inside.

When I stay in the awareness that I am a soul, a spiritual being of subtle light, situated at the center of my forehead, my eyes are used to see others in the same way with a spiritual vision. This leads to my spiritual upliftment. When I stay in the awareness that I am a body, my eyes are used to see others in the same way with a non-spiritual or a body-conscious vision. This brings me down on a spiritual level. **A spiritual vision helps me see others with a sense of equality, instead of with feelings of comparison or competitiveness.** Usually, on a physical level, I create all sorts of impressions of another person from just one glance through my eyes, about their age, gender, looks, position in society, job, how rich they are, their dressing sense, caste, nationality etc. and many a times, very commonly, I make various assumptions about their personality or behaviour. In the state of soul-consciousness, that changes. Looking out I see souls, and I see them as my brothers, on exactly the same level as me, neither higher, nor lower. A spiritual vision reminds me of the original, positive qualities of each soul, instead of their present personality. It also reminds me that **each soul has incarnated from the soul world to play its various roles through different physical costumes in this unlimited drama on the world stage. Age, gender, appearances, status etc. which are visible to me today are just temporary ones. The same soul has been in the past and will be in the future in different physical costumes or roles, where all these have been and will be different and the same applies to me too.** This makes me rise above comparisons and I am no longer judgmental about the other.

Negative feedback

Receiving negative feedback is not pleasant or easy to hear, but it is part and parcel of life. So we may as well handle it effectively. How?

1. If possible, try not to respond immediately. Give yourself a few seconds, minutes or more to cool down and to process the feedback.
2. If it feels right, say "Thank you for your feedback."
3. Assess the feedback. Is there any truth in it? Is it highlighting any blind spots? If you take the bits that seem useful for self-improvement, you flip negative to positive.

Message for the day

To forget the mistakes of the past is to win the game.

Expression: To forget the mistakes of the past means to take the learning from them and then forget them. When there is the ability to do this, there is also the ability to make the best use of the resources available in the present. There is a clear vision for the future and constant effort to move towards it.

Experience: When I am able to forgive my own mistakes after understanding how to correct them, I am able to forget them. This keeps me mentally free and I am able to move forward with lightness. Whatever situations come my way, I am able to enjoy them like a game.

*In Spiritual Service,
Brahma Kumaris*