

Daily Positive Thoughts: June 27, 2017: A Simple Diet



A Simple Diet

Remain healthy by maintaining a simple diet of

Pure feelings,

Good wishes &

Positive thoughts.

Following God's Footsteps (Part 2)

A very important characteristic of God is that He is an ocean of seven important qualities – peace, joy, love, bliss, purity, power and knowledge. There is no one as full spiritually, as Him. And the most important thing about God is that He is constant. That means He never loses these qualities by performing negative actions, as we do. Even we have many qualities, but when we perform actions, which are sometimes negative, we lose these qualities. Also, when we lose our qualities, we take them from God to become full again.

Another aspect of God's nature is that He is completely soul conscious, pure and humble at all times. These three characteristics are what make Him the Supreme Soul of the Universe. In fact, He is not restricted to this Universe, but is a resident of the soul world, which is a non-physical world beyond the sun, moon and stars or the world of five elements. **He comes down in the world, when there is sorrow and peacelessness prevalent in the world and changes the world into one which is free from sorrow. He brings a world in which there is complete peace and love amongst human beings.** So, He is a Supreme parent. In the same way as a physical parent takes care of his or her children and cannot see them suffer or experience sorrow, God always wants to see the world in happiness and united at all times. This is His nature and He is the only one who can perform this role because He is an ocean of qualities with which He brings benefit to the world.

(To be continued tomorrow ...)

Our Emotions

From frustration to frenzy, tears to tantrums, our emotions impact our performance & reputation at work.

Identify which emotions are appropriate in the workplace, & when it's OK to express & when to rein it in.

Get better at regulating your emotions & you'll handle situations more professionally. Then your emotions will range from cheerful to creative, energetic to empathetic!

Message for the day

Honesty brings success in relationships.

Expression: Honesty means being the same inside out. Honesty with oneself helps one to bring about constant improvement in the self. Honesty with others enables one to relate positively under all circumstances. There is no rudeness but there is an openness that brings about love towards the other person.

Experience: When I am honest, I am able to experience progress in my own life and others are benefitted too with my own self-progress. I am able to maintain harmony in my relationship with others because I am open with them and I find myself successful in my relationships.

In Spiritual Service,

Brahma Kumaris