

Daily Positive Thoughts: July 04, 2017: Just Having Fun



Just Having Fun

Work without happiness is like a burden that you have to endure, but when you are internally happy it becomes a game, and you're just having fun.

Meditation In Action (Part 1)

Meditation is not something we do but rather something we have. It is not that we spend 23 hours in an extrovert state and only one hour in introspective self-effort. In this sense, extroversion means to have the attention drawn by all the goings-on outside the soul. True introversion, also, does not mean to sit in a corner and not speak to anyone; it means to pay attention that all thoughts, words and actions are flowing in the right direction. In this respect, the churning over of points of knowledge throughout our active hours strengthens and maintains the meditative state of mind.

There are five basic points to churn over. Create your own thought commentaries around each point.

Who Am I?

I am a soul. The body is my chariot. All human beings are souls too, my brothers and sisters. I see them with spiritual love. Whilst walking and talking I see others as souls. Maintaining this vision I cross all the barriers of worldly differences.

Whose Child Am I?

Just as I naturally have the awareness of being the child of my physical father, receiving sustenance and a form of inheritance, so too I can have the natural consciousness of being a child of the Supreme Father. I can reflect on the sustenance and inheritance in the form of knowledge, virtues and powers I receive from Him.

(To be continued tomorrow)

Generosity

Generosity means more than just giving. It also means to cooperate with others. The greatest act of generosity is to see beyond the weaknesses and mistakes of others, helping them to recognize their innate value

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Message for the day

Victory is guaranteed to the ones who are constantly loving.

Expression: The ones who are loving are able to involve others in everything they do with their love. So whatever the task maybe, they find it to be very easy and are able to accomplish the biggest task with ease. Also each task done by them is with love and so everything is done with lightness and so victory is guaranteed.

Experience: When I am loving and do everything with love, I constantly experience lightness, based on the blessings from others. I am carefree as there is no heaviness of the task to be performed. Love transforms labour into entertainment. My internal lightness enables me to do the biggest task with great ease, involving everyone with love.

In Spiritual Service,

Brahma Kumaris