

Daily Positive Thoughts: July 07, 2017: You Cannot Change The Past



### You Cannot Change The Past

Letting bygones be bygones is easier if you remember you cannot change the past, but you definitely can change the future. You can change here and now so that a mistake is not repeated.

## The Energies Of The Soul

When the soul is in the body it functions through three faculties (non-physical entities). Although each faculty (entity) can be given a different name, it is actually the same energy, the soul, functioning on three different levels simultaneously. These are the **mind**, the **intellect** and the **sanskaras**.

**Mind** is the thinking energy of the soul. It is the mind that imagines, thinks and forms ideas. The thought process is the basis of all emotions, desires and sensations. It is through this faculty that, in an instant, thoughts can be projected to a far off place (one can travel to a far off place on the thought level); past experiences and emotions can be relived or even the future anticipated in less than a second. It is the mind that experiences the variations of moods. The mind is an energy of the non-physical soul, not to be confused with the heart or even the brain.

The **intellect** is used to assess thoughts. This is the faculty (energy) of the soul used for understanding and decision-making which stands out as the most crucial faculty of the three. With the deepening and broadening of the intellect, clear understanding and realization of knowledge becomes natural, and the power to decide and reason becomes clear. It is the intellect which remembers, discriminates, judges and exercises its power in the form of will-power.

**Sanskaras** is a Hindi word which best describes what we could call *impressions*. They are the record of all the soul's past experiences and actions. *Sanskaras* can take the forms of habits, talents, nature, personality traits, beliefs, values or instincts. Every action performed by a soul either creates a *sanskar* (this is how a habit begins) or reinforces an old one. Whatever impression is etched in the soul remains within the soul, forming a complete collection of all the experiences that the soul has had. When we speak of defects, specialties or virtues we are referring to the *sanskaras*. The *sanskaras* are the basis of the soul's individuality.

## Good Wishes

Although we speak with a lot of logic and make the other person understand what we mean to say, we sometimes find that they are not as effective as they should be. Sometimes our words are also misunderstood and misinterpreted. So there are a lot of conflicts that rise because of this and spoil relationships with others. What we say is of course important, but much more important is how we say it and with what feeling. We need to keep ourselves free from any kind of attitude, when we have to say something to someone. This can happen when we have good wishes for others and thus we find that our words are effective.

## Message for the day

**The one with humility is the one who can be creative.**

**Expression:** Creativity comes to the extent that the intellect is humble. Such an intellect is able to create something new. Because humility is a form of love, it brings the enthusiasm for creativity and the ability to bring newness in everything that is done.

**Experience:** Humility gives me an experience of being a master, of being powerful. This power comes from the experience of being a constant learner, because I have no ego of what I already have. This mastery makes me creative, making me bring newness in everything I do.

*In Spiritual Service,*

*Brahma Kumaris*