

Daily Positive Thoughts: July 18, 2017: You Are What You Think



You Are What You Think

When you build a house, every brick counts. When you build a character, every thought counts. You are what you think. Love, purity, peace, wisdom – the more you think of these qualities, the more you will become them.

Applying The Law Of Balance To Anger (Part 2)

Yesterday we had explained how the law of balance can be applied to anger on a smaller level. The same law can also be applied on a larger level. **Each time a group of people transmit the negative energy of anger physically to another group of people - at that time**, either:

- a) one party is disturbing the balance temporarily, which will be restored sometime in the future, by the second party indulging in similar behavior, **or**
- b) balance is being restored at the present moment (because negative energy had been transmitted from the opposite party to the first party sometime in the past). This balancing must take place, because it's an unbreakable law. This is the law of balance.

This law that does not need to be enforced by us, the police or even by God. It is a natural law like other laws of nature. **It gets enforced itself and cannot be broken by anyone.** Understanding that this law is embedded in the human state of affairs at all times makes us careful and detached so that we don't hurt ourselves with violent, toxic thoughts, when someone acts negatively. We create these kinds of thoughts because we believe this is revenge that is justified. Also, knowing that anger that is radiated comes back doesn't mean we don't have any laws within society – they are required, but it helps us not to take the law into our own hands. We cannot force justice to take place before its fixed time. We cannot force the balancing of energies of anger. If we try doing it, it is being egoistic and we only upset the balance of our energies as a result. Even to criticize those who try to take the law into their own hands is to take the law into our hands.

Say farewell

The most powerful anchor on our potential to soar high in life is the past. The past contains the dead weight of experience, learned beliefs and all our mistakes. Life cannot truly begin until we are able to say goodbye to the legacies of yesterday at will. Like a filing cabinet, the past is a resource of information for learning, but it is not a place to live. When you go to work do you spend your day in the filing cabinet? How often will you/did you live in the past today? Say goodbye and make it final. Saying farewell to yesterday, last month and last year is the sign of a person who wants to live for today and is truly alive to all the possibilities of 'the moment', while fully aware that all they think, say and do right now, creates tomorrow.

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Message for the day

To appreciate all scenes of life is to remain happy and cheerful.

Thought to Ponder: Every scene in my life has a reason and I need to appreciate that reason. Each scene is an opportunity to express my inherent talent (some quality of mine). If I do not use that quality which I need to use in that scene and slip into some negativity, I have lost the opportunity to act out well in that scene and missed out the joy of my role in the scene. So, I need to ensure that I enjoy every scene of life beautifully.

Point to Practice: Today I will remain happy. Happiness is a choice and I choose to be happy. Everything that is happening has a reason - I understand and appreciate that reason. So, whatever happens, I choose happiness. I understand that there is no meaning in all that I do, if I don't do it with happiness.

In Spiritual Service,

Brahma Kumaris