



Life Is Nurtured By Attitude

When you extend pure love to everyone with selfless motivation that is an attitude of kindness.

When you send good wishes and pure feelings to those who are in deep sorrow, that is an attitude of mercy.

When you see the virtues rather than the weaknesses in people that is an attitude of compassion.

When you bless and uplift someone even as they defame you, that is an attitude of forgiveness.

When you tolerate a situation and take responsibility as well as give cooperation even when not appreciated, that is an attitude of humility and self-respect.

Every second, every moment and every breath of your life is nurtured by attitude.

Breaking Down Patterns Of Negative Thoughts And Feelings

Having understood that the source of our feelings are our thoughts, we realize that right through our journey in the physical world, in many births, **we have repeatedly built up enormous webs of negative and harmful thoughts and feelings, creating many unnecessary difficulties for us, internally as well as externally.** The habit continues in my present life too. **Meditation helps me to untangle this mess, and break the habit.** It helps me come to terms with what is going on in my own inner world and understand how I create thoughts and feelings, how to take responsibility for them, and how to tap into my original, positive inner resources, which helps me displace negative patterns of thoughts and feelings. So, meditation is not merely a relaxation technique but a powerful tool for a seemingly difficult task of self-transformation.

To get the positive cycle of thoughts and feelings working in my life, the easiest place to start with is our thoughts. It's not very difficult to change our thoughts. It just requires attention. And by changing my thoughts, it becomes easy to change my feelings. In meditation, I decide that for a few minutes, each day (it could be as less as 1-2 minutes or as much as 25-30 minutes, depending on the external setting I am in) I am going to set aside negative thoughts which are weak or wasteful, and create pure, positive, powerful thoughts, based on the awareness of my spiritual identity. As I do this, I begin to experience the original resources or treasures of the self. As a result, positive and powerful feelings for the self and others emerge.

Meditation

Meditation simply means the management of your thoughts. It is to have the ability to think of what you want and when you want, without interference from other thoughts. Meditation is to develop the ability to concentrate on a particular subject without being attracted and influenced by the five senses, the five vices and the five elements. Yoga, which is associated with meditation, simply means to have union or make connection with some object, subject, person or God. However, yoga is usually associated with spirituality. Yoga is to have connection and to have dialogue or sweet conversation with the divine source of inspiration, whom many call God. Meditation, therefore is a prerequisite or condition that assists spiritual seekers to have unbroken, undisturbed and continuous access with divinity and this experience is called yoga, another form of prayer.

Message for the day

Simplicity enables one to become an example

Expression: Simplicity is free from the complications of waste questions, doubts and expectations. The one who is simple is naturally accurate and inspiring in his actions. He is able to understand the demands of the environment and mould himself accordingly, so he himself has no demands. And he is able to move forward to his satisfaction.

Experience: When I am simple in my thoughts, I am also able to be simple in my responses to the outer environment i.e., to both situations and people. So internally I am able to remain content. This contentment further brings newness and creativity in the way I respond to situations, and I naturally experience further progress.

*In Spiritual Service,
Brahma Kumaris*