

Daily Positive Thoughts: August 02, 2017: A Calm Mind Can Find the Answer



## A Calm Mind Can Find the Answer

When we confront a problem or a difficult situation, we tend to face it with worry or negative thoughts. Although outwardly we might seem to face the situation, we are not able to deal with it. And most of the time we find that we are failing. The best way to deal with a situation is to start by calming the mind. Only a calm mind can find the answers to problems. I need to understand that every problem has an answer. When my mind is relaxed I can trust my intuition to find the answer that is already there.

## Peace And Love - My Original Nature (Part 2)

For most of us, there are always different types of people we have to deal with, whether at our work or in our families. The challenge lies in interacting with everyone without getting angry. This is because our personalities or natures are different and our opinions also vary. Sometimes, two people are right in their own way, yet their views do not match in a particular situation. This leads to anger filled interactions. Also, when two people are right in their own way, but with different perceptions, it is ego that does not let peace and harmony be a part of that particular relationship. So, anger and ego are big enemies for good relationships in any sphere of life – personal as well as professional.

**Also, when it comes to overcoming anger and ego, the first step is to look inwards and access the treasures of peace and love, which are inside us.** They just need to be brought into practice by realizing one's spiritual self, which is the soul. Realizing brings positive virtues of peace and love to become a part of our nature. These inner treasures are also increased by connecting the spiritual self with the Supreme Being or Supreme Soul or God. God is the non-physical Supreme Ocean of peace and love. This connection is called meditation. Also, in the entire day, practice seeing everyone as a soul, whose qualities are peace and love, even if anger and ego are more visible in them. This is because anger and ego are acquired *sanskaras* and peace and love are each and everyone's original *sanskaras*. So, **seeing each one's original *sanskaras*, sends them the energy of those positive emotions. As a result, they get motivated to bring those *sanskaras* on the surface and use them instead of using anger and ego, which are negative *sanskaras*.**

(To be continued tomorrow ...)

## Balance

To be balanced is to have the ability to do the right thing at the right time. It is the ability to use the head and the heart at the same time. It is the ability to have love and discipline. There is neither too much love nor too much discipline. There is an equal quantity of both. When there is balance in my every act I am successful in my relationships. Because of this I receive their blessings too. I experience success in all I do and am able to enjoy a life of bliss. I am not caught up with questions about anything but am able to get the solutions in a second.

## Message for the day

**Forgiveness means to forget the mistakes of others.**

**Expression:** The one who is able to forgive is able to forget the mistakes in his future interactions even after noticing the mistakes of others. He is able to be loving and so he is able to give corrections with love. Only when there is love in one's interactions, will the corrections given will be effective. Also such a person will not be caught up with anyone's mistakes and will be free from attitudes.

**Experience:** Even if there is a temporary feeling of negativity, if I am able to forget the mistakes of others and forgive them, I am able to be free from negative feelings. I am able to be light and free from the burdens of the past interactions with them. So I find myself successfully able to deal with others, whoever they may be.

*In Spiritual Service,  
Brahma Kumaris*