

Daily Positive Thoughts: August 11, 2017: Less Is More



Less Is More

Fear less, hope more;

Eat less, chew more;

Whine less, breathe more;

Hate less, love more

and all good things are yours.

Understanding The Process Of Birth And Death

The leaving of one body and the taking of another is nearly always confusing and soon the details of the old life are erased by the new. Just in one day we forget so much. After having slept for a while, after some injury or shock, or even after a change in place, company or circumstances, many things are forgotten.

Death of the body is a great shock to the soul, especially if there was great attachment to that body, and the new set of circumstances in the new body is bewildering (confusing). Because the body and brain are not developed, the soul cannot express its memory, so it laughs and cries when it cannot recognize anyone, or when it wishes to express itself. By the time the body is developed, the soul has forgotten its past birth and has become accustomed to the new conditions and the new parents. The prominent *sanskaras* developed in past lives soon begin to manifest (show) themselves with new details (in the new birth).

True Love

When there is true love, there is an expression of inner growth - not just for oneself but benefit for others too. When there is true love, there is the ability to express one's own qualities without being negatively influenced by others' negative character traits. To love is to know that what is being given is true. When I have true love for those around me, I am able to win the hearts of others. Since the expression of my love is consistent, others are able to return that love and give me good wishes. I find myself as a source of support for others and they are able to use me as a support for their growth.

Message for the day

The method to finish a weakness is to be detached from it.

Expression: When there is some weakness working within that has to be overcome, it is very essential for one to get detached from it, that means not to identify with the weakness. If there is an identification with the weakness, it is further strengthened and there is the inability to get rid of it. Since it is there in the consciousness, it is visible in the words and actions too.

Experience: When I am free from the identification with the weakness, I am able to bring about a change very quickly. I find it very easy to stabilize myself in the awareness of my strength and allow that strength to be revealed in all my words and actions. There is no heaviness of the weakness nor is there the feeling of having to give up something, but transformation takes place very easily.

*In Spiritual Service,
Brahma Kumaris*