

Daily Positive Thoughts: August 14, 2017: Lotus Life



## Lotus Life

The lotus is a symbol of purity; its roots are in the mud, but the flower remains above dirty water. Live a lotus life. Be in the world, but unaffected by impurities.

### **God's Help At Every Step (Part 3)**

**Whenever you begin your day, let the first thought be that God will accompany me the whole day and I will keep Him with me at every step.** Then in the whole day, at regular intervals check whether His remembrance is there with you or not. Also, remind others about God too. Don't some of us feel that those days when God was remembered a lot have gone away? Ask yourself, at a typical day in the office, how much was God remembered or did we remember different people like our loved ones, office colleagues or other public figures more? There used to be a time when this was not the case.

Why is sorrow increasing and problems are on the rise so much? Are we going in the wrong direction? God is our parent, our friend and our guide as well as our teacher and most beloved one. And that too the best and highest One. So, being that, does He get that much respect from us? Respecting someone means you make Him an integral part of your life and not someone whom you remember only when there is a need. Do you remember your father or mother or husband or wife or for that matter your child or best friend only when you are in sorrow or all the time? So why is God, who is the eternal parent, friend and most beloved one forgotten? Or is He the one whom we remember once in the morning and then the remaining day everyone else is remembered and God is forgotten? **So, let's from today, remember God throughout the day and thank Him for all the help He provides.** Let's make Him a more important part of our lives and receive His help at every step and make life's problems easy to overcome and life itself, a smooth and easy journey for ourselves.

## Respect

We normally expect respect from others and when others don't behave according to our expectations, we tend to get disappointed. We only think about what else the others have to give but things always don't go according to our expectations. Instead of expecting others to change according to our wishes and instead of expecting others' respect, we need to see whether we give respect to the other person or not. The more we have the practice of accepting and respecting people for what they are, we are able to keep our mind at peace (with no waste and negative thoughts). Also people start responding to our feelings and give us respect too.

## Message for the day

**Real contentment spreads happiness to others too.**

**Expression:** When one feels contentment but the others are not able to perceive that contentment, it means that it is not true contentment. Real contentment is visible in such a way that others too are able to feel the happiness that is created. When there is real contentment, all thoughts, words and actions are filled with quality.

**Experience:** When I am content, others automatically recognize the contentment within me. They are able to take benefit from my state. Even in the most hopeless state, I find that I become a source of support for those around me. I am able to give hope to the hopeless and help them get back to a state of happiness.

*In Spiritual Service,  
Brahma Kumaris*