

Daily Positive Thoughts: August 15, 2017: Mindful Moments



## Mindful Moments

Most of us are of sound mind, but many of us have trouble maintaining a note of harmony and peace. Most of us know how to think, but few of us are able to control our thoughts. We all have the capacity to be creative, to image new ideas, but few of us are able to do it together and co-create in harmony with each other. We could all do with some mental training so that we may use the most powerful energy in the universe, the mind, which is always at our instant disposal.

We can begin with mindfulness. It's a simple way to gently help our mind go where it is best to go, do what is the best thing to do. It begins by simply being fully aware of what you are doing. Mostly we are not fully aware, as our minds wander into the past and then into possible futures. We spend most of our time watching others and so rarely fully focus on what we are actually doing ourselves.

Next time you sit down to a meal, watch yourself. Be aware of only what you are eating. Every time your mind wants to wander, bring it gently and lovingly back to the action and sensation of eating. Then do the same when cleaning, when writing, when working. The more you do it stronger and more focused and more rational will be your concentration, the more natural will be your actions, the more peaceful you will feel, and the more relaxed you will be, no matter what you are doing.

## Absorbing Spiritual Light (Part 1)

**Just as darkness is the absence of light, negativity which manifests as vices and weaknesses inside us is merely the absence of spiritual light.** Through the influence of negativity, the sense organs waste away the light. The question of vice, or sin, has been of a lot of importance in religion. No matter how much political or religious control has been imposed, nothing has been able to block the internal wasting away of the *light* of the soul. Light has a source but darkness does not. Darkness is not created by any source but is rather the absence of a source. In the same way, **the negative forces do not emerge from the real nature of the self, but are simply symptoms of a lack of spiritual power or light.** As spiritual power declines, symptoms of negativity such as anger, greed, ego, attachment, hatred, jealousy and related vices appear. On the other hand, as the soul's power and spiritual light increases through a union (meditation) with the Supreme, the vices automatically disappear. In fact problems are not fundamentally caused by a particular vice, it is a question of the extent of one's power. If I am weak, the *sanskars* mostly related to vices dominate my experience. If I am strong they do not have a chance to affect me.

The negative forces have often been personified as *Ravana*, *Maya* or *Satan* but in fact there is no such entity. *Maya* describes a level of consciousness. There is no outside being whom we can blame. The vices are symptoms of individual ignorance and loss of power, which appeared only when our original creative powers subsided as we came into the process of birth and rebirth. **When the soul's power fell below the level necessary to control matter and the senses; then the vices emerged inside the soul.** The soul was more and more propelled by them through many births, until today when they appear to be a basic part of our *real* nature.

(To be continued tomorrow ...)

## Reaction & Response

The usual response to negative stimuli in the environment is to react negatively. The impact of such stimuli on the sense organs is negative, which brings out negative behavior too. The one who is able to spend a few moments in silence before responding to situations is to be a master who is free from negativity. When I am a master I am able to remain stable in all situations. I have the practice of calming my mind and looking at the situation in the right perspective. My mind grows strong in its commitment to peace and truth in action. I don't allow the sense organs work according to the previous conditioning. Instead I consciously monitor, giving them right direction.

## Message for the day

**A step of courage brings multifold help.**

**Thought to ponder:** One step of courage is enough to pave the way for something better. If we get disheartened and stop, we will be worse than what we are. So, whatever the situation may be we need to take one thought of making the situation better. This one thought will help us see the hidden opportunities. Also, we find help coming from others and situations too.

**Point to practice:** Today I will take up something that I have given up on, and see where I can start once again. With renewed courage and enthusiasm, I will create a plan and work on it. With the faith that I am going to find a way, I will work on this plan.

*In Spiritual Service,*

*Brahma Kumaris*