

Daily Positive Thoughts: August 18, 2017: Relationships are like a tapestry



Relationships are like a tapestry

Relationships are like a tapestry... The fabric is strongest when the threads are spun with openness, love and trust. Let me be the first to display these strengths.

Internal And External Attachments (Part 1)

Attachment can be on two levels - either **internal** or **external**.

Some common examples of **external attachments** are attachments to:

- people,
- objects,
- your physical body,
- your position or role in your family, society or in your professional field,
- money,
- places,
- physical comfort/comforts,
- the way you look or dress up or carry yourself or your physical personality in general,
- a particular skill/skills,
- a particular interest or hobby like watching movies, online social networking, etc.
- your routine or a certain way of working at home or at the workplace,
- respect from others,
- how people see you or behave with you or what they think of you, etc.

(To be continued tomorrow...)

Increase Inner Power

We do have a lot of thoughts to bring about a change in our lives. But most of the times we find that we are not able to bring this thought into practice. As time passes by the thought too loses its importance and we find ourselves caught up with waste or negative thoughts. We need to keep a chart of our waste and negative thoughts as well as our powerful and positive thoughts. Only when we are consciously aware of how much we are spending through our negative and waste thoughts and how much we are accumulating through our positive and powerful thoughts can we be determined. We also are able to increase our accumulation and thereby increase inner power.

Message for the day

God's love brings out the perfection from within.

Expression: The power of God's love brings about change internally. Through His love everything old and unwanted finishes. There is the natural tendency to bring about such perfection that the one who loves Him and gets His love becomes like a mirror - a mirror in which perfection of others too is visible.

Experience: There is such inner strength that I get because of God's love that even if somebody does something to hurt me, I don't allow myself to get hurt. Even if people are saying negative things, they don't influence or touch me in a negative way. I am so full with God's love that it naturally flows out to those around me.

*In Spiritual Service,
Brahma Kumaris*