

Daily Positive Thoughts: August 25, 2017: Understanding



## Understanding

A big-hearted soul does not sentence others on the basis of a single act, but appreciates others through understanding their entire journey.

## **The Mind In Control (Part 2)**

We all live our lives with lots of aims and objectives and sometimes these life purposes can dominate the mind and its creation of thoughts. **So always give the mind some positive thoughts to think of and experience those thoughts to nullify the influence of life's different situations. These are those situations which require the use of your mind a lot.** So, choose some positive thoughts depending on life's different situations and strengthen the mind using them. E.g. if you work on a computer the whole day, say to yourself that – *I am a pure and peaceful soul, which is performing the action of working on the computer using my eyes and hands.* This consciousness will make you detached from your work and not let the work influence your mind. You will perform your task but not come under any type of pressure or stress of the work. Another e.g. is you are driving a car and you have to give the energy of your mind in doing the same. In this case talk to yourself – *I am a powerful spiritual being or energy which is controlling the steering wheel and other parts of the car, using the hands, feet and eyes.* This type of remembrance in the mind will make you empowered mentally and spiritually and you will drive the car in a very positive consciousness without being affected by the different challenges of driving safely.

**These are different examples of a higher consciousness which keep us disconnected from negative situations and their pressures. As a result our thoughts of an unnecessary nature reduce.** As a result our mind remains silent and focused on the task we are performing instead of thinking about many other things when they are not necessary.

(To be continued tomorrow ...)

## Gratitude

The intention and the action of gratitude is the inner symphony of the heart. It opens to sing with thanks for the smallest of things. To hear a bird sing, to see a child laugh, to receive a friend's affection - are all invitations to practice the attitude of gratitude. Gratitude is the kind of loving thanks which touches another's heart in a place where they will allow you to reside for a long time.

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## Message for the day

**The virtues of honesty and courage bring success.**

**Expression:** The one who is courageous is never deterred by challenges, but moves on towards success. Combined with courage, is the virtue of honesty which allows one to be consistent, sincere and true in the efforts put in. So success comes with proper effort and there is also humility visible in such a person.

**Experience:** When I am courageous, but at the same time honest in my efforts that I put in for achieving success, I'll never have ego. I will be able to get the cooperation and good will of all, and especially the protection and the help of God. I will find myself moving slowly towards success with everything I do.

*In Spiritual Service,  
Brahma Kumaris*