

Everything in our lives is chosen either consciously or unconsciously. All your choices yesterday, last year, ten years ago, have resulted in where you are today, what you do today, what you have around you today. This is hard for many people to swallow. They prefer to see life as fateful, or luckful, and therefore avoid responsibility for their own destiny. There are many random, uncontrollable and unpredictable events, but our destiny is not defined by these events – it is defined by how we respond to them. And our responsibility – ability to respond – is always in our own hands. If we respond with desire we will likely be disappointed at some future stage when we do not get what we want. If we respond with expectation we will again, at some stage, be let down. If we respond with annoyance or frustration we only disempower ourselves. Desire, expectation and getting upset are never the best choices. Until you can see this, you will not choose how you live. Life, circumstances and events will likely choose for you!

The Mind In Control (Part 3)

A very good practice in your everyday life is to connect your mind with a peaceful source of spiritual energy. God is such a source and not someone with a physical form. His form is a being of spiritual light which is invisible to the physical eyes but can be experienced through the mind. **So, connecting with this being of light which is full of spiritual qualities like peace and power at regular intervals in the day will help your mind become silent.** This is because the moment you connect with this Supreme Energy, His spiritual energy starts entering the mind. As a result, your thoughts which are related to your physical body and physical role in life and relationships start becoming less and we become calm and peaceful. This is called silence of the mind and not only silence of a physical nature, in which you don't do anything physically and don't talk. Remember true silence is few thoughts and only positive and necessary ones with no unnecessary and negative thoughts.

Also, this technique of remembering God, who is a point of spiritual energy and light, makes you more and more powerful also. The ability to create only those thoughts which are necessary in any difficult circumstance of life is sometimes difficult for some people. The moment we are faced with difficult situations, different types of thoughts which are related to the situation but are negative and unnecessary in nature come into our mind. How do I prevent that and what is spiritual power? **Spiritual power means creating only those thoughts which are positive and necessary in any situation. This brings silence of the mind.** So peace and power along with joy and love also, absorbed from the Supreme, keep us not only light but also full of contentment, which is our original nature.

A worried mind filled with waste thoughts cannot find the right solution.

Whenever we are faced with a problem, we naturally begin to worry. This worry makes us have a lot of waste thoughts. We don't find the solution, yet we can't stop worrying. The only way to find the right solution is to keep the mind free from worry. For this we need to first have the faith that there is a solution and we will find it. When we thus keep our mind free, our intuition works well and we are automatically able to take the right decision.

Message for the day

To pay constant attention towards positivity is to be free from tension.

Expression: To pay attention means not to think, speak or do anything waste, negative or even ordinary. The one who keeps attention in this way and also allows no negativity from outside to go within, is always free from tension. There is also the proper use of everything that is available.

Experience: When I am able to pay constant attention and also use the inner treasures within for a positive purpose, there is the use of the inner potential. When there is the recognition and use of this potential within in this way, negativity finishes; just as sunshine finishes darkness.

In Spiritual Service,

Brahma Kumaris