

Today's Thoughts: January 30, 2019: Be Content



Be Content

Wherever I am is wherever I am meant to be, whatever I am doing is whatever I am meant to be doing and whatever everyone else is doing is exactly what they are meant to be doing - this is contentment. If you do want to change where you are, or what you are doing, the first thing is to be content with wherever you are and whatever you are doing right now! Paradoxically that's what attracts opportunities and invitations to be somewhere else! Why? Because you are a living magnet, and contentment is one of your most attractive qualities. And the law of attraction says that according to your dominant thoughts so you will attract the people and circumstances into your life. Being content right now attracts the best possible future.

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Full Potential

If we allow bitterness and resentment to fester inside, it will make my relationships guarded and unsatisfying. The more we close down to others, the more we become a stranger to ourselves. By letting go of sorrow and negativity, we can keep our nature open and loving. Remaining open to life, with its constant adventures and opportunities to grow, is the only way to reach our full potential.

The Five Primary Qualities (cont.)

The soul has five primary qualities; we could say they are the primary colours of humanity with which we paint the picture of our lives. We have discussed four of the qualities in the last couple of days. The last one is:

Happiness

Happiness is the natural expression of joy in being alive and interacting with others. Happiness is only possible when I relate to myself and express respectfully what I am and allow others to share in what I am and what I have. I relate to people and nature and experience the fulfillment of human life through relationships.

In the meditation taught by the Brahma Kumaris, we absorb the rays of these five primary qualities from the Supreme Soul by concentrating on his point of divine light form in the incorporeal world (*paramdham* or *shantidham*). The absorption and the harmony of these basic qualities (peace, purity, love, knowledge and happiness) lead to the development of many more virtues inside us.

As we become aware of these five primary qualities, we gradually realize that each one of them has many characteristics.

e.g. we understand that spiritual love does not mean just a special feeling for one or two people. Spiritual love is far greater; it means respect, tolerance, forgiveness, compassion and flexibility; there is a universal feeling of belonging, an openness of heart, a generosity of spirit that is all-embracing.

Soul Sustenance

The Role Of My Intentions In Shaping My Future

The word *karma* has been given many negative meanings. In common language, most people almost always relate it to suffering, but the simplest meaning of *karma* is action. Newton's Third Law of Physics (every action has an equal and opposite reaction) is a physical law of motion. The Law of *karma* is the metaphysical (non-physical) equivalent of the Newton's Third Law - it refers to action and its result (fruit) or, simply, cause and effect.

The quality of my actions, thoughts more specifically determines my personal level of happiness. Our natures today are the result of everything we have thought; they are formed by our thoughts. **It's not so much the act that determines the return or fruit but the quality of the motive or intention behind it** e.g. in the simple task of buying a new car, the intention can be different in the case of three different people:

- I need to buy a good car; it's an urgent need of my family. (concern)
- What if I am not able to buy that car model which my wife so badly wants? (worry)
- With me at the wheel of the brand new car, which I will be buying soon, I will be the talk of the town, my office colleagues will really be jealous of me! (ego)

Although the action is the same in each case, each of these attitudes will lead to a different result. This role of intentions become clear when analyzing the difference in guilt between an army officer who kills another while protecting his country and another person who plans for months to commit a murder out of personal enmity and hatred. The *karma* of taking the life of someone is the same in both cases, but the return or fruit of the *karma* depends on the intention.

Message for the day

To be a master means not to be cheated by one's own weaknesses.

Expression: When there is any weakness working within me it means that the internal power is not working at that time. To be a master means there is total control over all the internal powers. Whether it is the power of concentration, or the power to decide or the power to be stable, whatever power is required is used according to the right time. So no weakness is expressed but only inner strength is revealed.

Experience: When I am able to use all my powers at the right time, I experience mastery - over situations and over others. But most of all I find that I am a master of myself and my own feelings and emotions. I am always in control of my emotions, however challenging the situations outside may be. So I find that I am never cheated by my weaknesses.