

Today's Thoughts: March 06, 2020: Less Is More



## **Less Is More**

Fear less, hope more;

Eat less, chew more;

Whine less, breathe more;

Hate less, love more and all good things are yours.

## Living A Life In Supra-Consciousness (Part 2)

**Achievement is measured by many parameters in life. Successful people fulfill all these parameters in their respective fields to emerge as the special ones and not remain as the ordinary or the mundane.** An architect thinks deeply to come up with the design of a new structure. The mind needs to be completely free from waste and negativity and completely silent and concentrated for the complete powers of the mind to be harnessed (used). A charismatic leader like Mahatma Gandhi took the vow of complete purity and *ahimsa* (or non-violence) which not only inspired others but also served as a power behind getting the country liberated from the British Empire. A living legend Pele, who passed through a poverty filled childhood in Brazil, surpassed all records and became known as the most amazing footballer of all times through the power of determination. Jesus Christ was the founder of Christianity. Called the son of God, his secret was the power of love and capacity to tolerate, for which he is remembered by not only 200 crore plus Christians whose hearts are devoted to him, but revered (respected) by the complete world. King Vikramaditya, known for his wisdom, bravery and big-heartedness was the first king who started the worship of the bodiless Supreme godfather Shiva by building the first *Jyotirlingam* shrine out of the 12 existing *Jyotirlingams* in India - the Somnath temple in Gujarat, India. He was followed by millions all over India who not only worship Shiva but are an inspiration to many many people all over the world who worship God as non-physical or a subtle point of supreme energy, depicted in different religions in different ways. Pythagoras, a Greek philosopher and one of the oldest mathematicians of our times, led the way by inventing one of the most famous theorems of mathematics – the Pythagoras's theorem by diving into the depths of ancient Greek wisdom and reflecting internally.

All the above and many many more luminaries (celebrities) of different fields had **a supra-consciousness, that something above the ordinary consciousness** which shaped their lives and their destiny and made them heroes remembered for their achievements.

(To be continued tomorrow ...)

## Soul Sustenance

### Entering into a Land of Forgiveness (Part 4)

The Land of Forgiveness cannot be created without the power of truth. While peace and love transform our emotions, **we cannot forgive someone or not get angry at someone who has wronged us without rock solid self-esteem, which is the energy of truth in action.** There are some who tolerate and forgive, but they give in to the pressure associated with it by indulging in occasional outbursts. Doing the same with pleasure and not with pressure requires regular inputs of true spiritual wisdom from the Supreme and their inculcation. Over a period of time, such an individual becomes filled with the power of truth and is able to withstand the pressures of coming into contact with a difficult personality. He is able to not only remain introverted while connecting with such a person but also radiate good wishes to the other person and smile softly in the process of doing the same.

There are some common sayings in the everyday teachings of the Brahma Kumaris based on truth - the one who is truthful dances in joy, the boat of truth will rock (shake) but will not sink, the one who is truthful will emerge victorious – such a person, who is an ocean of truth, is the one who wears the different hearts of forgiveness (explained earlier) gracefully and is an instrument in creating a Land of Forgiveness and earns the sweet blessings of the Supreme Father.

## Message for the day

**To have attention to accumulate is to experience constant progress.**

**Expression:** The one who has the attention to accumulate each and every moment makes sure that he uses well his treasures like thoughts, time etc. Then, there would never be anything waste or even ordinary. Instead each treasure would be used for the benefit of all.

**Experience:** Having attention to accumulate makes me realize the importance of whatever I have. This makes me pay attention on even little things and I find myself benefitting from each moment and with each thing that happens. Thus I experience constant progress.

## Beware of over-share

We all enjoy a good conversation, when it's easy to share our opinions and experiences. But when we're too comfortable, it's too easy to blurt out too much information.

Now, there's a fine line between sharing just the right amount and over-sharing. Since the same lines don't fit every conversation, take a brief moment in every conversation to be clear about what's appropriate to share and what's not.

Enjoy relaxed conversations. Share, but beware of over-share.