

Today's Thoughts: February 10, 2020: Living Under Hope's Roof



Nice Home in France

Living Under Hope's Roof

The very least you can do in your life is to figure out what you hope for. And the most you can do is live inside that hope. Not admire it from a distance but live right in it, under its roof.

Entering Into A Land Of Forgiveness (Part 1)

God was once asked - *In what light would you like to see the world?* He answered - *My deepest wish is to create a land of forgiveness, a land where each one is uncritical and does not keep a stern (strict) eye on others' mistakes, on others' shortcomings (weaknesses), a land where there is complete harmony between humans, inspite of their different natures or sanskaras. I want the entire human race to proceed into such a land of forgiveness.*

Based on the spiritual knowledge and understanding that we have learned at the Brahma Kumaris and with the objective of fulfilling God's wish, in this message, we are sharing with you **seven hearts based on seven different human emotions that are different colours of forgiveness**, which you could wear on each day of the week and join us in fulfilling this objective.

Wear A Generous Heart - Be Forgetful Of Others' Mistakes

Wear An Open Heart - Accommodate Others

Wear A Thankful Heart - Give Blessings And Take Blessings

Wear A Warm Heart - Be Uncritical

Wear A Tolerant Heart - Keep An Easy Eye On Others' Weaknesses

Wear An Accepting Heart - Absorb Others' Virtues

Wear A Giving Heart - Fill Others With Virtues

In order to wear these hearts, which means bringing these different colours of the emotion of forgiveness into practice, we need the powers of **peace**, **love** and **truth**. These three powers together make up the healing balm of forgiveness, which heal our anger-filled emotions which in turn heal our peaceless words and actions.

(To be continued tomorrow ...)

Soul Sustenance

The Art Of Forgetting In Relationships

Sometimes, someone says something in two minutes that makes you feel really bad - they said it in two minutes but it is still there inside the register of your mind two months or even two years later. How could they! Who do they think they are! Something happened in two minutes and you remember it, you repeat it again in your mind and in your words during interactions with others. You keep replaying the scene repeatedly in your mind. Just like an action replay of a cricket match, you see the replays from different angles and judge the scene in many different and negative ways and come to different conclusions, most of which are negative in nature. With this you strengthen that experience in your mental register. Memories and the experiences associated with the memories replayed continuously in the conscious mind enter your sub-conscious, so that even after a long period of time you remember what they said to you. The other person unburdened themselves and forgot it straightaway.

It's like your neighbour who takes out rubbish, throws it outside his house, into your compound and forgets about it and you allow that rubbish to remain there, without thinking of getting it cleaned. Someone throws a few words at you and they forget, but not only do you not forget but you repeat them in your mind to such a point that at times these action replays do not even let you sleep. **We need to learn the art of forgetting memories that generate shadows of hurt or pain in our present.** The past has already gone and what you have now is the present moment.

Message for the day

When you are content you can give the experience of contentment to others too.

Contemplation: Each day check if you are content with what you are doing. Also check if others are content with what you are doing in your life. If there is an experience of contentment within yourself others will be content with you.

Application: At the end of each day, make a mental list of all that you have attained for the day, things that you are happy about. This will enable you to be content even during the phase when things are not going so smooth, because you are able to look at the positive aspect too.

Guilt Trips

Do you go on guilt trips? No matter how foolish or selfish you may have been, there's no need to continue to beat yourself up. Guilt won't be helping anyone, especially not you. So, you may as well cancel that guilt trip!

Be kind. Accept the past and forgive yourself.

Pinpoint exactly why you feel guilty and then make amends or fix the problem that's making you feel guilty.