

Today's Thoughts: March 13, 2020: Never Fight



Never Fight

Nothing is worth fighting for. Wisdom never fights, it waits patiently, speaks positively, releases easily, sees benefit in everything and envisions a future of abundance...knowing that all needs will be met at the right moment, in the right way. If you think life is a struggle you will always be struggling. If you think life is a breeze, your attitudes and actions will convey lightness and easiness. And that's what attracts everything you need, and much more. Make today a breeze not a battle.

Situation-Proofing Yourself (Part 1)

We all belong to a group of pupils (or learners) who are always learning a lesson at every step of our respective lives. The real life situations are our lessons in disguise which come to teach us something or the other in a short span of time and bring in front of us questions in the form of – **How** will I ever live a life without a loved one, lost due to death or due to differences in opinions or **Why** did this particular event ever have to happen to me like an illness or a sudden financial loss at the workplace or **When** will I achieve the desired success in a difficult scene full of events that dare to challenge my mental security or **What** did I do in my past births the results of which I am seeing in the form of a loved one not looking at me with the love and respect that I deserve?

You have obviously heard of water-proofing. A rain coat worn in the rains does that. We create a new term in this message, a term which you will love to relate to and not commonly used – we call it **situation-proofing**, a term created based on our experiences after having lived many years a lifestyle based on what we learn every day at the Brahma Kumaris and realized through meditation, introspection (looking inwards) and self-study. The situations are there, who ever said that they will not raise their ugly head from time to time, but the term we have created is based on the wisdom shared at the Brahma Kumaris. A life with the Brahma Kumaris does not mean that life does not have its share of ups and downs. The same applies to living a life without spirituality. A spiritual lifestyle or what we call *alokik* (in Hindi) life, does not mean no difficult situations either, because you live in the same world as outside, you only re-mould the way you live your life and make significant positive changes in the way you perceive difficult situations and become situation-proof and free of worry. Life for all of us does involve different types of challenging situations, sometimes in the form of a temporary rise of a *sanskara* or a personality trait like anger or jealousy or ego; sometimes in the form of lack of respect by a work colleague; sometimes just a challenging or difficult work task in the sphere of action; sometimes in the form of difficult relationships with people, when nothing is wrong with the other but just a clash of personalities of two people, when what is required is just a sacrifice of the *I* and *my* or sometimes in the form of a temporary setback in the physical body, etc.

(To be continued tomorrow ...)

Soul Sustenance

Seeing With Spiritual Eyes

My eyes are the most powerful medium through which I, the soul, not only absorb information from the outside to the inside but also express myself to others from the inside to outside. **All that the soul possesses inside it or is made up of in the form of thoughts, feelings, attitudes, positive virtues, even weaknesses, in fact all personality traits, are expressed through my eyes to others and shared with others.** As I look towards others, my eyes can be used to shower others with pure love, peace, joy, power etc. and the same eyes, if not used appropriately, can shower others with anger, jealousy, criticism, hatred etc. My eyes also express whatever wisdom or knowledge I possess inside.

When I stay in the awareness that I am a soul, a spiritual being of subtle light, situated at the center of my forehead, my eyes are used to see others in the same way with a spiritual vision. This leads to my spiritual upliftment. When I stay in the awareness that I am a body, my eyes are used to see others in the same way with a non-spiritual or a body-conscious vision. This brings me down on a spiritual level. **A spiritual vision helps me see others with a sense of equality, instead of with feelings of comparison or competitiveness.** Usually, on a physical level, I create all sorts of impressions of another person from just one glance through my eyes, about their age, gender, looks, position in society, job, how rich they are, their dressing sense, caste, nationality etc. and many a times, very commonly, I make various assumptions about their personality or behaviour. In the state of soul-consciousness, that changes. Looking out I see souls, and I see them as my brothers, on exactly the same level as me, neither higher, nor lower. A spiritual vision reminds me of the original, positive qualities of each soul, instead of their present personality. It also reminds me that **each soul has incarnated from the soul world to play its various roles through different physical costumes in this unlimited drama on the world stage. Age, gender, appearances, status etc. which are visible to me today are just temporary ones. The same soul has been in the past and will be in the future in different physical costumes or roles, where all these have been and will be different and the same applies to me too.** This makes me rise above comparisons and I am no longer judgmental about the other.

Message for the day

Speciality lies in experiencing one's fortune.

Expression: When there is the awareness of one's fortune, there is speciality seen in every word and action, because of wanting to make the best of everything. There is also the pure desire of sharing with others, which also makes one special.

Experience: When I have the recognition of my own fortune, and am aware of what I have, I find myself content. I have no expectations but continue to make the best use of what I already have, for my benefit and that of others. So I find myself being special and making my own fortune.

Watch Yourself

We spend so much of our time watching how other people behave, that we rarely stop to watch ourselves.

Make time to observe yourself, without being critical.

Become fully aware of your thoughts, feelings and behavioural patterns.