

Today's Thoughts: March 03, 2020: Transform Sorrow



## **Transform Sorrow**

If someone causes you sorrow, then don't take it. Your slogan is: Give happiness and receive happiness. Neither cause sorrow nor take sorrow. If someone causes you sorrow, transform it and give that one happiness.

**Respect is to recognize and appreciate the unique role of everyone.**

When I find myself having negative thoughts toward anyone, I need to look at the special role this person has to play.

When I look closely, I will realize how talented they are, and will develop new respect for them. Without this particular person, the drama of life would not be complete.

### **Harmonizing The Mind And The Intellect**

The intellect is the faculty of the soul that judges thought and determines its quality, its ethical purity, its truthfulness, its usefulness, its appropriateness, whether it is necessary, right or wrong. **The intellect is backed by the conscience. In fact, the conscience expresses itself through the intellect.** If you have a positive thought, the intellect should approve it and allow it to be put into practice. If a feeling of doubt accompanies the positive thought, the intellect should take it into account and remove that doubt, before the thought gets converted into action. **When the faculties of the mind and intellect are pure and strong, and they cooperate in harmony; they support one another and there is no inner conflict.** If the intellect is weak, the mind feels confused and it will generate many unproductive thoughts. There will be an inner conflict and in the end the intellect will lose, because the power of influence of the intellect is less. Then, the intellect will not have the power to prevent them from going into action. Actions will be performed that are negative or unproductive, in opposition to the conscience, and they will as a result create negative habits.

**The intellect is the most important faculty of human consciousness to bring about personality change.** If the quality of the intellect is good, the capacity and quality of the intellectual processes through which you perceive and live reality will be higher. If the intellect is clean and pure, you will differentiate what is real and authentic from what is unreal and false. You will be able to judge if a situation is beneficial or wasteful, useful or useless.

## Soul Sustenance

### 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, in spite 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 ...)

## Message for the day

**To pay attention to every act is to be a hero.**

**Expression:** A hero actor is one who has great attention for every act of his. He makes sure that none of his words or actions are ordinary or waste. He ensures perfection in everything he does. This naturally brings the best out of him.

**Experience:** Since I pay constant attention to everything I do, I find that I am able to give my best. I am then satisfied with whatever is happening since I know what I do is not as important as how well I do it.