

Today's Thoughts: February 13, 2020: Take a Moment



## **Take a Moment**

Let go of your accumulated thoughts and feelings.  
Access your inner tranquility, stillness and clarity.  
Feel full, refreshed and at ease with yourself.  
Now, return to the field of sound and action.

## Appreciation

We all want to be appreciated by others but we don't always receive what we want.

Try to appreciate others' appreciation, without depending on it.

Whilst people's appreciation counts, what counts more is that you appreciate yourself first.

Be proud of who you are and what you do.

## 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.

## Soul Sustenance

### A Journey To Happiness Or A Journey Of Happiness (Part 1)?

A commonly expressed misnomer (*an inaccurate expression*), in our everyday interactions is – “Wait till I achieve this particular goal, whether it be a promotion, success in a particular exam, marriage, retirement, a birth of a child or an end of a nerve wrecking (tight) situation and I will be happy”. Why are all of these misnomers? Aren’t these all life is all about? Isn’t calling all of these misnomers unnatural? Try remembering a single moment in your life without these and you will be left wondering. In this message, we try and convince our readers the futility (worthlessness) of waiting for goals to be achieved and then becoming happy. So we argue is it a *journey to happiness* or is it a *journey of happiness*? The wait for happiness is futile because one goal is followed by another challenge; the challenge is followed by another unexpected phase, leaving us without any moments to experience our desired happiness amidst so many uncomfortable pressure points.

**Happiness can be defined as a state of being created, while working towards a goal, not a feeling to be experienced after achieving the goal,** simply because life is a journey with a series of goals, sometimes one after the other and sometimes with two or even more than two goals co-existing with each other. So should one anxiously wait for the goals to be achieved or should one take the wait for goals to be achieved, in one’s stride accepting it as a part and parcel of our life journey. For very long, we have associated *happiness* with *achievement* and this has become an integral part of our modern day belief system, as the speed of life has become faster and more challenging with each day. We suggest a change in this ideology and associate *happiness* with *experiencing* each day – **creative ideas; experiencing strengths, specialties and skills by bringing them in action and also experiencing beautiful relationships with others; the relationship with the self; and love by sharing and receiving it from others.**

(To be continued tomorrow ...)

## Message for the day

**You receive cooperation from others when you have a clear aim.**

**Contemplation:** When you are doing something with a clear picture in your mind others will naturally cooperate with you. If you are not sure of what you are doing and why you will not be able to receive their cooperation.

**Application:** When you want the cooperation of others in what you do make sure that you are sure of what you are doing. Be clear in your mind of what you want to achieve and you will find others helping you.