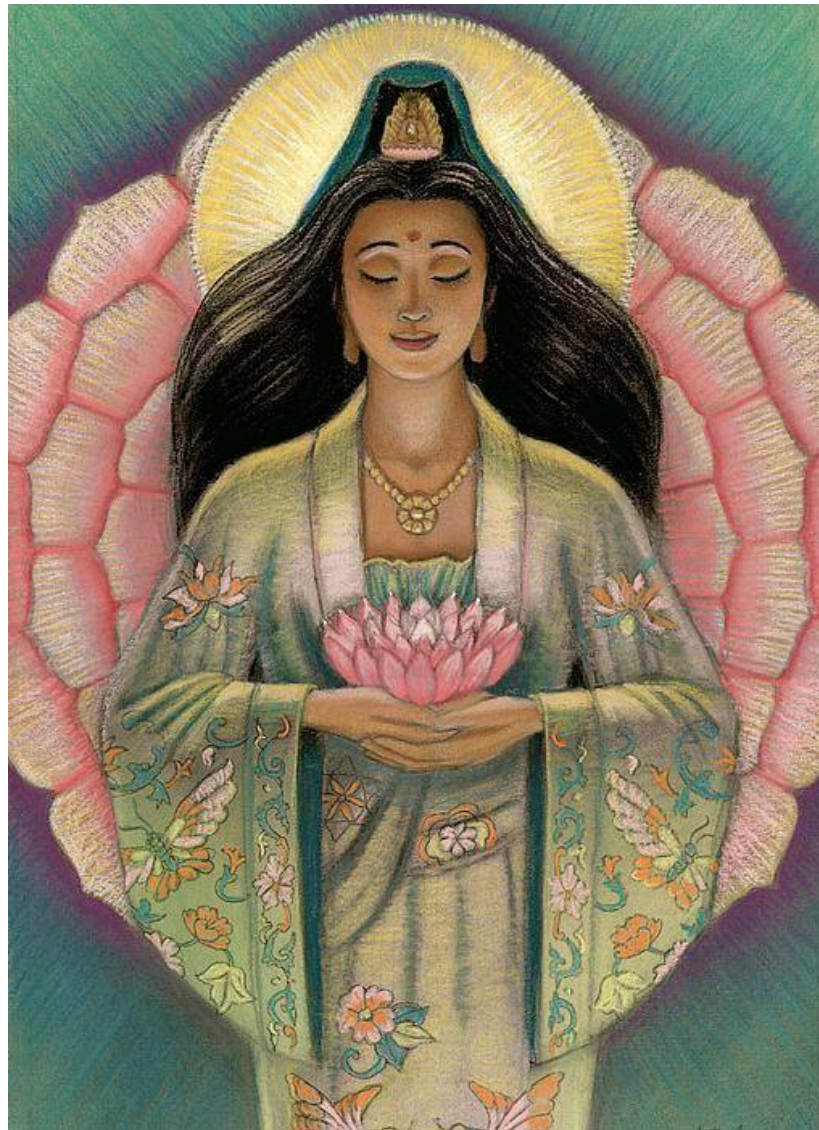


Today's Thoughts: March 18, 2020: Cool and Peaceful



### **Cool and Peaceful**

Become a goddess of coolness and make all your physical senses cool and peaceful. Those who are masters of the self cannot be deceived by any of their physical senses. A goddess of coolness can never get angry. Some say that they don't have anger, but that they do have to have a little bossiness. However, even bossiness is a trace of anger. So, you are gods and goddesses of coolness, therefore traits of anger or bossiness cannot emerge even in your dreams.

## Success In Your Stride (Part 1)

Reaching milestones or arriving at significant turning points in life bring with them loads of praise and respect from different segments of people whom we are connected with. Life does not remain the same as a fresh flavor of a pride based on what we have achieved is added to life. If spiritually defined, a pride based on soul-consciousness can be defined as becoming an embodiment of the qualities, powers and skills of the soul, which are non-physical capabilities and are given a physical face by *karmas*, which involve words, actions and relationships. **This pride is called self-esteem in spirituality.** On the other hand, a pride based on the physical body consciousness, **which is called ego in spirituality,** can be defined as attaching yourself to the role and forgetting the non-physical aspect completely, forgetting that the qualities and the talents which are responsible for success are not mine *per se* (exactly), but are a gift of my past actions, which were inspired by the remembrance of the Supreme.

We might argue that the skills are mine and are the *only* cause behind the success story of my life, but we do forget that all benevolent (kind) actions performed by us over many previous births, which are the reason why we are gifted with specialties today (as a fruit of those actions), were directly or indirectly related to the remembrance of God and performing pure actions or *punya karmas* in the name of God, both of which were an absolutely common part of our lives just about 100-150 years ago. Do you know that all of us, even the most advanced personalities amongst us presently, remembered God everyday for quite some time till a few hundred years ago in different physical costumes, not only in the form of prayers but also thanking him many times each day for everything he gave us. It's only after the advancement of science and technology that we starting remaining away from the Supreme and instead of taking success in our stride as a God-given gift, we starting taking it as *only* my destiny, with no role of God to play in the same. That's when self-esteem starting changing to ego.

(To be continued tomorrow ...)

## Soul Sustenance

### The Consciousness Switchover (Part 2)

Given below are few simple methods which help us in the process of rising above action or role consciousness and make the task of switching of consciousness to a spiritual one, easy.

1. Every hour, stop for a few seconds and note down in a small diary, which you carry with yourself through the day, to what extent, in the hour that has just gone by; you have maintained the light and detached awareness of yourself as a soul, a being of peaceful and blissful light, situated at the centre of the forehead, playing its part through the physical body costume and the physical role costume and seeing others the same way. If you haven't had any awareness, that's fine: the light reminder will help you remain attentive for the next one hour period. This will over a period of time become an easy, natural and enjoyable exercise, which is very relaxing.
2. Every 2-3 hours, stop whatever you are doing for a 3-4 minutes and turn your attention within, creating an awareness and feeling of the soul, but a very deep one. Remind yourself of your spiritual relationship or your relationship on a soul level with the Father of the soul, the Supreme Being or God. Experience the relationship. At centres of the Brahma Kumaris and even at their homes and workplaces, the members of the Brahma Kumaris around the world, follow this exercise. Where it's feasible, music is played at these times to make the break effective and soothing. This exercise is called *traffic control*, because the peace experienced in this exercise helps you become aware of the traffic of your thoughts and slow it down, reducing the risk of accidents that are caused due to internal mental clashes as well as clashes with the variety *sanskaras* or personality traits of people whom you come in contact with.
3. Every time you eat or drink something i.e. you nourish the body, along with that sustain the soul with spiritual thoughts, above the mundane or ordinary. These spiritual thoughts could be based on something positive that you have read in the morning at the start of the day.

## Message for the day

**Victory is guaranteed to the ones who are constantly loving.**

**Expression:** The ones who are loving are able to involve others in everything they do with their love. So whatever the task maybe, they find it to be very easy and are able to accomplish the biggest task with ease. Also each task done by them is with love and so everything is done with lightness and so victory is guaranteed.

**Experience:** When I am loving and do everything with love, I constantly experience lightness, based on the blessings from others. I am carefree as there is no heaviness of the task to be performed. Love transforms labour into entertainment. My internal lightness enables me to do the biggest task with great ease, involving everyone with love.

## The Light of Positivity

As the days get shorter and colder, even the best of us can get a little down.

With a positive attitude, embrace the weather and keep your spirits high.

Don't let the external affect the internal state of mind.

If you find any negative gloomy thoughts coming your way, replace them with positive thoughts. Think positive thoughts and keep the light of positivity with you.