

Today's Thoughts: March 16, 2020: Create Silence



## Create Silence

Learn to create silence in your mind and peace will flourish in your heart. Don't overthink and the answer will present itself to you.

## **The Creations Of The Mind**

Scientists have learned a lot about our physical functioning, but most admit that what actually keeps a human being alive is a mystery not completely solved. Rising above being just a product of chemical and electrical activity in the brain, as believed by many of us, spirituality orients me and trains me to come close to my real self, my spiritual self. Before I was a stranger to my own self, unaware of what is going inside my consciousness and distant from my own self. **The first step in coming close to myself is that I learn to use the energy of my mind in the most effective way possible.** For this, I decide to find a place where, each day, I can sit for a few minutes without interruptions, in order to focus on the self and explore the inner world of the creations of the mind – my **thoughts, feelings, attitudes and emotions.**

There has been a lot of conflicting views in the world about what the mind is and how it works. **In the teachings of meditation by the Brahma Kumaris, the mind, which gives rise to my thoughts, feelings, attitudes and emotions, is seen as a faculty of the soul, not the body.** It is rather like the difference between a television set and the movies seen on that set. The movies originate in the minds of the directors, not in the television set itself. The television set is just a medium for displaying the movies. So it is with all these four creations (thoughts, feelings, attitudes and emotions). These originate in the non-physical consciousness and not in the physical brain. The brain is just a processor of them and the body is a medium via which all four are displayed or brought onto expressions, physical gestures, words and actions. When I realize this, and really understand this difference, it is very empowering. I am then able to **use the power of discrimination to make choices between thoughts, feelings, attitudes and emotions that are useful and empowering for myself and others, and those that bring me down.**

## Soul Sustenance

### Loving The One (Part 3)

Dedicating love to the One whom we have many a times disrespected out of ignorance, not to take away the fact that we have loved Him also, but true love for this sweetest and nicest One in the universe is recognizing Him with the eyes of spiritual wisdom, who He is and what are His virtues and how He uplifts mankind from the claws of impurity and wrong beliefs which continue to bring human instincts to the lowest levels, as we see today in society, where lust and other negative illnesses in the human psyche have brought it down tremendously, which man had not even dreamt of, just 100-150 years ago, all under the garb of advancement and modernity. So let us just stop for a minute and reflect on all the qualities of purity that the world possessed a few thousand years behind, on the world time line, which was the world that the God had made with His own hands, which we spoiled due to our self created beliefs and attachment to physicality. The world lost its sanctity (purity) and that was the time when we had disheartened God and broken our promise to Him, made to Him in our prayers and other forms of worship, to take care of what He had created and not to let it destroy our inner selves, which it did. They say, God is above sorrow and joy but God isn't unemotional either. He watched the decline in a mode of detachment and He was above it, but at the same time He wasn't liking it happen. The same world children, who had loved Him and left Him in the soul world, which is above the physical world of 5 elements, when they stayed with Him there, had abused that spirit of love and fallen down.

So, if we were to realize this deeply, we would say – *Yes! Today I will give the return to the Spiritual Father of Humanity, the Highest One; I will make myself so pure, as He would like me to be. This would be dedicating my true love to someone who has lived by His word of helping us every time even though we did not keep our word to Him that we would remain the purest and the most virtuous beings and keep His creation – the world in the same light.*

## Message for the day

### The power of stability enables to cross over all obstacles.

**Expression:** The one who is stable is not influenced by one's own old habits and tendencies to react, but is able to think and act properly under all circumstances. The power of stability brings forth the best decisions in the most difficult times, brings solutions and helps in lessening the impact of the obstacle itself.

**Experience:** When I am stable on the seat of a master, I am able to be free from the influence of my own old habits, those that are of weakness. Instead I am able to transform old habits into new ones, making them into those of power. Learning to be stable in the most difficult situations, enables me to cross over all obstacles very easily.

### To have the light of knowledge is to have the ability to finish darkness.

When I have the light of knowledge about something I need to be able to put it into practice. Knowledge then helps me to finish negativity. If knowledge is not finishing my negativity, I need to check whether I understand things accurately. Knowledge also means that I need to understand if I have the power to transform too. So, I do all that it takes to bring about transformation. Today I will take up something that I am bothered with and work on it. I will see what point of knowledge I need to use to make it possible to change that negative into positive. I will bring out all those points of understanding and practice, which will help me to overcome that negativity. This will help me get the courage and also give me the determination to do the needful.