

Today's Thoughts: February 27, 2020: Sweet Words



Sweet Words

A bitter tongue makes life bitter, a sweet tongue makes life better.

Cooking A Meal – Subtle Energies At Work (Part 1)!

Mother, what are you making for dinner tonight? Do make something delicious! The ordering children often dictate the menu for a meal to their mothers, hoping for a mouthful. Mothers are often in a hurry to finish their cooking tasks for the day and also eager to fulfill the tastes of their children and other family associates. Often mothers relax at the end of the day after having spent their energies on the minutest details of their meals – the vegetables, the salt, the turmeric, the spices, the oil, the pulses, the wheat flour and the water – taking care that food is prepared precisely, leaving no room for error. The objective – satisfying the palate of everyone and also earning the blessings from the family expressed in the form of many - *yummies, wows, lovelies and thank yous*. How come, **inspite of this warm exterior feel to this family setting, there lie underneath not so warm subtle energies, which prevent the food from being not only pleasing to the tongue and stomach, but also spiritually fulfilling.** This is the message of the Supreme's children, the mothers, wives and even the young sisters and brothers, who cook food at the Brahma Kumaris in different settings - at their homes or at the official spiritual service locations.

Love filled food, pure vibrational energy filled food is not only healthy, curing ailments but also spiritually, emotionally and mentally soothing, because of the subtle bridges that exist between the body and the non-physical mind causing both of them to influence each other. You have heard of how food cooked by a mother tastes better than the food cooked by a maid. Why? Because of the purity of purpose. The mother is absorbed in the love of her children while working on the meals and the maid cooks because she earns from the task, which she experiences as tedious many times. The mother will cook with a higher purpose which reflects in the food quality and the energy it's every morsel (bite) carries invisibly. So food should be cooked in love, but let's change this to a higher love, say a higher love for God and not the worldly love which carries with it dependencies, attachments, possessiveness and fear.

(To be continued tomorrow ...)

Soul Sustenance

Adopting A Wiser Perception

Depending on my choice of perception, I may see life as a battleground, where I face a constant battle from morning to night. The constant to and fro between family and work may tire me emotionally and mentally. If I let it and see it that way, life can also itself become the **cause** or **source** of my tensions. It may even seem as if the path of life is scattered with rocks blocking my way. Instead of stepping around or over them, I perceive them as being obstacles. The thoughts may come easily to my mind - *If it was not for so-and-so or such-and-such, I would be able to....* I may mention the same to my loved ones. Instead of bringing me any benefit, these complaints take me away from the power that I, the soul, have within of changing anything. I simply pass on my capacity to change, to persons or objects over whom or which I obviously have no control.

If I am fortunate to have a wiser perception which spirituality can give me, life can become a great place to learn and grow. Behind seemingly difficult situations are my major lessons. Disguised in routine tasks are the sign boards that point me back towards truth. **Relationships that bring with them repeated scenes of negativity with the same person and for the same reasons show me the weaknesses I have to work on.** Indeed, until I work on the eradication of my weaknesses, I keep repeating them. Challenges do come, but they help to bring out the best in me. **If I have the subtle eyes to see and the courage to go forward... life is a constant experience of reminders and benefits to progress along the road to my highest consciousness.**

Message for the day

Stay in constant peace by becoming an embodiment of solutions.

Contemplation: Situations do bring a lot of challenges for us, but where there is fear or worry while facing them, there cannot be peace. As long as we continue looking at the problem instead of searching for solutions we cannot remain in peace.

Application: Think of some problem that you are thinking a lot about. Now see if you can find a solution for it. If you feel you cannot, it is better to leave thinking about it rather than to worry about it. When you keep the mind free in this way, you will get the solutions automatically.

When interacting with others, be REAL:

Respect: notice the positives about others and recognize their intrinsic value.

Empathy: understand another's point of view and where they're coming from.

Accept: instead of trying to control others, let people be themselves.

Listen: be present in the moment and listen with your heart, without judgements.