

Today's Thoughts: April 03, 2020: Self-Talk



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Self-Talk

Everyone talks to themselves. At times it's a conversation that runs continuously in the background of our mind. So, don't allow negative self-talk to creep in and sap your confidence. Increase your self-worth by choosing to talk to yourself with complete respect. No criticism or judgement allowed! Give yourself credit for everything you try to do. And when you catch yourself expecting perfection, remind yourself that you are doing your best. Just believe in yourself and remember that you're worth it!

Receiving The Gifts Of God (Part 3)

A very significant aspect of life with the Brahma Kumaris, whether surrendered in the organization or staying at home and performing a homemaker's or/and professional role and following all the principles of the Brahma Kumaris is listening to a four page spiritual lesson at any of the Brahma Kumaris official centres everyday. The lesson is a common one i.e. the same on a particular day at all centres all over the world in around 110 countries, which is read by an experienced teacher of the meditation and spiritual wisdom as shared by the Brahma Kumaris. **It is called *murli* or the flute of knowledge by us. It is conducted in the mornings at around 7 a.m. at the centres** and is held after early morning meditation and following the morning duties dedicated to the physical body and some light house work. All members of the organization have experienced drastic transformation in their personality and also an immense increase in their happiness levels and a capacity to remain empowered amidst difficult worldly situations by receiving this morning gift for even a few months from God.

To end on a note dedicated to our love for the Supreme, we would like to share our warm feelings with you by reminding you that our hearts have longed for a life in the canopy of God over thousands of years and it is our personal wish that when God is offering the treasures of his divine company to his soul-children, we do not miss the amazing opportunity of filling our hands full with these treasures and distributing the same to each and every human being whom we meet and bringing smiles back on their faces in demanding times of busy schedules and tight deadlines combined with difficulties in all spheres of our lifestyles including inner pressures due to various reasons. **So let us awaken and come together under one umbrella of God's spiritual love and a common bond between all of us – one of spiritual brotherhood and join hands together and make the most benefit of the present moments.** There will come a time in the near future when these precious moments will no longer be available and easy to savour (enjoy) as the cycle of time turns further and time enters a phase of unexpectedness with the world atmosphere deteriorating and sorrow in human hearts increasing and God becoming difficult to remember and even God taking up a stance of detachment, due to the same and not offering his love in the same way.

Love

The love of the Unconditional Source is like spiritual sunlight.

It is selfless, complete in itself: it always adds and never subtracts.

Message for the day

The ability to find solutions comes when I know the art of listening.

Projection: I normally get to hear a lot of things and tend to get coloured by all that I hear. The more I hear about negative things, the more difficult it becomes to maintain my own positivity. Yet I can do nothing to ignore the things that make me feel negative.

Solution: I need to know to listen to people rather than just hearing them. To know to listen means the ability to transform negative into positive. Just as a doctor listens to all the negative aspects about the disease etc and still knows only to give the medicine, I too need to listen in order to give what is required.