

Today's Thoughts: January 28, 2020: Fresh Start



Fresh Start

If through some error yesterday was lost in grief, don't lose today by keeping it in your memory.

Create Time

We've all been guilty of thinking, "I just don't have the time."

You might not have the time to do everything but you DO have time. It's just that you're choosing to spend your time elsewhere.

Make time for things that matter by spending less time on things that don't. Try to: chat less; watch less TV; browse the web less; check your email, Facebook, Twitter less.

The Mental Kaleidoscope

A kaleidoscope creates beautiful patterns from chaotic bits and pieces, which are scattered everywhere. When the kaleidoscope is turned, disorder becomes order, chaos becomes beauty and symmetry. The Drama of Life is constantly turning and we are part of its cyclic movement; sometimes this cyclic movement of life is supportive, comprehensible (understandable) and enjoyable and, at other times, it is tense, fearful, stressful and incomprehensible (not understandable). There is confusion and fear because we do not understand what is happening, why it is happening and how it will get better. Things not only appear chaotic but also hopeless. If the intellect is able to go beyond the questions of - Why? What? and How? and just be still, without judgements, or pressure, for some period of time, then things do work out. To do this requires faith.

The power of faith means that we know that somehow and somewhere right solutions and answers will come in their own time. We are so used to controlling people and situations to obtain a particular result that we have forgotten how to use the power of faith. The Law of Faith says - Plant the right seeds, make the right effort, but also let things be. Faith does not mean to be passive (inactive) but rather to have acted and thought about something and then have the patience and trust that the Drama of Life is also taking care of it; the outcome of any action is not just up to me. In Raja Yoga meditation taught by the Brahma Kumaris, we often hear the term - a consciousness full of faith is victorious. As the Drama of Life turns, such an intellect works like a kaleidoscope and can perceive and see the often hidden, beautiful patterns in life's situations that, in time, become visible and benevolent.

Success, or victory, depends as much on doing the task with the right intention, as it does on allowing things to take their own course. Wisdom is an awareness of this balance.

Soul Sustenance

The Spiritual Concept Of Becoming A Trustee (Part 3)

In the physical world, one common example of a trustee is when a multi-millionaire does not have any heirs, he or she will leave his or wealth in the hands of a trustee or a group of trustees, to ensure the right use of his/her wealth as per his/her last wish. Another common example is of trustees associated with temples and welfare organizations. All the wealth and ornaments that devotees offer in temples out of faith, love and devotion for God or all the wealth and property that people give in charity to welfare organizations is taken care of by a group of trustees. In all these cases and more, while taking care of the wealth, **honest trustees always keep the consciousness that this is not their wealth or property and will always use it in the right way, as they have been directed. This is called *keeping* the trust of the owner/owners of the wealth, hence the word trustee.**

In this way, now as a trustee, throughout the day I keep a consciousness that the treasures of my mind, my thoughts, words, actions, virtues, powers, time, my physical wealth, physical body etc. are the Supreme Being's property and I have been appointed as a trustee to take care of them. In this way, I will use these treasures in a positive way, for a positive purpose (as mentioned earlier for a purpose of bringing myself and other close to a state of truth) only; in a way the Supreme Being wants me to and has instructed me to do so. This establishes a relationship of detachment with the treasures I possess and also brings about my spiritual self-growth.

Message for the day

Your love for God will make you feel victorious in all situations.

Expression: Your love for God will make you experience His companionship in everything you do. Where there is love there is never a moment of loneliness. Thus you will be able to move forward with courage in all the challenges that life brings.

Experience: Think of one situation where you have found yourself failing. Now think that God is with you to help you in this situation. When you believe this, you will find that you'll get the courage to accept and face the situation. Then you can also work and bring about a change in the situation.