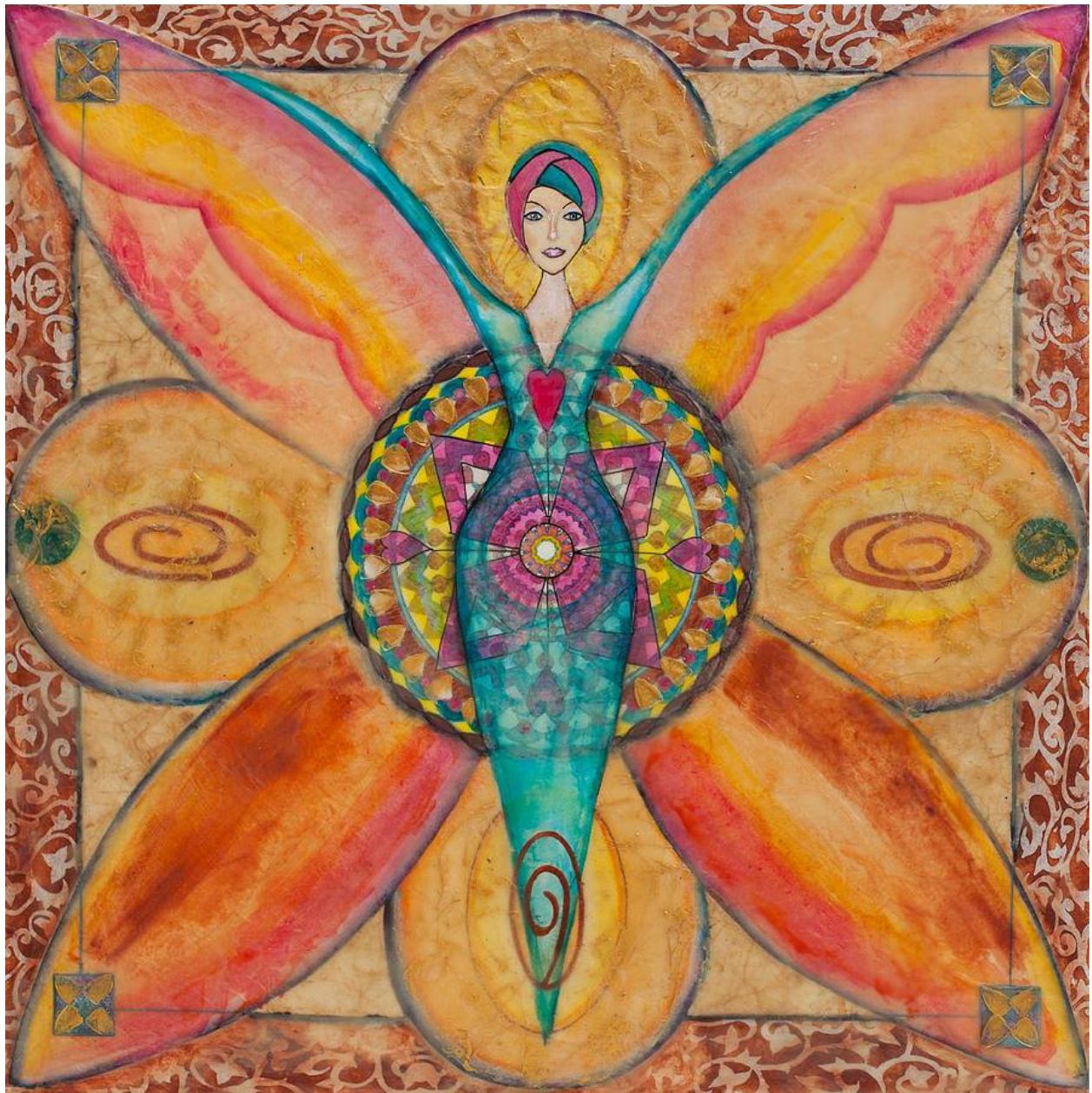


Today's Thoughts: May 17, 2020: Cheerfulness



Artist: Cheryl Irwin

Cheerfulness

Inner cheer is destroyed by a conscience which bites. So learn to do everything in a worthwhile way. It's an art which teaches you to appreciate your inner beauty.

If Tomorrow Didn't Exist (Part 1)!

Preparing for a tomorrow has become a part of our present day lives but **we at the Brahma Kumaris are preparing the world for a tomorrow which is to be created by our pure thoughts, words and actions, that means a tomorrow which we cannot see with our physical eyes but a tomorrow based on our spiritual conviction and powerful belief and inner trust on who has promised us this tomorrow** based on the knowledge of the repetitive world drama, which is there with Him. He is the seed of the human world tree – our and your Father – God – the bodiless Supreme Father or Supreme Being of Light.

To have inner trust on who is promising us a positive future, we need to know his identity by going back into the history of the worship of God. Do you know that the path of devotion or *bhakti*, when it began, was the worship of only the one bodiless God in India? Later God started being worshipped in a physical form in India. In India, the worship of different deities and devtas like *Shri - Lakshmi, Radhe and Sita; Shiv Shaktis like Durga and Kali* and also *Shri - Krishna, Vishnu, Rama, Hanuman and Ganesha* began later than the worship of the one bodiless God Father. Even in world religions all across the world, God is often remembered as a light form. He is the Universal Light. In Christianity, the Bible states – *I Have Come Into The World As Light*. In Islamism, the Koran states that – *Allah Is The Light Of The Heavens And The Earth*. In Buddhism, the Dhammapada states that – *The Radiance Of Buddha Shines Ceaselessly*. In the religion of the Jews, the Psalms state that – *The Lord Is My Light, Whom Shall I Fear?* In Sikhism, the Adi Granth states that – *God, Being Truth, Is The One Light Of All*. So in almost all religions, God was remembered as a being of light, directly or indirectly. As time progressed, like in India, the Fathers of different religions, like Christ, Buddha, Guru Nanak and Mahavir were worshipped by some as if they were God, which was a mistake because they were pure souls and not God or the Supreme Soul or *param-atma*. God is only one and all souls, however pure and divine, are His children.

(To be continued tomorrow ...)

Apply a Full Stop

The force & speed of waste thoughts is fast. Once you start having waste thoughts, they clutter the mind & then it takes a lot of time & effort to stop the flow.

Also, waste thoughts quickly become waste words & actions.

The next time you notice yourself thinking unnecessarily, apply a full stop to the waste thoughts.

Finish the waste & when it's necessary to think, you'll be able to think clearly & productively.

Message for the day

To give is to get multi-fold returns.

Expression: If you have something; give. If you don't have, still give; because you will start experiencing getting what you give. Whatever you lack today, continue being aware of what little you have and start giving. By giving you are able to experience these treasures yourself and start getting enriched. It is easy to give, when you have the awareness of having something.

Experience: Today I will make a list of all those attainments I am aware of. I will give at least 5 people from any of these attainments (it could be love, happiness, or any other attainments). If there is nothing else to give, let me at least give good wishes. This is the biggest help that I could give. And this further enhances my own treasures.