

Today's Thoughts: October 08, 2020: Friends and Relatives



The small, but jaw dropping picturesque town of Chiavenna along River Mera in Italy

Friends and Relatives

If my friends and relatives do not choose to accompany me on my spiritual path, why should I chase after them trying to get them to change? They won't listen to me anyway, no matter what I say. A better approach is to focus on my own change process. A river doesn't need to urge people into drinking its water. People are naturally drawn to it, provided its waters are pure, free flowing and sweet. In the same way become so attractive through your spiritual efforts that everyone will want to join you naturally.

On A Spiritual Joyride (Part 2)

Variety in life is the only way to sustain a spiritual journey which many of us are on. Meditation is a technique which is being practiced by millions all over the world. At the Brahma Kumaris, people from around 115 countries practice meditation in their daily lives but at the same time, as per the knowledge shared by God, they take care that **meditation does not become like a daily routine. Everyday meditation is done with different types of positive thoughts.** In this way, spirituality is like a fun filled joyride in which different experiences become a daily part of your life. Also **everyone at the Brahma Kumaris will not study spiritual knowledge only when they are alone or at home. They will visit one of the centres of the Brahma Kumaris daily for an hour, wherever they are. And they will listen to spiritual knowledge in a gathering.** This type of daily routine is something which is rarely seen in any other spiritual movement of the world. The intention behind this type of practice, besides better understanding of the knowledge, is an increase in enthusiasm by sitting with people of the same mindset and gaining from their spiritual power, which is called the power of the gathering.

Spirituality also brings with it the duty of sharing all that you listen and learn, with others, which itself is a way of remaining enthusiastic. Along with sharing, which we call service at the Brahma Kumaris, **there is great importance given to changing oneself and improving one's behavior which is a way of going ahead in life on a non-physical level.** This is because changing oneself automatically causes a positive energy of change to flow in my words and actions, which further flows to others causing an increase in enthusiasm in oneself. This is the spiritual joyride on which we sit every day and wait for the next day with a lot of interest.

(To be continued tomorrow ...)

Truth

The power of Truth is such that you need never be concerned about proving it.

You need only be concerned with being it and living it.

Truth is always revealed, at the right moment, at the right place. It is for this reason that the simplest, most powerful expression of truth is humility.

Real humility results in so much power of truth and inner silence that you don't need to say anything at all in words.

The power of humility allows you to see the benefit in everything, even in the insults of others.

Message for the day

The easiest way to bring positivity in life is to become worthy of God's love.

Expression: A simple checking whether to perform an action or not is to see if it would be approved by God. When every action is thus checked, there would be positivity and benefit expressed through everything. There would not be any negative, waste or even ordinary actions performed, but only those that are sealed with the power of positivity.

Experience: When I am able to bring about such positivity in my life, I'll not only win the love of God, but also the love, praise and good wishes of all those around me. I also become trust worthy and an image of support for those who are seeking to bring positivity in their lives.