

Today's Thoughts: June 21, 2020: The Secret Ingredient



Dadi Jankiji, Dadi Gulzarji & Dadi Ratan Mohiniji in the Brahma Kumaris' kitchen in Mount Abu, India

The Secret Ingredient

When we're cooking, our minds are working. When we're stirring and rolling and baking, we're thinking. Thinking creates vibrations because that's what thoughts do. The vibrations affect both the food and the people who eat the food. So, cook with care; pay attention to what you are thinking; and don't forget that in the best of recipes, love is the secret ingredient.

Practical Positive Response Training To The Mind (Part 3)

In last two days' messages, we have explained the process of restoring positivity in the mind when faced with a negative situation, where the most common response is a negative one but the mind can be trained to respond in a different way, in a positive way. **Today we explain this process with an example.**

e.g. You have just had a major argument with your spouse and have lost your temper. At that time, not only your mind but your physical body also feels uncomfortable - it is in a state of complete stress. You feel your blood pressure has suddenly shot up, your heart is beating fast, you feel uncomfortable in the stomach, your hands are shaking, your face and eyes are red. On top of that, you also feel sad. You have behaved like this many times before and you know the results of responding in this way. The relationship has been scarred and you have worsened a situation. This could have been avoided. There is sorrow, guilt, low self esteem and hopelessness over your loss of control. Also, there is a fear regarding your future, not necessarily a long term one, because things will get sorted out sooner or later, but a short term uncertainty does exist, especially regarding what your spouse's response will be in the next few hours or days. In this state of mental and physical helplessness or desperation, anger may come again either projected towards yourself or towards your partner, which will be followed by the same effects, worsening your state further. In this moment of lack of spiritual wisdom, you remind yourself of the simple wisdom that you are in fact a soul. **Even while you are still caught up in the turmoil of the negative situation, using your intellect, you consciously emerge inside yourself, your true awareness of being a sparkling point of peaceful light situated just above the eyes, at the center of the forehead. You not only become aware but you also use the intellect to visualize your true, peaceful, spiritual and star-like form clearly.** In that moment, you are able to tap into the reservoir of peace that is present deep inside your being. You calm your mind by holding on to this awareness for a few minutes. You feel - you know - that you are peace. As this experience grows, it has a soothing effect on your whole physical system. Gradually, stability and peace are restored to your body as well as your mind.

To appreciate achievements is to get the encouragement to do more.

Quite often what we have to achieve overweighs what we have achieved. In the concern for what we have to do, we miss out on appreciating what we have got or done. We need to pay more attention in acknowledging and appreciating that too. That gives encouragement to move forward with strength and conviction. Today I will make a "have done" list. To make "to do" lists is good. Today, let me make this special "have done" list, in order to appreciate the efforts that I have put in and the success that I have got. Each day, let me increase the size of this list.

Message for the day

To have a balance between being a master and a child is to ensure success.

Expression: To be in the consciousness of being a master means to have confidence in whatever has to be done and in the ideas that have to be put forth. Along with this if there is the consciousness of being a child, there is learning and improvement, because criticism is taken in the right spirit.

Experience: When I am able to be open to criticism as a child, I am able to learn from it. I am able to gain further mastery without being troubled by ego. My learning would never be blocked by what other people think or feel. Instead I am able to experience constant progress and sure success.