

Today's Thoughts: July 26, 2020: Freedom



12th March 1930: Gandhiji begins the Salt March (Namak Satyagraha) from Sabarmati Ashram near Ahmedabad accompanied by eighty satyagrahis to a coastal village called Dandi, located about 390 kilometers south of the ashram. As one of the most structured revolutionary moments for the Indian independence, Dandi March was a planned protest and a large scale civil revolt against the salt tax laws set by the British Raj in India.

Freedom

**Freedom means that no one can stop you from doing what is right
or persuade you to do what is wrong.**

Awakening The Positivity Within (Part 3)

In yesterday's message, we have already shared examples of situations which are self-created i.e. created by my own mind, sometimes triggered by an external situation and sometimes there is no external event responsible for the situation. Then there are other situations of the physical body, relationship based situations and situations related to my workplace and home. All these situations are partly external and partly internal i.e. there is an external event present which is a reality and cannot be overlooked except in many cases when the situation is perceived as a situation but that is just a perception of a person with a negative perception, but in reality the situation does not exist. In all other cases, the situation is present and that is a fact accepted by even a person with a positive perception. Depending on how we perceive the situation, how we react to it and what thoughts we create on seeing it, the situation becomes big or small in our own mind first. But there is another aspect – sometimes some life situations are threatening in nature and can disturb the most powerful of souls – of course the intensity of the fear varies from person to person depending on the perception. **A calm mind with a powerful intellect can face all these situations and of course techniques like meditation which are taught by the Brahma Kumaris will help you in doing that.**

Meditation is a process of thought training - just like a cricketer will practice very carefully how he will time each ball that he faces to achieve the desired result of a run or runs scored. In the same way, I learn how to give each thought of mine value and create only positive thoughts for those few minutes of meditation. **These positive thoughts are based on spiritual knowledge and are thoughts about the spiritual self and the Supreme Being. These positive thoughts are created very slowly, step by step and carefully. This meditation practice of about a few minutes everyday is our training for actual negative situations, in which we, due to this practice, then remain calm and create only positive thoughts and keep the negative thoughts away which cause disturbances in our mind.**

How often do you reply to "How are you?" with "Busy, very busy"?

If being busy is taking over your life, stop!

Be productive and effective without being 'too' busy.

Avoid taking on too much by learning to say that two-letter word, "no".

Rather than say "no" to everything, think about what you want to say "yes" to.

Get clear on your priorities and know your limitations.

Message for the day

The power of cooperation enables the most difficult task to be successfully done.

Expression: To have the power of cooperation means to have the ability to see and use the specialities of others in any task that is to be done. It is the ability to respect and use the suggestions and ideas of each and everyone which contributes for the success of the task. So the one who is able to use this power is able to be successful in any task that he takes up.

Experience: When I am able to give cooperation and take cooperation from those around me, I never experience fear for any task that has to be done, but am able to be at ease, knowing that everything is possible. I am also able to earn the respect of those around me for having made the best use of their specialities, which further facilitates the success of the task.