



Life Is Nurtured By Attitude

When you extend pure love to everyone with selfless motivation that is an attitude of kindness. When you send good wishes and pure feelings to those who are in deep sorrow, that is an attitude of mercy. When you see the virtues rather than the weaknesses in people, that is an attitude of compassion. When you bless and uplift someone even as they defame you, that is an attitude of forgiveness. When you tolerate a situation and take responsibility as well as give cooperation even when not appreciated, that is an attitude of humility and self-respect. Every second, every moment and every breath of your life is nurtured by attitude.

Positive Thought Based Living (Part 2)

Blessings from every person you meet will make your life more beautiful and free of difficult situations. Living a life of giving joy to others through the simplest possible ways like a smile or a warm greeting or a gesture of appreciation is a beautiful way of gathering blessings from everyone. **It is said very commonly – give blessings and take blessings. That means the more you keep good wishes for others the more full of good wishes you will be which you will receive back from others.** A good practice whenever you meet someone is to ensure that you have shared something with the other person e.g. If a person comes to you and he is lacking love, just look at him and create a pure and positive thought in your mind that may this person experience his original quality of love and may he share the same with others. Do this with a humble consciousness. This is like giving a blessing to the other. This will inspire the other person to change and imbibe the quality of love which he is lacking. You may think this won't work, but the power of a positive thought created by you is immense, which can transform the other person completely. After all our thought energy does touch the other person's consciousness on a subtle level. It's like whispering into the other's ears a message of pure love which he is lacking, listening to which is an inspiration for him to change himself. In the same way, if someone has a habit of becoming angry very easily and you pass her on a particular day on the street, look at her and send her a good wish that may you experience lots of peace which is your original *sanskara*. These are blessings which work magically. Powerful thoughts have immense power, much more than words.

The pure love that you carry in this incognito way for others is like a healing balm for others which can make people more beautiful and bring them closer to you. Try giving a good wish to every person you meet in the day for one week and you will see how all your relationships with people become more beautiful and how everyone around you start becoming better individuals. It's a beautiful practice.

(To be continued tomorrow ...)

Auto-pilot Mode

Often we go through the motions of life on autopilot, not fully aware. That's when habit takes over, and we react to whatever's going on around us.

Accidents occur as we say things we didn't intend, crashing into other people's feelings...

Switch off the 'auto-pilot mode' and take back control. Stay fully aware and choose how you think, feel and respond.

Message for the day

To get an opportunity to do something difficult is to gain a quality forever.

Thought to Ponder: Most times, when we are faced with a difficult task, we tend to get confused and afraid. But, this does not allow us to use the resources at our disposal in the right way. On the other hand, when we look at it as an opportunity, we are able to not only complete the task, but also discover a new quality of ours. Recognition by others may or may not come, but that will not bother us.

Point to Practice: Today I will take up something that I have never done before. I will either do it by myself or will take the help of others. To take help from others itself is an art. So either way, I will be richer with one new quality by the time I finish the task.