



In 2008, a chimpanzee named Anjana adopted and raised two baby white tigers named Mitra and Shiva

Your Vision

When someone's feeling low, you can help them restore their self-belief by keeping a firm, clear vision of their goodness and what makes them special.

Increase their self value by letting your vision be drawn to the diamonds (their specialities), rather than any stones (their defects).

Take a gentle encouraging approach and never give up on anyone.

Generosity

Generosity means more than just giving. It also means to cooperate with others. The greatest act of generosity is to see beyond the weaknesses and mistakes of others, helping them to recognize their innate value.

Emerging Positive Thoughts From My Values

Positive thoughts emerge from your values and may be experienced as:

Confidence
Contentment
Cooperation
Enthusiasm
Generosity
Happiness
Harmony
Honesty
Hope
Love
Mercy
Peace
Respect
Solidarity
Tolerance
Trust

Let's look at some examples of positive thoughts (with respect to the above values):

- * **Happiness:** Happiness raises the spirit of whoever possesses it, and brings out a smile in others.
- * **Love:** Be as enthusiastic with the success of others as you are with your own.
- * **Honesty:** If I am honest in all my actions, I will never be afraid.
- * **Respect:** The only way of receiving respect is to give it first.
- * **Mercy:** Do not lose hope in those that have lost hope.

Soul Sustenance

Resolving Conflicts in Relationships (Part 2)

During a conflict, it is good to realize that the **energy that you put into the conflict will possibly be the quality of energy that you will receive in return.** This is the **law of reciprocity (cause and effect).** On a subtle level, we radiate according to our attitude, and on a physical level, we radiate according to our behavior. What we transmit on a subtle or/and physical level will return to us in a similar way; unless the 'other' is wiser and decides not to give us back the same negative energy, but rather to treat us in exchange with a positive attitude and pro-active behavior. That way, that person won't bring about a dependence inside us, but rather they will help us to free ourselves of our own negativity.

Often, **conflict between two people happens because we do not get the result in a relationship that we want;** we are stuck to getting a specific result and we allow our happiness to depend on getting it. On not getting it, we use a wrong method; we generate a conflict, we feel ourselves to be victims, we blame the other, we project our pain onto them; all of this under the belief that others - the other - is who makes us happy or unhappy. This is a false belief. When your happiness depends on your expectations being fulfilled, it is difficult to be happy in a constant way. Often expectations are disguised desires, and where there are desires there is fear - the fear of not getting what you want. When you don't get it you get unhappy and, in so doing, you keep happiness away from you. It is good to set yourself goals of peaceful relationships, but if they are not fulfilled or if these goals take time to achieve, don't lose your sense of wellbeing. Your happiness is a much more valuable treasure than the external achievement of your expectations and of those that others have of you.

Message for the day

To have respect for the self constantly is to experience progress.

Expression: The one who has respect for the self is not dependent on external inputs for having a good state of mind. To have respect for the self means to have the right state of mind and the right way of working with the self specially when things are not going well. It means to constantly express the positivity that is within.

Experience: When I am able to give respect for the self under all circumstances I am able to experience constant progress. Especially when I am not able to achieve the desired results or when I am not able to be successful, at that time I need to be good to myself. Then I will be able to be the best and do the best with what I have. So I will be able to experience constant progress.

In Spiritual Service,
Brahma Kumaris