



Compassion

A compassionate person develops an eye for spotting the qualities that make each person special. Even when others are at their lowest ebb, it is possible to help them restore their self-belief by keeping a firm, clear vision of their goodness and specialities. Taking a gently encouraging approach, I must never give up on anyone.

Attitude Matters (Part 1)

A beautiful aspect of our lives which we sometimes do not give adequate importance to is the need for taking care of our attitude towards everyone and how we look at each one. There was once a businessman who became known as the most successful person in his field because of his hard work and dedication. Thousands of people admired and respected him. Everyone's attitude was extremely nice and positive towards him. Sometime in the middle of his career he started doing badly and suddenly people began to move away from him. The attitude of many people towards him started becoming negative and the same people who were happy with him, in his success, no longer were there for him, in his failure. The world had turned its back to him. Why did he face such a response from the people around him? Was something lacking in him? Did he commit some mistake? Not at all. But the world was like that for him. Bad. They say **your attitude for someone should not only be positive but ever-positive i.e. continuously positive.**

Are we able to always have a positive attitude for everyone? Do you ever wonder what stops us from doing that? Our perception of people changes very easily. There is a small example of two people A and B having a conversation amongst each other. B explained something negative about C to A and went away. Later in the day, C came to A to ask for help and A refused to help because he thought C was not a nice person. Who was responsible for this action? B and his negative feedback about C which he gave to A. This changed A's attitude towards C. This can happen with us in our social circles or in our offices or even in families. **Attitude matters. It is the foundation stone of all relationships.** Let's give it a thought in the next two day's messages.

(To be continued tomorrow ...)

Transform negative into positive

After a negative interaction, traces of emotions and impressions get left over.

These shape our future expressions! That's why it's important to wipe the slate clean.

This doesn't mean erasing things completely, no, it means transforming negative into positive.

Here's how in 3 steps:

- 1) Acknowledge your emotions and understand what triggered them.
- 2) If you could replay that scene again, how would you do things differently?
- 3) Create a positive impression about that negative interaction and move on.

Message for the day

To be a giver means to give according to need.

Expression: The one who is a giver would be sensitive to the needs of others and will be able to give what the other person needs at the right time, instead of giving what he wants to give. Also such a person is able to give without expecting anything in return.

Experience: When there is even a little thought to share with others whatever I have, I would naturally be able to perceive my own inner treasures and experience being full. Sharing with others, whatever I can, enables me to get their good wishes also. I thus find myself experiencing the richness of life.

*In Spiritual Service,
Brahma Kumaris*