



Power of Blessings

The power of blessings changes the fire of adverse situations into water.

Attitude Matters (Part 2)

Our attitude towards a person is commonly based a lot on what we listen from others about him or her, as discussed in yesterday's message. On the other hand **a person who is determined to have a positive attitude will not let all that he hears, affect him. He will maintain a balance by knowing everything about a person or what others are saying about the other person, if required and yet remaining the same.** This is because sometimes in a particular role, in any sphere of life, it may be important to know everything about a person from others also. That does not mean that we should gossip about the other person and indulge in discussions about him or her. This may be unnecessary at times because sometimes people give incorrect feedback also. But that's not true every time. Sometimes the feedback may be correct and not so nice. Also it may be important to know that piece of information about a particular person, which you are receiving.

At that time, use your power of discrimination and judgment to know whether what you are hearing is true or not because the other person may be incorrect or may purposely be lying or lying because of his or her own lack of discrimination and judgment power. Also, at times, it may be good to refuse the other person's piece of information or if that's not possible, hear it, but not let it affect you negatively. In other words, neither should you be disturbed by that piece of information nor should you share that piece of information with others. Lastly and very importantly your attitude towards that person whose information was shared should remain the same. Otherwise **following your attitude change, your behavior towards that person changes and as a result the relationship with that person gets spoilt. How to keep a positive attitude for a person about whom we hear negative information?** A little bit about that in tomorrow's message.

(To be continued tomorrow ...)

Anticipation & Anxiety

When we are anticipating something it's so easy for the anticipation to turn into anxiety.

How about turning anticipation into preparation! Recognize what you need to prepare & do it! Then choose to think about it, only when you need to.

Take away the anxiety from the anticipation & you're left with a healthy optimism. You're then able to relish how things happen, even if it's not in the way that you were anticipating.

Message for the day

To work with joy is to be free from tiredness.

Expression: When there is the happiness and joy of doing something, one can go on putting in effort even in the most difficult circumstances. For having done everything with happiness, there will be the inner quality revealed in each and every task. The happiness within will spread around to others too.

Experience: As I never leave my inner joy, and am constantly in touch with my inner qualities, I am able to enjoy everything that life brings. Nothing will then be experienced as work, but I feel everything to be entertainment. I will be able to enjoy the richness of life even when there is something actually difficult.

*In Spiritual Service,
Brahma Kumaris*