



Unconditionally Accept

We all find occasion to reject and resist another person. We all like to put up a fight against anything we dislike on the evening news as we spectate the world. But we forget that when we decide we will resist something or somebody, either mentally or physically, we only empower the object of our resistance, either in reality or in our own minds. If you want to enjoy the ability to influence, always start with acceptance. If you want to disarm another begin with acceptance. If you want to encourage and empower another to change, start with acceptance. Don't make it conditional. Otherwise it's just resistance disguised as acceptance, and you are still trying to control them. And we can all smell a controller...can't you?

Living A Life Rich With Relationships (Part 2)

Relationships are made of gold, one could say i.e. they are extremely valuable. They can be stolen easily if we do not take adequate care of them. Remember it is the child's relationship with its mother in the womb which nourishes the child and brings it into this world. Later it grows up and comes into different relationships like ones with its father, brothers and sisters, friends, life partner, children, office colleagues and many more. So life is all about building the right relationships at the right time and taking forward one step at a time. It's not about living alone and at the same time to make relationships work, a good relationship with oneself is extremely important. They say that a good ruler of the self is able to achieve success in handling relationships well. What that means is **that techniques like meditation and mind relaxation make you better equipped to handle relationships with others properly.** People whose minds are relaxed and focused because of these techniques, are able to concentrate their mental energies on improving their relationships and make them full of love and happiness and free from obstacles.

Loving others is only possible when we love ourselves and loving ourselves means that since we are our own best friend first, we take care that our thoughts, words and actions are not only right but extremely perfect, which can only happen when we truly love ourselves. Such people then naturally tend to love each one in their personal and professional groups. Don't forget that God is loved so much by everyone universally all around the world because He has such a beautiful personality and a nature full of love for others. So **perfect people will automatically attract love from others. They will easily and absolutely naturally make others comfortable and content with their way of talking and performing actions.** *Live well and love well* is the slogan of their beautiful lives, which is just like God's personality.

(To be continued tomorrow ...)

Being defensive has its place but being overly defensive does not.

So the next time you're responding disproportionately to something, get clear about what you're defending & justifying; what's pushing your buttons?

Learn to accept other people's point of view or the fact that you may not be right.

With a strong sense of self-worth, relax confidently & replace the over-defensiveness with constructive interaction.

Message for the day

The best way to teach is to become an example.

Thought to Ponder: People are ready to learn, but they need to see an example which they would follow. So, instead of just telling what to do, the better way of teaching is to lead by example. Not only will I be better off because of this, I will also be able to contribute positively to those around me. Added to this, there would be no negative feelings involved.

Point to Practice: Today I will think of one change that I want to bring in others. I will check if I need to bring into my life first. I will then work on bringing that change first and only then inspire or tell others to do it too.

*In Spiritual Service,
Brahma Kumaris*