



Happiness

It is the art of living, the purpose of our existence. Happiness is the true index of quality of life. Without happiness, life is dry and meaningless. With happiness, life immediately becomes fulfilling and wonderful. Happiness is an infectious feeling that immediately lifts the sagging spirits of people. Happy people keep themselves happy because they know the little ways to appreciate themselves and to see the humour and magic in each moment.

Living A Life Rich With Relationships (Part 3)

Loving everyone for their specialties is the best way to create beautiful relationships. They say **see one specialty in everyone you come across and interact with each day**. Suppose your parent has a virtue of loving everyone at home with complete trust and remaining quiet amongst little issues at home, that is the virtue of tolerance. Learn from him or her and become like that. This is the art of imbibing or picking up virtues. It is not only seeing others' qualities which is also a sign of love, but making that quality yours. Also, suppose your brother or sister is good at dealing with people, make that quality yours and become like him or her. This is not bowing down in front of the other person. But, on the other hand, it is remaining in your self-respect and giving respect to the other person. The other person will do the same in return. This is called true love and it is what brings people together in a beautiful bond of togetherness. It's not about copying people but making people feel valuable by making their qualities yours. It is commonly said – *give blessings and take blessings*. But another and similar act is - *give qualities and take qualities*. It binds people together and it creates an energy of trust wherever there are groups of people, whether in the family or at the workplace or in friend circles.

Also, **whenever you meet someone, it is important to greet people with a warm smile and beautiful gestures so that people experience happiness not only from our words but also through our actions**. They say your beautiful smile can make another person's day. Also, **remembering each one's specialties and telling them to others is a beautiful way of gaining love and respect from the other**. So make it a point to praise everyone with a deep heart and with a pure intention and not just artificially. You will see how people will respond by offering you their co-operation and help at every step.

(To be continued tomorrow ...)

The Wandering Mind

Our minds are constantly wandering off to different locations. Some are over visited & some are just not good for us. It could be a sulking corner, a complaining cushion, or somewhere that's become a bit industrial or polluted.

Where we are in our mind really makes a difference. So why not visit a location that entertains, enlivens & energizes your mind.

Just be more aware of where, when & for how long you let your mind wander. When necessary, make sure you pay attention & engage fully with the world around you.

Message for the day

To have a positive consciousness is to make action elevated too.

Thought to Ponder: To think that I am ordinary is to make actions ordinary too. To think that I am special is to bring that specialty into every action that I do. As is my consciousness, so are my actions. So it is important to have a positive approach which acts as a powerful base for creating elevated actions.

Point to Practice: Today I will take one good thought like "I am happy and will give happiness to all I meet" or "Every task that I do is important and I have a contribution to make through this task". When I start my day with such a foundation, I find that my actions are elevated too.

In Spiritual Service,

Brahma Kumaris