



Anger

Anger causes a lot of damage. When someone gets angry, that anger also creates anger in others. It takes two hands to clap. Therefore, if someone gets angry shower that one with flowers.

Living A Life Rich With Relationships (Part 5)

Life without relationships is like living without strength. People who are loved a lot by others will be stronger and they will be able to cross different situations with this power. They say love can move mountains. That can be further expanded to say love from different relationships can change the circumstances of your life from negative to positive. It's as if relationships are a treasure and the richer we are with the treasure the more strength we have inside us. We can also challenge the world and say that when the world is with us, we will never drown deep in any situation, however demanding it may be. **It's as if so many people are holding your hand and helping you cross different types of situations which otherwise would not have been easy to cross without the power of their blessings.**

So never ever feel you are alone. This will make you susceptible to different types of situations of all types much more than if you were accompanied by many like-minded people in your life journey. People carry positive energy inside them which helps you remain stable when you are with them at every step in your life. Life throws different types of challenges at us and they can unsettle you. But people whom we love, help us in overcoming these challenges sometimes directly with their physical help and sometimes on a non-physical level through the power of love and support on a mental level. It is different when we do not have real life tests and we do not realize the importance of our close loved ones at that time. Its only when we are tested when we realize the same. Take the example of a difficult physical illness. Knowing that you have a test paper of life that is in front of you is the first step of realization. Take two people with the same illness. The one with thousands of people's love in his heart will at times emerge victorious sooner than the other one who has lesser love in her life but access to more and better medical facilities. That is why it is said - **blessings make you fly. Fly above what? Difficult situations and problems. And blessings from whom? Your loved ones.**

(To be continued tomorrow ...)

Bring Light

When things are tough or when you're dealing with a difficult person; no matter how dark a moment it is, try to bring light.

Connect to your inner light, be illuminated and illuminate the moment. It may be your presence, words, humour or an attitude of genuine interest.

Message for the day

The ones who see specialities become special.

Thought to Ponder: To see specialities and ignore negativity is to take a step ahead by imbibing those specialities. This creates a habit of seeing, taking in and expressing only positive qualities. So whatever the person may be, whatever his qualities may be, there is only a connection of positivity with him.

Point to Practice: When I am able to relate to everyone in this way with only specialities, I become special. I also find others responding positively to me and using only their specialities while in contact with me. There are also a lot of good wishes that I receive from others because of my positive attitude.

*In Spiritual Service,
Brahma Kumaris*