



Artist: Odysseas Oikonomou, Greek painter, born in 1967 in Albania

On Becoming Tolerant

When someone disbelieves us, we usually argue back and try to prove our point. Yet we find that the more we talk, the less people listen. Unable to convince them, we end up frustrated.

Instead, when someone challenges the truth of my words, I should think about whether they might be right. Rather than stubbornly clinging to my point of view, I could embrace this as an opportunity to learn. Even if I am correct in my thinking, if I become able to understand someone else's point of view without getting angry or refusing to listen, I become tolerant.

The Beauty Of Giving (Part 1)

Have you ever wondered why is it so difficult to forgive someone who has wronged you in any way? There are people who do not seem to bother about the hurt and pain that they may seem to receive from people around them. After all pain is our response to people and pain is not given by others to us. Then there are people who can carry the memories of a negative incident for a complete lifetime so much that it can affect their physical health and moods to a very large extent. Is it not easy to forgive and forget? Or is it for some the most difficult thing to achieve? Why the difference?

There was once a shopkeeper in a little village of Southern India who used to sell coconuts to people. Once while selling his product to a rich trader, he was asked by the trader – *Can you lend me a few coconuts for a day? I will return them to you in the evening.* The shopkeeper replied – *I can sell the coconuts to you at a lower rate if you wish but I cannot lend them to you.* The trader needed the coconuts just for a function as decoration. In the same manner, at times we are like this shopkeeper. We indulge in trade in our relationships. We want something in return for everything we give. We want love in return of love. We want happiness when we give happiness to someone. When this does not happen we are hurt and cannot forget what happened. Also, another energy that we often transmit to others is one of begging. **We beg for peace, love and joy all the time. What that means is we are always asking for positivity from others, which will not always come.** Suppose you are a part of a group of friends with different personalities and a lot of positive and negative characteristics which everyone possesses. Do you always get what you expect from each one? No. So how does one handle this?

(To be continued tomorrow ...)

Thinking too much is like eating too much.

The heaviness makes it impossible to think effectively. Here are a few tips to keep your mind vibrant and full of energy:

Diet. Avoid pessimistic and cynical thinking. Feed the mind light and healthy thoughts.

Exercise. Stimulate the mind with different and interesting ideas and concepts.

Rest. Every now and then, pause and let your mind digest everything it has taken in.

Message for the day

The power of transformation brings all attainments.

Thought to Ponder: When there is the ability to transform negative into positive, and waste into useful in a second there is the ability to be useful for the self and others. There would not be just complaints against the situation, but the best would be made out of all situations and move on to the aim set out.

Point to Practice: When I am able to use the power of transformation to finish negative and waste, I am able to experience being free from obstacles. So I am able to experience contentment under all circumstances for having made the best use of everything available.

*In Spiritual Service,
Brahma Kumaris*