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Connecting With Others

We are normally kind to people who are kind to us. But when someone is not behaving well, we tend to change our attitude, response and behaviour toward that person. We wait for the other person to change before changing ourselves. So we do not find change in others or in ourselves.

When I see others' inner qualities I connect to them more easily. I will not be dependent on another person's behaviour for my own growth today. I will see each person's positive aspects and take them within myself. In this way I will become richer with each interaction.

The Beauty Of Giving (Part 2)

A different set of personalities or natures of all the people you meet will always be there and the adjustment of natures with them is what will always be required. Suppose there is an acquaintance of yours who is a little egoistic and at times she can be difficult to please. You give a lot of love and regard to her but she never seems to return it. Such a person can be difficult to interact with and she also may be conditional. She may make the relationship with you dependent on the type of behavior you may show to her. Suppose one day you praise her, she will be very good to you. On another day, you point out her mistake and she will show a different behavior. In the same way suppose you have a close associate who loves people giving him admiration and a lot of remarks about his personality and wealth. One day, someone does not do that and instead praises someone else in front of him, he would feel insulted. This is the way some people will be. They are not givers but they always want something or the other from the other on an emotional level or even on the level of words and actions.

Also, the **method of becoming a giver and not someone who is always asking for love and respect from others is to start filling oneself with those treasures first, by connecting with a Higher Source or God**, who is full of those treasures Himself and that too permanently. Do you know that God never, even for a second, asks for treasures from any human being? He has only one intention - to fill others with everything good he possesses. He possesses every virtue that will ever be seen in any human being – He is an Ocean of all those virtues. We need to train ourselves to make our personality like God's by having a deep relationship with Him through a medium of remembrance.

(To be continued tomorrow ...)

Value yourself and then value others.

Comparing yourself to others is not helpful. It can make you feel better than or less than someone else.

But if self-improvement is what you're looking for, then use your comparison habit for a positive effect.

How? Notice the special quality that the other person has and then enhance that quality within yourself. As a result, rather than feeling discouraged, you'll take encouragement from others.

Message for the day

The nourishment of happiness brings health.

Thought to Ponder: The one who always gets the nourishment of happiness, has a happy and healthy life. Every aspect of life is filled with good things. There is enthusiasm and energy for making use of the resources in the best way. There is the power to overcome physical ailments too. Without happiness, life becomes dull and boring and there is no energy to do anything.

Point to Practice: Today I will be happy. Even if things go wrong, I will not worry about it today. I will do all I have to do, but with the consciousness of being happy all the time. This will ensure that I remain healthy in the mind, and therefore the body too.

*In Spiritual Service,
Brahma Kumaris*