



Look For Goodness

In everything, goodness is there; our goal is to find it.

In every person, the best is there; our job is to recognize it.

In every situation, the positive is there; our opportunity is to see it.

In every problem, the solution is there; our responsibility is to provide it.

In every setback, the success is there; our adventure is to discover it.

In every crisis, the reason is there; our challenge is to understand it.

By seeing the goodness, we'll be very enthusiastic and our lives will be richer.

The Negative Shade Of Respect In Relationships (Part 1)

Many a times in offices, we find the dominating boss who wants everyone in the office to fear him or her. The boss may not necessarily be a person with a negative personality, but this desire exists inside the boss because he or she holds a **negative belief that people fearing him is the same as respecting him** and respect is something that any boss would naturally yearn for. This can happen in homes also, with a dominating father or a dominating mother doing the same with the other members of the family.

The main reason why this happens is because the boss or the father or the mother **is normally lacking in self-respect**, although he or she is unaware of it. Due to this, he or she, without realizing again, **is looking for it from others and in fact over a period of time, as the need builds up or increases, he or she will start demanding the same from others, which takes a form of the negative energy of fear in the relationship.** The boss or the father or the mother starts feeling that the sign that he or she is successful in achieving in getting the respect he or she wants, would be the other fearing him or her. Simply getting someone's attention or the other being in awe of him or her or the other being under his or her negative influence which are all subtle forms of fear is then mistaken for being respected, and if he or she does not receive respect in this incorrect manner, he or she will even try and bring about the creation of respect in the other and try and pull it from the other using various methods which are violent in a subtle way, harming the relationship in a big way.

In tomorrow's message, we shall look at this type of relationship from the other's i.e. the employee's perspective or the perspective of the other people in the family in the case of the father or mother.

We have a right to free speech but we still have to watch what we say!

Otherwise, all in a flash of a moment, words just leap out and then there may be regret and guilt.

Communicate with ease but consider other people and their feelings.

How?

Give your speech censor a moment to consider. You sound so much sweeter when you do!

Message for the day

To keep a fast for the mind is to free it from waste and negative.

Thought to Ponder: We do keep fast on some days. On such days, we take care not to include certain things in our food or lives. But, true fasting is to keep the mind free from what is not good for it. That means, I need to work on keeping my mind free from negative and waste thoughts, which only harm my mind.

Point to Practice: Today I will keep a fast for my mind. I will not think of something that is not good for it. To do this, I will also take a beautiful thought of positivity like, "I have the best in my life" or "today is a great day". Then, I will be able to keep a fast for the mind in the right way.

In Spiritual Service,

Brahma Kumaris