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The Value of Optimism

When faced with problems it can seem difficult to maintain inner cheer, the mind gets caught up with more and more negativity, fear or worry. Because of this, the problem seems bigger than it is and we lose the ability to find solutions and work constructively.

The first step I need to take when I recognize a problem is to smile to myself. When I make sure I am happy within, I know that every situation will pass and has something to teach me. Then I will find solutions come more quickly and easily.

The Negative Shade Of Respect In Relationships (Part 2)

In yesterday's message, we had looked at the incorrect and negative side of respect (the energy of fear) in relationships. Today we look at this kind of relationship from that person's perspective from whom respect is demanded. When the boss or the parent or the spouse (please refer to yesterday's message) tries to induce respect inside you for him or her, in return you fear him or her, most of the time thinking it is respect. But, at that point, you need to remember **it is impossible to give respect to another if we, at the back of our own minds, fear them. If you are scared of someone or something, it means there is an absence of self-respect, there is a lack of a true realization of your own value, your specialties, your skills and the virtues and powers that you possess. And if you do not respect yourself, you cannot truly respect another.** It is only when you are firmly established in your own self-respect that you have no fear of others and are then capable of giving genuine respect to others. Sometimes we are not comfortable with being seen as fearful, because our image will take a beating, so we try to avoid admitting we fear someone by saying we respect them, but internally we are in awe of that person and being in awe is not respecting him or her.

Many a times, two prominent people e.g. two actors or politicians or sportsmen are not on good terms. They accuse and bring down each other publicly and are known enemies in the press. While they do that, they also carry a subtle fear of each other, a fear that the other will outperform them; the other will be more popular, the other will be more powerful etc. This normally happens because of a lack of self-respect. They both will probably hide that and will pretend that they are confident and established in their self-respect. But if their self-respect were genuine, they would not be scared of each other, and they would have the courage and the patience to talk and work with each other and listen to and offer the hand of friendship to each other, whom they perceive to be an enemy. But when they don't have the strength of their own self-respect and when they are unaware of their lack of self-respect, subtle fear for the other creeps in, which they don't realize and if they realize, they do not admit the same. And that's why **the restoration of self-respect is only possible when the ego is recognized and no longer nourished. Because, fear always comes from the ego and ego is nothing but an excessive attachment to one's false image.**

A Time to Unwind

When we rewind and replay our memories, not only are we reliving the past but we're also triggering all the associated feelings.

If they're bad memories, not only are we retaining the negativity but we're also causing ourselves unnecessary pain. So be kind to yourself and stop pressing the rewind button.

Of course, there is a time to rewind constructively, a time to rewind the happiness. But there is also a time to unwind, press play and enjoy the "right now".

Message for the day

Greatness lies in being uninfluenced by negative.

Thought to Ponder: It is common to get influenced when we hear or see anything negative. But our effort should be such that we are not influenced by anything negative. For this, we need a long time of practice of seeing positive. If I have been seeing positive in a person, I will not easily connect to his negative, even if it is being expressed at that time.

Point to Practice: Today I will look at only positive in people. If anything negative comes my way, I will use it as an excuse to remind myself of that positive which I have been consciously practicing to see. This will help me to slowly connect to positive instead of the negative aspect of a person.

*In Spiritual Service,
Brahma Kumaris*