



Radiate Happiness

Have you ever noticed that happiness is not a dependency, it is a decision? You don't actually need anything to be happy. It's not something that comes from outside, it comes from inside, and when you radiate a happy energy you'll be amazed what it attracts into your life. Don't worry, be happy...sound familiar? Decide now, be happy, and watch magic begin to enter your life.

The Role Play Of Thoughts In Relationships (Part 1)

Relationships can be defined on the surface as a state in which two or more people are connected, the state of being related or interrelated or if the definition is expanded, the way in which two people, talk to, regard and behave towards each other, and deal with each other. Spirituality sees relationships from a deeper perspective – *relationships are not only what we do or say to each other, but are built on the basis of what we think about each other.* So **relationships, when seen from a spiritual view point, are an exchange of energy at the level of thoughts and feelings, and then words and actions thereafter.**

Relationships are one of the most important wealth of our lives and one of the most important sources of our happiness. In order to make them successful i.e. to create the wealth of positive relationships and to experience joy through them continuously, it is important to base them on the right belief systems. One major incorrect belief that we carry inside ourselves with regards to our relationships is that relationships are all about behaving and talking in the right manner, because we think people see, know and judge only what we speak and do, they do not sense what we think, and so we don't give enough significance to our thoughts. But thoughts are more in number and being a more powerful and subtle energy, travel faster than words. When we interact with someone let us take care that along with the right action our thoughts are also right. If we have negative thoughts containing any type of impurity of hatred, greed, jealousy, resentment, selfishness, ego, etc. and we perform pure actions filled with the energy of virtues, neither will we be internally content nor will we be able to satisfy the other person. **In all our relationships, it is the intention, the packets of thought energy or vibrations that we transmit, which matter more than the action.** Giving significance to the inner intentions while coming into relationships is true transparency in relationships. Performing right actions packaged with thoughts which are coloured with negative emotions, will only transmit pain to the other on a subtle level, even though we did it for their happiness.

We shall further highlight the significance of thought vibrations in relationships using four examples in the next two days' messages.

Be an observer.

Often we're either on autopilot & don't feel as much, or we're too absorbed with what's happening in our life.

So pay attention to being fully engaged with life, without becoming too absorbed. How? Be an observer.

You can observe something random in the world around you, the shapes of the clouds or a friend's smile. Or observe your response to strangers or your reaction when you look in the mirror.

Capture your observations in a scrapbook, digitally or in your mind.

Observe & very soon, you'll be seeing, feeling & experiencing more!

Message for the day

Words that do not give courage are waste.

Expression: When someone is facing a problem, if the words are not those that give courage to the one facing the problem, then such words are wasted. There would be no use of speaking such words. In fact, to speak such words is to discourage the other person further. So when attention is paid to speak only those words that are for the benefit of all there is a positive and a powerful impact on others.

Experience: Even when I keep attention on a simple thing like speaking only positive words, or words that bring benefit to others, I find myself having only powerful thoughts and words. I am neither discouraged by others' behaviour nor will I ever discourage others. I continue to have faith in others and allow this faith to colour my words and actions. So I find that there is benefit in whatever I speak.

In Spiritual Service,

Brahma Kumaris