



## Best Help We Can Give

To help others discover their talents is the best help we can give. Sometimes people are unaware of their talents, or afraid to use them. But if we do not use the gifts we have been given, we can never be truly happy. Throughout our lives, people help us grow. As we grow older, we can help others too. Making others aware of the things they do well and subtly encouraging them to use their talents is the best way to help them progress.

## **When We Change Others Change (Part 2)**

Handling people with different natures requires a lot of spiritual strength and can be the most difficult thing to achieve for some. **It's not just about physical skills like a way of speaking or presenting yourself, which are some measures we take in our office or in our personal relationships but its more about virtues and powers as well as wisdom of different types of actions and their results.**

E.g. if you are preparing for a meeting in your office with many different office colleagues, then you will take different steps on a physical level, like seeing what is on the company's agenda to discuss, what are the different complaints of the different people in your group, where is the company lacking and things like how best my outer personality should be so that everyone is satisfied with me. But do we ever think of how is my inner personality, am I good natured, am I able to fulfill everyone's inner desires with my love and good wishes and have I spiritually empowered myself so much so that I can tolerate each and everyone even if their behavior and way of working is different from mine. Otherwise when we see different personalities of people and different intentions as well as aims and objectives which everyone possesses, it disturbs us and that unfocused state of mind does not let us act in a positive way and our decisions can become incorrect. Of course, we cannot always think that people will be easy to deal with and also our efforts to please them can be unsuccessful at times. But, to bring harmony in relationships, we also need to have spiritual skills like good judgment power, discrimination power, the ability to mould, power to accept and the ability to give respect to each one's opinion, which will make it easy to succeed.

(To be continued tomorrow ...)

## Energize Meals

Our moods not only affect the food we cook, but they also affect the people who eat the food.

So if you're not in a good mood, take a moment to clear your emotions or put on your favourite feel-good music.

Cook peacefully, cook happily, and then not only will you fill the food with good vibes, but you'll also enhance the flavour and energize the meal for yourself and the people who eat what you cook.

## Message for the day

**To keep the mind calm and clear is to find solutions to problems.**

**Thought to Ponder:** The more my mind is calm and peaceful, the more there is a chance to find solutions. But, when faced with a problem, our mind which is like a plain paper is filled with unnecessary things, so much so that we cannot even see the solution that is right in front of us.

**Point to Practice:** Today I will be silent when faced with a problem. I will calm my mind too, before I even attempt to think of a solution for the problem. This will help me find solutions quickly. Also there would be accuracy in the decisions that I take.

*In Spiritual Service,  
Brahma Kumaris*