



Outdoor Tree Cathedral

Natural Flexibility

With humility and love, flexibility becomes natural. When I come across someone who is not being co-operative I need to become humble and try to understand what the other person is communicating, if not through words at least through actions. When I am able to listen with love and understanding, I will not be rigid anymore but will be able to adapt to communicate and co-operate with others.

When We Change Others Change (Part 3)

While being involved in action, make it a point to remain connected with your inner centre of peace, love and bliss which is the spiritual centre or the soul. Also, feel the presence of God or the Higher Power in your life at each and every step without which we cannot succeed in our actions, especially in our relationships and interactions, where powers from both the soul and God are required. So, **satisfying others with your behavior and through the energy that you share with them, will only be possible when you first carry positive energy inside yourself.**

You can try and do everything possible to make people's ideas similar to yours and make them work the way you want them to, but a single action of yours which is full of goodness can achieve that much faster than you can if you tried through other methods. Say for e.g. a person in your family constantly has a habit of disobeying you and going against your requests and he or she does not believe in being on good terms with you and will always find a reason to differ with you in opinions. You have tried for many months to come to good terms with this person, but you have not succeeded. Now, you make yourself a sweeter and more tolerant person and work on making yourself more humble. Suddenly, what you could not achieve in such a long time becomes very easy and gets done in a few days because seeing your practical change, the other person gets inspired to change him or herself much faster than by just persuading the other person constantly, to change. **Remember when we change, others will change and until we do not do that, changing others will remain the most difficult thing to achieve and in fact it will be impossible. So, change yourself and set an example for others to follow.**

Think for Yourself

When we hear something negative about someone, the negativity seeps in & easily influences our perception, attitude & behaviour towards that person, even when our experience of that person is not negative.

The next time you hear something negative about someone, rather than go by hearsay, keep an open mind & make up your own mind.

Message for the day

To understand is to be understood.

Thought to Ponder: When there is a difference of opinion, we try hard to convince the other person of our point of view. However, since they are doing the same, there is no meeting point. Our effort needs to be in trying to understand the other person first. Even if we cannot understand the logic, we need to understand the emotions behind the argument.

Point to Practice: Today I will go upto one person whom I had an argument with and tell him I understand. For this, I will first change my own thinking and see how well I can understand the other person. I will then find that, because I respect people's opinion and feeling, they too are able to understand us.

*In Spiritual Service,
Brahma Kumaris*