

Daily Positive Thoughts: March 24, 2017: Help others grow.



To help others to grow is to enable ourselves to grow.

It is easy to raise our voices and complain when we encounter someone else's negativity. This disturbs our own inner calm and we become caught up with that negativity, When thrown off balance in this way, we are unable to give the other person the support he or she needs. When someone is doing something wrong, I need to see what I can do to help that person, There is surely something I can contribute toward the growth of each and every human being. When I focus on how best is it to offer my help, I do not become caught up with negativity and I can transform the situation into one that benefits us both.

Breaking The Cycle Of Negative Energy Exchanges (Part 1)

A common term that we use in relationships is: *the following person manages to always ruffle my feathers*. There are always those one or two people in our lives, just being in the company of whom, makes us uncomfortable and they will almost all the time do something or we will perceive their doing something, in such a way, so as to irritate us. Instead of simply accommodating the other person's nature, we find our self pinched by their nature and actions based on that nature repeatedly, although that may not be the intention of the other person at all at times. **The effects of these negative feelings, in the form of reactions, created by us in return, would be limited if they were restricted to us and were to cause discomfort only to us, but what these feelings do is that they start a cycle of negative actions and reactions inside us, whereby such harmful feelings keep reaching the other person.** On receiving this energy, the other person in turn starts perceiving us negatively and reacts or thinks about us in a similar way and an emotional cold war begins between us and the other person; negative thoughts, feelings, attitudes, words and actions are exchanged with each other from time to time and negative karmic accounts or bondages are created with the other person, which keep getting stronger and stronger. In such a scenario, even if we or the other person, from time to time, act or react in a positive way on a physical or non-physical level, that does little to break the negative bond and make the relationship positive, because a little bit of positive is accompanied by a lot of negative, and what it can do is only dilute the negative a little bit but not remove its effects completely.

So, how do we break this vicious cycle of negative energy exchange? We shall discuss some methods for that in the next few days' messages.

For most of us, self-acceptance isn't as easy as it could be!

If you feel that you're not good enough, realize: you are enough.

If you rate yourself against others, realize: there's no one else in the world quite like you.

Believe in your worth & uniqueness, & accept the whole package, flaws & all.

Have self-acceptance & you put yourself in a better position to improve yourself & the quality of your life.

Message for the day

The beauty of interactions lies in an exchange of virtues.

Thought to Ponder: Every interaction is an opportunity to exchange virtues. The more we have this understanding and aim; we will be able to give an experience of virtues through our mind. We will also be able to give an inspiration of virtues through our deeds. For having expressed and experienced virtues, we too will be benefited. We would get a lot of good wishes, blessings and virtues from others too.

Point to Practice: Today I will give an experience of one virtue to at least 3 people. I will use the interactions with them as an excuse to use and express my qualities. The more I do this, the more I find my interactions becoming harmonious and beautiful.

*In Spiritual Service,
Brahma Kumaris*