



Look for Goodness

In everything, goodness is there. Our goal is to find it. In every person, the best is there. Our job is to recognize it. In every situation, the positive is there. Our opportunity is to see it. In every problem, the solution is there. Our responsibility is to provide it. In every setback, the success is there. Our adventure is to discover it. In every crisis, the reason is there. Our challenge is to understand it. By seeing the goodness, we'll be very enthusiastic and our lives will be richer.

Maintaining Your Self Esteem In Relationships

When a person is in love with another human, the marvelous thing about being in love is that it is a totally positive projection. There is a person who projects on to you all that is positive: you are marvelous, you are unique, you are indispensable, you are a treasure. That positive projection generates a euphoric state, of bliss, of wellbeing, whereby you are flying. You feel loved, cared for, needed and valued. That positive projection lasts for a time until, with the dependencies and expectations, the negative projection begins. You should have called me, you should have told me, you should have come at this time, you should be more like this, you should be less like that, you should have done this or that.

With these expectations, demands and dependencies, that positive projection and flying state disappear. The other has started interfering in your personal space and the harmony that was there previously is lost. **One needs to learn to have a positive vision of oneself.** You are marvelous, you are unique; don't depend on them telling you so. This does not mean you need to feed your ego, but that you need to make the most positive emerge from within you. **Resort to all your creative, positive, spiritual capacity, so that you do not depend on others having to project positive things onto you in order to feel good.** On feeling good in an independent and autonomous way, you will be able to share with others peace, love and positivism. You won't be in the state of a victim but will be true rulers and controllers of your own life with solid self-esteem.

How do you choose to see yourself?

See yourself as incapable and you won't know where to start.

See yourself as awkward and you'll get nervous.

How you see yourself is very important because it affects how you project yourself. And as a result, it creates your reality.

So change how you choose to see yourself.

See yourself as confident and you tap into courage. See yourself as capable and you'll make the best use of opportunities.

Message for the day

Love for positivity brings progress.

Expression: When I have love for positivity, I will not be able to have negative thoughts for a long time. I will naturally put in effort, both internally and externally to come back to positivity. So this positivity spreads around to others too and serves in creating a positive environment.

Experience: Because of my love for positivity, I begin to enjoy creating and maintaining positive thoughts. When there is experience of positivity within, there is the natural desire to sustain it. Then no negative thoughts or feelings are encouraged. Slowly I find myself being only positive.

*In Spiritual Service,
Brahma Kumaris*