



Relationships

A sensible person knows it is a waste of time and energy to get angry. Effort will then have to be made to reconstruct that relationship. It is much more useful to breathe deeply, pay attention to your attitude and answer without rushing. In this way, improve and strengthen your relationships with others

The Art Of Living (Part 2)

A very important and the fourth pillar of life that we all depend on so much is our **personal and professional relationships and interactions** which give us strength and are also a medium of give and take. We give peace, love and happiness and get blessings in return. They say that all the people who surround you and make up your life play an important role in shaping up your personality and success filled relationships are a source of immense joy for each one of us.

The fifth and most important aspect of our lives is God, who makes our life beautiful and our mind, body, wealth and relationships are shaped positively by remembering Him. God does not give us our minds but teaches us how to make our minds beautiful by connecting our minds with His. Also, our physical costume or the precious vehicle, when used in the way God wants us to use it, makes our actions filled with divinity and purity. Even our wealth and the way we use it gets affected positively when we earn it by making God our constant companion and giving Him due respect by keeping a small amount aside from our profits, for the service of people and their betterment. And lastly our relationships can never be successful without including God in them. What that means is that I take from God and share with others. I connect others with Him. These five different aspects of our life define our life. All are important in their own way and how good we are in handling all of them makes us happy and content. **These different aspects or pillars are the foundation of our lives and all of them are connected with each other. Even if one pillar is weak, it affects our lives in a negative way.**

(To be continued tomorrow ...)

Let go of what you can't control.

Try to control the uncontrollable, & you end up feeling more frustrated & stressed.

Realize: There are aspects that you can control, & there will always be aspects that you can't control.

Let go of what you can't control. And focus on what you can control. Then you'll reduce your stress & increase your response skills.

Message for the day

To make the internal stage powerful is to be protected.

Thought to Ponder: Situations and challenges will continue to challenge me, but when I am strong from within I am able to withstand and move forward with every challenge. I need to work on making myself stronger at each step. When I have weaknesses, even a small little challenge will make me weak and vulnerable. I will, then, not have the strength to move forward.

Point to Practice: Today I will strengthen myself. Strength comes from faith. When I believe that I am strong, I am. So, today I will practice a simple thought like "Victory is my birthright" or "I have the power to transform" or "God is my companion at every step". Such thoughts silently build strength into me.

*In Spiritual Service,
Brahma Kumaris*