



Courage

It is natural to feel worry and tension in a difficult situation – or to run away from the situation altogether. Although this may work for a short time, it is not a solution.

We have to draw upon inner courage in order to meet the challenges head on. When we do this, we often realize it is not as bad as it first appeared.

Spreading The Fragrance Of Happiness (Part 2)

Whenever you begin your day, fill your mind with some happiness filled thoughts. Those thoughts could be – *Today, in the entire day, I will gift a smile to each one I meet* or *Today, throughout the day, I will keep each one's specialty in my mind and experience joy*. They could also be - *During the entire day, today, I will touch each one I meet with my positive good feelings for them*. We could also think something like - *All through the day, today, I will bring different virtues in action and experience lightness and give the same to others*.

It's these types of thoughts which will make everyone around me happy and they will give me happiness in return. This in turn will make the atmosphere around me full of happiness. Happiness begins with the self and happiness given to others is happiness experienced by myself first. When you meet someone in the whole day, ask yourself and check yourself – Did I just meet the other person and interact with the person in a common manner? On the other hand, did I share happiness with the other person and make the person free from worries and burdens? After all, it's my duty towards each and everyone I meet - giving unlimited happiness to others. This is the common emotion that binds all of us together - happiness. Giving and sharing happiness will make life beautiful and our existence meaningful. Very often, whether it's in our work or any other activity, we tend to become busy. We may not perform any negative actions during that time. But because we lose touch with our inner virtuous self, our happiness reduces.

(To be continued tomorrow ...)

Reflections

You may find that the qualities & personality traits you like or dislike in others are likely to also exist in you.

Really? Yes, people really can be your mirrors.

They really can reflect back at you what you need to see about yourself - the positives & the shortcomings.

It's all more easily seen in others than in ourselves. So look in the mirror & see what the reflections tell you about yourself.

Message for the day

To have faith that things will work out for the best means to ensure that they will.

Expression: To have faith that things will work out for the best means never to give up. Even if situations don't support and people don't give encouragement faith gives the ability to go on. Because of this there is recognition of even the not so visible resources and they are used for successfully completing the task.

Experience: When I have faith I am never discouraged by temporary failure, but am able to have the courage to move on towards success. I have constantly the satisfaction of giving my best. Because of my commitment and sincere effort, I find that situations and people too cooperate with me, bringing me success in whatever I undertake.

*In Spiritual Service,
Brahma Kumaris*