

Daily Positive Thoughts: May 31, 2017: Forgotten how to dream?



## Forgotten how to dream?

Most of us have forgotten how to dream. We have exchanged our creativity for security. The current state of the world is a wakeup call that brings us back to our dreams and hopes. This is the time to realize that beyond us there is another, unlimited, energy in action. This energy will surpass our expectations, if only we trust. The more we remember our dream, the more we become alert for the coincidences and synchronicity that will bring us in its direction.

### **Spreading The Fragrance Of Happiness (Part 3)**

**Happiness filled interactions make you completely free from the different worries and tensions life will sometimes bring in front of you.** Also, a life rich with happiness is the best to make yourself extremely stable and emotionally powerful. Just try this one day for yourself. Give happiness to each one you meet and try on another day, not doing that. The day you are busy in sharing and receiving happiness, that day you will feel stronger from within. Also, you will face all obstacles of different types easily and with more stability.

Also, such a day will pass very fast, as if you are on a joyride, sharing gifts with everyone, gifts that are invisible and of the inner personality. **Gift your specialties to everyone. Don't keep them with you. Have a big heart in giving them to others.** Suppose, a person has the gift of speaking confidently, don't keep that specialty to yourself. Use that speech to give happiness to each one and make everyone enthusiastic. Or you are very humble and have pure good wishes for everyone. Don't keep the good wishes to yourself or inside you. Express them through your words and interactions and make everyone feel the happiness of your goodwill. Also, suppose you are very intelligent, help others through your personality and all the wisdom you possess, of different things of the world. These are ways of spreading happiness. Remember each specialty of yours should serve and not be kept inside you for your use only. Spread the fragrance of your specialties to everyone around you and life will become lovely and joyful, not only for you, but for others around you, also.

## **Familiarity breeds.....**

With the people we're really friendly and comfortable with, and with the people we spend a lot of time with, all too often our behaviour becomes too familiar, and as a result, respect and basic manners gradually disappear.

This week, reflect and re-evaluate the role of familiarity in your relationships with family, friends and at work.

Remember, informality and appropriate familiarity has its place but so does maintaining respect and basic manners.

### **Message for the day**

**Every reaction to situations is a reflection of one's own self-respect.**

**Expression:** To the extent that there is a high degree of self-respect, to that extent there is a positive response to even the most negative situations. If there is low self-respect, even the smallest situation brings forth a strong negative reaction. This reaction only makes matters worse.

**Experience:** When I am able to maintain my own self-respect even in the worst situation, I am able to have a hold, control over these situations. But if I have a low self-respect I continue to blame situations and use them as excuses to feel helpless. So I am not able to do anything about these situations and just continue to have negative feelings.

*In Spiritual Service,  
Brahma Kumaris*