



Natural Flexibility

With humility and love, flexibility becomes natural. When I come across someone who is not being co-operative I need to become humble and try to understand what the other person is communicating, if not through words at least through actions. When I am able to listen with love and understanding, I will not be rigid anymore but will be able to adapt to communicate and co-operate with others.

Beauty In Character (Part 1)

A very important part of our lives is touching each one we meet with our love and good wishes at every step. **We all know what a good natured person is and that we should be one and give happiness to everyone.** We all also know that people all over the world, who are nice natured, differ from the rest of the world and stand above everyone else. They are respected more and also they get the blessings of everyone much more. How often do we say, such a person is extremely kind hearted, is always giving care and support to all those whom he or she comes across. Have you ever thought of becoming pure in character? We all know that a person who speaks and acts with purity is seen as someone with higher *sanskaras* or inner personality.

What use is physical or material success, if the person who has succeeded does not fulfill the criteria of a good person, with nice mannerisms and a nice nature? Such a person may win material wealth, fame and a tag of success. But

does he or she win everyone's heart and blessings? Because unless you are loved and respected as a person, you will never experience inner joy and satisfaction, even if you have succeeded externally. After all, isn't it often said – *The one who wins hearts is the blessed one* ... ? On the other hand, the one who wins praise but not love does not receive the gift of blessings and will always remain discontented and unhappy. So to fly high in love, keep taking the blessings of each one by having a beautiful inner personality and being a positive person, gifting virtues to everyone. Let there not be a single person, whom you dislike or who dislikes you. (To be continued tomorrow ...)

Recognize others needs

Everyone naturally works for the benefit of the self and others. But sometimes we find that others are not able to appreciate our contribution. This is because we are not able to recognize the needs of the other person. So there is a tendency to ignore the needs of the other person. The one who discriminates well is able to understand the other person's need and give accordingly.

So whatever is done naturally brings benefit for others. When we are able to bring benefit for the right person at the right time with the right thing, we are able to win the trust of the other person. We expect nothing in return, but have the satisfaction of helping at the right time.

Message for the day

Mercy means to give courage.

Expression: The one who is merciful is able to give courage to the ones who are weak, because of the ability to look at the positive qualities in them. The weak ones are never made weaker with negative and discouraging talk, but are encouraged to discover and use the strengths that are hidden within. So real mercy will give the courage to the other person to change too.

Experience: When I have mercy on others, I will never lose hope on anyone, but will continue to have good wishes for everyone. Whatever the kind of person, even with the most negative situation, I will find my stock of good wishes to always be full. So I am able to be free from the expectation from the others to bring about a change immediately.

*In Spiritual Service,
Brahma Kumaris*