



Tolerance

Tolerance means to bounce back even when thrown against a very hard wall. The ability to do this comes from sensing that life is a game and that all things move in cycles.

What is uncomfortable now will soon change. Tolerance is like saying yes to the game and enjoying it.

God's Help At Every Step (Part 2)

Everyone expects and wants help from God in times of sorrow. But do we ever ask ourselves how much do we remember Him and never ever leave His hand during the entire day while performing actions? **This is because the more we remember Him with a clean heart and with honesty and also with strong belief; the more He will be available to us in times of problems. Also, He will be available when things don't go well for us.** They say that God is remembered a lot in negative times and in happiness He is forgotten. But if God is never forgotten, even when things are going well, then He will respond to our request for help when we need it, much more. In fact, He provides the help Himself, without us asking for it.

Also, a very good characteristic that we should have in ourselves if we are to take His help is love each one with a pure heart. God loves those who not only love Him but love others with a big heart and keep radiating good wishes to each one. On the other hand, the one who spreads negativity in relationships and is filled with anger and ego, does not receive God's love as much. God is our Father, the Father of the soul. If we are to come close to Him and experience Him at every step, then we have to reach the expectations He has from us. So, **never ever think that we are God's close ones unless you are very very beautiful in character. This is because God helps those more, who are genuinely kind hearted and give respect to each and everyone.**

(To be continued tomorrow ...)

Success

Normally we tend to associate success with what we get, rather than how much effort we put in. So sometimes when things don't turn out the way we expect them to, we tend to have negative feelings because of the thought of being unsuccessful. So we tend to stop putting in further efforts for success. When we put in accurate efforts for the success of every task, we naturally try to do the best. Because of our own contribution, others too help us and contribute whatever they can to achieve what we set out to do. So there is success in everything. When we do the right thing, we will be able to experience constant self-progress, even if the result is not what we have expected.

Message for the day

To receive respect from others comes more with responsibility than as a right.

Expression: The one who gets respect is the one who becomes worthy of it rather than the one who just expects it. True respect comes from how well a task is done rather than what is done. The more one's speciality is expressed, the more one becomes worthy of respect.

Experience: When I go on giving my best in whatever is expected of me, I will start receiving respect from those around me. I will then never expect from others but will naturally be able to give respect to all. This further makes me earn their love and regard.

*In Spiritual Service,
Brahma Kumaris*