



## Optimistic Outlook

Optimism opens a door in difficult or hopeless situations. No matter what the crisis, an optimist maintains the outlook that it is a sign, time for a different way of thinking, or of doing things. Sometimes the signal has to be very clear even harsh, otherwise we may continue in self-delusion and not wake up. Of course if we lack optimism, instead of taking this signal as a step towards renaissance, complaint, resentment or even desperation will emerge.

## **Experiencing Spiritual Growth Through Group Interactions** **(Part 1)**

Anyone who is inclined towards growing spiritually will sooner or later feel the need to taking up a particular spiritual path, which provides him/her with an assigned code of leading a spiritual life and helps him/her to incorporate it in his/her life. This also means becoming a part of a spiritual group or gathering or community and participating in spiritual study, practice like meditation or prayer and perform service along with the group. But, on the other hand, there are also many spiritually motivated people who are not very interested in groups and communities and keep a distance from them. They are of the opinion that it is easier to work it out alone by collecting information from other alternate sources by books, the internet, the television, videos, etc. and progress spiritually. But the relationship between spiritual growth and being a part of or participating in a group is clear.

For the isolated and solitary person, growth is limited, since the personality is not activated to the same extent as when it interacts with others. **In relationships and in living together, the various forms of hidden ego and the different shades of the personality, positive as well as negative, are stimulated, creating the possibility of being more aware and conscious about them, bringing about greater growth and spiritual development.** After all, one of the main objectives of spiritual development is achieving victory over the ego and becoming soul conscious, getting rid of the negative shades of the personality and further enhancing the positive traits and skills, so that they can be used for benefiting the self and other

**Tomorrow we shall explain the various powers that are required to experience success in groups, which as a result, get enhanced in group activities and interactions.**

## Appreciate what you have

It is much easier to note what one doesn't have than appreciate what one has. So whenever challenging situations come our way, we tend to see what we are lacking. When there is such an attitude we are not able to make any effort to change the situation. We then tend to blame others or give excuses. During challenging situations and even otherwise, we need to make special effort to appreciate and use what we have. When we continue to make effort in this way, every challenge will allow us to discover and use hidden resources, thus making us richer. So we would be able to experience constant progress.

### Message for the day

**To be a teacher means to touch the heart rather than the head.**

**Expression:** Teaching others means being subtle and explaining in such a way that the mind opens because the heart has understood. The one who truly teaches inspires rather than just becoming the one who teaches others. There is recognition of the positivity that is in each one and so no comparisons are made with others.

**Experience:** Once I am able to look at the positivity in another individual and have the pure desire of enabling progress within that person, I am able to feel the love for him. This is like a parent's love whose love for the child is that which makes him grow. So I become a teacher who inspires rather than the one who teaches.

*In Spiritual Service,  
Brahma Kumaris*