

All Things Grow With Love and Affection

My experience indicates that blunt honesty with my feelings gives me greater empathy with other people's feelings. To see more clearly what a person who is affected is feeling, I look inside myself. Then if I speak from this feeling within and talk to people what I understand, they usually set me straight if I have not got it right.

In Rotary we learn to love and give affection. We also learn to give people material things to help them in times of need. This is important, no doubt. But we should not be interested so much in what we do with our hands or words as what we do with our heart. In Rotary we have been privileged to co-ordinate messages of hope and encouragement. This means we should show love and affection. This will help men and women find hope and meaning for their lives by empathizing with their needs, hurts and successes.

Today, many families are obtaining very little satisfaction out of life. History is made up of the turbulent tides of revenge. In spite of the fact that revenge does not solve any social problem, people continue to follow its disastrous leading. No one can overcome evil with evil. People

are often anxious, depressed and sometimes anti-social, even to the point of outright hostility. Some are even suicidal. We proclaim our devotion to democracy, talk passionately



about peace, but prepare secretly for confrontation and retaliation! Man is known to have imposed death sentence on innocent lives in the name of religion.

However, I am convinced that many people who are burdened by social conflicts can be helped to live a life in peace courageously. They should be offered some positive encouragement. I feel that the eye-for-an-eye philosophy will leave all of us blind. The community that supports Rotary can be strengthened by our love and affection. Real love and friendship need not become rare qualities found in human beings. Time is ripe for us, the Rotarians of the

world, to widen the horizon of life by exploring new avenues of friendship. Hindus, Christians, Muslims, Sikhs and people of other faiths can form a single security ring of love and friendship, work hand in hand and guard themselves from the demon of rage and hatred and false religious beliefs that threatens to disintegrate our motherland, our land which we love most.

Treat others with love and respect and you will attract people who show you love and respect. To make a loving relationship work, focus on what you appreciate about the other person and not your complaints. When you focus on love and affection you will get more of them. There is no greater power in the universe than the power of love. The feeling of love is the highest frequency you can emit. If you could wrap every thought in love and affection, if you could love everyone, your life will be transformed.

Remember, all things grow, flourish and yield fruits with love and affection.

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