

Helping you find happiness, health, and healing



7 Takeaway Tips for happy, harmonious, healthy relationships

## 7 Takeaway Tips for happy, harmonious, healthy relationships



### Tip 1. Look for good in yourself and others

Don't criticize yourself or others. It depresses your mental state and strains your relationships.

- Look for one good thing in someone who troubles you.

*"In Science man is the offspring of Spirit. The beautiful, good, and pure constitute his ancestry."*

Science and Health with Key to the Scriptures by Mary Baker Eddy, p. 63

### Tip 2. Be happy

Harmony is your natural state. It's not just an absence of discord.

- Consent to harmony. Believe it can happen. Expect harmony.

*"Harmony in man is as beautiful as in music, and discord is unnatural, unreal."*

Science and Health with Key to the Scriptures p. 304

### Tip 3. Change first

Stop keeping score. Don't wait for someone to change first.

- Take the lead. Begin with yourself in improving relationships.

*"Love inspires, illumines, designates, and leads the way."*

Science and Health with Key to the Scriptures p. 454

### Tip 4. Forgive

Forgiveness is about your peace of mind, not absolving someone of responsibility for wrongdoing.

- Think of someone who's wronged you, forgive them, then move on.

*" And forgive us our debts, as we forgive our debtors.*

*And Love is reflected in love;"*

Science and Health with Key to the Scriptures p. 17

*"Right motives give pinions to thought, and strength and freedom to speech and action."*

Science and Health with Key to the Scriptures p. 454

SPIRITUAL TIPS® BEVERLY GOLDSMITH, C.S.B.™ 2007

W: [www.beverlyg.com](http://www.beverlyg.com) [Practitioner](#) and [Teacher](#) of Christian Science spiritual healing E: [beverly@beverlyg.com](mailto:beverly@beverlyg.com)

### **Tip 5. Make something beautiful out of adversity**

When someone gets under your skin, or rubs you the wrong way, express the wisdom of the oyster; make a pearl!

- Wrap layers of love, appreciation, forgiveness, gratitude, around the person, or problem and yourself.

**“Beloved, let us love one another: for love is of God; and every one that loveth is born of God, and knoweth God.”**

The King James Bible. I John 4:7

**“No power can withstand divine Love.”**

Science and Health with Key to the Scriptures p. 224

### **Tip 6. Expect good in your life right now**

Don't waste mental energy chewing over past wrongs, hurts, or slights.

- Choose a life filled with good relationships.

**“Each successive stage of experience unfolds new views of divine goodness and love.”** Science and Health with Key to the Scriptures p. 66

### **Tip 7. Practice thinking spiritually**

Good relationships require equanimity – evenness of mind, persistence, gentleness, serenity.

- Affirm this about yourself: Divine Love made me patient and keeps me patient.

**“What we most need is the prayer of fervent desire for growth in grace, expressed in patience, meekness, love, and good deeds.”**

Science and Health with Key to the Scriptures p. 4

**Read more... Inspirational Articles on relationships** by Beverly Goldsmith

Click on titles to read these inspiring articles

- [Peacefully resolving conflict](#)
- [The courage to apologize the heart to forgive](#)
- [View E-card relationships - making a pearl](#)

An essential tool for  
**happy, harmonious, healthy relationships**  
The right reference book.



[Science and Health with Key to the Scriptures](#) by Mary Baker Eddy