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## WORDS OF WISDOM

- ❖ We are not human beings on a spiritual journey. We are spiritual beings on a human journey.
- ❖ Most of us spend too much time on what is urgent and not enough time on what is important
- ❖ I am not a product of my circumstances. I am a product of my decisions.
- ❖ We see the world, not as it is, but as we are.
- ❖ Motivation is a fire from within. If someone else tries to light that fire under you, chances are it will burn very briefly.
- ❖ To know and not to do is really not to know.
- ❖ Without involvement, there is no commitment. Where there is no involvement, there is no commitment.
- ❖ The key is not to prioritise what's on your schedule, but to schedule your priorities.
- ❖ Effective leadership is putting first things first. Effective management is discipline, carrying it out.
- ❖ As long as you think the problem is out there, that very thought is the problem.
- ❖ If you really want to improve your situation, you can work on the one thing over which you have control - yourself.
- ❖ Every human has four endowments- self-awareness, conscience, independent will and creative imagination. These give us the ultimate human freedom... The power to choose, to respond, to change.
- ❖ It is one thing to make a mistake, and quite another thing not to admit it.
- ❖ People will forgive mistakes, because mistakes are usually of the mind, mistakes of judgment. But people will not easily forgive the mistakes of the heart, the ill intention, the bad motives, and the prideful justifying cover-up of the first mistake.
- ❖ Maturity is when you accept that the person you've become is not necessarily the person you wanted to be.”
- ❖ There are three constraints in life... Change, Choice and Principles.



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## GOLDEN RULES FOR LIFE

Be what you want to be not what others want to see. – Never try to impress others.

If you start trying impressing on others, you will fail. (youre cheating not only yourself but also the persons whom youre trying to impress).

Life is to live, not to act.

To be happy in life, you must learn the difference between what you want vs need.

When you are successful, your well-wishers know who you are. When you are unsuccessful, you know who your well-wishers are.

Life is not measured by the breaths we take but by the moments that take our breath away.

It is great confidence in a friend to tell him your faults; greater is to tell his/hers.

Most courageous person is the one who accepts his/her mistakes & weakness.

Effort is important, but knowing where to make an effort in your life, makes all the difference.

Never take some one for granted, Hold every person Close to your Heart because you might wake up one day and realize that you have lost a diamond while you were too busy collecting stones.” Remember this always in life.

Some people think that to be strong is to never feel pain. In Reality the strong people are the ones who feel it, understand it, and accept it.

My pain may be the reason for somebodys laugh. But my laugh should never be the reason for somebodys pain.

Never expect things to happen. Struggle and make them to happen.

Never expect yourself to be given a good value. Create a value of your own.

Dont handicap your children by making their lives easy.

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It is so funny that in the past nobody had watch but they had plenty of Time, on the contrary everybody has watch now but nobody has any time.

A chain is only as strong as its weakest link” and this is very true to every aspect of our life.

No matter how many good habits we practice, one negative habit can damage everything.

No matter how good our decisions have been in life, one wrong decision will change the entire flow after that.

No matter how strong a family is, one member’s action might disturb the peace and happiness of the entire family

Give a man a fish and he will eat for a day and look for other person to give him fish. Teach him how to fish, and he will not only eat fish but also give to others.

True Love is eternal, cherish the Love when you have got the chance, For once it leaves you, and it would be difficult to get it back. Don’t let Love be only a memory to you.

Yes and No are very powerful words,  
Mean them when you say them and  
Respect them when you hear them

No dreamer is ever too small & No dream is ever too big. The future belongs to those who dare to dream and are ready to work for it.

Littlekeys open BIGLocks  
Simple words reflect GREAT Thoughts  
Your smile can cure HEART Blocks  
So keep on smiling it ROCKS!

There are only two choices. Either you can be a history reader or become a history maker

“Half of the problems in life are because we ACT without THINKING and rest half is because we keep THINKING without ACTING”

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Every little smile can touch somebody's heart. No one is born happy but all of us are born with the ability to create happiness

Character is like Tree and Reputation is like its Shadow. The Shadow is what we think of it; the Tree is the real thing.

If a drop of water falls on Lake, it loses its Identity, If it falls on Lotus it Shines,

If it falls on Shell it becomes a Pearl ,*Drop is the same but Company matters.*

The quality of a man's life is in direct proportion to his commitment to excellence, regardless of his chosen field of endeavor

YES & NO are too short words which need a long thought. Most of the things we miss in life are because of saying 'No' too early and 'YES' too late.

All our dreams cannot be translated into reality, but they can act as foundation stone for glorious future, be positive always.

Be close with someone who makes you happy but be closer with someone who can't be happy without you. Feel the difference!!

If you are Depressed or if you are Confused or if you are Hurt then don't worry. Go in front of the mirror, YOU will find the best person who will solve all your problems.

A "Broken Trust" can be best described as Melted Chocolate. No matter how hard you try to freeze it, it will never return in its original shape.

A Good Relation does not depend on how good Understanding we have... But it depends on how we avoid Misunderstanding.

How beautifully GOD keeps on adding one more day in our life!! Not only because you need it...because some one else need you everyday

Apologising does not necessarily mean that you are wrong and other is right. It also means that you value relationship much more than personal ego.

To become learned, each day add something. To become enlightened, each day drop something.

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Never feel bad if people remember you only at the time of their need. Feel privileged that they think of you like a candle in the darkness of their life.

Yes and No are very powerful words  
Mean them when you say them and  
Respect them when you hear them

A tongue has no bones, but it can break a heart and also it can be a pillar of Strength to a broken heart.

Littlekeys open BIGLocks  
Simple words reflect GREAT Thoughts  
Your smile can cure HEART Blocks  
So keep on smiling it ROCKS!



## **PROBLEMS ARE THERE EVERY WHERE**

No one is free from problems. The volume and value of problems depending upon the individual personality and his/her surrounding environment. Every problems has its own solutions, and also necessity is the mother of invention.

it is worth to mentioned here that if the problems couldn't solved by us, the nature will take care, the depth and intensity is differ from period to period.

If no problems to us, or if we come across no problems in our life we become incomplete/inefficient/lazy man. To become complete/effective/efficient/vibrant man one should see all the dimensions in his/her life. One should not escape from the problems, face it and overcome that gives lot of practical real experience. Let us contribute and take risk for the good of society and well being of the environment. When we think perfect and clear, the God gives us super-natural-will-power-path to carryout required event.



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## ALEXANDER THE GREAT – HIS LAST 3 WISHES

Alexander, after conquering many kingdoms, was returning home. On the way, he fell ill and it took him to his death bed. With death staring him in his face, Alexander realized how his conquests, his real army, his sharp sword and all his wealth were of no consequence.

He now longed to reach home to see his mother's face and bid her his last adieu. But, he had to accept the fact that his sinking health would not permit him to reach his distant homeland.

So, the mighty conqueror lay prostrate and pale, helplessly waiting to breathe his last. He called his generals and said, "I will depart from this world soon, I have three wishes, please carry them out without fail."

With tears flowing down their cheeks, the generals agreed to abide by their king's last wishes.

- 1) "My first desire is that", said Alexander,  
"My physicians alone must" carry my coffin."
- 2) After a pause, he continued,  
"Secondly, I desire that when my coffin is being carried to the grave, the path leading to the graveyard be strewn with gold, silver and precious stones which I have collected in my treasury".
- 3) The king felt exhausted after saying this. He took a minute's rest and continued.  
"My third and last wish is that both my hands be kept dangling out of my coffin".

The people who had gathered there wondered at the king's strange wishes. But no one dared bring the question to their lips.. Alexander's favorite general kissed his hand and pressed them to his heart.

"O king, we assure you that all your wishes will be fulfilled. But tell us why do you make such strange wishes?"

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At this Alexander took a deep breath and said:

“I would like the world to know of the three lessons I have just learnt.

Lessons to be learnt from last 3 wishes of King Alexander...

I want my physicians to carry my coffin because people should realize that no doctor on this earth can really cure any body. They are powerless and cannot save a person from the clutches of death.

So let not people take life for granted.

The second wish of strewing gold, silver and other riches on the path to the graveyard is to tell People that not even a fraction of gold will come with me. I spent all my life Greed of Power, earning riches but cannot take anything with me.

Let people realize that it is a sheer waste of time to chase wealth.

And about my third wish of having my hands dangling out of the coffin, I wish people to know that I came empty handed into this world and empty handed I go out of this world”.

With these words, the king closed his eyes.

Soon he let death conquer him and breathed his last. . . .

### **LESSON TO LEARN:**

Remember, your Health is in your own hands, look after it.

Wealth is only meaningful if you can share and also enjoy while you are still alive.

What you do for yourself dies with you. But what you do for others will live forever.

Leave the “Legacy” behind.



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## A BOY & SWEET TOFFY

Once a boy went to a shop with his mother.

The Shop keeper looked at the small cute child and showed him a bottle with sweets and said

“Dear Child..... You Can Take The Sweets...”

But the child didn't take. the shop keeper was surprised..

Such a small child he is and why is he not taking the sweets from the bottle.

Again he said take the sweets.... now the mother also heard that and said..

Take the sweets dear..

Yet he didn't take...

The shopkeeper seeing the child not taking the sweets...

He himself took the sweets and gave to the child.

The child was happy to get two hands full of sweets..... ..

While returning home the mother asked the child...

Why didn't you take the sweets, when the shop keeper told you to take?..

Child replied...

Mom! my hands are very small and if i take the sweets i can only take few..

But now you see when uncle gave with his big hands.... how many more sweets i got!

### MORAL

*When We Take We May Get Little But When God Gives...*

*He Gives Us More Beyond Our Expectations. ..*

*more Than What We Can Hold..!!!!!! !!!*



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## A FARMERS'S DONKEY FELL DOWN INTO A PIT

The Donkey fell into a pit and cried for hours as the farmer tried to figure out what to do.

Finally, he decided the animal was old, and the well needed to be covered up anyway;

It just wasn't worth it to retrieve the donkey. He invited all his neighbors to come over and help him.

They all gathered and started filling the pit by mud and dirt.

At first, the donkey realized what was happening and cried horribly. Then, to everyone's amazement he quieted down, the farmer finally looked down the pit and he was astonished at what he saw. With each bucket of mud thrown, the donkey was doing something amazing. He would shake it off and take a step up. As the farmer's neighbors continued to fill up dirt on top of the animal, he would shake it off and take a step up. Pretty soon, everyone was amazed as the donkey stepped up over the edge of the pit and happily trotted off!

### MORAL

*Life is going to shovel dirt on you, all kinds of dirt. The trick to getting out of the pit is to shake it off and take a step up. Each of our troubles is a stepping stone. We can get out of the deepest pits just by not stopping, never giving up! Shake it off and take a step up.*

*Remember the five simple rules to be happy:*

- 1. Free your heart from hatred - Forgive.*
- 2. Free your mind from worries - Most never happens.*
- 3. Live simply and appreciate what you have.*
- 4. Give more.*
- 5. Expect less from people but more from God.*



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## A POUND OF BUTTER

There was a farmer who sold a pound of butter to the baker. One day the baker decided to weigh the butter to see if he was getting a pound and he found that he was not. This angered him and he took the farmer to court.

The judge asked the farmer if he was using any measure. The farmer replied, "Your Honour, I'm primitive. I don't have a proper measure, but I do have a scale." The judge asked, "Then how do you weigh the butter?" The farmer replied. "Your Honour, long before the baker started buying butter from me, I've been buying a pound of bread from him. Every day when the baker brings the bread, I put it on the scale and give him the same weight in butter. If anyone is to be blamed, it is the baker." We get back in life what we give to others !!



## HERE ARE SIX TERRIFIC TRUTHS ABOUT TIME

- First : *Nobody can manage time.* But you can manage those things that take up your time.
- Second : *Time is expensive.* As a matter of fact, 80 percent of our day is spent on those things or those people that only bring us two percent of our results.
- Third : *Time is perishable.* It cannot be saved for later use.
- Fourth : *Time is measurable.* Everybody has the same amount of time...beggar or king. It is not how much time you have; it is how much you use.
- Fifth : *Time is irreplaceable.* We never take back time once it is gone.
- Sixth : *Time is a priority.* You have enough time for anything in the world, so long as it ranks high enough among your priorities.



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## INTELLECTUAL MANTHRA

While I was in a Restaurant, suddenly a cockroach flew from somewhere and sat on a lady standing a little away from me.

She started screaming out of fear. With panic stricken face and trembling voice, she started jumping, with both her hands desperately trying to get rid of the cockroach. Her reaction was contagious, as everyone in her group got cranky to what was happening. The lady finally managed to push the cockroach to another lady in the group.

Now, it was the turn of the other lady in the group to continue the drama. The waiter rushed forward to their rescue.

In the relay of throwing, the cockroach next fell upon the waiter.

The waiter stood firm, composed himself and observed the behavior of the cockroach on his shirt.

When he was confident enough, he grabbed and threw it out with his fingers.

Sipping my coffee and watching the amusement, my mind picked up a few thoughts and started wondering:

- Was the cockroach responsible for the ladies' histrionic behavior?
- If so, then why was the waiter not disturbed? He handled it near to perfection - without any chaos or drama.
- So, it was not the cockroach, but the inability of the ladies to handle the disturbance caused by the cockroach that disturbed them.

I also realized even in my case then, it is not the shouting of my father or scolding of my boss that disturbs me, but it's my own inability to handle the disturbances caused by their shouting that disturb me.

Similarly, it's not the traffic jams on the road that disturbs me, but my inability to handle the disturbance caused in my mind by the traffic jam that disturbs me.

More than the problem, it's my own reaction to the problem that hurts me!

The Take-Away:

- The women reacted but the waiter responded.
- We must not react in life; we should always respond.
- Reactions are instinctive; responses are intellectual.



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## A MEXICAN & AMERICAN

A boat docked in a tiny Mexican village. An American tourist complimented the Mexican fisherman on the quality of his fish and asked how long it took him to catch them.

“Not very long,” answered the Mexican.

“But then, why didn’t you stay out longer and catch more?” asked the American.

The Mexican explained that his small catch was sufficient to meet his needs and those of his family.

The American asked, “But what do you do with the rest of your time?”

“I sleep late, fish a little, play with my children, and take a siesta with my wife. In the evenings, I go into the village to see my friends, play the guitar, and sing a few songs... I have a full life.”

The American interrupted, “I am an MBA from Harvard, and I can help you! You should start fishing longer every day. You can then sell the extra fish you catch. With the extra revenue, you can buy a bigger boat.”

“And after that?” asked the Mexican.

“The extra money will bring you the larger boat, you can buy a second one and a third one and so on until you have an entire fleet of trawlers. Instead of selling your fish to a middle man, you can then negotiate directly with the processing plants and maybe even open your own plant. You can then leave this little village and move to Mexico City , Los Angeles , or even New York City ! From there you can direct your huge new enterprise.”

“How long would that take?” asked the Mexican.

“Twenty, perhaps twenty-five years,” replied the American.

“And after that?”

“Afterwards? Well my Friend, it gets really interesting,” answered the American, laughing. “When your business gets really big, you can start selling stocks and make millions!”

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“Millions? Really? And after that?” said the Mexican.

“After that you’ll be able to retire, live in a tiny village near the coast, sleep late, play with your children, catch a few fish, take a siesta with your wife and spend your evenings doing what you like and enjoying your friends.”

And the moral is...

Know where you’re going in life...you may already be there.



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I recently heard a speaker share a very similar story as this while explaining a powerful principle known as the *Again* principle. Many of us have hope, dreams, and desires yet we are unwilling to try *again*. We allow discouragement and a lack of faith to convince us that we cannot obtain what we desire. However, those who try again always find success.

In the story, most of us would probably quit after our first attempt to obtain the book. The young man had traveled far and had made a good attempt but things just didn’t work out. It would have been easy to move on, justifying that we had tried our best and we were in danger. We simply would have settled with disappointment and failure. Some of us may have tried a second time but then would have despaired when even a larger sacrifice to obtain our desire did not pan out as planned. The man in the story however did not despair and tried again a third time risking his life to obtain his desire.

Though in most instances we may not be required to risk our lives, many times we give up too easy, we settle for unfulfilled dreams, we allow ourselves to get distracted and discouraged and we move on when, if we simply would try again, we would eventually find success. The *Again* principle is precisely that. That many times to obtain our dreams we must try again, and again, and again, and again and by so doing, we will eventually obtain the prize.

Success is often awarded to the persistent. If we can learn to be persistent, accept failure, challenges, and obstacles, and always apply the *Again* Principle, we will have success in life.



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# ENHANCE YOUR SELF CONFIDENCE

Proven ways to gain confidence:

## # 1 - KNOWLEDGE IS POWER

Those who know are ultimately much more confident in any area . Use your spare time to read up on the things that interest you, on the things that you are curious about, and build up a solid base of knowledge and critical thinking. The more you know, the more sure of yourself you will be in any situation.

## # 2 - EXPERIENCE

Uncertainty is the biggest drain on your self-confidence. Succumbing to doubt ensures you will never believe in yourself. The more often you do something, the more certain you become. With certainty comes confidence.

## # 3 - CARE-FREE ATTITUDE

Try to walk through your day with as easy and care-free of an attitude as you can muster .

## # 4 – HONEST SELF -ASSESSMENT

Take stock of yourself. Brainstorm for a bit and compose a list of your good qualities and bad, the things you excel at and the things you need to improve upon, and once you have a clear picture of yourself much of the uncertainty that breeds doubt will wash away.

## # 5 - ANALYSE

Take time properly think through every problem, and the confidence in your skills will grow.

## # 6 - BE THOROUGH

Try to be as complete and thorough at every task you attempt . Completing tasks builds confidence in your ability to always see projects through to their proper conclusion .

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## **# 7 - IDENTIFY YOUR LIMITS, AND EXCEED THEM**

Once you have assessed yourself, make a list of goals you wish to accomplish, and get to work. You now know your true limits, so the only thing left to do is push beyond them and set your sights on new frontiers.

## **# 8 - BE OPEN TO HELPING OTHERS**

Don't close yourself off to friends, acquaintances and coworkers. The more you put yourself out there in business and social situations, the more quickly you will build confidence in your ability to navigate these sometimes tricky waters.

## **# 9 - COMPOSE YOURSELF**

Dress well, groom yourself, compose your identity as a person who is well put together, and you will feel confident when meeting new people and doing new things.

## **# 10 - BE DECISIVE**

While it is okay to take time to analyse and think situations through, the time comes when you must be decisive and act. Decisive people are confident; not confident people are decisive.

## **# 11 BE COMPLETE**

Know yourself fully, wash away your own doubts about yourself, your identity and your capabilities, and present every aspect of yourself in every situation and you will have no reason to doubt your confidence.

### **The Art of Giving**

Rivers dont drink their own water,nor do tree eat their own fruit,nor do rain clouds eat the grains reared by them.The wealth of the noble is used solely for the benefit of others!

Even after accepting that giving is good and that one must learn to give, several questions need to be answered.

The first question is: When should one give?

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One does not know really whether one will be there tomorrow to give! the time to give therefore is now.

The next question is: 'How much to give?'

One recalls the famous incident from history. Rana Pratap was reeling after defeat from the Moghals. He had lost his army, he had lost his wealth, and most important, he had lost hope, his will to fight. At that time, in his darkest hour, his erstwhile minister, Bramharshi, came seeking him and placed his entire fortune at the disposal of Rana Pratap. With this, Rana Pratap raised an army and lived to fight another day.

The answer to this question how much to give is:

"Give as much as one can!

The next question is: 'What to give?'

It is not only money that can be given away. It could be a flower or even a smile.

It is not how much one gives, but how one gives that really matters. When you give a smile to a stranger that may be the only good thing received by him in days and weeks!

"You can give anything but you must give with all your heart!" One also needs answer to this question whom to give? Many times we avoid giving by finding fault with the person who is seeking.

However, being judgmental and rejecting a person on the presumption that he may not be the most deserving is not justified. "Give without being judgmental!"

Next we have to answer: 'How to give?'

Coming to the manner of giving, one has to ensure that the receiver does not feel humiliated, nor the giver feels proud by giving. In giving, follow the advice 'Let not your left hand know what your right hand gives? Charity without publicity and fanfare is the highest form of charity.' 'Give quietly!' While giving, let not the recipient feel small or humiliated. After all, what we give

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never really belonged to us. We come to this world with nothing and will go with nothing. The thing gifted was only with us for a temporary period. Why then take pride in giving away something which really did not belong to us? Give with grace and with a feeling of gratitude.

”What should one feel after giving?”

We all know the story of Eklavya. When Dronacharya asked him for his right thumb as “Guru Dakshina, he unhesitatingly cut off the thumb and gave it to Dronacharya.

There is a little known sequel to this story. Eklavya was asked whether he ever regretted the act of giving away his thumb. He replied, and the reply has to be believed to be true, as it was asked to him when he was dying. His reply was “Yes! I regretted this only once in my life. It was when Pandavas were coming in to kill Dronacharya who was broken hearted on the false news of death of his son, Ashwathama, and had stopped fighting. It was then that I regretted the loss of my thumb. If the thumb was there, no one could have dared hurt my Guru? The message to us is clear. Give and never regret giving!

And the last question is: ’How much should we provide for our heirs?’

Ask yourself ‘are we taking away from them the gift of work? - A source of happiness?’

The answer is given by Warren Buffett: ”Leave your kids enough to do anything, but not enough to do nothing!”

Let us learn the Art of Giving, and quoting the Saint Kabir:

”When the wealth in the house increases, when water fills a boat, throw them out with both hands!” This is the wise thing to do!



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## EFFERTS OF OTHERS FOR YOUR SUCCESS

One young academically excellent person went to apply for a managerial position in a big company. He passed the first interview; the director did the last interview, made the last decision.

The director discovered from the CV that the youth's academic achievements were excellent all the way, from the secondary school until the postgraduate research, never had a year when he did not score.

The director asked, "Did you obtain any scholarships in school?" the youth answered "none".

The director asked, "Was it your father who paid for your school fees?" The youth answered, "My father passed away when I was one year old, it was my mother who paid for my school fees.

The director asked, "Where did your mother work?" The youth answered, "My mother worked as clothes cleaner. The director requested the youth to show his hands. The youth showed a pair of hands that were smooth and perfect.

The director asked, "Have you ever helped your mother wash the clothes before?" The youth answered, "Never, my mother always wanted me to study and read more books. Furthermore, my mother can wash clothes faster than me. The director said, "I have a request. When you go back today, go and clean your mother's hands, and then see me tomorrow morning.\*

The youth felt that his chance of landing the job was high. When he went back, he happily requested his mother to let him clean her hands. His mother felt strange, happy but with mixed feelings, she showed her hands to the kid. The youth cleaned his mother's hands slowly. His tear fell as he did that. It was the first time he noticed that his mother's hands were so wrinkled, and there were so many bruises in her hands. Some bruises were so painful that his mother shivered when they were cleaned with water.

This was the first time the youth realized that it was this pair of hands that washed the clothes everyday to enable him to pay the school fee. The bruises in the mother's hands were the price that the mother had to pay for his graduation, academic excellence and his future.

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After finishing the cleaning of his mother hands, the youth quietly washed all the remaining clothes for his mother. That night, mother and son talked for a very long time. Next morning, the youth went to the director's office. The Director noticed the tears in the youth's eyes, asked: "Can you tell me what have you done and learned yesterday in your house?" The youth answered, "I cleaned my mother's hand, and also finished cleaning all the remaining clothes' The Director asked, "please tell me your feelings." The youth said 1, I know now what is appreciation, without my mother, I would not be as I am. 2, by working together and helping my mother, I now realize how difficult and tough it is to get something done. 3, I have come to appreciate the importance and value of family relationship.

The director said, "This is what I am looking for to be my manager. I want to recruit a person who can appreciate the help of others, a person who knows the sufferings of others to get things done, and a person who would not put money as his only goal in life. You are hired.

Later on, this young person worked very hard, and received the respect of his subordinates. Every employee worked diligently and as a team. The company's performance improved tremendously.

A child, who has been protected and habitually given whatever he wanted, would develop "entitlement mentality" and would always put himself first. He would be ignorant of his parent's efforts. When he starts work, he assumes that every person must listen to him, and when he becomes a manager, he would never know the sufferings of his employees and would always blame others. For this kind of people, who may be good academically, may be successful for a while, but eventually would not feel sense of achievement. He will grumble and be full of hatred and fight for more. If we are this kind of protective parents, are we really showing love or are we destroying the kid instead?\*

You can let your kid live in a big house, eat a good meal, learn piano, watch a big screen TV. But when you are cutting grass, please let them experience it. After a meal, let them wash their plates and bowls together with their brothers and sisters. It is not because you do not have money to hire a maid, but it is because you want to love them in a right way. You want them to understand, no matter how rich their parents are, one day their hair will grow gray, same as the mother of that young person. The most important thing is your kid learns

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how to appreciate the effort and experience the difficulty and learns the ability to work with others to get things done.

Dhirubai Ambani who was working in Petrol bunk and later become Industrial giant, use to send his grandchildren in bus and lower classes of train, to know reality in life.



## **TWO TYPES OF PEOPLE IN THIS WORLD**

The first is internally-motivated; they set goals for themselves and push themselves towards their goals on their own. This group of people are usually those who do not believe in religions.

The second group is one that is externally-motivated; they rely on external motivation - religion, the promise of reward etc. This group of people are usually those who firmly believes in religion.

Working with the different groups require a slightly different approach to the task. When working with the latter group, all you have to do is reward him or her with something. Praise him or her. When working with the former group, put him in comparison with another person who is weaker than him or her. He or she would do the rest.

There are many cases of talents & potential being wasted, just because they did not develop it further.

Remember, your brain is a powerful thing. You definitely have a talent. If you've discovered it, don't waste it. Motivate yourself to develop it further. For those of you who haven't discovered it, don't be discouraged. You will find it one day.



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## **GOD HAS GIVEN FOR MAN'S NEED AND NOT FOR HIS GREED**

An Indian tourist walks into a curio shop in San Francisco. Looking around at the exotic, he notices a very lifelike, life-sized bronze statue of a rat. It had no price tag, But is so striking he decides he must have it. He takes it to the owner: "How much for the bronze rat?" "Twelve dollars for the rat, one hundred dollars for the story," says the owner. The tourist gives the man twelve dollars. "I'll just take the rat,you can keep the story."

As he walks down the street carrying his bronze rat, he notices that a few real rats crawl out of the alleys and sewers and begin following him down the street. This is disconcerting; he begins walking faster. But within a couple of blocks, the herd of rats behind him grows to hundreds, and they begin squealing. He begins to trot toward the Bay, looking around to see that the rats now numbered in the MILLIONS, and are still squealing and coming towards him faster and faster.

Concerned, even scared, he runs to the edge of the Bay and throws the bronze rat as far out into the Bay as he can. Amazingly, the millions of rats all jump into the Bay after it, and are all drowned.

The man walks back to the curio shop.

"Ah ha," says the owner, "You have come back for the Story?"

"No," says the man, "I came back to see if you have a statue of an Indian politician in bronze!!

**'EARTH PROVIDES ENOUGH TO SATISFY EVERY MANS NEED,  
BUT NOT EVERY MANS GREED' ...GANDHIJI**



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## THINK FOR A MOMENT...BEFORE YOU SPEAK !

A doctor entered the hospital in hurry after being called in for an urgent surgery. He answered the call as soon as possible, changed his clothes and went directly to the surgery block. The dad of a patient yelled, “Why did you take all this time to come? Dont you know that my sons life is in danger? Dont you have the sense of responsibility?”

The doctor smiled and said, “I am sorry, I wasnt in the hospital and I came the fastest I could after receiving the call.....

What if your son was to be operated, said the father angrily

The doctor smiled again and replied: “I will say what Job said in the Holy Book “From dust we came and to dust we return, blessed be the name of God”. Doctors cannot prolong lives. Go and intercede for your son, we will do our best by Gods grace.”

”Giving advice when were not concerned is so easy,” murmured the father.

The surgery took some hours after which the doctor went out happy.

”Thank goodness! Your son is saved!” And without waiting for the fathers reply he carried on his way running. “If you have any question, ask in nurse!!”

”Why is he so arrogant? He couldnt wait some minutes so that I ask about my sons state” commented the father when seeing the nurse minutes after the doctor left.

The nurse answered, tears coming down her face: “His son died yesterday in a road accident, he was in the burial when we called him for your sons surgery. And now that he saved **your sons life, he left running to finish his sons burial.**”

**NEVER JUDGE ANYONE BECAUSE You never know how their life is or as to what is happening or what they’re going through.**



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## SEVEN TIPS FOR MOTIVATION

1. Set a major goal, but follow a path. The path has mini goals that go in many directions. When you learn to succeed at mini goals, you will be motivated to challenge grand goals.
2. Finish what you start. A half-finished project is of no use to anyone. Quitting is a habit. Develop the habit of finishing self-motivated projects.
3. Socialise with others of similar interest. Mutual support is motivating. We will develop the attitudes of our five best friends. If they are losers, we will be a loser. If they are winners, we will be a winner. To be a cowboy we must associate with cowboys.
4. Learn how to learn. Dependency on others for knowledge supports the habit of procrastination. Man has the ability to learn without instructors. In fact, when we learn the art of self-education we will find, if not create, opportunity to find success beyond our wildest dreams.
5. Harmonise natural talent with interest that motivates. Natural talent creates motivation, motivation creates persistence and persistence gets the job done.
6. Increase knowledge of subjects that inspires. The more we know about a subject, the more we want to learn about it. A self-propelled upward spiral develops.
7. Take risk. Failure and bouncing back are elements of motivation. Failure is a learning tool. No one has ever succeeded at anything worthwhile without a string of failures.



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## MAN PROPOSES GOD DISPOSES

Man proposes and God disposes. We can make any plans which we want, but it is God who decides our success or failure. Ultimately divinity gives shape to our end. God hears every one's prayer. Prayer is stronger than anything. God helps those who help themselves. It is not that just prays and sit idle. We have to make at least a little bit of efforts. God has his own plan and reason for everything.

God is the supreme power and he is the nature. We have a general feeling that human being is the best among other living beings. It is proved many times that whatever we have constructed may be good for mankind but ultimately that has proved to be disastrous later on. If something goes wrong we have a habit of saying that man proposes god disposes. It is difficult to know the god's will. Other way we can explain that we cannot imagine our destiny. Mothers are God's most wonderful creation. She is pure and divine. Mothers are always with their sons and daughters even before they were born. We cannot imagine that pain, mothers had to under go during the process of birth. After the birth, child becomes the mother's priority in life. Mother is the first guru/teacher, through the mother's, first introduction to God is initiated. Mother's love and care helps us to grow. She prays for the child's well-being and her worries never end. Mother's souls remain with the child even their physical body leaves the world and that is the mother's love. There is nothing powerful on earth than a Mother's love for her children. Mother's Love and prayer are God's Top Priority.

A Mother's Love creates Miracles and her love never stops. It is God-given power to love children without any conditions. Mother's love is the most powerful force on earth and is the only security for the children. GOD has his own plan. Who knows what? Who knows the destiny of the individuals? We cannot imagine/calculate our destiny.



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## HOW TO FACE CRITICAL SITUATION

On the first day, as President Abraham Lincoln entered to give his inaugural address, just in the middle, one man stood up. He was a rich aristocrat .

He said, “Mr. Lincoln, you should not forget that your father used to make shoes for my family .”

And the whole Senatelaughed; they thought they had made a fool of Abraham Lincoln.

But Lincoln and that type of people are made of a totally differentmettle.

Lincoln looked at the man and said, “ Sir I know that my father used to make shoes in your house for your family, and there willbe many others here.... Because the way he made shoes; nobody else

can. He was a creator . His shoes were not just shoes; he poured his whole soul in it. I want to ask you, have you any complaint?

Because Iknow how to make shoes myself. If you have any complaint I can make another pair of shoes . But as far as I know, nobody has ever complained about my father’s shoes. He was a genius, a great creator and I am proud of my father”.

The whole Senate was struck dumb. They could not understand what kind of man Abraham Lincoln was. He was proud because his father did the job so well that not even a single complaint had ever been heard.

### MORAL OF THE STORY

*Are you proud or embarrassed of your dad and what he used to do for a living?*

*“No one can hurt you without your consent.”*

*” It is not what happens to us that hurts us. It is our response that hurts us.”*



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## WHERE IS HAPPINESS?

There lived a King who, despite his luxurious lifestyle, was neither happy nor content

One day, the King came upon a servant who was singing happily while he worked. This fascinated the King; why was he, the Supreme Ruler of the Land, unhappy and gloomy, while a lowly servant had so much joy.

The King asked the servant, 'How are you so happy?' The man replied, 'Your Majesty, I am nothing but a servant, but my family and I don't need too much - just a roof over our heads and warm food to fill our tummies.'

The king was not satisfied with that reply. Later in the day, he sought the advice of his most trusted advisor. After hearing the King's woes and the servant's story, the advisor said, 'Your Majesty, I believe that the servant Has not been made part of The 99 Club.'

'The 99 Club? And what exactly is that?' the King inquired. The advisor replied, 'Your Majesty, to truly know what The 99 Club is, place 99 Gold coins in a bag and leave it at this servant's doorstep.' When the servant saw the bag, he took it into his house. When he opened the bag, he let out a great shout of joy... So many gold coins!

He began to count them. After several counts, he was at last convinced that there were 99 coins. He wondered, 'What could've happened to that last gold coin? Surely, no one would leave 99 coins!'



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## LOGIC

Ashok, a fresh computer graduate from a world- class University, goes for an interview in a software company.

The interviewer is Sunder, a grubby old man. And the first question he asks Ashok is, ‘Are you good at logic?’

‘Of course,’ replies Ashok.

‘Let me test you,’ replies Sunder. ‘Two men come down a chimney.

One comes with a clean face and the other comes out with a dirty face.

Which one would wash his face?’

Ashok stares at Sunder. ‘Is that a test in Logic?’ Sunder nods.

‘The one with the dirty face washes his face’, Ashok answers wearily.

‘Wrong. The one with the clean face washes his face. Examine the simple logic. The one with the dirty face looks at the one with the clean face and thinks his face is clean. The one with the clean face looks at the one with the dirty face and thinks his face is dirty. So, the one with the clean face washes his face.’

‘Hmm. I never thought of that,” says Ashok. ‘Give me another test.’

Sunder holds up two fingers, ‘Two men come down a chimney. One comes out with a clean face and the other comes out with a dirty face.

Which one washes his face?’

‘We have already established that. The one with the clean face washes his face.’

‘Wrong. Each one washes one’s face. Examine the simple logic. The one with the dirty face looks at the one with the clean face and thinks his face is clean. The one with the clean face looks at the one with the dirty face and thinks his face is dirty. So, the one with the clean face washes his face. When the one with the dirty face sees the one with the clean face washing his face, he also washes his face. So each one washes one’s face.’

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‘I didn’t think of that!’ says Ashok. ‘It’s shocking to me that I could make an error in logic. Test me again!’

Sunder holds up two fingers, ‘Two men come down a chimney. One comes out with a clean face and the other comes out with a dirty face.

Which one washes his face?’

‘Each one washes his face.’

‘Wrong. Neither one washes his face. Examine the simple logic. The one with the dirty face looks at the one with the clean face and thinks his face is clean. The one with the clean face looks at the one with the dirty face and thinks his face is dirty. But when the one with clean face sees that the one with the dirty face doesn’t wash his face, he also doesn’t wash his face. So neither one washes his face.’

Ashok is desperate. ‘I am qualified for this job. Please give me one more test!’

He groans when Sunder lifts his two fingers, ‘Two men come down a chimney. One comes out with a clean face and the other comes out with a dirty face. Which one washes his face?’

‘Neither one washes his face’, Ashok replies, ‘I have learnt this logic.’

‘Wrong, again. Do you now see, Ashok, why programming knowledge is insufficient for this job? Tell me, how is it possible for two men to come down the same chimney, and for one to come out with a clean face and the other with a dirty face? Don’t you see the flaw in the premise?’



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## WHY PRAY GOD

Child asked God : If everything is already written in our destiny, then why pray ???God Smiled and said : May be in few places I have written “As you wish”

\*One day I decided to quit...I quit my job, my relationship, my spirituality... I wanted to quit my life. \*\*I went to the woods to have one last talk with God.\*\* “God”, I said. “Can you give me one good reason not to quit?” \*\*His answer surprised me...\*\* “Look around”, He said. “Do you see the fern and the bamboo?” “Yes”, I replied. \*\*When I planted the fern and the bamboo seeds, I took very good care of them. I gave them light. I gave them water. The fern quickly grew from the earth. Its brilliant green covered the floor. Yet nothing came from the bamboo seed. But I did not quit on the bamboo. In the second year the Fern grew more vibrant and plentiful. And again, nothing came from the bamboo seed. But I did not quit on the bamboo. He said. “In the third year, there was still nothing from the bamboo seed. But I would not quit. In the fourth year, again, there was nothing from the bamboo seed. “I would not quit.” He said. “Then in the fifth year a tiny sprout emerged from the earth. Compared to the fern it was seemingly small and insignificant... But just 6 months later the bamboo rose to over 100 feet tall. It had spent the five years growing roots. Those roots made it strong and gave it what it needed to survive. I would not give any of my creations a challenge it could not handle.” \*\*He said to me. “Did you know, my child, that all this time you have been struggling, you have actually been growing roots.” “I would not quit on the bamboo. I will never quit on you. Dont compare yourself to others ...” He said. The bamboo had a different purpose than the fern ... Yet, they both make the forest beautiful. “Your time will come, God said to me. You will rise high! \*\*How high should I rise?” I asked. \*\*How high will the bamboo rise?” He asked in return. “As high as it can? I questioned. \*\*Yes.” He said, “Give me glory by rising as high as you can.\*\* I left the forest and bring back this story. \*\*I hope these words can help you see that God will never give up on you. Never regret a day in your life.\*

\*Good days give you happiness; Bad days give you experiences; Both are essential to life.

\*\*Happiness keeps you Sweet! Trials keep you Strong!! \*\*Sorrows keep you Human! Failures keep you Humble!! \*\*Success keeps You Glowing! \*\*But Only God keeps You Going!!\*

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## 20 BENEFITS OF SMILING

Here are the many social, physical and mental benefits that something as simple as a smile can do! A smile can...

1. Start your day pleasantly.
2. Make others understand you are in a good mood.
3. Promote positivity in a work environment.
4. Relax your face muscles.
5. Make others put a smile on their face.
6. Tell people that they are going to be okay.
7. Makes you look a lot prettier or more handsome.
8. Reduce all of that stress you might accumulate.
9. Help your immune system work a lot better.
10. Lower your blood pressure.
11. Give you a child like innocence.
12. Release serotonin, natural pain killers and endorphins thus making it a happy drug.
13. Make you look younger.
14. Fill you up with positivity and power.
15. Show your understanding side.
16. Say that you can be polite in the hardest of times.
17. Help you live longer.
18. Make you appreciate the little things in life.
19. Make you look at the brighter side of a bad situation.
20. Be contagious to all those around you.

A smile has more wonderful benefits that you could ever think about.

I know that after you've read this, you are smiling now so don't let anything stop it because a smile is like eating 2000 bars of chocolate!

So be happy smiling!



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## BRING SMILE ON OTHERS FACE

1. Write an encouraging note to others that have encouraged you or that need encouragement. Handwritten notes that are given to encourage, not just for thanking someone for a gift. That makes handwritten notes even more special. Start a new practice of sitting down and writing an encouraging note on a regular basis. You just might start an epidemic!
2. Take a friend out to lunch or invite her to your home for a meal. You will get to know each other even better than you do right now. If you feel like being more adventurous, throw a party for several of your friends and put smiles on a multitude of faces.
3. Give someone an inspirational book to read. You will feel good doing it, reading the book will change the person, and they will think of you every time they read it.
4. Ask a friend or relative if you can take care of their kid(s) for a day or evening. If you have been a parent, you know the value of being able to have a few hours of 'adult time' without worrying about the children. Don't wait to be asked to baby-sit when it is required. Offer to do it at a time when the parent can do something fun and relaxing.
5. Deliver a meal to someone you know that is sick or having a rough time. We have all been sick and know the last thing you want to do is be out of bed. There are also times when life is tough and it is hard to do all of the daily chores. You can be a tremendous help by providing a meal that can be enjoyed.
6. Volunteer time to supporting your local prayer hall or temple. Every minute you dedicate to charity or temple will cause many smiles. You will put a smile on the face of each leader just for helping without being asked. You will also be putting smiles on the faces of those that are being helped through the organization.
7. Thank everyone that supports you throughout the day. The list of those that you come in contact with is endless. Remember family and friends, secretaries, co-workers, teachers, store employees, gas station attendants, those that deliver your mail and newspaper, and servers at restaurants.



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# POINTS ON HOW TO IMPROVE YOUR LIFE

## **Personality:**

1. Don't compare your life to others'. You have no idea what their journey is all about.
2. Don't have negative thoughts of things you cannot control. Instead invest your energy in the positive present moment
3. Don't over do; keep your limits
4. Don't take yourself so seriously; no one else does
5. Don't waste your precious energy on gossip
6. Dream more while you are awake
7. Envy is a waste of time. You already have all you need..
8. Forget issues of the past. Don't remind your partner of his/her mistakes of the past. That will ruin your present happiness.
9. Life is too short to waste time hating anyone. Don't hate others.
10. Make peace with your past so it won't spoil the present
11. No one is in charge of your happiness except you
12. Realize that life is a school and you are here to learn. Problems are simply part of the curriculum that appear and fade away like algebra class but the lessons you learn will last a lifetime.
13. Smile and laugh more
14. You don't have to win every argument. Agree to disagree.

## **Community:**

15. Call your family often
16. Each day give something good to others
17. Forgive everyone for everything

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18. Spend time with people over the age of 70 & under the age of 6
  19. Try to make at least three people smile each day
  20. What other people think of you is none of your business
  21. Your job will not take care of you when you are sick. Your family and friends will. Stay in touch.
  22. Put GOD first in anything and everything that you think, say and do.
  23. GOD heals everything
  24. Do the right things
  25. However good or bad a situation is, it will change
  26. No matter how you feel, get up, dress up and show up
  27. The best is yet to come
  28. Get rid of anything that isn't useful, beautiful or joyful
  29. When you awake alive in the morning, thank GOD for it
  30. If you know GOD you will always be happy. So, be happy.



## **SIGNIFICANCE OF FASTING**

In the present age excessive food intake, luxuries and lack of exercise have been the leading cause for health complications. From scientific point of view frequent fasting is proved to be good for health. This is because fasting tends to give rest to all organs, overhaul the systems, and eventually eliminate toxins from the body. In other words, regular fasting acts like cleansing process. So, by fasting twice a month on Ekadashi days one gets not only health benefits but also spiritual benefits. This is another example to say that in Hindu way of life there are many ways to reach God with simple practices.



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## THE POWER OF MONEY

Recently, someone came up to me on a plane and looked rather shocked. He asked, 'How come a millionaire like you is traveling economy?' My reply was, 'That's why I am a millionaire.' He still looked pretty confused.

Many people have been brainwashed to think that millionaires have to wear Gucci, Hugo Boss, Rolex, and sit on first class in air travel. This is why so many people never become rich because the moment they earn more money, they think that it is only natural that they spend more, putting them back to square one..

The truth is that most self-made millionaires are frugal and only spend on what is necessary and of value. That is why they are able to accumulate and multiply their wealth much faster.

I discovered that those who were self-made thought like me. I noticed that it was only those who never had to work hard to build their own wealth, spent like there was no tomorrow. Somehow, when you did not have to build everything from scratch, you do not really value money. This is precisely the reason why a family's wealth (no matter how much) rarely lasts past the third generation.

Then some people ask me, 'What is the point in making so much money if you don't enjoy it?' The thing is that I don't really find happiness in buying branded clothes, jewellery or sitting first class. Even if buying something makes me happy it is only for a while, it does not last.

Material happiness never lasts, it just gives you a quick fix. After a while you feel lousy again and have to buy the next thing which you think will make you happy. I always think that if you need material things to make you happy, then you live a pretty sad and unfulfilled life.

What makes me really happy is reading inspiring feed back on my mails, books and achievements. This happiness makes me feel really good for a long time, much much more than what material things would do for me.

I think the point I want to put across is that happiness must come from doing your life's work, and the money that comes is only a by-product. If you hate what you are doing and rely on the money you earn to make you happy by buying stuff, then I think that you are living a meaningless life.



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## A MATTER OF PRINCIPAL

There once was a wise old man who told his wealthy young friend how to obtain much success in life. The wise old man told him that a book existed that held the mysterious of the universe and that if the young man truly wanted to be happy and successful in life, he would do all within his power to obtain it and study it. The rich young man believed his wise old friend and learned that an ill-tempered king in a land far away was in possession of the book. So, the young man journeyed to the city, entered the palace and asked to speak to the king. The king did grant the young man audience so he asked the king graciously if he could have the book. The king was angry that a stranger would ask anything from him and he threatened to kill the young man if he did not leave immediately. The young man left and came up with a new plan. This time he brought all of his possessions, gold, silver, and anything of value to the king and asked if he could purchase the book from the king. The king saw all of the beautiful possessions and wanted them for himself however he still did not want to give away anything he owned to this stranger so he ordered his guards to kill the wealthy young man. The young man escaped narrowly but lost all of his riches as they fell in to the hands of the king. Finally, unsure of how he was going to obtain the book but knowing he must do so; the now once rich young man entered the city wall again, this time late at night. He was very careful for he feared for his life but in a dark alley near the castle he saw a man drunk. As he approached him he noticed it was the king. While the king was drunk he astutely dressed himself in the king's robes and went to kings chambers where he asked his servant to fetch him the book. The servant, believing it was his master, returned with the book and the young man was able to accomplish his desire and escape the city safely with the book.

I recently heard a speaker share a very similar story as this while explaining a powerful principle known as the *Again* principle. Many of us have hope, dreams, and desires yet we are unwilling to try *again*. We allow discouragement and a lack of faith to convince us that we cannot obtain what we desire. However, those who try again always find success.

In the story, most of us would probably quit after our first attempt to obtain the book. The young man had traveled far and had made a good attempt but things just didn't work out. It would have been easy to move on, justifying that we had tried our best and we were in danger. We simply would have settled with

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disappointment and failure. Some of us may have tried a second time but then would have despaired when even a larger sacrifice to obtain our desire did not pan out as planned. The man in the story however did not despair and tried again a third time risking his life to obtain his desire.

Though in most instances we may not be required to risk our lives, many times we give up too easy, we settle for unfulfilled dreams, we allow ourselves to get distracted and discouraged and we move on when if we simply would try again, we would eventually find success. The *Again* principle is precisely that. That many times to obtain our dreams we must try again, and again, and again, and again and by so doing, we will eventually obtain the prize.

Success is often awarded to the persistent. If we can learn to be persistent, accept failure, challenges, and obstacles, and always apply the *Again* Principle, we will have success in life.



## “LOVE IS MORE EFFECTIVE THAN ANGER.”

One day Shri Ramakrishna Paramahansa was standing by the river Ganges with his disciples and, pointing to a boat moving upstream, he told this parable on anger.

A boatman rowing upstream sees another boat, far off, moving downstream towards him. He shouts at the top of his voice. Hey, watch out! Change your course, look out! But the boat continues to rush towards him and, as it comes closer, he sees that there is nobody in the boat.

Now, is he going to continue to yell at the boat to change its course? No, he is simply going to change his own course and steer around the onrushing boat.

Ramakrishna said, the one who is angry is like a boat which has no captain.

When you see there is no captain, steer away.

Dont stand and throw **words** back at the boat in anger.

Steer aside. *Otherwise neither boat has a captain.*



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## THE BLAME GAME

Who do you blame if something goes wrong in your career? Your boss or former boss? Your employer or past employer? Colleagues, family members, or the person who recently was hired and either took away your job or the promotion you wanted?

We are a society driven by blame. We blame the government for running our lives, and our parents for ruining it. We blame the fast food industry for making us fat, the tobacco industry for giving us cancer, and the justice system for allowing criminals to roam among us while innocent people sit in jail. We blame our kids for giving us gray hair, and our schools for equipping our kids with the behaviors that make us old before our time. There is no wrong action, great or small, for which we cannot find someone else to blame. The last person we lay blame on is ourselves.

Too often, though, we are the first person we should point to when problems arise.

The government does make the rules- but we are in charge of electing the rule-makers, and most of us don't vote honestly, while the majority of those who do are insufficiently informed. Our parents have an enormous impact on our lives- but they can only raise us as well as they were equipped to by their own parents, and once we become adults we are responsible for our own behaviour. We choose to eat too much fast food, smoke cigarettes, and try to get out of punishment when we break the law. Our kids reflect our own behavior back at us like living mirrors; and no matter how much of time they spend in school; their behaviour is determined almost exclusively by what we teach them at home.

It is up to each one of us to take responsibility for our lives. Even if the wrongs in our lives were someone else's fault, we are the one that control our reaction to the situation. When unfortunate events occur in your life, you can choose to be angry and point fingers- or you can choose to do something about it. Be clear on who is to blame for the problems in your life, and take steps to correct the situation.

”Everything is your responsibility and nothing is your fault”

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How about if no one is to blame, but someone is responsible? How about if the responsible person is you?

We are a society of blamers. (We all do it.) And even though we criticize others for not taking responsibility for their careers, when it's our turn and something happens to us, we look outward to assign blame. And who would fault us? The job market has been tough and fear has been rampant. We need to point a finger at someone or something, and in many cases, the finger does not point in our direction.

I am not saying that you should walk around with the world on your shoulders if something in your career goes awry. I am saying to accept what happened, learn from the experience, forgive yourself, make a plan to refocus, and then move on. Time will pass anyway. And how do you want to spend your time? Mad at the world, mad at yourself, or on fire and moving in a positive direction?

So How Do We End The Blame Game? Follow These Steps Below:

### **1) Recognize What Blame Is Costing You :**

Sometimes blame feels good. We like to be right and if we are right, then another party has to be wrong. We feel vindicated because we know who hurt us and why they are to blame. The downside to blame is we stay stuck and stagnant which makes us feel worse. When we are wronge, we have a decision to make. Be right (and stuck) or be moving. Living well is always the best revenge.

### **2) Recognize That You Can Stop Being A Blamer:**

Blaming can be just as addictive as anything else. But you can stop blame if you want to. Sometimes we continue at habits or thoughts that no longer serve us because we are not sure who we would be without them. Trust that a new will emerge once you get rid of the blame. Trust that the answers and the direction you seek, are there once the cloud of blame has been cleared.

### **3) Recognize That Without Responsibility There Can Be No Forward Movement:**

When you accept responsibility for your career, a sense of calm will emerge. No longer will your energies be focused outward but inward on you. You will feel great, motivated, and empowered. Your sense of purpose and direction will reappear. You will enjoy being with you again.

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#### **4) Recognize That With A Plan Great Things Happens:**

Once you are responsible then you can be accountable. You can plan your work, and work your plan. You can open your calendar and put items into it again. You can take your goals and break them into small achievable pieces. You can look towards the future and the future will be brighter. You can move forward and achieve results. You can make plans and expect to reach them. You can be a person who used to be a blamer and one that has become a goal reaching machine.

So what do you say? You only have one life to live so it might as well be a life you love! You can plan your work, and work your plan.

**In our society, there are people always gets into mode of complaining, blaming, bragging, no one can help them unless they gets into positive change mode.**

**Do not play blame game as it ruins entire life of an individual, Humbleness will take people to greater heights in life.**



## **LIFE IS ROMANTIC**

Watching the sun rise from the top of a hill. Cycling down and enjoying that thrill.

Stealing mangoes from the tree. Taking a road trip simply to break free.

On a hot Sunday afternoon chasing a kite. Diving into the pool in the middle of the night.

Dancing at a friend's wedding. Proposing at sunset with out a ring.

Without a map driving off to explore. Life is all this and so much more.

If you have a young heart to enjoy life never cease to amaze you.



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## THREE IN ONE

There was a small kingdom in which strangely enough all people were quite happy and very healthy. In course of time both the ruler and ruled grew proud of this rare good fortune and claimed it to be a reward of their personal righteousness. Since all of them were healthy, there was no physician in the kingdom. One day, a physician came to its capital city and was happy to find that there was no other physician to compete with him in his profession in the whole kingdom. But whenever he entered into conversation with the people and enquired after their health, they would say: "Oh! We are Brahmagnanis, no illness can touch us. We are the fortunate few chosen by God and blessed by Him with health and happiness. Why do you tarry here, better go elsewhere to earn your living". The physician however did not want to leave the city and was also hopeful that this snobbery of the people will not last long.

Once the king suddenly fell ill. The physician was summoned to the royal presence. He was pleased that God had given him an opportunity to display his talent. He treated the king with reverence and great attention. The king was slowly but steadily improving. However, he said: "Sir, I really thank you for your treatment but can you not cure me quickly? I am not used to lying down like this for days together". The physician wanted to teach the king and the people a lesson. He said: "Oh king, there is a quick cure, but I am afraid, I may not be able to get what I want for preparing the medicine". The king said: "you need not doubt the capacity either of my ministers or my people. They will be ready to procure anything you may require. They are all Brahmagnanis. They will not bother about any type of strain or sacrifice on their part to get their beloved king cured. Come, tell me what you want". The physician said: "My Lord! I am glad that you are so confident". I require 1/4 pound of flesh from the body of a Brahmagnani - that is all". "Oh! How simple!", exclaimed the king. The king immediately sent word to his minister and commanded him to get at once 1/4 pound of flesh of any Brahmagnani in the city".

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The minister returned very late in the evening, very sad and dejected. The king asked eagerly “Why so late? Come on, where is the flesh?”. The minister pleaded, “Oh! King, I am sorry, I could not get what you wanted. When I made the people know of what you need, everyone said: ‘Oh, I am not a Brahmagnani. Do you think that Brahmagnanis will be found in cities such as this?’ How can we say confidently that we are all Brahmagnanis?”.

The king was surprised to hear this and looked at the physician pitifully. The physician said: “Oh king!, do not feel sad. This is the way of the world. One may claim to be anything but to actually live up to that high ideal is extremely difficult. You are now recovered. Nothing is wrong with you. I need no human flesh. I planned this little drama, only to let you know the truth. Pardon me”.

Each person is “three in one”, i.e. what he thinks of himself, what others think he is and finally, what he really is.



## **MAKE YOUR CHILDREN LEARN MORE**

You can let your kid live in a big house, give him a driver & car for going around, eat a good meal, learn piano, watch a big screen tv. But when you are cutting grass, please let them experience it. After a meal, let them wash their plates and bowls together with their brothers and sisters. Tell them to travel in public bus, it is not because you do not have money for car or to hire a maid, but it is because you want to love them in a right way. You want them to understand, no matter how rich their parents are, one day their hair will grow grey, same as the mother of that young person. The most important thing is your kid learns how to appreciate the effort and experience the difficulty and learns the ability to work with others to get things done.



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## INDIAN SALESMAN

**Indian can prove his metal any where and every where.**

A keen immigrant Indian lad applied for a salesman's job at London 's premier downtown department store. In fact, it was the biggest store in the world - you could get anything there. The boss asked him, "Have you ever been a salesman before?" "Yes sir, I was a salesman in India ", replied the lad. The boss liked the cut of him and said, "You can start tomorrow and I'll come and see you."

The day was long and arduous for the young man, but he got through it. And finally 6:00 PM came around. The boss duly fronted up and asked, "How many sales did you make today?" "Sir, Just ONE sale." said the young salesman.

"Only one sale?" blurted the boss. "No! No! You see here, most of my staff make 20 or 30 sales a day. "If you want to keep this job, you'd better be doing better than just one sale. By the way "How much was the sale worth?" = 93300534.00 pounds" said the young man. "What", "How did you manage that?" asked the flabbergasted boss. "Well", said the salesman, "This man came in and I sold him a small fish hook, then a medium hook and finally a really large hook. Then I sell him new fishing rod and some fishing gear. Then I asked him where he was going fishing and he said down the coast. So I told him he'd be needing a boat, so I took him down to the boat department and sold him that twenty-foot schooner with the twin engines. Then he said his Volkswagen probably wouldn't be able to pull it, so I took him to our automotive department and sold him that new Deluxe 4X4 Blazer.

I then asked him where he'll be staying, and since he had no accommodation, I took him to camping department and sold him one of those new igloo 6-sleeper camper tents. Then the guy said, while we're at it, I should throw in about \$100 worth of groceries and two cases of beer. The boss took two steps back and asked in astonishment, "You sold all that to a guy who came in for a fish hook!!"

"No" answered the salesman, "he came in to buy a headache relief tablet and I said to him, "Sir, fishing is best remedy for headache" Boss - "You sit in my chair....." Indians are capable.



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## THE POWER OF NEGATIVE

We all know that the people we hang around with and the conversations we have with them determine a lot of our mental attitudes. If you hang around with positive people, they will always encourage you to reach your full potential, but a negative influence or word can set a person on a downward spiral.

We are taught that “Positive” is Good and “Negative” is Bad. But, this is not always the case. Negative can be a powerful motivator if you know how to use it correctly.

When a negative comment is thrown a person’s way, 95% of the time, the person will react in a negative way. This causes hurt, fear, anger and even destruction. But, just imagine if you could harness this most powerful energy and devote it to something that would promote, build and help the lives of others and yourself.

I was reading an article recently on a man who was rejected from riding a rollercoaster because of his weight. He was told he was too big and he would have to leave. No doubt, this caused the man to feel hurt; probably even devastated inside. I would guess he may have even wanted to go home and just hide away from the world, but NO, something inside of him said, “I will not give into this pain, I will use it to motivate me!” Now, this man has set a goal to lose weight and is more determined than ever to make this a reality. He has an overwhelming desire that was not there before. He found a way to use that negative for the positive.

Many of my friends that have run for a public or state office have often told me that the one thing that contributed them working harder and reaching their goals was when someone said, “You’ll never be able to do this. You aren’t good enough.” It was the fire they needed to fight harder and do a better job. It brought them from being the underdog to reaching the top.

I want you to try something. The next time a negative comment or hurtful conversation is directed at you, notice that powerful energy that is building within you. Instead of blowing up, hiding away or doing something that could result in harm, immediately focus it on something that will help either yourself or other people. The end result is going to be in your favor and the pride of accomplishment will soon take the place of the negative. Positive or Negative, it’s YOUR energy, use it how you choose! YOU have the power!



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## SIX TERRIFIC TRUTHS ABOUT TIME

- First : *Nobody can manage time.* But you can manage those things that take up your time.
- Second : *Time is expensive.* As a matter of fact, 80 percent of our day is spent on those things or those people that only bring us two percent of our results.
- Third : *Time is perishable.* It cannot be saved for later use.
- Fourth : *Time is measurable.* Everybody has the same amount of time... pauper or king.
- It is not how much time you have; it is how much you use.
- Fifth : *Time is irreplaceable.* We never Take back time once it is gone.
- Sixth : *Time is a priority.* You have enough time for anything in the world, so long as it ranks high enough among your priorities.



## 7 GOLDEN RULES OF RETIREMENT

Experts contend that retirement planning should start from the day you start earning. Sound advice indeed, seven rules of retirement planning that have been advocated by experts for decades. Follow them and you can be sure to retire in comfort

1. Save 10% of your income for retirement
2. Increase investment as your income grows
3. Dont dip into corpus before you retire
4. Withdraw 5% a year initially, then step up
5.  $100 - \text{age} = \text{Your allocation to stocks}$
6. Borrow for education, save for retirement
7. Save 20 times your annual expenses



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## UNITY IN DIVERSITY

There were three friends, one African Indian and other one American. Each one of them were claiming that they are superior to others, African claimed that they are strongest, American claimed that they are fair and good looking and Indian claimed that they are brainy and narrated a story that God before creating human beings, made a mould and started burning for resistance and few of them were over roasted and become strong and they are Africans and some under baked and that is the reason they are white and God became proficient in the art and science of hardening the moulds. So the third experiment was successful and the mould was removed after correct heating. It was perfect and had a beautiful brown colour. All Indians, are his descendants. We were heated and hardened correctly for the optimum time and temperature. Now you know who is the result of a perfect creation.”the story amused the black and white, though they knew that it was fictitious. They stopped their fight and became friends again, realizing that external appearance is insignificant and that nobody wins by an argument. Man has fought thoughtlessly, throughout human history, arguing about the superiority of one race over others. Men may differ in characteristics and qualities such as caliber, character, charm, cognition, community, complexion, costume, courage, creed, culture and customs. But he is the roof and crown of creations and a noble work of God. We must appreciate unity in diversity and harmony in variety.



### TOMORROW WILL NEVER COME

When you keep saying you are busy,  
Then you are never free.

When you keep saying you have no time,  
Then you will never have time.

When you keep saying that you will do it tomorrow,  
Then your tomorrow will never come.

“Knowledge of self is an invaluable asset”.



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**A RELATIONSHIP DOESN'T SHINE BY  
JUST SHAKING HANDS ON BEST TIME.  
BUT IT BLOSSOMS BY HOLDING FIRMLY  
IN CRITICAL SITUATION .**

Fill your Heart with Love & Compassion, polish your thoughts with Purity & Divinity, and decorate your Deeds with Dedication & Service, the rest is assured that **He** will Never Let you Slip & Fall! A short story for the day, which carries a Long Message!

A little girl and her father were crossing a bridge.... The father was sort of scared, so asked his little daughter, d “Sweetheart, hold my hand so that you don’t fall into the water” The little girl said, “No, Dad. You hold my hand!” “What’s the difference?”, asked the puzzled father. “There’s a big difference dad...” replied the little girl.

“If I hold your hand and something happens, chances are that **I may let your hand go**. But if you hold my hand, I know for sure that **no matter what happens, you will never let my hand go!**”

In any relationship, the essence of trust is not in its **bind**, but in its **Bond!**



## TOMORROW WILL NEVER COME

When you keep saying you are busy,  
Then you are never free.

When you keep saying you have no time,  
Then you will never have time.

When you keep saying that you will do it tomorrow,  
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“Knowledge of self is an invaluable asset”.



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## **JUDGING A PERSON DOES NOT DEFINE WHO THEY ARE ...**

**It defines who you are.**

A 24 year old boy from the train's window shouted... "Dad, look the trees are going behind!" Dad smiled and a young couple sitting nearby, looked at the 24 year old's childish behavior with pity, suddenly he again exclaimed...

"Dad, look the clouds are running with us!" The couple couldn't resist and said to the old man... "Why don't you take your son to a good doctor?" The old man smiled and said... "I did and we are just coming from the hospital, my son was blind from birth, he just got his eyes today..." Every single person on the planet has a story.

"Don't judge people before you truly know them." The truth might surprise you... think before you say something...!!!



## **TYPES OF PEOPLE**

In this world, there are four types of people, everywhere:

- 1) There are people that make things happen.
- 2) There are people that watch things happen.
- 3) There are people that wonder what happened.
- 4) There are people that don't know anything happened.

By the by, what category you belong to?



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## **HINDU RELIGIOUS FACTS : BASED ON SCIENTIFIC REASONS**

You should never have a oil head bath on Amavasya, Pournami, JanmaNakshatram and on Sundays and also on your birthday and wedding day.

ॐ If you sit facing east and have your food it increases your life span.

ॐ It is always good to keep a handful of food to the crows before eating in the noon. The crow is considered as Lord Shani and by feeding him we try to appease him from his anger. It is also believed that feeding of crows is as good as feeding our deceased.

ॐ Lighting of lamps with Gingerly Oil removes fear of death.

ॐ It is believed that Parvathi resides at the base, Saraswati at the centre of the palm of your hand and Laksmi at the upper portion of the hand ie., fingertips. It is therefore advised that the first thing you see after you wake up in the morning is your right hand palm.

ॐ You should always donate food or money to beggars while going to the temple and not when returning from the temple.

ॐ You should never sleep in a room that is completely dark. There should be at least some light in the room.

ॐ Fasting (Vratha) on Shivarathri makes your wishes come true.

ॐ One should never go to the temple empty handed. You should take some offerings like Coconut, Fruits, Flowers or Camphor.

ॐ In a temple one can light a burnt out lamp, but should never put out a burning or lit lamp.

ॐ When you are returning from the burial ground after attending someone's funeral you should not have head bath with oil on that day.

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- ॐ One should worship Goddess Mahalakshmi by lighting lamps with Pure Cows Ghee.
- ॐ Vadha Narayana Maram (Tree) represents Air among the PanchaBoodhas. If you worship Lord Ganesh who is set up at the base of such trees your growth will increase.
- ॐ When a person prays or performs a pooja for himself ie., for his benefit it is called as SuvarthaPooja.
- ॐ When adjusting the thread in lamps in a temple, your fingers will come in to contact with the oil of the lamp. One should never rub that oil on the head.
- ॐ In the pooja room do not place pictures of Gods along with pictures of departed souls like grandfathers, great grand mother etc. You can place them in the pooja room on a different side. For eg., if Gods are placed facing east you can place the pictures of the deceased facing south or north etc., If you worship this way then the blessings you will receive will be several fold.
- ॐ Lighting of lamps with threads made from cotton will maintain harmony in the family.
- ॐ On Tuesdays and Fridays never give or lend Rice or other Food Grains.
- ॐ Avoid buying dress materials, gold and property on Tuesdays and Saturdays.
- ॐ If you sit facing west and have your food, it brings you wealth.
- ॐ You should always begin a Hanuman Pooja on a day when the star is Moolam and you should offer pooja only in the mornings.
- ॐ Always enter a temple or a house by placing your right foot first.
- ॐ One should never pray Lord Shani (Saturn) by standing right in front of the deity. One should always stand by the side when worshipping Lord Shani.

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- ॐ After returning home from the temple you should give some time before you wash your hands and legs.
- ॐ You should never sleep with your head placed in the North Direction.
- ॐ Having a haircut on a Sashti (except if it falls on Sundays or Thursdays) is not good for ones brother.
- ॐ You should never bathe in the sea when your wife is pregnant.
- ॐ Fasting (Vratha) on Chathurthi makes your life happier and increases the chances of attaining more benefits at work.
- ॐ Having a haircut on a Pournami (except if it falls on Sundays or Thursdays) is not good for one's father.
- ॐ When a temple is closed, one should never worship/pray from outside.
- ॐ You should never do auspicious things wearing wet clothes. Only inauspicious things are performed wearing wet clothes.
- ॐ One should go to the temple only during the temple visiting hours. You should never sleep inside the temple.
- ॐ Lighting of Burnt Red Sand lamps (AgalVilaku) will give you more power.
- ॐ One should never light camphor on the step of the main entrance of the temple.
- ॐ One should never fall down and pray (namaskaram) Lord Shani (Saturn).
- ॐ After a hair cut you should not have head bath with oil on that day.
- ॐ When you are leaving the town from home, you should leave from the front entrance of your home and not from the rear side.
- ॐ Lighting of lamps with Coconut oil or Ilupai oil brings you health and wealth.

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- ॐ Lighting of lamps with threads made from the lotus plant will relieve you from sins committed in the previous birth (PurvaJanmaPavam) and bring wealth.
- ॐ Brahma Muhurtam is between 3:00 am and 6:00 am in the early morning.
- ॐ On Wednesdays and Saturdays never give or lend Gold or Silver Items.
- ॐ One should not carry the items for Pooja/Archana using the left hand.
- ॐ When carrying items for a Pooja in a bag, basket make sure the bag is not left hanging below your hip level.
- ॐ You should never bring home any item that is considered as property of the temple.
- ॐ ArasaMaram (Tree) represents Sky among the PanchaBoodhas. If you worship Lord Ganesh who is set up at the base of the ArasaMaram you will be blessed with children.
- ॐ Having a haircut on a Navami (except if it falls on Sundays or Thursdays) will lead to wealth losses.
- ॐ VanniMaram (Tree) represents Fire among the PanchaBoodhas. If you worship Lord Ganesh who is set up at the base of the Vanni Maram you will be blessed with all your needs in life.
- ॐ One should never have a bath immediately after returning from the temple.
- ॐ If you start repaying the first installment or payback regularly on Tuesdays your loan will be settled quickly.
- ॐ If you sit facing south and have your food it brings you fame.
- ॐ One should worship Lord Narayana by lighting lamps with Gingelly Oil.
- ॐ Lighting of lamps with Castor Oil brings you all kinds of wealth.

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- ॐ Lighting of Bronze lamps will relieve you from your sins.
- ॐ One should always enter the temple through the main entrance.
- ॐ Amla Tree (NelliMaram) represents Water among the PanchaBoodhas. If you worship Lord Ganesh who is set up at the base of the Nelli Maram your wealth and income will be very satisfactory.
- ॐ Inside a temple never pray at a place/sannadhi where there is no lamp lit.
- ॐ Fasting (Vratha) on SankadaharaChadurthi protects you from sudden death and accidents.
- ॐ Fasting (Vratha) on Sashti, Kirthigai protects you from evil forces and from health problems.
- ॐ You should never put out a burning lamp, camphor or incense sticks by blowing with your mouth.
- ॐ You should never sit facing north when having food.
- ॐ Never enter a temple wearing wet clothes.
- ॐ When praying to the family deity (Kula Daivam) you should light lamps with a mixture of Neem&Ilupai Oils along with Pure Cow Ghee.
- ॐ When lighting a lamp in the pooja room make sure that the lamp is not facing south.
- ॐ When a person prays or performs a pooja for the benefit of others it is called as PaararthaPooja.
- ॐ Fasting (Vratha) on Ekadesi brings you peace of mind and happiness.

