

LIFE IS VERY PRECIOUS- ENJOY LIFE: INDEX

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PREFACE:

Every one takes Life for granted; no one realizes how precious life is. One has to think in a relaxed state of mind, peaceful atmosphere and look around him and also compare with other living beings to realize how precious human life is. Only on realization, one will enjoy every moment without wasting precious life. Yesterday is past and tomorrow is future, we normally are warring about the past and thinking about the future and forget the day which is before us that is so precious. It is well said that everything happens with the grace of God, but effort should be put forth and the result can be left to the Almighty. In life, failure is not the real end, but it can be the real beginning of success. Yesterday is an experience, Today is a experiment, and Tomorrow is a expectation. One should use his experience in his experiment to achieve his expectation.

I have received such good encouragement for my previous books, and when I am turning to my 60th year, I have realized how precious life is and thought of this book. I have realized late, the value of life and it is my intention that the younger generation should realize and take full potential of life. I am sure whoever reads this small book, there will be change in their life and it will be for their good if not the best.

I dedicate this book of mine to the beloved mother, whom I met just 3 months before her departure and she poured her blessings on me. This will be my humble contribution to humanity.

I thank my good friend Anita Lokuse and Bhavna Bharath for their helping hand to finish this book.

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1. LIFE:

There is a saying, that one should have British type of house, American type of Business, Chinese type of food, Japanese type of Wife and Jewish type of Intelligence, Indian type of Climate to enjoy the Life, but in reality the Lord gives you what you deserve and one should be happy with what you have and enjoy the Life. The creator of every human being gives happiness & sorrow in the measure what he deserves as per his karma, just like the lock is not made with out key, problems are not given with out solutions, one has to have patience to overcome and make his life easy and on going. One does not know the purpose of his arrival to this world, till his death. If one understand that he/she is mini creature in this universe and take life as it comes, he is the most successful and happy person. The best example, we can have is the most popular President of United States of America, Mr. Abraham Lincoln, who lost his mother at the age of 14, his wife at the age of 21, his son at the age of 24, he had Nervous breakdown twice, he lost his Vice President ship at the age of 48 and become the most successful President of United States at the age of 51 years and proved to the world that one should not lose confidence and the situations and circumstances makes him more stronger, confident, determined and what not.

There are lots of beautiful things around us. It's just a matter of how we see it and whether we're able to realize it. In life, of course there are always some ups and downs. However, I believe, that even in the most difficult situation, there's always a beautiful thing. As wise people say, "Everything happens for a reason."

Life has no Pause Button
Dreams have no Expiry Date
Time takes no Holiday
We should adopt these principles

2. ORIGIN OF LIFE: Different religions have different stories. The Book of Genesis in the Bible narrates how God created earth and all living things. It is estimated that life began 3.5 billion years ago. It is strongly believed that lightning and volcanoes might have played a role in the beginning of life.

Life arises naturally under certain physical and chemical conditions. Astronauts believe that these conditions exist in many places throughout the universe, especially Venus and Mars. Living things include the smallest flies to the biggest trees.

The characteristics of living things include:

1. Reproduction
2. Growth
3. Metabolism
4. Movement
5. Responsiveness
6. Adaptation

All living things are made up of cells. The simplest organism consists of one cell and complex living things like humans, dogs, etc. have many billions of cells. Today's world is becoming highly competitive with information explosion taking place in all fields of science and technology which when coupled with population explosion is creating a cut throat rat race.

3. LIFE IS VERY PRECIOUS:

Life is so precious,
And each day is a gift.
So enjoy every minute,
As it were your last to live.

Cherish your loved ones,
Hug them tight,
Share with them your heart,
And your time.

Nothing is forever,
And life goes so fast,
Each minute that passes,
Is one you can't get back.

When troubles arrive,
And knock you off your feet,

Stand up and smile,
And remember life is too sweet.

Every morning when you wake,
Decide right from the start,
That “Today will be a good day”
And let it all in with an open heart.

- LIFE is the sequence of physical and mental experiences that make up the existence of an individual. Life is conscious existence. Life is the manner of living from birth to death.
- Life is half spent before we can even understand what it is. Life is sweet for those who think; life is bitter for those who feel.
- Life is not in the living but in the liking. Life would be too smooth if it had no rubs in it. Where there is life, there is hope. Whatever you give to life, it gives you back.
- How you die is quite important, but far more important is how you live. If we live truly, we shall see truly.
- If your life is worth living, it is worth recording. Life is 10% what happens to us and 90% how we react to it. Life in abundance comes only through great love.
- Life is like a race between a cat and a rat. Rats mostly win because rats run for their life whereas cats run for their food.
- Life is raw material; it is in our hands, and we can shape it as we want. Life is a tragedy for those who feel and a comedy for those who think.
- Life is worth living, people are worth loving and God is worth trusting. Life can only be understood backwards.
- You can't change the past but you can look forward to the future. Only you can change your life; no one else can do it for you.
- The best way to prepare for life is to begin to live. The state of your life is nothing more than a reflection of your state of mind. The quality, not the longevity, of one's life is what is important.
- Death is not the greatest loss in life. The greatest loss is what dies inside us while we are still alive. Live before you die.
- Life is made of millions of moments. You only live once, make the best use of it. What matters is not how long you live but how well you live.
- Remember: you were born to live, don't just live because you were born. Accept responsibility for your life.

- When you were born you cried and the world rejoiced. Live your life in such a manner that when you die, the world cries and you rejoice.
- The most difficult phase of life is not when no one understands you; it is when you don't understand yourself.
- No one grows old by living, only by losing interest in living.
- When life is like a sour lemon, make the best use of it; make lemonade.
- We make a living by what we get, but we make a life by what we give.

4. BASIC FEATURES OF LIFE:

Nobody can go back and start a new life.

The longer I live the more I realize.

Dream as if you live forever but live as if you die today.

Love as much as you breathe and love as much as you live.

Life is full of beauty, live your life to the fullest potential.

One day your life will flash before your eyes, make sure it is worth watching.

It's only when we truly know and understand that we have a limited time on earth - and that we have no way of knowing when our time is up -- that we will begin to live each day to the fullest, as if it is the only one we have.

A life lived in love will never be dull.

One must work and dare if one really wants to live.

Life is meaningless only if we allow it to be. Each of us has the power to give life meaning, to make our time and our bodies and our words into instruments of love and hope.

Live every act fully, as if it were your last.

Without some goal and some effort to reach it, no one can live.

Respect for the fragility and importance of every individual life is the mark of an educated man.

I don't want to get to the end of my life and find that I lived just the length of it. I want to have lived the width of it as well.

Let us endeavor so to live that when we come to die even the undertaker will be sorry.

Life has got to be lived -- that's all there is to it.

Life is not measured by the breaths you take, but by its breathtaking moments.

Life is what you make of it. Always has been, always will be.

You have to pay the price. You will find that everything in life exacts a price, and you will have to decide whether the price is worth the prize.

Most people can look back over the years and identify a time and place at which their lives changed significantly. Whether by accident or design, these are the moments when, because of a readiness within us and collaboration with events occurring around us, we are forced to seriously reappraise ourselves and the conditions under which we live and to make certain choices that will affect the rest of our lives.

Life's challenges are not supposed to paralyze you; they're supposed to help you discover who you are.

How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving, and tolerant of the weak and strong because some time in life you would have been all of these.

Love life and life will love you back. Love people and they will love you back.

That it will never come again is what makes life so sweet. Life is short, but there is always time enough for courtesy.

The principle of life is that life responds by corresponding; your life becomes the thing you have decided it shall be.

There are four ways and only four ways in which we have contact with the world.

5. We are evaluated and classified by these four contacts:

- What we do
- How we look
- What we say
- How we say it

THE

INTERVIEW WITH GOD

I dreamed I had an interview with God.

“So would you like to interview me”? God asked.

“If you have time”, I said.

God smiled.

“My time is eternity...What question do you have in mind for me?”

“What surprises you most about human kind?”

God answered: I really petty them,

“That they get bored with childhood, they rush to grow up, and then long to be children again.”

“That they lose their health to make money, and then lose their money to restore their health.”

“That by thinking anxiously about the future, they live in neither the present nor the future.”

“That they live as if they never die, and die as though they had never lived.”

God’s hand took mine and we were silent for a while.

And then I asked, “As a parent, what are some of life’s lessons you want your children to learn?”

“To learn they cannot make anyone love them. All they can do is let themselves be loved.”

“To learn that it is not good to compare themselves with others.”

“To learn to forgive by practicing forgiveness.”

“To learn that it only takes a few seconds to open profound wounds in those they love, and it can take many years to heal them.”

“To learn that a rich person is not one who has the most, but is one who needs the least.”

“To learn that there are people who love them dearly, but simply do not yet know how to express or show their feelings.”

“To learn that two people can look at the same thing and see it differently.”

“To learn that it is not enough that they forgive one another, but they must also forgive themselves.”

“Thank you for your time,” I said humbly.

“Is there anything else you’d like your children to know?”

God smiled and said:

“Just know that I am here...”

“Always.”

Night is shorter than day for those who dream

But, the Day is shorter than Night for those who make their dreams come True

6. LIFE IS A GAME - PLAY IT WELL:

Life is an opportunity, benefit from it.

Life is beauty, admire it.

Life is a dream, realize it.

Life is a challenge, meet it.

Life is a duty, complete it.

Life is a game, play it.

Life is a promise, fulfill it.

Life is sorrow, overcome it.

Life is a song, sing it.

Life is a struggle, accept it.

Life is a tragedy, confront it.

Life is an adventure, dare it.

Life is luck, make it.

Life is too precious, do not destroy it.

Life is life, fight for it.

A study on 500 lives who are successful and wealthy people reveals that there was one great characteristic that separated the successful from the unsuccessful ones is the habit of taking quick decisions and rarely changing them as opposed to taking slow decisions and changing them quickly.

A life without an AIM is like an Envelope without an address.

A life with AIM but no plan to achieve it is like an Envelope with an address but not posted.

If there is turmoil internally, then everything outside seems confused.

The size of your problem is nothing compared to your ability to solve it, but by overestimating the problem you underestimate your self.

7. BALANCE SHEET OF LIFE:

Yesterday is a stale cheque, tomorrow is post dated cheque and today is hard currency, enjoy every moment.

**Never blame a day in your life:
Good days give happiness,
Bad days give experience,
Worst days give you a lesson and
Best day gives you memories**

Imagine there is a bank that credits your account each morning with 86,400. It carries over no balance from day to day. Every evening it deletes whatever part of the balance you failed to use during the day. What would you do? Draw out every cent, of course! Have a perfect Balance Sheet of Life:

Our Birth is our Opening Balance

Our Death is our Closing Balance

Our Prejudiced Views are our Liabilities

Our Creative Ideas are our Assets

Heart is our Current Asset

Soul is our Fixed Asset

Brain is our Fixed Deposit

Thinking is our Current Account

Achievements are our Capital

Character & Morals, our Stock-in-Trade

Friends are our General Reserves

Values & Behavior are our Goodwill

Patience is our Interest Earned

Love is our Dividend

Children are our Bonus Issues

Education is Brands / Patents

Knowledge is our Investment

Experience is our Premium Account

The Aim is to Tally the Balance Sheet of life accurately.

IT IS TIME

Time is

Too slow for those who wait,

Too swift for those who fear,

Too long for those who grieve,

Too short for those who rejoice

But for those who love.....

Time is Eternity.

This is the beginning of a new day. You have been given this day to use as you wish. You can waste it or use it for good. What you do today is important because you are exchanging a day of your life for it. When tomorrow comes, this day will be gone forever; in its place is something that you have left behind...let it be something good."

The interesting fact is that God gives birth to millions of living things, but every one of these is different from the other in looks and complexion, in voice, and disposition, in powers and faculties, in qualities and moral caliber. Even brothers born to the same father and mother are never identical to each other. When even identical twins are not alike, imagine how great the caliber of our creator is!

8. LIFE IS WITH NATURE, BE PART OF IT:

Outside the human world we find perfect peace and tranquility in the rest of the Universe. There is peace in stars, in air, in water, in trees and animals. The whole machinery of creation, excluding the world of man, is running peacefully and does not betray any imbalance or disorder or indiscipline in any respect. Why is human life deprived of this blessing?

Lord made our universe very interesting with Sun, Moon, Sky, Planets, Stars, etc. Water vapor rises from the oceans and turns into clouds; the wind blows these clouds to the distant corners of the earth and, under suitable conditions, the vapor condenses into water and falls on the earth as rain. The rain water in its turn brings dead soil to life and helps the growth of various kinds of food grains and other crops, luxuriant trees and different varieties of fruits and flowers.

Human life is part of nature, and therefore, one has to live with nature and not go against nature. Nature provides Air, Water, Food, Shelter, Clothing and every thing that humans need. Human life is similar to other living things but it is more advanced and superior in many respects. Human life can feel, think, talk, work, sleep, and therefore it is precious and has to be utilized for good. Every day is god's gift and should be used as if it is the last day of life; only then will one understand the importance of life. Even though death is certain, no one knows when the end will come and life after death is beyond our imagination. Nothing is certain, and fate follows its destiny. Many a time what looks easy may not be so and what one thinks impossible may become possible. Therefore life becomes more interesting and challenging. One has to be always cautious, attentive, careful and hopeful throughout life.

One could be born in a rich family/royal family or in a poor family but there is no certainty that he will continue in the same status. There could be drastic changes due to many factors. This makes life interesting.

We may never know why the creator gave us life; we can only try to make the best out of our life and leave the rest to destiny.

It is, therefore, essential to lead a meaningful life doing only good things. Life is full of beauty; love your life and use it to the fullest potential.

Some people love to sleep because in that state all the miseries, sorrows and sufferings are absent and they are in a state of bliss. If a person suffers from insomnia, he will not be lively, or happy. In the past, man used to rise when the sun rose and go to sleep when the sun set, but as the years passed he stayed up late at night and then obviously got up late the next morning. Present day youth go to sleep very late at night and get up very late in the morning; this is against nature. People who work at night and sleep late in the morning are going against nature will sooner or later find themselves facing adverse consequences.

The basic needs of life -Air, Water, Shelter, Clothing and Food - are provided by nature; and therefore, one has to be with nature. Life **will not be convenient** even if one of the five is absent; all are essential in everybody's life. Nature provides all these abundantly.

Everything comes from nature and returns to nature. The world of nature is nothing but the energy of that supreme lord who is the creator.

Unfortunately one thinks that the material body is the real self. The body ages and becomes old, and one day it has to die, but the soul will not die. It will part from the body and reach the hands of the creator.

One has to realize the reality and move from darkness to light. Light refers to knowledge and darkness refers to the state of spiritual ignorance. One has to aim for and achieve inner happiness, only then can permanent happiness be derived.

9. LIFE WITHOUT AN F R I E N D IS LIKE DEATH WITHOUT WITNESS:

A friend in need is a friend indeed. A real friend is one who stays with you forever, through good times and bad. It is said that forgetting a friend is a crime, ignoring him is a shame, liking him is a pleasure and disturbing him is a fundamental right. Friendship is by choice and not like a relative who is by chance and not by choice. In one's life a friend is more reliable than a relative; therefore, it is said that life without a friend is like death without a witness.

One has a limited number of relatives, but he can have a countless number of friends. It depends on how he lives in society, how lively he is, how social he is and how helpful he is. Friendship is always mutual and reciprocal. There is no limit to the love and the sacrifices in a friendship.

There could be good and bad in a friend, what you have to do is to bring out the good in your friends and leave the bad to shrivel up and die.

10.WHEN TO DO WHAT IN LIFE:

The creator gave a normal life span of 40 years to humans, animals, birds. Humans thought a life span of 40 years is too little that nothing much could be done in 40 years and hence desired to have more. The animals, on the contrary, thought that a life span of 40 years is too long as it is difficult to fetch food, make shelter, etc. Similarly, the birds also thought that it is too long as they have to migrate from season to season to different places and every day they have to go in search of food, etc. All the creatures went to the Creator and pleaded explaining their difficulties. The creator being very gracious limited the life of animals and birds to 20 years. The humans grabbed the remaining 20 years of the animals and the 20 years sacrificed by the birds. This may be the reason that humans are very healthy and strong for the first 40 years which happen to be their own, as granted by the creator and during the next 20 years usually one talks more and does less just as dogs bark and don't do much work. In the same way, the latter 20 years are spent like owls sitting in one place and watching the world go by. One should therefore lead the first 40 years for the benefit of himself and his family. The next 20 years he should contribute to society in any way he can and the next 20 years he should do charitable work to lead a more meaningful life so that the purpose of his birth is justified.

Never think that anything is impossible for the soul. Never be weak, be strong and you will find infinite strength within yourself. During birth and life, one takes so much from society, and one has to repay not in equal measure with what he has taken but many folds more. Only then will one have satisfaction in the last years of life.

11. What is Life....?

To those who see life with loving eyes
Life is beautiful
To those who speak with tender care
Life is peaceful
To those who help with gentle hands
Life is full
And those who care with compassionate hearts
Life is beyond all measure.

12. Do GOOD THINGS AND YOU ARE ANSWERABLE TO THE CREATOR:

By the grace of the creator, you were born as a human that is a superior being in this universe. Being so precious, we must always strive to be good, think positive, love nature, learn to share and live with others, be creative, work honestly, be honest, be genuine, be affectionate towards fellow beings. Always speak good things, listen to good things and do good things. Have good habits and good friends. There are many educated people in the world today but intelligent ones are very few. We should be like small children who are always happy as they are pure, don't have evil thoughts, and can sleep peacefully.

Every living being in this universe lives by the grace of the creator, and therefore, no one should hate another person, and should learn to live with everybody. There is peace only when you share with others and live with others: think of the welfare of others by forgetting the self.

Man is essentially individualistic. There is nothing wrong with this, but he should remember that others are also like him; then there will be no confusion, no threat, fight, disturbance or war. One has to treat every one alike regardless of race, religion, color, caste, economic or social status.

Many times there is a smile on the face but there is no inner happiness. We must learn to control our feelings and enjoy the present, look for a better tomorrow. One day your life will flash before your eyes; make sure it

is worth watching. We cannot free ourselves of the attendant miseries accompanying this mortal life cycle of birth and death by amassing wealth.

Always be alert against the four sins which the tongue is prone to commit: speaking falsehood, speaking ill of others, back biting, talking too much. Control these tendencies.

13.SUPER HUMANS: Buddha: Siddhartha Gautama was named Buddha after he gained enlightenment. He preached the message of how to overcome suffering through Dharma, Peace, and Saving Truth.

Jesus Christ: He is the Son of God sent to earth to save mankind. He was a great and wise teacher. The teachings of Jesus united people from many lands into a great religious movement which is wide spread in the world.

Gandhi: Mohandas Karamchand Gandhi, father of the nation was instrumental in getting freedom from the British in his unique and novel way without blood shed. He had limitless physical and mental strength. His principles of courage, nonviolence, truth, peace are relevant even today.

Mother Teresa: She was a mother to many. She dedicated her life to the sick, poor, needy, and she opened hospitals, schools, orphanages, youth centers, shelters for lepers and the dying. She set up homes all over India in 50 cities and 30 other countries.

Rabindranath Tagore: Popularly known as Gurudev, very famous poet and writer, author of the national Anthem and Noble Prize winner.

Dr. M. Visvesvaraiyah: Architect of modern India, he is genius, perfectly honest and devoted to his work; he set new standards of efficiency.

Bahubali: He was an emperor, left his kingdom and started meditating god. He enriched his fellowmen with the light he received.

Rajaji: A leader with amazing intellectual brilliance. He was advocate and left his profession for the sake of his country.

Dr. BR Ambedkar: Born in a class considered low and out caste, fought untiringly for the down trodden. He became the Law minister and authored the Indian Constitution.

14. THOSE MEN WHO CAN NEVER BE PARDONED:

Hitler: A great leader who misused his capabilities. He was instrumental for World War II in 1939. He killed Jews mercilessly because he wanted the entire Jewish community to be wiped out so that the superior Aryan race would rule. He set up concentration camps to torture and kill six million Jews, including women and children.

Shahjahan: A great Moghul leader who built the Taj Mahal as the tomb for his beloved third wife Mumtaz. It stands as a symbol of eternal love and is recognized the world over because of its unbelievable splendor. He killed the husband of Mumtaz to marry her and she gave birth to his 14 children. He married Mumtaz's sister after her death. He chopped off the hands of all the workers who built Taj Mahal so that they would not be able to build another building to rival the Taj Mahal.

15. WHERE IS HAPPINESS?

Charlie Chaplin's Heart touching words-Nothing is permanent in this world, not even our Troubles...The most wasted day in life is the day we have not laughed

It has been observed that permanent and absolute happiness cannot be procured from any of the objects in the world. The source of happiness is inside oneself. There are only two sides: inside and outside. If it is not to be found outside, then it has to be inside, and one has to learn the way to go inside and find it.

You have to withdraw all your senses from the objects of this world and cease thinking about one's health, body, wife, children, money, friends, and enemies. Once the outside is closed, only then can you enter inside. Once this is achieved, you will be full of peace, happiness and brightness. Once self realization is achieved, there will be no sorrows and sufferings, only permanent bliss.

In life there are two permanent things: the body and the *atman* or soul. If *athman*/soul get into the body, there is life, and if *athman* gets away from the body, there is no life – only a dead body. Our souls are more brilliant and powerful than the sun. The body is nothing but a bag of bones, blood, urine, and other unclean substances. The mind is also part of body but it is different from the soul. What you aspire for and get is only momentary pleasure: not permanent.

There is only one Supreme God, the same god for Hindus, Christians, Muslims and others. One should understand this and treat everyone alike, never to harm or criticize. Everyone has a soul and that is of the creator; the soul is nothing but god. Therefore, god is within oneself.

There is no other way to become happy in this or any other world. Rebirth is certain, and everything in the next birth depends upon what one has done in one's previous birth. That is the reason why whether one is born in a beggar family or a royal family, his future depends on his *karma*.

Swami Vivekananda said, "What we want is strength, so believe in yourself, make your nerves strong; what we want is muscles of iron and nerves of steel. We have wept long enough; enough is enough, no more weeping, stand on your feet."

Men should be practical, physically strong. A dozen such lions will conquer the world, not millions of sheep.

16. WORK WITHOUT SELFISH MOTIVE:

Success in life is the result of good judgment

Good judgment is usually the result of experience

Experience is usually the result of bad judgement

There are great holy persons aiming for peace at all times. Having crossed the vast ocean of worldly existence, they help others too to cross the same without any selfish motive.

Great men and women have left their foot prints in the sands of time. Through their own experiments and experiences, they have learned how to dispel sorrows and sufferings. We need to learn from them.

17.ACCEPT LIFE AS IT COMES:

May You Be Blessed

Life is a "X X X"

Yesterday is a Xperience

Today is a Xperiment

Tomorrow is a Xpectation

Use your Xperience in your Xperiment to Achieve your Xpectation

Even those experiences we deem calamitous can Carry the seeds of a great blessing. It is often only in retrospect, however, that the benefit reveals itself. And whether or not it reveals itself and how quickly it does so, is dependent upon only one thing: our own individual perspective.

We determine whether something will be a blessing or a curse by the way we choose to see it.

Life is an ongoing process, and most of

us meet something at almost every turn we wish were different. But just because something is not turning out the way we want, doesn't mean it won't. And

When we insist on calling it good, when we make up our minds that no matter what, we're going to see it as a blessing, then our minds start working overtime to prove us right. Magical things tend to happen and that which we labeled a blessing, more often than not, turns out to be one...

You have a mind that always tries to be right about everything so you might as well use it to your advantage. Become a hunter of blessings, actively seeking them out in every experience and person you encounter. No matter how bad a situation or person might seem, say to yourself and mean it, "There's a blessing in this, and I will find it!"

Your subconscious will accept this statement as a direct order and, if necessary, move heaven and earth to make certain the blessing is found. Follow this regimen for a while and you may very well discover that you've poked a hole in every problem and send every misery packing. Problems and miseries don't tend to stay in an atmosphere of blessings for very long.

Life is ten percent what you make it and ninety percent how you take it. And when you take life as a blessing, it tends to become one.

So the next time a difficulty arises, don't let yourself get tied up in knots. Take a keep breath and relax. You have nothing to worry about. That difficulty is nothing more than a signal that a blessing is on its way. And as you start looking for the blessing, everything else will fade away.

18.

Where there is FAITH, there is LOVE; where there is LOVE, there is PEACE; where there is PEACE, there is GOD; where there is GOD, there is BLISS.

1. Let go of your ego.

The truly great leaders are not in leadership for personal gain. They lead in order to serve other people. Perhaps that is why Lawrence D. Bell remarked, "Show me a man who cannot bother to do little things, and I'll show you a man who cannot be trusted to do big things."

2. Become a good follower first.

Rare is the effective leader who didn't learn to become a good follower first. That is why a leadership institution such as the United States Military Academy teaches its officers to become effective followers first - and why West Point has produced more leaders than the Harvard Business School.

3. Build positive relationships.

Leadership is influence, nothing more, nothing less. That means it is by nature relational. Today's generation of leaders seem particularly aware of this because title and position mean so little to them. They know intuitively that people go along with people they get along with.

4. Work with excellence.

No one respects and follows mediocrity. Leaders who earn the right to lead give their all to what they do. They bring into play not only their skills and talents, but also great passion and hard work. They perform on the highest level of which they are capable.

5. Rely on discipline, not emotion.

Leadership is often easy during the good times. It's when everything seems to be against you - when you're out of energy, and you don't want to lead - that you earn your place as a leader. During every season of life, leaders face crucial moments when they must choose between gearing

up or giving up. To make it through those times, rely on the rock of discipline, not the shifting sand of emotion.

6. **Make adding value your goal.**

When you look at the leaders whose names are revered long after they have finished leading, you find that they were men and women who helped people to live better lives and reach their potential. That is the highest calling of leadership - and its highest value.

7. **Give your power away.**

One of the ironies of leadership is that you become a better leader by sharing whatever power you have, not by saving it all for yourself. You're meant to be a river, not a reservoir. If you use your power to empower others, your leadership will extend far beyond your grasp.

In ***The Right to Lead***, you will hear from and read about people who have done these same things and earned the right to lead others. Because of the courage they found and the character they displayed, other people recognized their admirable qualities and felt compelled to follow them.

The followers who looked to these leaders learned from them, and so can we. As you explore their worlds and words, remember that it takes time to become worthy of followers. Leadership isn't learned or earned in a moment.

19. MEDITATION: Meditation is a journey which will change your life. It is a journey which will enrich your life and you will be totally relaxed, happy and can handle any situation. One needs good health, peace, prosperity, happiness and harmony to enjoy the precious life. Cosmic energy which is available in plenty in cosmos, is the life source and the one needs in plenty for Well being. Cosmic energy could d be derived, only in deep sleep and silence. What ever is derived is not sufficient and that is the reason one gets exast and gets tired out. The cosmic Energy could be derived in plenty in meditation. Sleep is unconscious meditation and the

Meditation is conscious sleep. Meditation will open up the sixth sense and the third eye. It travels body to mind, mind to intellect, intellect to soul and so on, all the 72000 nadies get, rejuvenated and activated and all illness vanishes. No medication is required for any disease once the abundant cosmic energy is obtained and it cures all illness as it is most powerful and therefore the meditation is required, normally the time one should do is equivalent ant to his age i.e if he is 30 years old, 30 minutes of meditation is recommended. Meditation is ultimate to lead a precious life.

20. LEAVE YOUR EGO – YOU ARE A SMALL CREATURE.

One who has everything, i.e., power, authority, money, etc., is bound to acquire ego and thinks that he can do what he likes, and he is the master. He is intoxicated by his wealth. As he has authority, he is arrogant, and he thinks he is superman and he is above all. In the vast and wonderful universe, there are countless beings, the sky, the sun, the moon, innumerable planets, stars and in front of all this, what is he? He is a small creature in this universe. If every need is provided, it is due to the mercy of Lord and he expects you to do good to humanity and your fellow beings. In the matter of a second He can snatch everything away from you. If one is egoistic, it is due to his ignorance or inadequate knowledge. As long he has authority, he can abuse this authority in his personal interest but when he loses authority; his conscious pricks and he will have no peace of mind and has to undergo sleepless nights. One has to judiciously use what the Lord has given and he is answerable to the Lord one day.

The sense of responsibility is the only force that can keep a man under restraint. If a person is convinced that there is nobody to call him to account, no matter what he demands, and that there is no power above him that can punish him, he will naturally tend to lose all sense of discipline and lead an irresponsible and in disciplined life. And this is true of the family, the nation, and of mankind at large.

21. THE JOURNEY BEGINS

The external cycle of Life rolls on uninterrupted... Jubilation in victory and tribulation in defeat.. Celebration in success and regret in failure... Happiness in union and sadness in separation.... Life continues on its predestined path from time

immemorial to time everlasting. So predictable.... so normal... so ordinary, and yet so very unique....so beautifully magical... so unbelievably miraculous.

Eons ago a dream took birth in the fragile consciousness of the child in you. With the evolution of time it slowly grew in clarity and lodged itself in your heart as a commitment that had to be met.... a calling that had to be answered... a tryst with destiny that had to be honored... your inspiration to rise above and beyond was not drawn from the promise of wealth or glitter but from the passion to heal and the humility to serve.

The platform on which you were to enact your role was strewn with obstacles every step of the way. Little did you realize in the beginning that these hurdles were placed by Him in order to test your grit and strengthen your resolve. Every time we encountered a looming crisis and our nights were spent in restless turmoil, a blessing of Divine Grace would shower on us a gift of greater value than the fear of impending penury. Inadequacies may have threatened to enshroud our efforts in gloom... uncertainties may have weakened our will to pursue and persevere... our steps may have faltered under the pressure of insecurities, but we have neither succumbed nor surrendered... struggles may have carved their scorching lines on our ageing contours but when we reached the end of the tunnel, the dazzling brilliance of success bathed our fatigued bodies with His blessed waters of Divinity. In retrospect, every tear drop, every bead of sweat, every sleepless night was worth our united pilgrimage of love towards the realization of our common dream.

The journey begins today... before you are crowned with the degree, you will take a long walk through the corridors of memory and in a flashback revisit your years of struggle. As you take each step towards the podium, you will witness your extrication from countless clouds of doubt and uncertainty, and every succeeding step forward will arm you with conviction of purpose and nobility of cause.

You are the Arjun of today's generations, poised for a battle in the troubled times of the modern Mahabharata, convoluted conspiracies and corrupt consciences. Arrows of conflict may shake your faith, horns of dilemma may toss your judgment between opposing forces, confrontations and controversies may challenge the limits of your sanity, but like Arjun did, look into your true self and in the lotus of your heart you shall feel his presence. And the answers will pour out in a flow of Divine blessing that may be difficult to fathom but shall lead you in the right direction... may be mysterious to the mind but clear to the heart... may

defy the conventional principles of logic but will ignite the spark of humanity in you. Always remember: The meaning of Life... is a Life of Meaning.

“This is the true joy in life, being used for a purpose recognized by yourself as a mighty one, being a true force of Nature instead of a feverish little clod of ailments and grievances complaining that the world will not devote itself to making you happy.

I want to be thoroughly used up when I die. For the harder I work, the more I live. I rejoice in life for its own sake. Life is no brief candle to me. It's a sort of splendid torch which I've got to hold up for the moment and I want to make it burn as brightly as possible before handing it on to the future generations.”-

(This is the extract of the letter written by my good friend Subash Mahapatra to his son on his Graduation)

22. GRATITUDE TO MOTHER:

Sitting in solitude, I reflect upon the path of life we have walked so far and the countless cherished memories as we grew up together. Scenes from our childhood days flash like a kaleidoscope of colors, throwing open the floodgates of emotion. As I look up to the heavens, my eyes become moist and through a film of tears I offer my heartfelt gratitude to God for having showered on all of us, brothers and sisters, the greatest of all gifts: a place in your womb, where the story of our lives began.....

My dearest one, bearing each one of us must have been agony but the masterpieces you created have given ecstasy beyond measure. There is indeed no creation more precious than what you have borne. And it was not by accident. For, the story of love and motherhood can never be written by accident. It is a process so beautifully natural and yet so incomparably difficult that it becomes impossible to find a single being in all of mankind who can occupy a position higher than that of a Mother. Through the unbending acts of sacrifice from the cradle to the grave, the formidable strength of protection from womb to adulthood and the warmth of all encompassing love at every step of our journey through life, it is only in your tender lap, that we can surrender ourselves without fear of rejection or risk of denial, because your love is without condition, your sacrifices are without parallel, your blessings are without limit... and your forgiveness is total.

While Baba, the beloved captain of our FAMILY, led a life of exemplary integrity and allowed his children to learn and emulate his strong work ethics, when it came

to practical compassion and silent sacrifice, you, from your early days of motherhood, held us by the hand and walked with us, braving the unpredictable vicissitudes of life, never allowing us to falter, fall or fail. In spite of your debilitating ailment that made struggling through every day torture, you spent nights on end without sleep so that we could get peace... burnt the midnight oil to teach us so that we could come through every examination with flying colors. Whether in the arena of life or in the silence of a classroom, you relegated your social commitments to the background to spend time with us, to celebrate our triumphs, to lend your shoulders to shed our tears on when faced with defeat and finally to forgive us all our follies and take us back into that tender embrace of love that only a Mother can offer.

But, during our individual struggle to surface as successful human beings, if we have exhibited some weakness in succumbing to feelings of misgiving or misunderstanding towards one another, you should not be disturbed, depressed or dejected. Even the divine heroes of Ramayana and Mahabharata were unable to avoid the arrows of conflict and confrontation... and we are but lesser mortals. Rest assured, sharing the same bloodline and bound by the same pure love, these seemingly yawning gaps are just a little dust collected without our notice, and it shall be cleared as we are guided along the path of life by the wealth of culture handed down to us by you and Baba.....

As you approach the evening of your life, we watch you still suffering incessantly without any hope of cure or comfort. Helpless but hopeful, we look up to him and pray that your pain be eased a little by having it distributed among all of us, allowing us to swallow at least some of your tears... cushion your pain for a brief while... and absorb your agony for a few moments, so that when you are ready to shed your mortal frame and embark on your journey to mingle with the Infinite, we shall see your face bathed in peace, your eyes shining with a look of divinity and your hands extended to your children in blessing forever.....

“In the heavens above, the Angels whispering to one another can find, among their burning terms of love, none so devotional as that of “MOTHER”.

With prayers at His feet and pranams at yours,

Your loving little ones.

(This is the extract of a letter written by my good friend Subash Mahapatra to his beloved mother)

23. SELF DISCIPLINE:

Why are some people more successful than others? Why do some people make more money, live happier lives and accomplish much more in the same number of years than the great majority?

Don't write your name on sand, waves will wash it

Don't write your name on sky, wind may blow it

Write it in the hearts of PEOPLE that's where it will stay

And then I began asking, "Why some are people more successful than others?" This question changed my life.

Over the years, I have read thousands of books and articles on the subjects of success and achievement. It seems that the reasons for these accomplishments have been discussed and written about for more than two thousand years, in every conceivable way. One quality that most philosophers, teachers and experts agree on is the importance of self-discipline. "Success is tons of discipline."

"There are 999 other success principles that I have found in my reading and experience, but without self-discipline, none of them work."

Self-discipline is the key to personal greatness. It is the magic quality that opens all doors for you, and makes everything else possible. With self-discipline, the average person can rise as far and as fast as his talents and intelligence can take him. But without self-discipline, a person with every blessing of background, education and opportunity will seldom rise above mediocrity.

In the pages ahead I will describe seven areas of your life where the practice of self-discipline will be key to your success. These areas include **goals, character, time management, personal health, money, courage** and **responsibility**. It is my hope that you'll find a few "nuggets" that will help make your dreams come true.

- Goals
- Character
- Time management
- Personal health
- Finances
- Courage
- Responsibility

"Self-discipline is the key to personal greatness. It is the magic quality that opens all doors for you, and makes everything else possible. With self-discipline, the average person can rise as far and as fast as his talents and intelligence can take him. But without self-discipline, a person with every blessing of background, education and opportunity will seldom rise above mediocrity."

"This is the beginning of a new day. You have been given this day to use as you will. You can waste it or use it for good. What you do today is important because you are exchanging a day of your life for it. When tomorrow comes, this day will be gone forever; in its place is something that you have left behind...let it be something good."

There are lots of beautiful things around us. It's just a matter of how we see it and whether we're able to realize it. In life, of course there are always some ups and downs. However, I believe, that even in the most difficult situation, there's always a beautiful thing. As wise people say, "Everything happens for a reason."

24.FEW THOUGHTS ON LIFE:

When I stand before God at the end of my life, I would hope that I would not have a single bit of talent left, and could say, "I used everything you gave me." ~

No stream or gas drives anything until it is confined. No Niagara is ever turned into light and power until it is tunneled. No life ever grows great until

it is focused, dedicated and disciplined."

~Harry E. Fosdick

Self-discipline and self-motivation are joined at the hip. Why is that? When you practice self-discipline you feel like you are in control of your life. You feel content and motivated because you're moving toward your goals.

Brian Tracy is one of America's leading authors on the development of human potential. He said this..."If I had to pick the #1 key to success, it would be...self-discipline. It is the difference in winning or losing, between greatness and mediocrity."

Life is like a coin. You can spend it any way you wish, but you only spend it once.

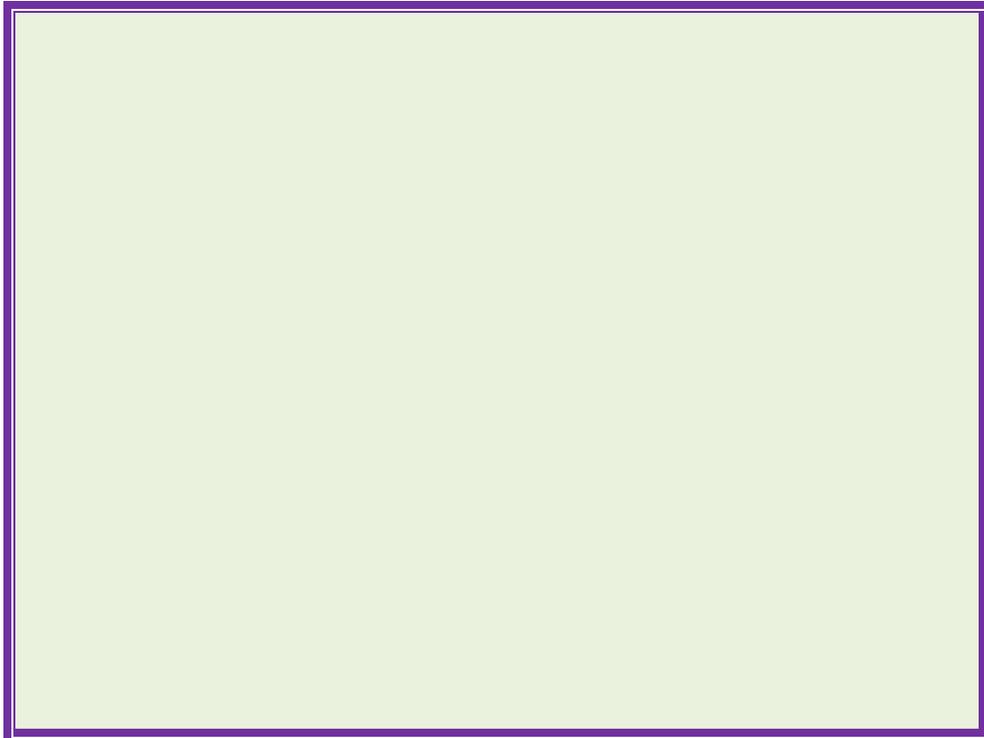
When life gives you a hundred reasons to cry, show life that you have a thousand reasons to smile.

If you can't fly, run

If you can't run, walk

If you can't walk, crawl

Whatever you do, keep moving towards your goal



25. THE BEST THINGS TO GIVE

The best thing to give
 To your enemy is forgiveness;
To an opponent, tolerance;
 To a friend, your heart;
To your child, good example;
 To your father, deference;
To your mother, conduct that will
 Make her proud of you;
To yourself, respect;
 To all men, to give charity.

- Swami Sivananda

The Power of concentration is the only key to the treasure house of Knowledge.

In every attempt there will be one set of men who will applaud and another who will pick holes.

Chastity is the corner-stone of all morality and of all religion.

Love is not love if it does not serve and sacrifice.

Desires are bound by laws of success and failure.

- ***Swami Vivekananda***

Humility is a strange thing: The minute you think you have got it, you have lost it.

Disappointments come to those who make appointments with the future.

Life is a sport; know the rules and play the game.

Spirituality is neither the privilege of the poor nor the luxury of the rich. It is the choice of the wise man.

Love and labor go hand in hand. Where there is love, labor becomes a joy.

Love is the heart of religions, the theme of all classical works of art and literature, the song of all devotees. Scientists know only what love does, not what love is. Love can indeed empty our asylums, perhaps all our prisons, may be all our hospitals. People suffer in life due to lack of love. Love is to human hearts, what the sun is to flowers!

- ***Swami Chinmayananda***

26. WHAT HAPPENS AFTER DEATH?

One has to ponder how the human infant forms and develops in the tiny workshop of the mother's womb. The father has no hand in this wonderful process nor has the mother anything to do. Two live cells which can not be seen with bare eyes meet and form a pouch, they draw blood which supplies iron, sulphur, phosphorus and other essential substances in requisite proportions. It will form into a lump of flesh, and then develops various organs and parts of the body, the eyes, ears, brain, and heart in the appropriate places. The bones and muscles grow in proportion, the embryo then acquires life and develops the senses and God puts *atma* into the body and it enters mother earth as a human being. At death the *atma* departs and the body remains. After death, the body is buried in the ground and every particle of it mingles with the dust, or it is burned and the ashes vanish in the air, or are devoured by fishes or dissolve in the sea water: whichever the case, you will not be able to escape the arm of the divine Law. For the air, the soil, the water and the fish are all subject to the command of God.

Don't hate anybody, the hatred which comes from you will someday come back to you?

Love others and love will come back to you.

First keep peace with yourself, then you can also bring peace to others.

There are no short cuts to achieve success.

Both rain and sunshine are needed to make a rainbow. Both joy and sorrow are needed to make life truly beautiful and colorful.

Life has no Pause Button

Dreams have no Expiry Date

Time takes no Holiday

"In Life Failure is not the Real End, But It Can be the Real

Beginning of Success''

27. Human Life is Ultimate:

As soon you get up, thank god for giving such a precious life, take a vow that you will not get wasted, you are going to use all energy to develop yourself, to achieve enlightenment for the benefit of human beings, always think good for others. Life is precious as you make it; Life is invaluable, human life is supreme. In harmony, all plants and animals support the cycle of living by providing food, clean air, pure water and what not. The knowledge and wisdom we grasp, acquire intelligence, our understanding, our observation makes human life supreme.

You will know how precious life is when you are experiencing near death, you will remember what the things you did and didn't do are. That's the time when you will know how your life is important. We have only one soul and we will grow old as time flies we will not be able to change our age. We can't do things we did when we're old.

The preciousness of life can only be judged from an inward point of view.

Life is precious as long as you make something of it, whatever that may be. The preservation of life is thus means to an end. To love, to hate, to touch, to rate against others in a grand rat race. For better or worse. Even just to find a goal in life makes a life.

"The value of a [human life](#) is beyond any reckoning".

28. **Atma & Paramatma:** Living entity is known as Jivatma, the Supreme Lord is called Paramathma. Atma is nothing but a soul, when god enters the soul it becomes super soul. Parmathma enters the jivatma and therefore it is always said that God is with in you. The one should understand the difference between soul and the super soul, then they can advance towards a blissful eternal life. Every one will have a soul and to get a super soul, he has to think of good, do good work and practice good. Once he acquires super soul he becomes divine and noble. The super soul acts as observer, witness, adviser, guide and friend to individual soul.

29. **Karma & Reincarnation:** Karma literally means 'deed' or 'act'. The veda's tell us if we sow goodness, we well reap goodness and if we sow evil, we reap evil. One is evil, which is anger, envy, jealousy, sorrow, regret, greed, arrogance, self pity, guilt, resentment, inferiority, lies, false, superiority, and ego which are indeed very bad and

on the contrary the other is good, which is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith. Karma refers to the totality of our actions in this birth and previous birth and that alone determines the future.

Necessary that karma rebounds immediately. Some accumulate and return unexpectedly in this or other births. Reincarnation – After death the soul departs and goes the next and continues birth after birth till and until get Moksha. It is seen in many miracles, that there is connection with the last birth or even with the births prior to that. The bondage of the obligations of the past births will lead to present life. One has to realize and do only good deeds. On death we leave behind physical body and continue evolving in the inner world until we enter into other birth. We are therefore not the body we live but the immortal soul. After death, we continue to exist in unseen worlds, enjoying or suffering the harvest of earthly deeds. Reincarnation ceases where karma is resolved and moksha is attained.

30. LIFE IS SWEET FOR EVERYONE:

All power is within you... Believe in that; do not believe that you are weak.... Stand up and express the divinity within you.

If you have clouded face do not go out that day, shut yourself up in your room. What right have you to carry this disease out into the world?

What is done is done, do not repent, do not brood over past deeds and you cannot undo the effect much come, face it, but be careful never to do the same thing again.

Never talk about the faults of others, no matter how bad they may be. Nothing is ever gained by that. You never help one by talking about his fault; you do him an injury, and injure yourself as well.

Silence & Smile are two Powerful Tools. Smile is the way to solve many problems Silence is the way to avoid many problems. Have A Silent Smile Always.

Life is like a coin. Pleasure and Pain are the two sides. Only one side is visible at a time. But remember other side is also waiting for its turn.

NOTHING IS IMPOSSIBLE IN LIFE:

Collections: CS Srinivas, Chartered Accountant.

**Little faith says "you can do it"
Big faith says "you will do it"
Great faith says "It is done!"**

Nothing is impossible when you believe in yourself

Real Dreams are not the ONES you see when you get into sleep, but are the ones which never let you to sleep, till they are achieved

A Strong and Positive Attitude creates more miracles than any other thing because Life is 10% How you MAKE it and 90% How you TAKE IT

Bees that have honey in their mouth have stings in their tails. Be careful of the people who pretend to be sweet to you.

Because sweetness is in honey not in the bee.

"Winning your goal is not the toughest victory

Winning your patience to achieve that goal is the most

"Winning your goal is not the toughest victory

toughest one"

Winning your patience to achieve that goal is the most

toughest one"

**Argument is bad and Discussion is good... because
Argument is to find out that WHO is right..! Discussion
is to find out WHAT is right..!"**

**Future is not what we planned for tomorrow! It is the
result of what we do today! Do the best in present...**

Enjoy the future

**YOU Can't Change Your Future, But YOU Can Change
your Habits. Otherwise surely you're Habits Will
Change your Future...**

Life is not a Rehearsal. Each Day is a New Show. No Repeat, No Rewind. So Give your BEST Shot in all your Worthy Acts as the Show Must Go On & On...!!

"Argument is bad and Discussion is good... because Argument is to find out that WHO is right..! Discussion is to find out WHAT is right..!"

Life is not a Rehearsal. Each Day is a New Show. No Repeat, No Rewind. So Give your BEST Shot in all your Worthy Acts as the Show Must Go On & On...!!

Faith makes life possible, Hope makes life workable, Love makes life beautiful, A friend makes life meaningful

Good relations don't need any promises, terms or conditions. It just needs two wonderful people, "One who can "Trust" and One who can "Understand

Life can be happier & stress free, if we remember one simple thought "We cannot have all that we desire but god will give us all that we deserve"

Death is not the greatest loss in life. The greatest loss is when relationship dies inside us when we are still alive.

Measuring life by what others do for us may disappoint us. But measuring life by what we do for others will add more meaning to our life

Face challenges confidently thinking "IF I CANNOT, WHO CAN" but after WINNING be humble to say "IF I CAN, WHO CANNOT

"GIVE to GET" is a powerful mantra in life. Give respect to get respect; give love to get love; give praise to get praise and so on

Don't listen to those who tell you "Stop dreaming and face reality" just keep telling yourself "Keep dreaming and make it a reality"

An arrow can be shot only by dragging it back. So when life is dragging you back with difficulties, it means that it is going to launch you into

FUNNY but true- In the Past, Nobody had a WATCH, but everyone had TIME. Now EVERYONE has a Watch BUT NOBODY HAS TIME. DON'T SAY NO TIME FOR GOOD CAUSE.

"Some of the unrefusable facts of today's world:

- **Today we have bigger houses but small families**
- **More degrees but less common sense**
- **Advanced medicines but poor health**
- **Touched moon but no contact with neighbours**
- **High income but greedy to serve the needy**
- **Talk about everything without peace in themselves"**

The great success mantra - ' I am not in competition with anybody but myself... My goal is to beat my last performance'

A relationship doesn't shine by just shaking hands in best times, but it blossoms by holding hands firmly in critical situations

A relationship doesn't shine by just shaking hands in best times, but it blossoms by holding hands firmly in critical situations.

All beautiful things start from the heart. All bad things start from the mind. Never let the mind rule your heart. Let the heart rule your mind

Don't be happy for a reason because that happiness ends with the reason. Be happy without any reason and you will be happy for ever

"Hard work is like steps. Luck is like a Lift

Lift may fail sometimes but steps will always get you to the top"

"Mistakes increases our experience and experience decreases our mistakes

We learn from our mistakes; then others will learn from our success"

A true well wisher is the one who talks about our weaknesses in front of us and talks about our strength in front of others

Small things in life will hurt more than big ones. We can sit on the top of a mountain easily but not on the tip of a needle. That is life. Let us be careful in small things

One beautiful heart is better than thousand beautiful faces. So choose people having beautiful hearts rather than faces.

3 sentences for getting success...

- (1) Know more than others**
- (2) Work more than others**
- (3) Expect less than**

"The FOUR LOOKS

'LOOK Back' gives Experience

'LOOK Forward' gives Hope

'LOOK Around' gives Reality

'LOOK Within' gives Confidence"

There are four steps to Accomplishment / Success:

Plan purposefully

Prepare patiently

Proceed positively

Pursue persistently

In the walk of life don't worry if people move ahead of you. Take your own time and be careful not to fall. But once you are ready to run, make sure you are the BEST of all.

Let us give 1000 chances to our enemy to become our friend. But don't give a single chance to our friend to be our enemy.

Night is not only for sleep. It is for to forget today's sorrow, to dream today's joy and to receive tomorrow's happenings.

Don't make promise when you are in joy, don't reply when you are sad and don't take decision when you are angry. Think twice and act wise.

Your outcome in life doesn't depend on your income, but on how you overcome

A house is built by human hands, but a home is built by human hearts

If you want to be a professional don't limit yourself. Expand your horizons, because that will expand your influence, abilities and possibilities

**"A normal person prays GOD
""Don't give me problems"" but**

**A Great person prays GOD
""Give me the power to face problems""**

**"LONELINESS" is what you feel inside when you don't
have anyone to talk to. But it teaches you the most
important thing in life to talk to ourselves**

**Everyone may not be good, but there is always
something good in everyone. Never judge any one
because "Every saint has a past and every sinner has
a future.**

**Listen to everyone and learn from
everyone. Because, nobody knows everything but
everyone knows something.**