



Whenever you have a dream inside your heart,  
never let it go because dreams are the tiny  
seeds from which beautiful tomorrow grows.

All of your dreams cannot be translated  
into Reality. But they can act as a foundation  
stone of your Glorious Future. Build your  
Future as you like. For every positive  
step you take, you are building a strong future



**MODIFY YOUR  
DREAMS  
OR  
MAGNIFY YOUR  
SKILLS**

Imagination + Innovation = Realization

# P R E F A C E

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Got a dream? Not just any old dream; a dream about yourself in the future where you are successfully Educated, Employed and Well-Settled in Life? Destiny simply depends on the strength of your dreams. If you cry at trouble it grows double and if you laugh at trouble it disappears like a bubble.

I'm willing to bet that you of your future have enhanced skills; some newly acquired skills that put you in a position to take advantage of opportunities as they arise. Without the new qualifications or enhanced skill set, it is unlikely that the vision you have for yourself will materialize and see the light of the day- . In short, you should either -

## **“Modify your Dreams or Magnify your Skills”**

I am hopeful and confident that if one is positive thinking and put forth sincere efforts he can acquire any type of skills that the occasion demand, time to time over the phase of lifetime as they know how to communicate, motivate, lead, and inspire enthusiasm and trust.

I therefore conclude that one has to Modify His Dreams or Magnify His Skills. When you challenge people, you may lose one day but when you challenge yourself you'll win every day. Destiny is not created by the shoes we wear, but by the steps we take. There is purpose for everyone you meet. Some people come into your life to test you, some to teach you, some to use you, and some to bring out the very best in you. “Accept your Past without Regret, Handle Your Present with Confidence, And Face Your Future Without Fear”

I thank CA Ramachandran Mahadevan, Prof. Udayaravi Shastry & budding CA Prakayath.O.Daulath for proof reading this book.

**CA Dr. Vishnu Bharath Alampalli.**

# MY DREAM



I've dreamed many dreams that never came true,  
I've seen them vanish at dawn,  
But I have realized enough of my dreams,  
Thank God to make me want to dream on,



I've prayed many prayers when no answer came,  
Though I waited patient and long,  
But answers have come to enough of my prayers,  
To make me keep praying on,

I've trusted many a friend who failed,  
And left me to weep alone,  
But I've found enough of my friends true blue,  
To make me keep trusting on,

I've sown many seeds that fell by the way,  
For the birds to feed upon,  
But I've held enough golden sheaves in my hands,  
To make me keep sowing on,

I've drained the cup of disappointment and pain,  
And gone many days without song,  
But I've sipped enough nectar from the roses of life,  
To make me want to live on.



## DREAM CHASER

**T**he moment we are born, there is a path set for us. We take birth only after the destiny is set on us, Normally our parents set a path for us, their un-cherished dreams are imposed on their children as their goals. The problem is, we don't usually question that path. We just hop on and follow it and allow it to lead us to misery. Sometimes we reach the destination

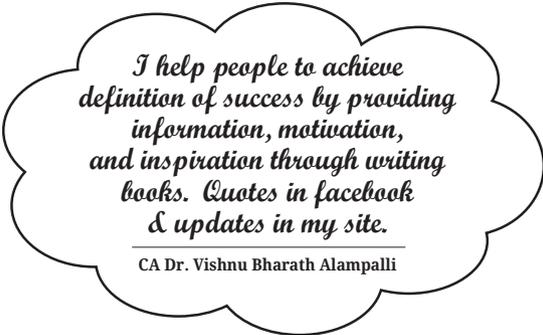
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{MODIFY YOUR DREAMS} OR {MAGNIFY YOUR SKILLS}

and then finally get the guts to get off of the birth path and to go in a new direction. There are so many people living far below their dreams, walking along the path set for them and never questioning it. You have to question the path. We all need to chart our own road map that will lead us to where we want to be, not where we were told we should be. Are you extremely happy doing what you're doing for a living? If not, you're on the wrong path. Are you at peace with your current lifestyle? If not, you're on the wrong path. Can you help others in the position you're currently in? If not, you're on the wrong path. One should correct the path at very early stages, before it becomes too late.

A human being shouldn't be doing meaningless work in the world. We all have a purpose to fulfill and follow the same way. Parents loved and supported us, gave everything we need to succeed, but they never set the bar high on us. They always told us to get good grades, but they never told us to try to become beyond their imagination, which we are capable of. We cannot blame our parents for not seeing in us what we should see in ourselves. They may not be able to see more than what they are. They may want better for us, but they may not know how to help.

The path that our society has given us is to get an education. You get out of college with more debt than our job affords us to pay. Then, you get a job in a company. Then, you try to climb the ladder in that company, so you can earn more and pay more taxes to keep the system going. The wrong path was handed down from generation to generation.



*I help people to achieve  
definition of success by providing  
information, motivation,  
and inspiration through writing  
books. Quotes in facebook  
& updates in my site.*

CA Dr. Vishnu Bharath Alampalli

# 10 TYPES OF PURIFICATIONS

Body gets purified...by WATER & EXERCISE.

Breath gets purified...by PRAANAAYAM.

Mind gets purified...by MEDITATION.

Intellect gets purified...by KNOWLEDGE.

Memory gets purified...by MANAN & CHINTAN.

Ego gets purified...by SEVA (SERVICE).

Self gets purified...by SILENCE (MAUN).

Food gets purified...by POSITIVE THOUGHTS.

Wealth gets purified...by GIVING/DONATING.

Feelings gets purified...by LOVE.

So Spread Goodness all around. Think, Act and Speak POSITIVE.

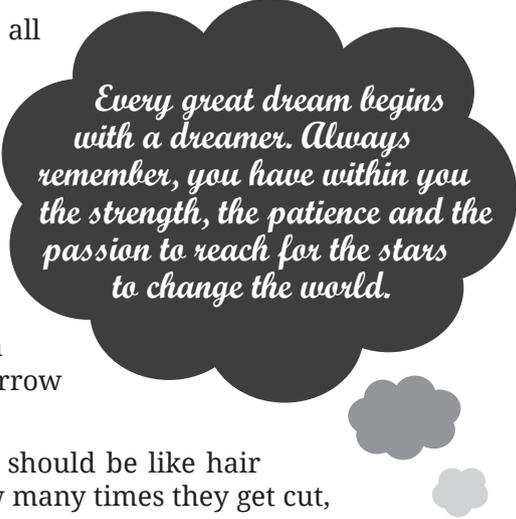


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{MODIFY YOUR DREAMS} OR {MAGNIFY YOUR SKILLS}

# QUOTES FOR THE DREAMERS BY THE ACHIEVERS

- ☼ Patience is a great quality. We should learn it from the sun and the moon, both patiently wait for their turn and each one gets its chance to shine fully.
- ☼ A Task without Vision is a burden. Vision without a Task is an empty dream. Both Vision and Task together transforms your dream into reality.
- ☼ Perseverance is a great element of success. If you only knock long enough & loud enough at the gate, you are sure to wake somebody.
- ☼ Silence of a genius is more dangerous than weapons with great noise, and patience of a good person is powerful than anger of thousand fools.
- ☼ In any relationship, all communication gaps are created not by 'What is said' but by 'How it is said'.
- ☼ Whenever you have a dream inside your heart, never let it go because dreams are the tiny seeds from which beautiful tomorrow grows.
- ☼ Our hopes and dreams should be like hair and nail, no matter how many times they get cut,



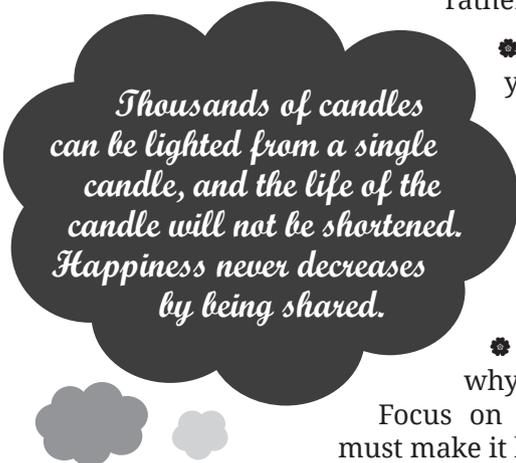
*Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience and the passion to reach for the stars to change the world.*

but they never stop growing.

- ✿ If your action inspires to dream more, learn more - do more and become more, you are a leader, and there is no better leader than yours.
- ✿ You have all the reason in the world to achieve your grandest dreams.
- ✿ Remember, Imagination + Innovation = Realization.
- ✿ Every morning has...  
A new sunrise of hope.. Prosperity and happiness.  
A new beginning of thoughts.. Words and actions.  
A new day of energy.. Strength and ideas.  
A new bunch of whole new things.. Friends and love.
- ✿ There is only one thing that makes a dream impossible to achieve: The Fear of Failure.
- ✿ Success never comes to look for you while you wait around. You've got to get up & work at making your dreams come true.
- ✿ A dream is not that which you see while sleeping. It is something that does not let you sleep.
- ✿ Don't Be A Parrot – Be Like an Eagle. A parrot speaks but cannot fly high whereas an eagle is silent and has the willpower to touch the sky.
- ✿ Don't complain about others. Change yourself if you want love and peace. Because it is easier to protect your feet, with slippers than to cover the earth with carpet.
- ✿ Where there is kindness, there is goodness. Where there is goodness, there is Magic.
- ✿ To be kind is more important than to be right. Many times what people need is not a brilliant mind that speaks but a special heart that listens.
- ✿ Excellence is never an accident. It is always the result of high intention, sincere effort, and intelligent execution. It

represents the wise choice of many alternatives.

- ✿ Success will never lower its standard to accommodate us. We have to raise our standard to achieve it. For every bird god provides food, but not in their nest.
- ✿ If you can cultivate the right attitude, your enemies are your best spiritual teachers because their presence provides you with the opportunity to enhance and develop tolerance, patience and understanding.
- ✿ What is said reaches the mind. How it is said reaches the heart, and there is no way to win the mind without winning the heart.
- ✿ The difference between a successful person and others is not a lack of strength, nor a lack of knowledge, but rather a lack of will.



*Thousands of candles  
can be lighted from a single  
candle, and the life of the  
candle will not be shortened.  
Happiness never decreases  
by being shared.*

- ✿ Think twice before you speak, because you can change your thoughts but not the spoken words.

- ✿ We make a living by what we get, but we make a life by what we give.

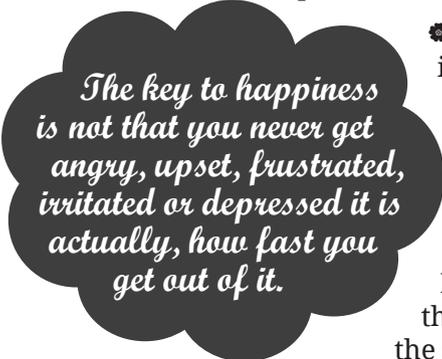
- ✿ Do not make excuses for why you cannot get it done.

Focus on all the reasons why you must make it happen.

- ✿ Don't depend too much on anyone in this world, because even your own shadow leaves you, when you are in darkness.
- ✿ Life is like a ball of cotton fluff. Don't make it heavier by dipping it in the water of sorrow but, make it lighter by blowing it in the air of joy.
- ✿ There was never a night that could defeat sunrise, as equally

there is never a problem that could defeat hope. Hope for the best always.

- ✿ A holy man was asked what forgiveness is. He said, - it is the fragrance that flowers give when they are crushed.
- ✿ We suffer more from imagination than reality and empty pocket teaches you million things in life but full pocket spoils you in million ways.
- ✿ One tree can start a forest, one smile can begin a friendship, one hand can lift a Soul, One word can frame the Goal, One candle can wipe out Darkness, One laugh can conquer Gloom, One touch can show you Care, One life can made the Difference.
- ✿ The ultimate measure of a man is not where he stands in moments of comfort and convenience but where he stands at the time of challenge and controversy.
- ✿ A good life is when you assume nothing, do more, smile often, dream big, laugh a lot, and realize how blessed you really are with what you have.
- ✿ The Internet shows us how small the world is, but missing plane shows - how big our planet is.



*The key to happiness is not that you never get angry, upset, frustrated, irritated or depressed it is actually, how fast you get out of it.*

- ✿ The worst regret we can have in life is not for the wrong things we did but for the thousands of right things we did for wrong persons.

- ✿ A soft nature of a person does not mean weakness. Remember nothing is softer than water but its force can break the strongest rocks.



- ✿ Life is not about the people who act true to your face. It is about those people who remain true behind your back.



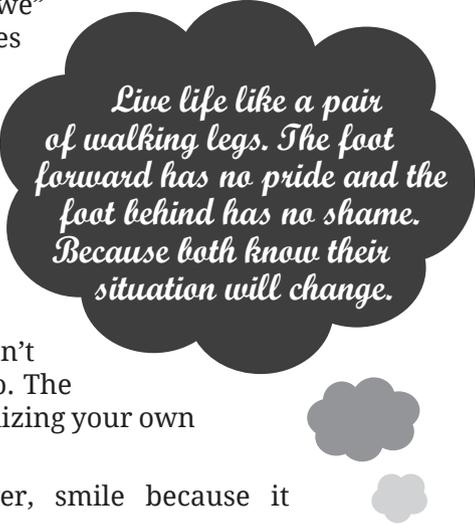
# BE HONEST, SIMPLE, POLITE AND SILENT

- ⊗ Be honest when in trouble, be simple when in wealth, be polite when in authority and be silent when in anger.
- ⊗ Little minds have little worries; big minds have no time for worries.
- ⊗ Many a times wrong persons teach the right lessons in life i.e. Life Experience.
- ⊗ Silence is the strong fence around wisdom, if your foot slips, you can regain your balance, but if your tongue slips, you can never re-build your image again.
- ⊗ Everyone wants happiness, no one needs pain, but it is not possible to get a rainbow, without a little rain.
- ⊗ Why we have so many temples when god is everywhere? An intelligent man said air is everywhere, but we still need a fan to feel it.
- ⊗ Everything is valuable only at two times. When you get it and when you lose it.
- ⊗ A tongue has no bones, but it is strong enough to break a

heart. Be careful with your word.

- ☼ Positive thinking is the investment which gives us regular dividend in the form of self confidence.
- ☼ Satisfaction is the highest level of happiness and it is easily attained when you have no expectations from anyone.
- ☼ Every exit has an entry somewhere. Every end has a new beginning. Every black cloud has a silver lining. Never leave hope, life means possibilities.
- ☼ Acceptance is a great quality that we need to possess because life never accepts how we are but we need to accept how life is.
- ☼ Success is a tasty dish. Patience, Intelligence, Knowledge and Experience are its ingredients. But hard work is that little salt that makes it delicious.
- ☼ Everyone has two eyes. But no one has the same view. So always try to prove that you are right but never attempt to prove that others are wrong.
- ☼ There was never a night that could defeat sunrise as equally there is never a problem that could defeat hope. Hope for the best always.
- ☼ Expecting and Accepting are two sides of life where expecting ends in tears while accepting makes you cheer. Stop expecting and accept life the way it comes.
- ☼ Everything you want in your life is waiting for you, an inch outside your comfort zone and an inch inside your effort zone. Just make a move.
- ☼ Watch your thoughts, they become words. Watch your words, they become actions. Watch your actions, they become habits. Watch your habits, they become character. Watch your character, it becomes your destiny.
- ☼ If you are not happy with what you have, and then keep in mind someone else is happy with a lot less than what you have.

- ⊗ Not all those who wander are lost.
- ⊗ Whatever you are, be a good one.
- ⊗ Failure is success if we learn from it.
- ⊗ Chop your own wood, it will warm you twice.
- ⊗ Maturing is realizing how many things don't require your comments.
- ⊗ Every man dies, but not every man truly lives.
- ⊗ Inside every cynical person, there is a disappointed idealist.
- ⊗ In three words I can sum up everything – I've learned about life: it goes on.
- ⊗ Your parents are not your emergency fund. Your children are not your retirement fund. Build your own wealth. Good behavior does not have any monetary value. But, it has a power to purchase hearts of million people.
- ⊗ Always have a successful exit than a favorable entrance. Because, what matters is not being clapped when we arrive but being remembered when we leave...
- ⊗ When "I" is replaced by "we" even "illness" becomes "Wellness". "My pain may be the reason for somebody's laugh. But my laugh must never be the reason for somebody's pain" - Charlie Chaplin.
- ⊗ Human beings are very strange. They have ego of their knowledge but, they don't have knowledge of their ego. The greatest weakness is not realizing your own strength.
- ⊗ Don't cry because it's over, smile because it happened.



*Live life like a pair of walking legs. The foot forward has no pride and the foot behind has no shame. Because both know their situation will change.*

- ⊗ Those who do not move do not notice their chains.
- ⊗ Everyone you will ever meet knows something you don't.
- ⊗ I don't have dreams, I have goals.
- ⊗ Never be sad if anyone does not recognize your worth. It's their loss and your gain, because people who don't appreciate your true worth don't deserve to know you
- ⊗ Do not place your mistakes on your head its weight may crush you. Instead place them under your feet and use it as a platform to view your horizon, there are no real failures in life, only results. There are no tragedies or mistakes, only lessons and there are no real problems, only opportunities.
- ⊗ Love can travel a thousand miles. Life has no limit. Go where you want to go. Reach the height you want to reach. It is all in your heart and in your hands.
- ⊗ What is the most expensive bed in the world? – “Sick bed” , so be always healthy.
- ⊗ You can employ someone to drive the car for you, make money for you but you cannot have someone to bear the sickness for you.
- ⊗ Material things lost can be found. But there is one thing that can never be found when it is lost – “Life”.
- ⊗ When a person goes into the operating room, he will realize that there is one book that he has yet to finish reading – “Book of Healthy Life”.
- ⊗ Whichever stage in life we are at right now, with time, we will face the day when the curtain comes down.
- ⊗ Treasure Love for your family, love for your spouse, love for your friend. Treat yourself well. Cherish others.”
- ⊗ If we translate every mistake of our life into a positive learning point, we will never be prisoner of our past. But can be the designer of our fascinating future.



# ACTION AND REACTION

- ✓ For every action, there is an equal and opposite reaction. The laws of karma remind us whatever quality of energy we give out we get it back.
- ✓ We need everything “permanent” in a “temporary” Life. Don’t be too avaricious.
- ✓ Never get upset if you take more time to get success than others. Remember a pyramid takes more time to build than an ordinary building.
- ✓ It is our values and not our valuables that determine the worth of our life. Think twice act wise.
- ✓ Do not be so emotional in life that it hurts you and do not get too practical that it hurts others. Balancing Emotions is the key of Happiness.
- ✓ Discussion is an exchange of thoughts and knowledge, promote it. Argument is an exchange of ego and ignorance, avoid it.
- ✓ Life ends, when you stop Dreaming;

Hope ends, when you stop Believing;  
Love ends, when you stop Caring; and  
Friendship ends, when you stop Sharing.

- ✓ Be thankful for the bad things in life. They open your eyes to see the good things you weren't paying attention to before.
- ✓ The joy of life comes from our encounters with new experiences, and hence there is no greater joy than to have an endlessly changing horizon, for each day to have a new and different sun.
- ✓ Anger and Rudeness is a false show of strength by a weak person while politeness and a cool mind reflect the dignity and strength of a strong person.
- ✓ The kite gives us a nice and wonderful message. Fly high & high but Stay connected to the ground to our roots or else you will be lost.
- ✓ Honest relations are just like water, no color, no shape, no place, no taste but still very important for life.
- ✓ A tree that wants to touch the sky must extend roots into earth. The more it wants to rise upward, the more it has to go downwards. To rise in life, we must be down to earth, humble, and express gratitude.
- ✓ Speak in such a way that others love to listen to you and listen in such a way that others love to talk to you.
- ✓ Faith is taking the first step even when you don't see the whole staircase.
- ✓ Smile and soft words are real debit cards of life. Pay first and get benefits later. Anger and hard words are credit cards of life, use first and pay later with interest.
- ✓ Your mind is a magnet. If you think of blessings, you attract blessings; and if you think of problems, you attract problems. Always cultivate good thoughts and always remain positive and optimistic.

- ✓ Every heart has a pain. Only the way of expressing it is different. Weak people hide it in eyes; while brilliant hide it in their smile.
- ✓ The size of candles may differ, but they yield the same brightness. It's not the matter of our position, but your ability that shines.
- ✓ You never know which footstep will bring a good twist in life. So keep on walking. Happiness comes when it is most unexpected.
- ✓ Never tell your secret to anyone because if you cannot keep it to yourself do not expect others to.
- ✓ Change only takes place through action, not through meditation and prayer alone.
- ✓ When we really care about someone, their mistakes never change our feelings because it is the mind that gets angry but the heart still cares.
- ✓ Golden rules for a happy life: Be honest when in trouble. Be simple when in wealth. Be polite when in authority and be silent when in anger.
- ✓ It does not matter how slowly you go as long as you do not stop.
- ✓ Never form a friendship with a man who is not better than you.
- ✓ When anger rises, think of the consequences.
- ✓ When it is obvious that goals cannot be reached, don't adjust the goals, but adjust the action steps.
- ✓ Wherever you go, go with all your heart.
- ✓ If they spit at you, behind your back, it means you are ahead of them.
- ✓ What the superior man seeks is in him; what the small men seek is in others.



# BE THANKFUL FOR NOT HAVING EVERYTHING YOU DESIRE

**G**ratITUDE is often linked to positive things, such as an act of favor, kindness or love. However, things don't always go as you may have hoped in life, and this often hinders our gratefulness. Although wanting to avoid those moments where we feel low is understandable, there's always something positive to gain from them. Downfalls may actually make you more appreciative and bold. So, if you're having a bad day, or if you're going through a rough patch, don't blame yourself - just be thankful for your setbacks and consider them a blessing, keeping in mind that everything happens for a reason.

Be thankful for not having everything you desire- If you did, what would there be to look forward to?

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Be thankful for when you don't know something - It gives you the opportunity to learn.

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Be thankful for each new challenge - It will build your strength and character.

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Be thankful for your limitations- They give you opportunities for improvements.

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Be thankful for the difficult times - It's during those times you grow.

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Be thankful for when you're tired and weary - It means you've made a difference.

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Be thankful for your lonely days - They are reminders of who is important in your life.

\*\*\*

Be thankful for your endings - They are also new beginnings.

It's easy to be thankful for the good things. A life of rich fulfillment comes to those who are also thankful for their setbacks.

Gratitude can turn a negative into a positive. Find a way to be thankful for your troubles, and they can become your blessings.

# LIFE IS LIKE THAT



We never get what we want,  
We never want what we get,  
We never have what we like,  
We never like what we have.  
And still we Live & Love. That's life...

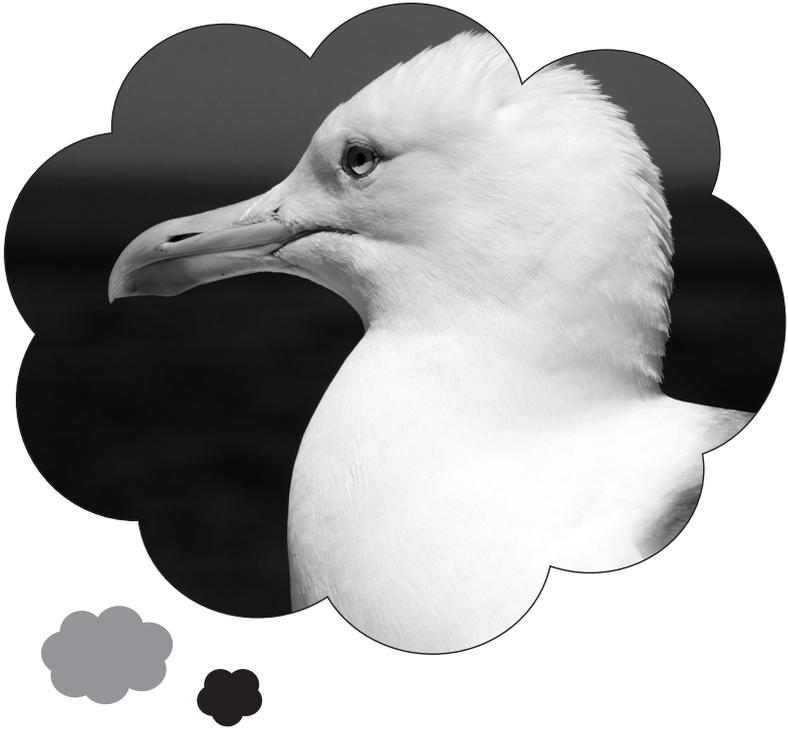
It's true that we don't know  
What we've got until it's gone,  
But it's also true that we don't know  
What we've been missing until it arrives.  
Giving someone all your love is never an assurance that  
they'll love you back!

Don't expect love in return;  
Just wait for it to grow in their heart,  
But if it doesn't, be content it grew in yours.  
It takes only seconds to get a crush on someone,  
An hour to like someone,  
And a day to love someone,  
But it takes a lifetime to forget someone.

Don't go for looks; they can deceive.  
Don't go for wealth; even that fades away.  
Go for someone who makes you smile,  
Because it takes only a smile to Make a dark day seem bright.  
Find the one that makes your heart smile!

- May you have enough happiness to make you sweet,  
Enough trials to make you strong,  
Enough sorrow to keep you human,  
And enough hope to make you happy.
- Always put yourself in others' shoes. If you feel that it hurts you, It probably hurts the other person, too.
- The happiest of people, don't necessarily have the best of everything; they just make the most of everything that comes along their way.
- Happiness lies for Those who cry, Those who hurt, Those who have searched, And Those who have tried.
- For only they can appreciate the importance of people who have touched their lives. When you were born, you were crying and everyone around you was smiling. Live your life so that when you die, You're the one who is smiling And everyone around you is crying.  
To those people who mean something to you,  
To those who have touched your life in one way or another,  
To those who make you smile when you really need it,  
To those that make you see the brighter side of things When you are really down,  
To those whom you want to know That you appreciate their kindness. And if you don't, don't worry, Nothing bad will happen to you,  
You will just miss out on the opportunity to brighten someone's life with this message.
- "There are those who work all day. Those who dream all day. And those who dream for an hour before working to fulfill those dreams."

I would welcome the  
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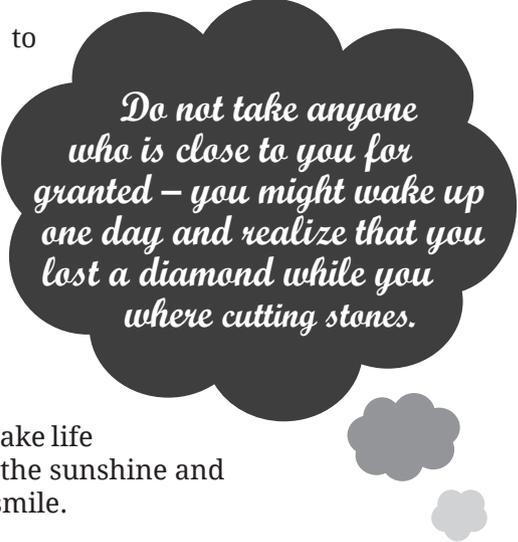
## GOLDEN RULES FOR HAPPY LIFE

**T**here are many different paths to follow in life, and consequently many different journeys that people travel. With that being said, there are some fundamental rules - the so-called Golden Rules - that all of us should be aware of and apply to our lives. Doing so allows us to reach our highest potential and become the very best we can be. Here are some wonderful insights into how you can live life to the fullest:

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{MODIFY YOUR DREAMS} OR {MAGNIFY YOUR SKILLS}

- ❖ You are a living magnet, you attract the things, people, ideas and circumstances that vibrate and resonate at the same frequency as yours.
- ❖ You are what you live. Do you realize that your life at this moment is the result of everything that you have ever felt, thought, done and believed up until now?
- ❖ You can start, right now, to consciously and deliberately attract whatever you desire in this lifetime.
- ❖ Be natural ! Life is meant to be lived – it's not for impressing others.
- ❖ A courageous person is one who acknowledges his/her mistakes and weaknesses. Effort is important, but knowing when and where to apply it makes all the difference.
- ❖ Life is not measured by the breaths we take, but by the moments that take our breath away.
- ❖ Some people think that to be strong is to never feel pain... But strong are the people who feel it, understand it and accept it.
- ❖ Never expect things to happen – put in the effort to make them happen. Never expect to be given a good value, create a value of your own.
- ❖ Laugh & Smile – Life is a mixture of sunshine and pleasure, of teardrops and rain.
- ❖ Nothing on earth can make life more worthwhile than the sunshine and warmth of a beautiful smile.



*Do not take anyone who is close to you for granted – you might wake up one day and realize that you lost a diamond while you were cutting stones.*

# HOW TO FACE LIFE

*Life* can seem ungrateful and not always kind.

*Life* can pull at your heartstrings and play with your mind.

*Life* can be blissful and happy and free.

*Life* can put beauty in the things that you see.

*Life* can place challenges right at your feet.

*Life* can make good of the hardships we meet.

*Life* can overwhelm you and make your head spin.

*Life* can reward those determined to win.

*Life* can surround you with people who care.

*Life* clearly does offer its ups and its downs.

*Life* can bring you both smiles and frowns.

*Life* teaches us to take the good with the bad.

*Life* is a mixture of happy and sad.

So...

*Take the life* that you have and give it your best.

*Think positive* be happy, let God do the rest.

*Take the challenges* that life has laid at your feet.

*Take pride* and be thankful for each one you meet.

*To yourself* give forgiveness, if you stumble and fall.

*Take the love* that you're given and return it with care.

*Have faith* that when needed it will always be there.

*Take time* to find the beauty in the things that you see.

*Take life's simple pleasures*; let them set your heart free.

The idea here is simply to even the score.

As you are met and faced with *Life's Tug of War*.



*Life  
can be hurtful  
and not always  
fair.*



# LIFE IS BEAUTIFUL

“How a Password changed my Life” – A true story from the Reader’s Digest.

I was having a great morning until I sat down in front of my office computer. “Your password has expired”- a server message flashed on my screen along with instructions for changing it. In my company we have to change password monthly.

I was deeply depressed after my recent divorce. Disbelief over what she had done to me was what I thought all day.

I remembered a tip I’d heard from my former boss. He’d said, “I’m going to use a password that is going to change my life”. I couldn’t focus on getting things done in my current mood. My password reminded me that I shouldn’t let myself be a victim of

my recent breakup and that I was strong enough to do something about it.

I made my password – Forgive@her. I had to type this password several times every day, each time my computer would lock. Each time I came back from lunch I wrote Forgive@her.

The simple action changed the way I looked at my ex-wife. That constant reminder of reconciliation led me to accept the way things happened and helped me deal with my depression.. By the time the server prompted me to change my password following month, I felt free.

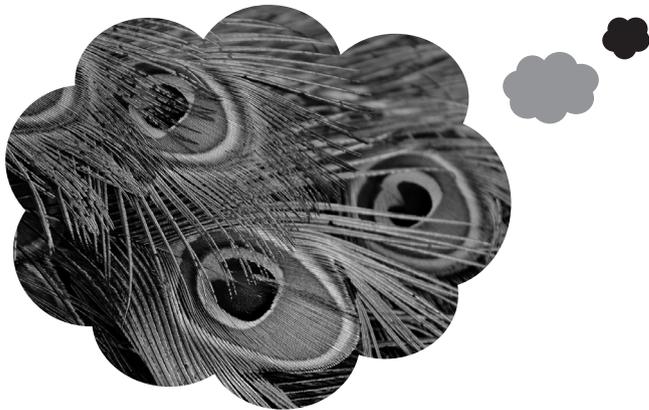
The next time I had to change my password I thought about the next thing that I had to get done. My password became Quit@smoking4ever . It motivated me to follow my goal and I was able to quit smoking.

One month later, my password became Save4trip@europe, and in three months I was able to visit Europe.

Reminders helped me materialize my goals kept me motivated and excited. It's sometimes difficult to come up with your next goal; keeping at it brings great results.

After a few months my password was life@beinginheaven !

Life is going to change again :)





# TO BE HAPPY IN THIS LIFE, JUST FOLLOW THESE SIX RULES

1. Free your heart from hatred.
2. Free your mind from worries.
3. Live simply.
4. Give more.
5. Demand less.
6. Don't expect miracles.

No one can go back and make a brand, now start, but anyone can start from now and make a brand new ending.

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{MODIFY YOUR DREAMS} OR {MAGNIFY YOUR SKILLS}

- God didn't promise days without pain, laughter without sorrow, Sun without rain, but he did promise strength for the day, comfort for the tears and light for the way.
- Disappointments are like road bumps, they slow you down, but you will enjoy the smooth ride afterwards, But Don't stay on the bumps too long, move on!
- When you feel down because things haven't gone your way, just sit tight and be happy, because God has thought of something better for you.
- When something happens to you, good or bad, consider what it means.
- There is a purpose of life's events. They will teach you how to laugh more or not do cry too hard.
- You can't make someone love you. All you can do is be someone who can be loved. It's up to them to realize your worth.
- It is better to lose your pride for the one you love, than to lose the one you love because of pride.
- We spend too much time looking for the right person to love and we spend a lot of time finding fault in those we already love. But, instead we should be perfecting the love that we give.

*Gold  
and Silver are  
hidden deep under the Earth  
Pearl and Coral are deep under the  
Sea  
But Peace and Joy are hidden in our  
Mind and Soul  
Stop searching them outside,  
search inside you.*

- Never abandon an old friend. They are hard to replace. Friendship is like wine: it gets better as it grows older.
- The search for happiness is the main reason for unhappiness. Accept life the way it comes, as a result, you'll find happiness in every moment of your life.

*Think  
and choose the right  
option and create a  
difference in your life, I  
am sure you will choose  
the second option.*

- When iron gets hot you can mold it in any shape. Never loose your temper or else people will mold you the way they want.
- Your mind is a magnet, thoughts attract. If you always think of blessings, you attract more blessings. If you always think of problems, you attract more problems.
- Dream gives rise to Hope, Hope inspires Effort, Efforts result in Success. So, DREAM is the root of SUCCESS.
- Educate Yourself - Inspire Others - Change The World.
- Relationships prosper with love and respect, one does not get better by merely pulling others down by criticism, one gets better by learning and appreciation.
- When a person is devoted to something with complete faith, God unifies his faith in that. When his faith his completely unified, he gains the object of his devotion.
- Two words that can change the way we approach our life: 'CAN I?' or 'I CAN'
- Never win people with arguments rather defeat them with your smile because people, who always wish to argue with you, cannot bear your silence.



# LIVE A REGRET-FREE LIFE

**T**he phrase “if only...” is normally one associated with deep regret, and that’s why it’s incredibly sad when we feel compelled to say it. To avoid having to utter those fateful words, I’ve made a list of 10 bad life choices that ultimately lead to this phrase of regret, as well as how to avoid them:

## **1. Wearing a mask in front of others**

It’s a big mistake to always think about other people’s perceptions of you and trying to play up to them, as opposed to just being yourself. If you continuously focus on this, rather than being who you really are, the end result will be that one fine day, you will forget the person who you are beneath the mask you always try to uphold. Forget about who people want you to be, or how they see you – impress them and inspire them with how you deal with your imperfections instead.

## **2. Letting others create your dreams**

Although the greatest life challenge is the sound discovery of who you really are, the second greatest is finding happiness and peace with yourself. You should always stay true to your own goals and dreams to find happiness and peace. If people disagree with you, it isn't necessarily a bad thing – it just means you're standing your own ground and finding your own way. Don't worry about whether people think you're doing something crazy. When you find yourself excitedly losing track of time, you'll know in your heart that you're on the right path.

## **3. Keeping the company of negative people**

Negative people are best avoided, because they can foist their bad attitudes on you, and even get to you. Remember that keeping the company of negative people is a choice, not an obligation. Once you realize this and begin to keep it in mind, you will open up your world to compassion over anger, generosity over greed, and patience over anxiety.

## **4. Falling into selfishness and egotism**

A life that revolves around selfish pursuits and egotism is not a life well-lived. You will be remembered by what you have done for others and the world at large, rather than what you have done for yourself. Be selfless, compassionate and try and give back whenever and wherever you can.

## **5. Avoidance of change and growth**

If you want to know why your life is the way it is, take a look at your past. If you want to know how your future's going to be, take a look at your actions in the present. You should always leave room in your life for the old to make way for the new. As much as we all like to hold on to that which we know, the truth

is that the old is gone, and isn't coming back. Accepting this fundamental reality and embracing change as it comes will set you up for lasting success.

## **6. Giving up during tough times**

Whenever we fail in life, we should take it as a blessing. This is because failures act as indicators that we need to try something else. What failures do not indicate is the necessity to give up on what we're setting out to achieve. Learn what you can from a failure and move on. One baby step at a time is what will get you ahead in life. Eventually, these baby steps build on top of each other and lead to our most glorious and defining moments.

## **7. Attempting to micro-manage everything**

There's plenty of truth to the notion of creating your own destiny, however this doesn't mean that you incessantly have to worry about and control everything. Letting go a little will allow you to gain perspective. Once you can see the forest for the trees again, it's time to take the next step forward. Remember that you don't always have to be certain that you're headed somewhere great. Occurrences in life happen in perfect order, regardless of whether you understand that or not. As time goes by in our lives, we all come to understand this principle and see how all the dots are connected.

## **8. Settling for less than you are deserving**

You should always make it a priority in life to let go of what no longer serves you. Sometimes we need to be floored by a bad relationship or other situation, as hitting rock bottom can actually be the springboard we need for us to stand taller than we ever did before. The tears we cry can sometimes clear our eyes so we can see the possibilities that lie in front of us. Remember not to settle for anything less than what you deserve.

## 9. Forever waiting for tomorrow

We all know life is short, but it's actually even shorter than you think. If you're forever waiting for tomorrow, the window for you to do all the things you've always wanted to do will silently close, and by the time you realize it has, it will be too late. The choice is yours – do you want to look back on what you've achieved with pride, or do you want to make a whole myriad of excuses for the things you haven't?

## 10. Not being assertive and waiting for things to happen

For whatever reason, you may have felt hard in any phase of life but that doesn't mean that you are owed by anyone. Focus on developing a backbone, rather than a wishbone. It's up to you to take responsibility for what transpires in your life. You are equally important to and just as needed as everyone else in this world. Don't sit around waiting for things to happen, because they just won't. Your day is now, it's here. Seize it and go and create the world you want for yourself.





## ALL OF US HAVE COME TO GO

**W**hen somebody told me that he has failed in his exams, my question was, “Is it a Law that you will pass every time?”

When someone told me that my girlfriend broke up with me, my question was, “Is it a Rule that you will have successful relationships everywhere?”

When somebody asked me why I am in depression, my question was, “Is it Compulsory to have confidence all the time?”

When someone shared his grief with me about his huge business loss due to his wrong decision, my question was, “Is it Possible that you take all right decisions?”

The fact is our expectation that life has to be perfect/permanent

is the biggest reason of our unhappiness.

One has to understand the Law of Impermanence of Nature.

After each sunny day, there has to be a dark night, after each birth there has to be a death, to get a full moon day, we have to pass through new moon day In this imperfection of nature, there is a perfection.

So stop taking your failures and bad part of your life so personally or intensely, even God does not like to give you pain but it's a cycle through which you have to pass. Prepare yourself for one more fight after each fall because even failures cannot be permanent.

Enjoy life.

Your breath comes to go. Your thoughts come to go.

Your words come to go. Your actions come to go.

Your feelings come to go. Your illnesses come to go.

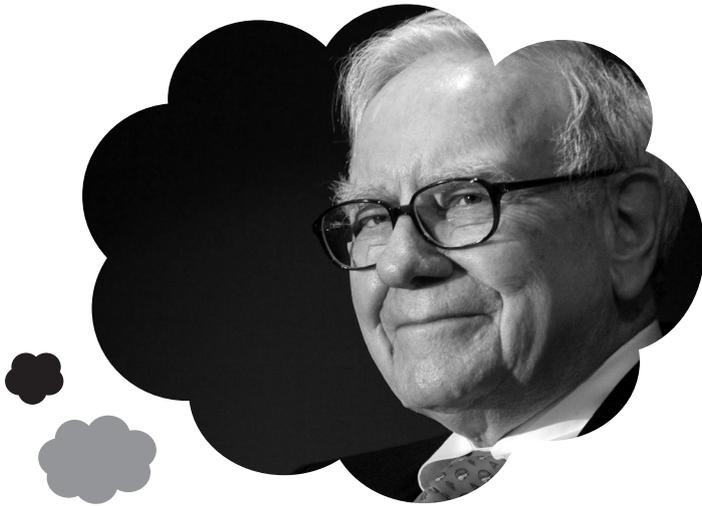
Your phases come to go. Your seasons come to go.

You have come to go.

Then why do you hold on to your guilt, anger, forgiveness, hatred so tightly, when it too has come to go... Let it go..

In fact, forget & forgive the past, the people, the circumstances or the occurrences & move forward.





## WARREN BUFFETT'S ADVICE

**W**hen Warren Buffett offers investing advice, everyone listens. The world's greatest investor has never been shy about the strategies that have helped him amass a \$72 billion net worth and grow his company, Berkshire Hathaway, into a juggernaut valued at over \$212 billion. Here are his Top 7 Strategic Advice:

1. The worst investment you can make over time: Cash.
2. Invest in a broad-based index fund that tracks the S&P 500.
3. Invest in yourself.
4. If you're determined to pick stocks, don't buy into a business you don't understand.
5. Focus on the competition as well.
6. Invest for the long haul
7. The hardest part about investing: Trusting Yourself.

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{MODIFY YOUR DREAMS} OR {MAGNIFY YOUR SKILLS}

## **Here are some very interesting aspects of his life:**

1. He bought his first share at age 11 and he now regrets that he started too late.
2. He bought a small farm at age 14 with savings from delivering newspapers.
3. He still lives in the same small 3-bedroom house in mid-town Omaha, which he bought after he got married 50 years ago. He says that he has everything he needs in that house. His house does not have a wall or a fence.
4. He drives his own car everywhere and does not have a driver or security people around him.
5. He never travels by private jet, although he owns the world's largest private jet company.
6. His company, Berkshire Hathaway, owns 63 companies. He writes only one letter each year to the CEOs of these companies, giving them goals for the year. He never holds meetings or calls them on a regular basis. He has given his CEO's only two rules.

Rule number 1: Do not lose any of your shareholder's money.

Rule number 2: Do not forget rule Number 1.

7. He does not socialize with the high society crowd. His past time after he gets home is to make himself some popcorn and watch Television.
8. Bill Gates, the world's richest man met him for the first time only 5 years ago. Bill Gates did not think he had anything in common with Warren Buffet. So he had scheduled his meeting only for half hour. But when Gates met him, the meeting lasted for ten hours and Bill Gates became a Devotee of Warren Buffet.
9. Warren Buffet does not carry a cell phone, nor has a computer on his desk, His advice to young people:

**“Stay away from credit cards and invest in yourself and Remember:**

*A:  
Money doesn't  
create man but  
it is the man who  
created money.*

*B:  
Live your  
lives as simple  
as you are.*

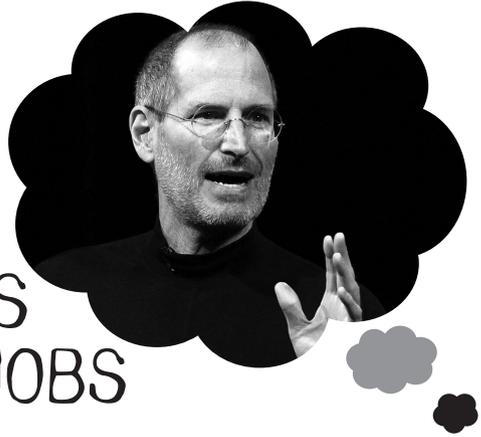
*C:  
Don't do  
what others say,  
just listen to them,  
but do what you  
feel good.*

*E:  
Don't  
waste your money  
on unnecessary things;  
rather spend on them  
when really in  
need.*

*D:  
Don't go on  
brand name; just  
wear those things in  
which you feel  
comfortable.*

*F:  
After all it's  
your life then why  
gives chance to  
others to rule.*

# LAST WORDS OF STEVE JOBS



“I reached the pinnacle of success in the business world. In others’ eyes, my life is an epitome of success. However, aside from work, I have little joy. In the end, wealth is only a fact of life that I am accustomed to. At this moment, lying on the sick bed and recalling my whole life, I realize that all the recognition and wealth that I took so much pride in, have paled and become meaningless in the face of impending death. In the darkness, I look at the green lights from the life supporting machines and hear the humming mechanical sounds; I can feel the breath of God and of death drawing closer...

Now I know, when we have accumulated sufficient wealth to last our lifetime, we should pursue other matters that are unrelated to wealth. Should be something that is more important: Perhaps relationships, perhaps art, perhaps a dream from younger days. Non-stop pursuing of wealth will only turn a person into a twisted being, just like me.

God gave us the senses to let us feel the love in everyone’s heart, not the illusions brought about by wealth. The wealth I have won in my life I cannot bring with me. What I can bring is only the memories precipitated by love. Those are the true riches which will follow you, accompany you, giving you strength and light to go on.



## MOTHER TERESA'S ADVICE

**H**umility is a value that we tend to disregard because we are more focused on being appreciated, noticed or admired. While these are also things that matter, we all know they aren't the foundation for the best relationships. To set your priorities straight, take a moment to reflect on Mother Teresa's resonating words - Humility is the mother of all virtues - purity, charity and obedience. It is in being humble that our love becomes real, devoted and ardent. If you are humble, nothing will touch you, neither praise nor disgrace, because you know what you are. If you are blamed, you will not be discouraged. If they call you a saint you will not put yourself on a pedestal."

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{MODIFY YOUR DREAMS} OR {MAGNIFY YOUR SKILLS}

- Speak as little as possible about yourself.
- Keep busy with your own affairs and not those of others.
- Avoid curiosity.
- Give in to the will of others.
- Do not interfere in the affairs of others.
- Accept small irritations with good humor.
- Do not dwell on the faults of others.
- Accept censures even if unmerited.
- Accept insults and injuries.
- Accept contempt being forgotten and disregarded.
- Be courteous and delicate even when provoked by someone.
- Do not seek to be admired and loved.
- Do not protect yourself behind your dignity.
- Give in, in discussions, even when you are right.



**Picture taken with Mother TERESA,  
when myself & family visited her Ashram.**

# RAMAKRISHNA & VIVEKANANDA

*Questions of Vivekananda - Answers by Ramakrishna*



**1. *I can't find free time. Life has become hectic***

Ans. Activity gets you busy. But productivity gets you free.

**2. *Why has life become complicated now?***

Ans. Stop analyzing life.. It makes it more complicated. Just live it.

**3. *Why are we then constantly unhappy?***

Ans. Worrying has become your habit. That's why you are not happy.

**4. *Why do good people always suffer?***

Ans. Diamond cannot be polished without friction. Gold cannot be purified without fire. Good people go through trials, but don't suffer. With that experience their life becomes better, not bitter.

**5. *You mean to say such experience is useful?***

Ans. Yes. In every term, Experience is a hard teacher. She gives the test first and then the lessons.

**6. *We don't know where we are heading?***

Ans. If you look outside you will not know where you are heading. Look inside. Eyes provide sight. Heart provides the way.

**7. *Does failure hurt more than moving in the right direction?***

Ans. Success is a measure as decided by others. Satisfaction is a measure as decided by you.

**8. *In tough times, how do you stay motivated?***

Ans. Always look at how far you have come rather than how far you have to go. Always count your blessing, not what you are missing.

**9. *What surprises you about people?***

Ans. When they suffer they ask, "why me?" When they prosper, they never ask "Why me?"

**10. *How can I get the best out of life?***

Ans. Face your past without regret. Handle your present with confidence. Prepare for the future without fear.

**11. *Sometimes I feel my prayers are not answered.***

Ans. There are no unanswered prayers. Keep the faith and drop the fear. Life is a mystery to solve, not a problem to resolve. Trust me. Life is wonderful if you know how to live.





# KARMA THEORY

**W**hy we do not have instantaneous action- reaction in our life? Why should I suffer now for my actions in a previous life? Why so much delay?

Different seeds fructify after different time durations. Grains harvest after two or three months, some fruit seeds produce fruits after twenty years and some seeds may even take hundred years to fructify.

Every action that we do is like a seed sown. The seed will fructify and we cannot escape the result. One may say, “I don’t like this fruit, I don’t want it.” But one will be forced to eat the fruit, even if it is thorny.

The reactions will come, but different types of karma seeds (actions) have different time durations after which they fructify. Why do different actions give reactions after different time durations? To understand this, let’s probe deeper into the mechanism of karma, as is illustrated through an incident from the Mahabharata.

After the bloody Kurukshetra war, Dhritrarashtra asked Krishna, “I had hundred sons and all of them were killed in the war. Why? Krishna replied, “Fifty lifetimes ago, you were a hunter. While hunting, you tried to shoot a male bird, but it flew away. In anger, you ruthlessly slaughtered the hundred baby birds that were there in the nest. The father-bird had to watch in helpless agony. Because you caused that father-bird the pain of seeing the death of his hundreds sons, you too had to bear the pain of your hundred sons dying”

Dhritarastra - “Ok, but why did I have to wait for fifty lifetimes?”

Krishna - “You were accumulating punya (pious credits) during the last fifty lifetimes to get a hundred sons because that requires a lot of punya. Then you got the reaction for the papa (sin) that you have done fifty lifetimes ago.”

Krishna says in the Bhagavad-gita (4.17) Gahanakarmanogatih, that the way in which action and reaction works is very complex. God knows best which reaction has to be given at what time in what condition. Therefore, some reaction may come in this lifetime, some in the next and some in a distant future lifetime.

There is a saying, “The mills of God grind slow but they grind exceedingly fine.” So, every single action will be accounted for, sooner or later.

The Srimad Bhagavatam gives the example: If we have a cowshed with thousand calves and if we leave a mother cow there, she will easily find out where her calf is among those thousands. She has this mystical ability.

Similarly, our karma will find us among the millions of people on this planet. There may be thousands of people going on the road but only one of them meets with an accident. It is not by chance, it's by karma.

Thus, the law of karma works exceedingly fine; it may be slow to act, but no one can escape. To protect ourselves from the above few things there is no MEDICATION available so the only option is MEDITATION.

# FUNERAL PARTY OF THE DECEASED

One day all the employees came to the office saw a big notice on the board “The person who had been stopping your growth in this company passed away yesterday” You are invited to join the funeral.”

In the beginning, they felt sad for the death of one of their colleagues, but after a while they got curious to know who the man, who stopped their growth was. Everyone thought: ‘Well at least the man who stopped my progress died!’

One by one the thrilled employees got closer to the coffin, and when they looked inside they were speechless. They stood shocked in silence, as if someone had touched the deepest part of their soul. There was a mirror inside the coffin and everyone who looked inside could see their own image.

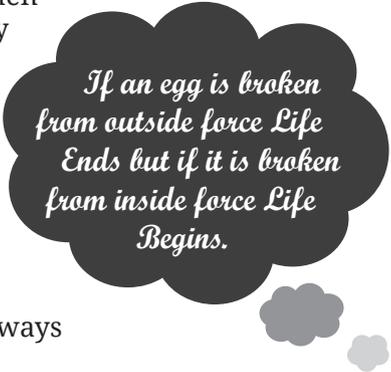
**There was a sign next to the mirror that read:**

“There is only one person who is capable of setting the limits to your growth...It is you. You are the only person who can influence your happiness, success and realization.”

Your life does not change when your boss, friend or company changes. Your life changes when you change. You go beyond your limiting beliefs and you realize you are the only one responsible for your life.

It's the way you face life that makes the difference!

Remember - Great things always begin from our inside.



*If an egg is broken  
from outside force Life  
Ends but if it is broken  
from inside force Life  
Begins.*



## MANAGER & SAMOSA SELLER

**T**here was a samosa vendor. His shop was in front of a big company. His samosa was very tasty. Most of the employees use to eat that samosa at lunch time. One day, a manager came to that samosa seller. While he was eating samosa he becomes jovial.

He asks a question –Raju, you have maintained your shop so nicely. You have good management skills. Don't you think that you are wasting your talent and time by selling just samosas?

Just imagine how it would have been if you were working like me in some big company, You would have been a manager like me wouldn't you?

The poor samosa seller smiled at the manager and said awesome lines.

“Sir, I thought my work is better than your work. Do you know why?”

10 years ago I used to sell samosa in tokari (Leaf basket). The same time you got this job. That time I was earning Rs. 1000 in a month and your salary was 10000.

In this journey of 10 long years, we did progress a lot. I owned a show shop and become famous samosa-seller in this area and you become a manager. Now you are earning Rs. 1 lakh while I am earning same and sometimes more than you. so surely, I can say that my work is better than yours. It's because of my kids' future.

Let me explain –

Please pay close attention to my word. I started my career at lowest income. My son doesn't have to suffer the same. One day my son will take over my business. He doesn't have to start from 0. He will get full fledged business but in your case, the benefits will take by your boss kids, not by your kids. You cannot offer your same post to your son/daughter; they have to start from Zero. Whatever you had suffered 10 years ago, your kids have to suffer the same.

My son will extend my business from now and when your kid will be manager my son will be far away. Now tell me who is wasting the talent and time. Manager gives him fifty rupees and walks away silently.





# GIFTS THAT CAN NOT BE BOUGHT

**I**n order to Modify Your Dreams Or Magnify Your Skills, these are SEVEN GIFTS -

**1. The Gift of Love:** Love is a special gift that you can give over and over again and is completely within your power. May you find love in your family and your friends. And may you share the love you have to give. When you share your love, it comes back to you in many forms.

*“Love is a fruit in season at all times, and within the reach of every hand.” - Mother Teresa*

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{MODIFY YOUR DREAMS} OR {MAGNIFY YOUR SKILLS}

**2. The Gift of Laughter:** Laughter is infectious and the more you laugh, the more other people will join in with you. May laughter fill your home, relieve your stress, and strengthen your friendships. Do not let a day go by without laughing; it is good for your health.

*“Laughter is a tranquilizer with no side effects.”*  
*- Arnold Glasow*

**3. The Gift of No Worry:** Worries are wasted emotions, and remember that circumstances have no emotional component unless you give it to them. May your days be worry-free? If you find yourself worrying about something then fix it. If it is beyond your control, then there is no sense in worrying about it. Ninety percent of what you worry about will never happen, so why worry!

*“I’ve seen many troubles in my time, only half of which ever came true.”* - Mark Twain

**4. The Gift of Positive Thinking:** May you find the good in all situations, even if you have to look for it - look because it is there. No matter what happens in your life, find the good. Your life will be a happier one.

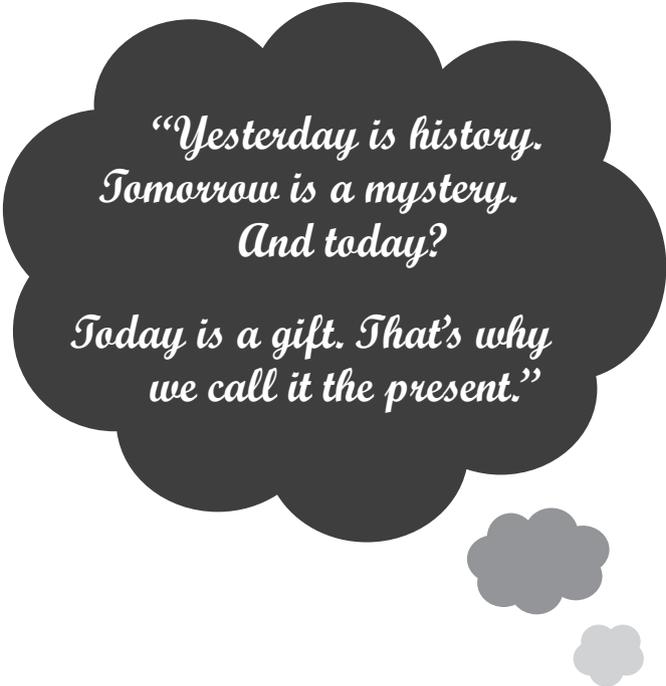
*“Every problem has a gift for you in its hands.”*-  
*Richard Bach*

**5. The Gift of Balance:** Too much of one thing can end up creating stress; this is something that no one needs in their life. May you find the balance of life, time for work but also time for play.

*“Live a balanced life - learn some and think some and draw and paint and sing and dance and play and work every day some.”* - Robert Fulghum

**6. The Gift of Dream Fulfillment:** Goals will help you accomplish things you may have thought impossible. May all your dreams turn into goals? If you have a goal in life that takes a lot of energy, that requires a lot of work, that incurs a great deal of interest and that is a challenge to you, you will always look forward to waking up to see what the new day brings.

**7. The Gift of Living Each Day to the Fullest:** Every day is a gift, and may you use this gift by living life to the fullest. You will never have this day again. What will you do with it? It is a day that you can squander, or a day that will be marked as unique. You have within you the ability to make each day worthy of note; a day that will form a significant contribution in your best-selling book of living.



*“Yesterday is history.  
Tomorrow is a mystery.  
And today?*

*Today is a gift. That’s why  
we call it the present.”*

# GIFTS OF NATURE



**L**ife is an ever-evolving and changing thing, but there's one thing I know for sure – months, years and decades seem to pass by in the blink of an eye. I'm in my sixties now, and it seems like yesterday when I was still a teenager. I have been blessed with so many varied and wondrous experiences, as well as others that have been challenging or devastating. Regardless of whether they have been negative or positive, they have all been gifts to me. Here are 10 of the greatest I've had to till date:

**1. Manners:** I'm eternally grateful for my parents instilling good manners in me i.e. being courteous, showing respect and treating others the same way I wish to be treated.

**2. Child-like Energy:** Just because you grow up, it doesn't mean you don't remember how to play and be playful. Throughout the course of our lives, we become burdened with what seem like ever-increasing commitments, but we should never forget to have fun. Doing so is healthy and reduces our stress levels.

**3. Family:** While it appears that we don't decide the family we're born into, have you ever considered the possibility that we might actually choose them before we arrive into this world? Regardless of whether we do or don't, our family members are always there for us - through thick and thin - and the life lessons we learn from them are invaluable. We benefit from their patience, tolerance, commitment and unconditional love. Whether we always see eye to eye with them or not, they are a gift.

**4. Finding My Soul Family:** Like-minded souls and kindred spirits, allowing heart and soul to heal and regenerate.

**5. Peace:** Finding true inner peace is one of the most beautiful things you can experience in life.

**6. Setbacks and Challenges:** When we're faced with difficulty and hardship in our lives, we're prone to despairing about why we're going through whatever it is we're going through. In such situations, there are two choices – the first is let the hardship defeat us, and the second is to see our striving as a happy opportunity for growth. After all, they do say that what doesn't kill you makes you stronger. Each hardship you come out of is a testament to the strength of your soul.

**7. Self-belief:** Our self-worth and self-belief is crucial for us to live a vital, vibrant life. We should never let society negatively define us because of our age. In fact, the older we get, the more experienced we become, and thus the more valuable information we have, which we offer to those that are younger. On a personal level, my self-belief has allowed me to connect with the most amazing people around the world and live as fully as I possibly can.

**8. Loss:** Even losing someone we really love can be a kind of benefit. Because it makes us wake up and realize the brevity of life, driving us to just go and live it. It also makes us grasp that life can change in a heartbeat, and then we learn to love it for all it is. Last but not least, the memories of the ones we love most stay with us forever – long after they depart from us for the last time.

**9. Love:** In addition to life itself, love is undoubtedly the greatest gift we receive. Know how precious the love is which you receive from your partner, children, friends and cherished pets.

**10. A New Day:** As each night falls, so many people are denied the gift of a new day. And every time the sun dawns upon the world anew, it represents your new chance to live a better, more fulfilling life.

# POSITIVE AFFIRMATIONS

When the going gets tough, I have found that positive affirmations have helped me push through and overcome the odds. After all, just like every muscle in the body, the mind needs to be exercised too. Positive affirmations remind us to believe in ourselves and move forward. They tell us exactly what we need to hear at the time we need it most. And if we train our mind with positive affirmations every day, soon enough, the right thoughts will spring to mind without needing to make the extra effort. Here are 8 of my favorite affirmations which I repeat each morning. I hope that they will benefit you as much as they have benefited by me.

1. I cannot control everything that happens to me; I can only control the way I respond to what happens. In my response, is my power?
2. There is a big difference between empty fatigue and gratifying exhaustion. Life is too short. I will invest in the activities that deeply move me.
3. I will not get caught up in what could've been or should've been. I will look instead at the power and possibility of what is, right now.
4. I have to accept whatever comes my way, and the only important thing is that I meet it with the best I have to give.
5. A challenge only becomes an obstacle if I bow to it.
6. I will think less about managing my problems and more about managing my mindset. I will keep it positive.
7. I will never be as good as everyone tells me when I win, and I will never be as bad as I think when I lose.
8. I will get back up again and again. The faster I recover from setbacks, the faster I'll get where I'm going in life.

# MATURITY



Excellent Definition provided by Buddhist Lamas-

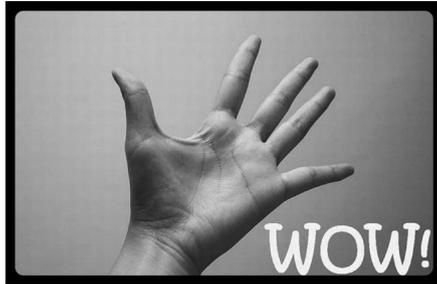
“Maturity is when you, - Stop trying to change others, instead focus on changing yourself. Accept people as they are.”

When you understand everyone is right in their own perspective, learn to “let go”-

- Able to drop expectations from a relationship and give for the sake of giving.
- Understand whatever you do, you do for your own peace.
- Stop proving to the world, how intelligent you are.
- Don't seek approval from others.
- Stop comparing with others
- At peace with yourself.
- Able to differentiate between “need” and “want” and are able to let go of your wants.

You gain Maturity when you stop attaching “happiness” to material things and NOT allowing your happiness to get disturbed by emotional attachment.

# POSITIVITY



**W**here has your enthusiasm gone? Have you forgotten how to be awed at something? Don't keep looking into how much better something can be, appreciate that it's already amazing enough and that what is yet to come is something thrilling! Look for the opportunities that make you say 'WOW' - you'll realize how many of them we come across every day but never notice.



**W**e sometimes forget to say the most profound word of all. Let people know how important they are to you by saying the special three-word sentence - "I Love You". Very often, we know it deep down but we fail to say it out loud. Love is something that grows, but also something that can be lost terribly quickly. So before you regret it, spread the incredible feeling within you with your friends, family, and partner in life, not only in words, but also in actions.



**A**ppreciation and gratitude are the greatest gifts of fulfillment you could ever give to anyone. Nothing beats letting someone know they have done something special. When you use “thanks”, people will feel more significant and respected around you. Maybe there are some people in your life to whom you owe a big thank you. Let them know this before it’s too late, and make sure you put a smile on their faces. You will feel lighter and happier yourself upon doing it.



**F**inally, don’t forget “Me”. Remember: it’s okay to think of yourself a little more often. Think of how you are feeling and what makes you feel better. When we reflect on ourselves, we often tend to examine our flaws. Rather than doing this, create the opportunity to feel good about yourself, observe your improvements and know what your skills and talents are. No one will ever know them better than you do. Apart from this, never forget that in order to make other people happy, you need to find happiness within yourself.

Radiate your happiness now, by sharing these positive thoughts with your dear ones.



# HEARTFULLNESS

**H**ear fullness is about feeling the lightness and joy of our true nature and experimenting it in our hearts.

When we listen to the heart and capture the inspiration that comes from within, we can master our life. This exercise of integrating the heart and mind is done through meditation on the heart. Heart fullness meditation brings long lasting change in the behavior and attitudes, it is simple, easy and effective, and can be done every day in the comfort of your own home.

The benefits of meditation include a calmer way of being and more balanced and fulfilling life. It is ideal for those with busy lives.

Learn to enjoy every minute of your life. Be happy now. Don't wait for something outside of yourself to make you happy in the future. Think how really precious is the time you have to spend, whether it's at work or with your family. Every minute should be enjoyed and savored.

And most importantly always remember - Try to make at least one person happy every day. If you cannot do a kind deed, speak a kind word. If you cannot speak a kind word, think a kind thought. Count up, if you can, the treasure of happiness that you would dispense in a week, in a year, in a lifetime.

# 25 Famous People Who Failed at Their First Attempt at Career Success

**N**ot everyone who's on top today got there with success after success. More often than not, those whom history best remembers were faced with numerous obstacles that forced them to work harder and show more determination than others. Next time you're feeling down about your failures in college or in a career, keep these 25 famous people in mind and remind yourself that sometimes failure is just the first step towards success.

## Business Gurus

These businessmen and the companies they founded are today known around the world, but as these stories show, their beginnings weren't always smooth.



**1. Henry Ford:** While Ford is today known for his innovative assembly line and American-made cars, he wasn't an instant success. In fact, his early businesses failed and left him broke five times before he founded the successful Ford Motor Company.

**2. Soichiro Honda:** The billion-dollar business that is Honda began with a series of failures and fortunate turns of luck. Honda was turned down by Toyota Motor Corporation for a job after interviewing for a job as an engineer, leaving him jobless for quite some time. He started making scooters of his own at home, and spurred on by his neighbors, finally started his own business.

**3. Akio Morita:** You may not have heard of Morita but you've undoubtedly heard of his company, Sony. Sony's first product was a rice cooker that unfortunately didn't cook rice so much as burn it, selling less than 100 units. This first setback didn't stop Morita and his partners as they pushed forward to create a multi-billion dollar company.

**4. Bill Gates:** Gates didn't seem like a shoe-in for success after dropping out of Harvard and starting a failed first business with Microsoft co-founder Paul Allen called Traf-O-Data. While this early idea didn't work, Gates' later work did, creating the global empire that is Microsoft.



**5. Harland David Sanders:** Perhaps better known as Colonel Sanders of Kentucky Fried Chicken fame, Sanders had a hard time selling his chicken at first. In fact, his famous secret chicken recipe was rejected 1,009 times before a restaurant accepted it.

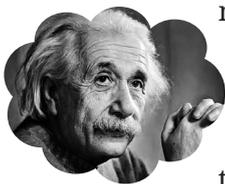


**6. Walt Disney:** Today Disney rakes in billions from merchandise, movies and theme parks around the world, but Walt Disney himself had a bit of a rough start. He was fired by a newspaper editor because, "he lacked imagination and had no good ideas." After that, Disney started a number of businesses that didn't last too long and ended with bankruptcy and failure. He kept plugging along, however, and eventually found a recipe for success that worked.

## Scientists and Thinkers

These people are often regarded as some of the greatest minds of our century, but they often had to face great obstacles, the ridicule of their peers and the animosity of society.

**7. Albert Einstein:** Most of us take Einstein's name as synonymous with genius, but he didn't always show such promise. Einstein did



not speak until he was four and did not read until he was seven, causing his teachers and parents to think he was mentally handicapped, slow and anti-social. Eventually, he was expelled from school and was refused admittance to the Zurich Polytechnic School. It might have taken him a bit longer, but most people would agree that he caught on pretty well in the end, winning the Nobel Prize and changing the face of modern physics.

**8. Charles Darwin:** In his early years, Darwin gave up on having a medical career and was often chastised by his father for being lazy and too dreamy. Darwin himself wrote, “I was considered by all my masters and my father, a very ordinary boy, rather below the common standard of intellect.” Perhaps they judged too soon, as Darwin today is well-known for his scientific studies.

**9. Isaac Newton:** Newton was undoubtedly a genius when it came to math, but he had some failings early on. He never did particularly well in school and when put in charge of running the family farm, he failed miserably, so poorly in fact that an uncle took charge and sent him off to Cambridge where he finally blossomed into the scholar we know today.

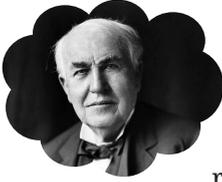


**10. Socrates:** Despite leaving no written records behind, Socrates is regarded as one of the greatest philosophers of the Classical era. Because of his new ideas, in his own time he was called “an immoral corrupter of youth” and was sentenced to death. Socrates didn’t let this stop him and kept right on, teaching up until he was forced to poison himself.

## Inventors

These inventors changed the face of the modern world, but not without a few failed prototypes along the way.

**11. Thomas Edison:** In his early years, teachers told Edison he



was “too stupid to learn anything.” Work was no better, as he was fired from his first two jobs for not being productive enough. Even as an inventor, Edison made 1,000 unsuccessful attempts at inventing the light bulb. Of course, all those unsuccessful attempts finally resulted in the design that worked.

**12. Orville and Wilbur Wright:** These brothers’ battled depression and family illness before starting the bicycle shop that would lead them to experimenting with flight. After numerous attempts at creating flying machines, several years of hard work, and tons of failed prototypes, the brothers finally created a plane that could get airborne and stay there.

## Public Figures

From politicians to talk show hosts, these figures had a few failures before they came out on top.

**13. Winston Churchill:** This Nobel Prize-winning, twice-elected Prime Minister of the United Kingdom wasn’t always as well regarded as he is today. Churchill struggled in school and failed the sixth grade. After school he faced many years of political failures, as he was defeated in every election for public office until he finally became the Prime Minister at the ripe old age of 62.



**14. Abraham Lincoln:** While today he is remembered as one of the greatest leaders of USA, Lincoln’s life wasn’t so easy. In his youth he went to war a captain and returned a private (if you’re not familiar with military ranks, just know that private is as low as it goes.) Lincoln didn’t stop failing there, however. He started numerous failed businesses and was defeated in numerous runs he made for public office.

**15. Oprah Winfrey:** Most people know Oprah as one of the most iconic faces on TV as well as one of the richest and most

successful women in the world. Oprah faced a hard road to get to that position, however, enduring a rough and often abusive childhood as well as numerous career setbacks including being fired from her job as a television reporter because she was “unfit for TV.”

## Hollywood

These faces ought to be familiar from the big screen, but these actors, actresses and directors saw their fair share of rejection and failure before they made it big.



**16. Charlie Chaplin:** It’s hard to imagine film without the iconic Charlie Chaplin, but his act was initially rejected by Hollywood studio chiefs because they felt it was a little too nonsensical to ever sell.

**17. Marilyn Monroe:** While Monroe’s star burned out early, she did have a period of great success in her life. Despite a rough upbringing and being told by modeling agents that she should instead consider being a secretary, Monroe became a pin-up, model and actress that still strikes a chord with people today.

## Writers and Artists

We’ve all heard about starving artists and struggling writers, but these stories show that sometimes all that work really does pay off with success in the long run.

**18. Vincent Van Gogh:** During his lifetime, Van Gogh sold only one painting, and this was to a friend and only for a very small amount of money. While Van Gogh was never a success during his life, he plugged on with painting, sometimes starving to complete his over 800 known works. Today, they bring in hundreds of millions.

**19. Steven Spielberg:** While today Spielberg’s name is synonymous with big budget, he was rejected from the University

of Southern California School of Theater, Film and Television three times. He eventually attended school at another location, only to drop out to become a director before finishing. Thirty-five years after starting his degree, Spielberg returned to school in 2002 to finally complete his work and earn his BA.

**20. J. K. Rowling:** Rowling may be rolling in a lot of Harry Potter dough today, but before she published the series of novels she was nearly penniless, severely depressed, divorced, trying to raise a child on her own while attending school and writing a novel. Rowling went from depending on welfare to survive to being one of the richest women in the world in a span of only five years through her hard work and determination.



## Musicians

While their music is some of the best selling, best loved and most popular around the world today, these musicians show that it takes a whole lot of determination to achieve success.

**21. Wolfgang Amadeus Mozart:** Mozart began composing at the age of five, writing over 600 pieces of music that today are lauded as some of the best ever created. Yet during his lifetime, Mozart didn't have such an easy time, and was often restless, leading to his dismissal from a position as a court musician in Salzburg. He struggled to keep the support of the aristocracy and died with little to his name.



**22. The Beatles:** Few people can deny the lasting power of this super group, still popular with listeners around the world today. Yet when they were just starting out, a recording company told them NO. They were told "We don't like their sound, and guitar music is on the way out," the

sentence which the world couldn't have disagreed with more.

**23. Ludwig van Beethoven:** In his formative years, young Beethoven was incredibly awkward on the violin and was often so busy working on his own compositions that he neglected to practice. Despite his love of composing, his teachers felt he was hopeless at it and would never succeed with the violin or in composing. Beethoven kept plugging along, however, and composed some of the best-loved symphonies of all time—five of them while he was completely deaf.

**24. Elvis Presley:** As one of the best-selling artists of all time, Elvis has become a household name even years after his death. But back in 1954, Elvis was still a nobody, and Jimmy Denny, manager of the Grand Ole Opry, fired Elvis Presley after just one performance telling him, “You ain’t going nowhere, son. You ought to go back to driving a truck.”

## Athletes

While some athletes rocket to fame, others endure a path fraught with a little more adversity, like those listed here.



**25. Michael Jordan:** Most people wouldn't believe that a man often lauded as the best basketball player of all time was actually cut from his high school basketball team. Luckily, Jordan didn't let this setback stop him from playing the game and he has stated, “I have missed more than 9,000 shots in my career. I have lost almost 300 games. On 26 occasions I have been entrusted to take the game winning shot, and I missed. I have failed over and over and over again in my life. And that is why I succeed.”

The common sense point here is simple. Successful people commit to taking personal responsibility for their career success. They set high goals and do whatever it takes to achieve them. They also react positively to the people and events in their lives – especially the negative people and events.



# RELAX THE STRESS

**S**tress and anxiety are some of the worst illnesses afflicting our age. Not only do they reduce our happiness and ability to enjoy our lives and our loved ones, but they are also the leading causes of many types of diseases and afflictions of the body, as well as the mind.

So it is of paramount importance that we are all familiar with ways to reduce our overall, or momentary, stress. Here are 20 great and easy ways to reduce your stress and start feeling a whole lot better!

**1. Take a deep breath:** As simple as that sounds, deep breaths reduce the amount of cortisol, which can help release stress and anxiety. So next time you feel overwhelmed, start with some deep breathing.

**2. Drink tea:** Studies show that drinking tea balances the amount of the cortisol hormone released after stress and makes us feel more relaxed. So maybe the British are on to something here.

**3. Retreat to your imagination:** Close your eyes eliminate all noise (other than soothing music) and use all your senses to imagine a peaceful scene, and let calm wash over you. If it doesn't work, imagine a happy memory of a time when you felt at ease.

**4. Exercise:** Not only does physical activity give a well needed release for your anger and frustration, the endorphins that are released after help to dramatically reduce anxiety, as well as make you feel more powerful and in control.

**5. Have intimate relations:** Research shows that having intimate relations reduces the symptoms of stress and anxiety significantly. It's our body's way of thanking us for a job well done (procreating). Muscles lose their tension, and our body goes into a much more relaxed state.

**6. Music:** Studies show that listening to music can alleviate stress by activating bio-chemical mechanisms in the brain responsible for controlling the amount of stress we feel.

**7. Yoga:** We'll say it again - yoga is great. The combination of breathing techniques and physical activity makes yoga one heck of a soldier in the fight against anxiety.



**8. Walking:** A quiet walk, especially at night, can do wonders for stress. There are many types of walking exercises you can do, from easy to more difficult, that will help you in different ways.

**9. Talk to a loved one:** Some people need to ‘get it off their chest’, and who better to talk to than someone who is on your side. Maybe it’s a partner, a great friend or a relative, but the interaction and closeness can do wonders.

**10. Take a break:** Take yourselves out of a stressful situation from time to time, don’t slog it. The time off will help you come back with renewed energy. Remember, you are not a machine, you need these little breaks.

**11. A long, pampering massage:** There’s nothing like a good massage to take away all the combined stress in your muscles and let it go. Studies have shown that a 40-minute massage can do a lot to reduce stress in the body as well as improving our self-image. Ask your partner to massage you or pamper yourself with a professional massage.

**12. Take a nap:** A nap, usually around noon, is a great way to let your body balance its hormones and release stress.

**13. Meditation:** The best thing about meditation is that it allows the brain to relax for a bit and so decreases the over-thinking we do and the stress that comes with it. Give your mind a well needed break.

**14. Laugh:** It’s not a myth that laughter can be the best medicine, as it releases endorphins that significantly reduce the levels of stress in the body. So watch a comedy read some jokes or share some laughs with a funny friend.

**15. Take time for yourself:** Find time to be alone, isolate the disturbing thoughts and think of creative ideas. Sometimes it’s better not to run from stress, but deal with it.

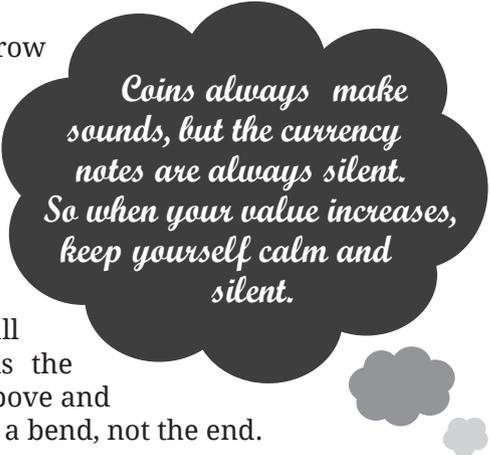


# WISE QUOTES WHICH WILL NEVER GO WRONG

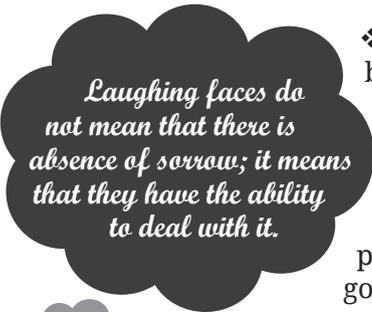
- ❖ Without friends no one would choose to live, though one has all other goods.
- ❖ It is the mark of an educated mind to be able to entertain a thought without accepting it.
- ❖ Knowing yourself is the beginning on all wisdom.
- ❖ Patience is bitter, but fruit is sweet.
- ❖ We become just by performing just actions, temperate by performing temperate actions, brave by performing brave actions.
- ❖ It is during our darkest moments that we must focus to see the light.
- ❖ To run away from trouble is a form of cowardice and while it is true that the suicide braves death, he does it not for some

noble object but to escape some ill.

- ❖ Pleasure in the job puts perfection in the work.
- ❖ Those that know, do. Those that understand, teach.
- ❖ Excellence is never an accident. It is always the result of high intention, sincere effort, and intelligent execution; it represents the wise choice on many alternatives – choice not chance determines your destiny.
- ❖ What it lies in our power to do, it lies in our power not to do.
- ❖ The worst form of inequality is to try to make unequal things equal.
- ❖ Heavy rains remind us of challenges in life, never ask for lighter rain and just pray for a better umbrella. That's the right attitude.
- ❖ When the flood comes fish eat ants and when flood recedes, ants eat fish. Only time matters just hold on. God gives the opportunity to everyone.
- ❖ Life is not about finding the right person, but about creating the right relationship.
- ❖ It's not how we care in the beginning; it's how much we care till the end.
- ❖ Some people always throw stones in your path. It depends on what you make with them – a wall or a bridge? Remember: you are the architect of your life.
- ❖ Often when we lose all hope and think this is the end, God smiles from above and says, relax dear, it's just a bend, not the end.



*Coins always make sounds, but the currency notes are always silent. So when your value increases, keep yourself calm and silent.*



*Laughing faces do not mean that there is absence of sorrow; it means that they have the ability to deal with it.*

❖ One of the basic differences between God and Human is: God gives - Gives and Forgives. Human gets - Gets and Forgets.

❖ The world suffers a lot. Not because of the violence of bad people, but because of the silence of good people.



❖ Be thankful to all those who said “no” to you – It’s because of them you did it by yourself.

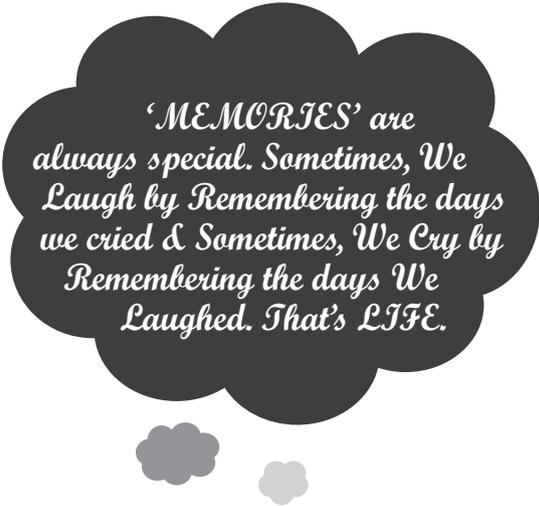


❖ If friendship is your weakest point, then you are the strongest person in the world.

- ❖ Opportunities are like sunrises; if you wait too long or look the other way, you will miss them.
- ❖ When you are in the light, everything follows you. But when you enter into dark not even your shadow will follow you.
- ❖ It is very easy to defeat someone; but it is very hard to win someone.
- ❖ Make life as calm and beautiful as a rose after the rain, and begin this golden day renewed, with a prayer now said in your heart of hearts.
- ❖ Never tell your Problems to all, 20% will not Care & 80% will be Glad that you have them.
- ❖ Life is similar to Boxing Game. Defeat is not declared when you Fall Down. It is declared when you refuse to Get Up.
- ❖ Always wrong persons teach the right lessons in life. That is called Life Experience.
- ❖ Everything is Valuable only at 2 Times - Before getting it & after Losing It.
- ❖ Two Places are most Valuable in the World - The NICEST Place is to be in Someone’s Thoughts & The SAFEST Place is to be in

Someone's Prayers.

- ❖ 'FEAR' has 2 Meanings: 1: Forget Everything & Run & 2: Face Everything & Rejoice.  
Choice is ours.
- ❖ 'EGO' is the only Requirement to destroy any Relationship.  
Be a Bigger Person, Skip the 'E' & let it 'GO'.
- ❖ As long as We do not Forgive People who have Hurt Us,  
They Occupy a 'RENT-FREE-SPACE' in our Mind.
- ❖ I asked GOD: If everything is already written in Destiny, then  
why should I Pray?  
GOD Smiled & said: I have also written 'CONDITIONS APPLY'.
- ❖ Empty Pockets Teach Millions of Things in Life. BUT Full  
Pockets Spoil Us in Million Ways.
- ❖ TRUST is like a Sticker. Once it is removed, it may stick again,  
but not as Strong as it holds when you first applied.
- ❖ Never Win People with Arguments. Rather Defeat Them with  
your Smile. Because People who always wish to Argue with  
you, cannot Bear your SILENCE.



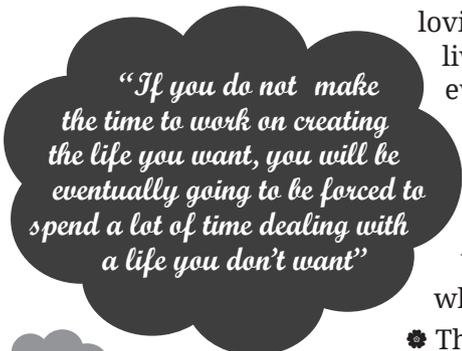
*'MEMORIES' are  
always special. Sometimes, We  
Laugh by Remembering the days  
we cried & Sometimes, We Cry by  
Remembering the days We  
Laughed. That's LIFE.*

# WHAT WISE MEN ADVISES YOU TO MODIFY

Old souls are inspirational people whose profound knowledge is so wise; it seems ancient compared to their young selves. This is why their words should be appreciated and understood, because there's a great deal of meaning contained in them. These sages include philosophical masters such as Socrates and Diogenes, as well as other famous people such as Carl Jung and John Lennon. While I invite you to reflect on their intellectual quotes, I hope they will be an inspiration for you and your close ones.

- ❁ Be curious, not judgmental.
- ❁ When the mind is full of worldly desires, it is their very nature to confuse mind from outer things and turn it inwards
- ❁ I have learned silence from the talkative, toleration from the intolerant, and kindness from the unkind; yet strange, I am ungrateful to these teachers.
- ❁ He has the most who is most content with the least.
- ❁ What the mind doesn't understand, it worships or fears.
- ❁ In order to create there must be a dynamic force, and what force is more potent than love.
- ❁ You are the sky. Everything else - it's just the weather.
- ❁ A loving person lives in a





*“If you do not make the time to work on creating the life you want, you will be eventually going to be forced to spend a lot of time dealing with a life you don’t want”*



loving world. A hostile person lives in a hostile world: everyone you meet is your mirror.

✿ Your vision will become clear only when you can look into your own heart. Who looks outside, dreams; who looks inside, awakes.

✿ The more I see, the less I know for sure.

✿ Behavior is a mirror in which everyone displays his own image; always try to build a respectable image, because reflection cannot be changed by changing the mirror.

- ✿ Deep relationship is not built by forcing others to understand you, but by giving them the confidence that you will never misunderstand them.
- ✿ A prayer is cleaning therapy of heart and most effective purifier of soul; it converts hate into love and changes anger into kindness.
- ✿ It is impossible to fail completely and it is impossible to succeed perfectly. But it is always possible to perform dedicatedly.
- ✿ Mistakes increase your experience and experience decreases your mistakes. You learn from your mistakes while others will learn from your success.
- ✿ A drop of water in the lake has no identity, but if it falls on lotus, it shines like a pearl, choose the best place where you can shine. Be a pearl.
- ✿ Darkness cannot drive out darkness, only light can do that. Hate cannot drive out hate, only love can do that.
- ✿ A river cuts the rock not because of its power, but because of its consistency. So never lose your hope and keep walking towards the goals.

- ❁ Each relationship has feelings and differences, It is always better to melt in feelings than to get freeze in differences.
- ❁ Victory is not the property of brilliants; it is the crown for those who bow themselves in front of hard work and confidence
- ❁ Everyone has two eyes. But no one has the same view. So, always try to prove that you are right but never attempt to prove that others are wrong.
- ❁ Raise the level of your words but not the voice. For it is the rain that grows flowers and not the thunder.
- ❁ Be thankful for all the struggles you go through. They make you stronger, wiser and humble. Don't let them break you. Let them make you.
- ❁ In any relationship, all communication gaps are created not by 'what is said' but by 'how it is said'. What is said reaches the mind. How it is said reaches the heart, and there is no way to win the mind without winning heart.
- ❁ A beautiful relationship does not depend on how good understanding we have with someone. It depends on how well we avoid misunderstanding. So, never choose a person without understanding and never lose a person after understanding.
- ❁ Confident walking is more successful than confused running. Follow no one, but learn from everyone.
- ❁ When our phone hangs or works slow, we delete all the unwanted pictures, files and data. In the same way when our life hangs or slows down, let us delete unwanted worries & get some extra space to enjoy it fully.
- ❁ Accept your past without regret, handle your present with confidence, and face your future without fear.
- ❁ Be slow in choosing a good person and much slower while losing them because relationship is not an opportunity, it is a sweet responsibility.

*Success is not Accidental, It Is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing”*



# HOW TO BE LIKED BY OTHERS?

## 1. **How to know who likes who ?**

Notice that when a group of people start laughing at something, they each make eye contact with the person they either feel closest to, or wish to be closest to. Look out for this.

## 2. **How to calm your nerves ?**

Your brain is wired to associate eating with safety. Therefore, if you are doing something that makes you nervous, chew gum. This will make your brain feel as if you are eating, and will soothe your nerves.

## 3. **How to destroy someone's anger ?**

People justify their anger if they also stir your anger in response to theirs. Instead, if you behave calmly in the face of their anger, they will later feel guilty and ashamed. They may even apologize the next day.

## 4. **How to make people speak more clearly to you ?**

If someone has just said something to you, but you don't understand what they mean or want more from them, keep eye-contact and keep silent. They will instinctively understand that they need to say more.

**5. How to alter your own mood ?**

If you think you should feel happy, or you'd like to feel happy, just make the biggest smile you can. Your emotions will follow your expressions' lead.

**6. How to avoid sounding under confident ?**

Whenever you say or write 'I think', 'I believe' or phrases of this kind, it will sound to other people like you are unsure of yourself. These phrases are already understood from the fact that you are talking, so get used to not using them anymore.

**7. How to control a job interview ?**

If you behave with your interviewer as if you are old friends, you'll naturally exude this sentiment and the interviewer will infectiously start to feel the same way about you.

**8. How to make people excited to see you ?**

Have you noticed how dogs always greet us with great excitement? Somehow this always makes you excited to see them too. You can apply this in your social relations. Greet people excitedly, and you'll start to notice that they become happy to see you too in future. Charismatic people always do this.

**9. How to successfully request a favor ?**

You can put psychological pressure on someone to do a favor, if they have already turned down one or two big favors first.

**10. How to change stress into exhilaration ?**

Trick your body into believe that a situation is not stressful by seeing it as a challenge. Because stress and exhilaration have the same bodily symptoms, such as a fast heart rate and heavy breathing, the ruse will work and you'll feel full of energy.

**11. How to inspire people's respect ?**

People always seek a leader to follow, and they do this by seeing who looks like they know what they are doing. You don't have to be brilliant, just do what you are doing with certainty and they will follow your lead.

**12. How to make customers nicer to you ?**

Nobody ever wants to see their own face as they behave disrespectfully to another. So, if you work in customer service, place a mirror behind you. Thus, all your customers will be able to see themselves and will try to be decent.

**13. How to deter someone's personal attack ?**

If you believe that someone is about to single you out among a group, try and sit close to them. They will lack the security of the pack, and they will not be as likely to make their attack upon you.

**14. How to make a good first date ?**

If you take someone you've just met to an exciting place or event, they'll always associate you with the positive feelings they enjoyed that day.

**15. How to make people like you more ?**

Make it a habit to notice someone's eye color when you meet them for the first time. The other person will enjoy the greater eye contact you are giving them and will like you more.

*I help people to achieve  
definition of success by  
providing information,  
motivation, and inspiration  
through writing books.  
Quotes in facebook & updates  
in my site.*

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CA Dr. Vishnu Bharath Alampalli



# SCIENCE BEHIND SKILLS

**H**ave you ever wondered about the science behind how we learn? It's the skill of learning itself that affects our ability to take in and retain information. Cognitive science is devoted to studying how people actually learn, and the discoveries made in the field to date have had a great impact.

## **1. Skills are easier to pick up as individual parts.**

Let's take the example of learning how to play the guitar. This process starts by an individual learning a few easy chords first, as well as how to strum the instrument correctly and put the chords together. As more and more chords are learned and the individual's technique improves, this process gradually adds up to them learning the entire guitar-playing skill. This concept is applicable to both mechanical and fact-based learning.

## **2. Multitasking doesn't work for storing new information.**

The human brain is simply incapable of paying equal attention to two simultaneous tasks. Using the above reasoning, the best way to go about learning is to break a task down into individual steps. In addition, it's also absolutely crucial to devote your full

energy and attention to each step.

### **3. Write down what you've learned for better recall.**

Studying or learning actually managed better by recalling than their counterparts that typed notes on their laptops. Not only were they better at recalling facts, they also were better at sorting out complex ideas and synthesizing information.

### **4. Mistakes are cause for celebration.**

Brain actually reserves a space for the mistakes we make. This is to allow us to recruit memories to do better at our next attempt.

### **5. Optimism will help you attain success.**

Children are taught to see learning as exploration. This will help to instill a sense of determination, which will help them when the going gets tough for them in the learning process.

### **6. Make topics for learning as exciting as possible.**

If there's a sense of fun that's coupled with the actual core of the learning, then there's a greater chance for the things being learned to be memorized.

### **7. Reading faster = learning faster.**

Faster reading allows for faster learning. The best way to achieve this is to pick up the pace of reading gradually.

### **8. Practice makes perfect**

Scientific studies have shown that a strong work ethic can have a highly positive impact on the brain. In neuroscience, this process is known as pruning, and it refers to new pathways that are formed in the brain as a result of doing an act over and over again.

### **9. Use what you know to learn what you don't.**

It's always a good idea to help by associating it with an area of learning already familiar with. This is a practice known as associative learning.

# DIFFERENT TYPE OF HUMAN SKILLS



**H**uman skills are broadly perceived as a Combination of Social, Interpersonal and Leadership Skills.

Human skills involve the ability to work well with other people both individually and in group, there are endless different types of Human Skills, Technical, Managerial, Communication, Relationship, Competitive, Selling, Buying, Administrative, Managerial, Collective, Organization, Accounting and the list will be endless.

Human skills differentiate a manager from a leader. A manager is simply manipulating resources to achieve a given objective, while a leader appeals to the human side of employees to generate creativity and motivation.

Adaptability is probably the most important skill someone can have in and out of the workplace. Interpersonal Skills helps to get along with everyone in the workplace and interactive with them on a daily basis is another top ranked human skill. Communication skill is essential for effective functioning in every part of an organization. Learning is a fantastic human skill to have. Adaptability, interpersonal skills, communication, and learning are all-important skills in today's world.

I am hopeful and confident that if one is positive thinking and put forth sincere efforts he can acquire any type of skills that the occasion demand, time to time over the phase of lifetime as they know how to communicate, motivate, lead, and inspire enthusiasm and trust. There is purpose for everyone you meet. Some people come into your life to test you, some to teach you, some to use you, and some to bring out the very best in you. I therefore conclude that one has to modify his dreams or magnify his skills. When you challenge people, you may loose one day but when you challenge yourself you'll Win everyday. Destiny is not created by the shoes we wear, but by the steps we take.

# PROFILE OF

## CA Dr. VISHNU BHARATH ALAMPALLI



### Personal Details

Born on 2nd Feb 1952 in an illustrious family of businessmen and acquired B.Com, FCA at the age of 21 years, youngest to pass CA in Institute history. Figured in an All India Merit list, both Inter and Final CA Exams.

### PRESENT

- Practicing Sr. Chartered Accountant from past 43 years
- Vice President of APS Education Trust, (82 years of repute)
- Chairman – PHF Co., (P) Ltd-Transit Living Service Apartments
- Executive President – Karnataka Federation of United Nations UNESCO
- Director – CANFINA Financial Services, Subsidiary of Canara Bank.
- Chairman –RV Integrated PU College
- President – Vasavi Vedha Nidhi Trust, Sanskrit school.
- Trustee – Welfare Trust of GMR Infra.
- Trustee – RSS Trust - RV Institutions 78 Years of repute.
- Secretary - SLAS Charitable Trust

### PAST

- Chairman – Southern India Regional Council of Institute of Chartered Accountants of India. Recipient of Best Region award of ICAI
- President – Karnataka State Chartered Accountants Association
- Chairman – Bangalore Branch of SIRC of ICAI. Received Best Branch award of ICAI.
- Managing Committee Member of FKCCI 18 years.
- President – Vasavi CA Charitable Trust.
- Chairman – NMKRV Degree College & SSMRV Degree College.
- Chairman – Education committee of FKCCI
- Member – Fiscal Laws Committee (FICCI), New Delhi

### AWARDS

- HONORABLE DOCTRATE by Mangalore University.
- HONORARY PROFESSORSHIP by Tumkur University.
- RASHTREEYA UDYOG, VIKAS JYOTHI. VASAVI SIRI, KANNADA SIRI

## AUTHORED - 30 BOOKS OF DIFFERENT TOPICS

- "LIFE IS LIKE A JOURNEY ON A TRAIN" & "HEALTH IS WEALTH & IT IS TAX FREE" IS INTERNATIONALLY PUBLISHED AND MADE IT AVAILABLE IN 158 COUNTRIES, BY PENGUIN INTERNATIONAL PUBLISHING COMPANY.
- PERSONAL GUIDE TO INCOME TAX Published by FKCCI.
- A WOMAN'S WORLD – Released by Governor of Karnataka.
- A MAN'S WORLD – All about how to achieve success
- KNOW MORE – Knowledge is Strength. Spon: RSS Trust- RV institutions.
- ARYA VYSYA BOOK- All about Arya Vysya's
- "HEALTH IS WALTH AND IT IS TAX FREE" Tips for good health.
- "LIFE IS PRECIOUS" Importance of Human life.
- "BANK UPON YOUR BANK" Spon: by AXIS Bank.
- "VARIETY IS SPICE IN LIFE" Short stories. Spon: Pathi Saree Sadan.
- "FESTIVALS OF INDIA" All about Indian Festivals. Spon: Prathibha Jewellers.
- "I LOVE MY INDIA" Sponsored by Canara Bank.
- "Words of Wisdom" Sponsored by ITC Ltd.,
- "Failure is stepping stone for success" spon by GMR Infra Ltd.,
- "Life, Friendship & Happiness" sponsored by GMR Infra Ltd.,
- "Adinarayana Mahime" of SLAS Charitable Trust.
- " V CAT Referencer" A guide for Business man – by V CAT.
- "Centurian Narmada Bai" Sponsored by APS Edu Trust.
- "GOD THE ALMIGHTY" Sponsored by Canara Bank.
- "LIFE IS A LIKE A JOURNEY ON A TRAIN" - God is Travel Agent. Spon: Canara Bank.
- "KILL THE ILL WITH OUT THE PILL –" Spon. Canara Bank.
- "SMILE & SMILE ALL THE WAY – IT IS TAX FREE" Spon. Advait Hyundai
- PAST PRESENT & FUTURE – Spon. By Abaran Jewellers.
- LIVE LIFE BEFORE YOU LEAVE LIFE – How to live full life.
- FLIP FLOP INDIA – Merits & De merits of India.Spon: CANFIN HOMES Ltd.
- ASTOUNDING FACTS – Facts of Precious Life. Spon: Advait Hyundai
- International release of "LIFE IS LIKE A JOURNEY ON TRAIN"
- International release of "HEALTH IS WEALTH & TAX FREE"
- EXEMPLARY POWER OF PRAYER Dedicated to Tallam Nanjundasetty
- MAN - THE CROWN OF CREATIONS Dedicated to Padmashree BLS Murthy
- **"MODIFY YOUR DREAMS OR MAGNIFY YOUR SKILLS"**  
Sponsored by CANFIN HOMES Ltd.,

## BOOKS IN PIPELINE

- WOMAN IS JEWEL OF GOD'S CREATION
- FRIENDS BY CHOICE & RELATIONS BY CHANCE
- EDUCATE YOURSELF, INSPIRE OTHERS & CHANGE THE WORLD
- FUNNIEST JOKES TO MAKE YOU LAUGH & LAUGH
- INCREDIBLE INDIA
- LIVE LONG & LIVE GOOD

## OTHERS

- Toured all over the world & Member of Red Cross Society
- Given Interview in AIR and Doordarshan – Public Cause
- Has keen interest in Farming and Agriculture
- Good Sportsman and Regular Swimmer & Yoga enthusiast

## HOBBIES

- Very active in FACEBOOK with 4000 Friends.
- Innovative WEBSITE vishnubharath.com more than 20000 people visit my site.
- THE TEXT OF ALL MY 30 BOOKS ARE IN MY SITE.
- In contact with 15000+ DAILY, with email for useful & valuable info.

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