

LIVE LONG & LIVE GOOD

There is always another chance for everything in life, but the fact is that there is no chance of another life. So dream it, live it, love it, enjoy it & stay connected to each other.

It's not important in life that who's ahead of you or who's behind you. What truly matters in life is who is beside you.

LIVE without pretending,

LOVE without depending,

LISTEN without defending,

SPEAK without offending.

RAIN DROP FROM THE SKY –

If it is caught in hands, it is pure enough for drinking. If it falls in a gutter, its value drops so much that it can't be used even for washing the feet. If it falls on hot surface, it perishes. If it falls on lotus flower, it shines like a pearl and finally, if it falls on oyster, it becomes a pearl. The drop is same, but its existence & worth depend on with whom it associates. Always be associated with people who are good at heart thereby enhances your value and habits disproportionately.

Success never comes to look for you while you wait around. You've got to get up and work at making your dreams come true.

Book Dedicated to Late Sri Devatha Sreeramiah Chetty and Family

“Devatha” as the family name itself indicates, Sri Devatha Sreeramiah Chetty and his family members are truly Godly in nature. The Third and the last son of Sri Devatha Venkataramaiah Setty and Smt Varalakshamma, the Natives of “Pulagoorakota” of Srinivasapura Taluk, Sri Devatha Sreeramiah Chetty along with his elder brother Devatha Krishniah Setty built an empire of their own in gold jewellery and silverware business. The duo started their career as businessmen, from an early age of 14 years and 16 years. Their hardwork coupled with honesty, made their business grow from small to big and big to huge. They earned good name and fame in the business circles as well as in the community. The hospital they built in the year 1935 perpetuating the name of their father and mother, for the benefit of the villagers around their native place Pulagoorukota was inaugurated by Sir Mirza Ismail the then Diwan of Mysore. This shows the Philonthropic nature and generosity of the brothers normally referred by people as Rama & Krishna. Recognising their charitable nature, a hamlet near “Pulagoorukota” was also named in the name of their mother

“Varalakshamma” as “Lakshmipuram”. Incidentally the “Jewellers Association of Bangalore” was also instituted under the guidance & Presidentship of “Devatha Sreeramiah Chetty in the year 1941. This shows the respect and the confidence that Sri Devatha Sreeramiah Chetty commanded by the of Jewellery fraternity. The Jewellers Association of Bangalore celebrated its 75th year anniversary recently and honoured ‘Sri Devatha Nagaraj’ the senior survivor and the son of its first President, Sri Devatha Sreeramiah Chetty. Sri Devatha Sreeramiah Chetty and his family are known for their “Gupta Dana”. Many families in need of financial and moral support were taken care of in time and all this help done was unannounced. Devatha Sreeramiah Chetty was also instrumental in starting and running a free hostel along with his brothers benefitting outstation students of our community pursuing college education in Bangalore in the year 1942. It was named as “Devatha Hostel” and was housed in a self owned building at R V Road, Opposite to Rastreeya Vidyalaya Middle and High School building. The hostel was inaugurated by Diwan A Ramaswamy Mudaliar the then Diwan of Mysore State. Later he started another free hostel of similar objects,

out of his own trust called “Devatha Sreeramiah Chetty Charities” under the name “ Vivekananda Vidyanthi Nilaya”, at a premises owned by him in Jain Temple Road, V V Puram, in the year 1967. The trustees of this hostel along with the alumni members of the hostel celebrated the Golden Jubilee of the Institution very recently. It was well attended by more than two hundred and odd families of the alumni members who were the actual beneficiaries of this hostel. They expressed their respect and gratitude towards the members of this family, who not only supported them financially but gave them lessons for life which was mainly the cause for their success. The Three sons of Devatha Sreeramiah Chetty, Sri Devatha Radhakrishna, Sri Devatha Nagaraj and Sri Devatha Prakash, followed the path trodden by their father and carried the mantle successfully by prudently following the principles of business laid down by their father. They also continued the philanthropic activities started and practised by their father. Late Devatha Radhakrishna was greatly remembered by the Alumni of the hostel and was lauded for his involvement in Character Building of the students of “Vivekananda Hostel”. The Alumni have decided to celebrate their

annual celebrations on the birthday of Late Sri Devatha Radhakrishna every year as a tribute. “Devatha Plaza” at Residency Road, Bangalore, the first among the plazas built in and around Bangalore at that time was built during the time of Sri Devatha Sreeramiah Chetty under the able stewardship of his eldest son Sri Devatha Radhakrishna. The Birth Century of Sri Devatha Sreeramaiah Chetty was celebrated in the year 1995 and was presided over by Sri Yadalam Gangadhara Setty who also happens to be a near relative of Sri Devatha Sreeramiah Chetty. Sri Devatha Nagaraj, the present Managing Trustee of “Devatha Sreeramiah Chetty Charities” since 2000, has enthusiastically involved himself in all the fields of service and has been supporting several institutions, spiritual, educational, social and also those institutions which are involving themselves in advancement of art, culture and literature as well. I have been fortunate enough to be in the vicinity of this family by virtue of being their chartered accountant ever since I joined M/s. A. C. Narayan & Co.

I am extremely happy to dedicate this book of mine in fond memory of the great and revered
“Sri Devatha Sreeramiah Chetty”.

CA

Dr. Vishnu Bharath Alampalli.

PREFACE: Moments just skip, Minutes just pass, Days slip into weeks, Weeks turn into months and Months transform into years. Calendars are changing and so am I and You. Live Long & Live Good. After loving my parents, my siblings, my spouse, my children, my friends, now I have started loving myself, having realised that I am not “ Atlas ” and the world does not rest on my shoulders.

Everyone wants' happiness. Happiness doesn't obey the laws of Mathematics. When you start dividing it among others, it actually multiplies. 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. When you want to experience happiness, make others happy, and happiness will come back to you manifold. When surrounded by happiness, you can Live Long & Live Good.

We relax in an aero plane though we do not know the pilot,

We relax in a ship though we do not know the captain,

We relax in the train without knowing the motor man,

We relax in the bus not knowing the driver,

Why don't we relax in our life while we know that God is steering the wheel of life? When you relax more and more, you Live Long & Live Good.

Nobody's day is perfect. Life is full of disappointments and pitfalls, but if you look deep enough, you'll find that many of these little problems ultimately lead you to a better path. After all, there is a plan for everything, and we're all part of it. **Your greatness is measured by your kindness; your education and intellect by your modesty; your ignorance is betrayed by your suspicions and prejudices, and your real caliber is measured by the consideration and tolerance you have for others.**

Follies, failures, insult, frustration & rejections are crucial parts of progress. Nobody ever achieved anything worthwhile without facing these things. Always remember that happiness gives temporary satisfaction but satisfaction gives permanent happiness. I am indeed thankful to Prof. Jayshree, for refining this book, Sri Devatha Nagaraj for sponsoring, Mr. Sagar TS for designing & M/s Omkar Printers for Printing for their immense help in bringing out this book.

CA Dr. Vishnu Bharath Alampalli.

FACE LIFE AS IT COMES:

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Your greatness is measured by your kindness; your education and intellect by your modesty; your ignorance is betrayed by your suspicions and prejudices, and your real caliber is measured by the consideration and tolerance you have for others.

Anger is the false show of strength by a weak person, while politeness and a cool mind reflect dignity and strength of a strong person.

Hurting someone is as easy as cutting a tree within a moment. But, making someone happy is as difficult as growing a tree. It takes lots of care, time and patience.

I don't have time to hate people who hate me because I am too busy loving people who love me.

Plain paper has no value but if you write on it, it becomes a document. Life is same you have to decide which kind of document you want to make your life.

10 POSITIVE BEDTIME RITUALS:

Sleep is vital for energy and alertness. Here are that happy people do before hitting the hay.

1. **MEDITATE:** Let go of the day's troubles and take the time to meditate or pray. Regular meditation improves your brain's functioning, helps combat stress, fights depression, and even lowers your risk of a stroke or heart attack.
2. **INSPIRING READING:** Let your imagination become ignited with positive thoughts.
3. **PLAN:** Think about the forth coming day and dedicate your mind to planning it. to help you feel calm, free of worry, and ready for a peaceful sleep. Then wake up focused and ready to go.
4. **ANALYZE:** Before bed, analyze the past day, focusing on goals that were achieved, and decide what actions and activities were successful.
5. **GRATITUDE:** List all your reasons to be grateful and recall all the helpful people you interacted with during the day.
6. **RELAX:** Engage in an activity that reduces your stress. When you are relaxed, falling sleep is easier. Think of an activity that will help you feel calm and make it a must-do before bedtime.
7. **HEALTHY SNACKS:** Some foods have a positive effect before bedtime. A glass of warm milk, bananas, or a cup of herbal tea and oatmeal can also help calm down the stressed mind. Avoid foods and substances that make you more energetic, like alcohol, caffeine or junk food.
8. **EXERCISE:** Some exercise can help your body calm down. Gentle stretching, yoga poses, and other relaxing exercises are excellent bedtime rituals you may incorporate into your routine.
9. **DISCONNECT TECHNOLOGY:** Keep your mobile phone away so that it doesn't cut into time that could be used for positive bedtime rituals. So, disconnect and focus on the means that really help you to unwind.
10. **CREATE AN ATMOSPHERE:** Remove any item that can have a negative influence on you. Play some relaxing music, make sure your bedroom is warm or cool enough and that your bed is comfortable.

**SLEEP ON YOUR LEFT SIDE WITH YOUR HEAD towards EAST,
SOUTH OR WEST AND NOT ON NORTH**

HOW TO WIN THE LIFE:

We're not born with a manual on how to live life, which forces us to learn lessons the hard way. Life can be hard, complicated, and confusing. You'll never encounter two situations that are exactly the same, but we have to figure out the right way to react. That being said, these few rules can help you handle life and make smart decisions. You might say they're the Golden Rules for Life. You can do anything that you set your mind to. You are the author of your own life. You have unlimited potential! You are a living magnet, literally attracting the things, people, ideas, and circumstances to you., you also attract vibrant and resonant energy of the same. Do you realize that your life at this very moment is the result frequency as yours, of everything that you have ever thought, done, believed, or realised until now? You can start right now to consciously and deliberately attract whatever you desire in this lifetime. Be natural Life is to live, as it should be not to impress others, only for them to see. To be happy in life, you must learn the difference between what you need and what you want. A courageous person is one who acknowledges his/her mistakes & weaknesses. Effort is important, but knowing where to make an effort makes all the difference. Mind you, life is not measured by the breaths we take, but by the moments that take our breath away. Do not take for granted anyone who is close to you. Hold that person in your heart because you might wake up one day and realize that you have lost a diamond while you were collecting stones. Some people think that to be strong is never to feel pain. Strong people are the ones who feel the pain, understanding it, and accepting it. Never expect things to happen, put in the effort to make them happen. Never expect to be given good value, create a value of your own. Don't handicap your children by making their lives easy. Laugh & Smile! Life is after all the mixture of sunshine and pleasure, teardrops and pain. Just keep on smiling and you'll find that when you smile, your day will be brighter and all your burdens will seem so much lighter, for each time you smile, you will find it is true that, somebody, somewhere, will smile back at you. Nothing on earth can make life more worthwhile than sunshine and warmth of a beautiful smile.

RIGHT WAY TO REACT, NOT REACTIONARY ERRATIC NEURATIC BUT MATURED BEHAVIOUR,

REMEMBER, IT TAKES COURAGE... IT TAKES STRENGTH TO BE FIRM:

It takes courage to be gentle. It takes strength to stand guard.

It takes courage to let your guard down. It takes strength to conquer.

It takes courage to surrender. It takes strength to be certain.

It takes courage to have doubt. It takes strength to fit in.

It takes courage to stand out. It takes strength to stand alone. It takes strength to hide your own pain.

It takes courage to show it. It takes strength to hide your own pain.

It takes courage to lean on another. It takes strength to survive.

It takes courage to be loved. It takes strength to love.

IT TAKES COURAGE TO LIVE. IT TAKES STRENGTH TO BETTER LIVE.

THE WORLD WITHIN:

When angry, we walk around in a state in which we are ready to explode. the world is aflame with anger that leads to conflict, crime, violence and bloodshed. Gautama buddha said the root of anger is desire, so be desire less. Even if we get what we want, we are greedy for more. we want to hold on to what we have and are angry at anyone who tries to take it away. We become manipulative and vicious as we try to keep others away from what we have attained. If we lose what we have gained, our lives are shattered and we cannot function. If we think about all that we desire -money, name, fame, power, possessions, riches and relationships -we find that they're all transitory. All perish with time, or we perish at the time of death. We cannot take any of the attainments with us when our body breathes its last.

When we go deep within ourselves through the technique of meditation, we experience a state of divine consciousness. We realise that there are spiritual realms within us realms of consciousness, bliss, light and love. We realise what true happiness and peace is. True peace begins when we experience the reality of our soul and our divine nature. This can be attained through meditation.

Meditation is the process by which we withdraw our attention from the world outside and our body, and concentrate it at the point between and behind the two eyebrows, the seat of the soul. By focusing our attention there, we come in contact with a current of light and sound that will lead us from physical to higher consciousness, into the beyond.

A working ant is better than a sleeping elephant. A small progress everyday leads us to big success. Where there is struggle, there is a story. Where there is belief, there are miracles and where there is truth, there is Victory.

One new perception, one fresh thought, one act of surrender, one change of heart, and one leap of faith can change your life forever.

DO NOT VICTIMISE OTHERS, LEARN TO SWIM WITH THE SHARKS

POSITIVE LIFE

How to learn to be happier? Self-esteem and Motivation - are the tools to succeed and face life with more joy. These are 14 key tips for improving the quality of our personal status and contributing to a positive life:

 Tip 1. * Thank God for everything you have: * Write down 10 things you have in your life that give you happiness. Focus on the good things!

 Tip 2. * Practice physical activity * Experts say exercising helps improve mood. 30 minutes of exercise is the best antidote against sadness and stress.

 Tip 3. * Breakfast: * Some people miss breakfast for lack of time or not to get fat. Studies show that breakfast gives you energy, helps you think and perform your activities successfully.

 Tip 4. * Assertive *: Ask what you want and say what you think. Being assertive helps improve your self-esteem. Feeling left out and remaining silent creates sadness and hopelessness.

 Tip 5. * Spend your money on experiences..a study found that 75% of people felt happier when they invested their money in travel, courses and classes; While only the rest said they felt happier when buying things.

 Tip 6. * Face your Procrastination *: Studies show that the more you postpone something, the more anxiety and tension you generate. Write short weekly lists of tasks and complete them. Plan and execute for success.

 Tip 7. * Affix nice memories, phrases and photos of your loved ones *: Fill your fridge, your computer, your desk, your room, YOUR LIFE of beautiful memories.

 Tip 8. * Always greet and be nice to other people *: More than 100 inquiries state that just smiling changes the mood.



Tip 9. * Wear comfortable shoes *: If your feet hurt you, you become moody.



Tip 10. * Take care of your posture *: Walk straight with your shoulders slightly backwards and the front view helps to maintain a good mood.



Tip 11. * Listen to music * (Praise God): It is proven that listening to music awakens you to sing, this will make your life happy.



Tip 12. * What you eat has an impact on your mood *:- Do not skip meals, eat lightly every 3 to 4 hours and keep glucose levels stable.- Avoid excess white flour and sugar.- Eat everything healthy- You are what you eat!



Tip 13. * Take care of yourself and feel attractive *:70% of people say they feel happier when they think they look good.



Tip 14. * Fervently believe in God *: With him nothing is impossible! Happiness is like a remote control. We lose it every time, we go crazy looking for it and many times without knowing it, we are sitting on top of it ...

HOW TO BE HAPPY:

Happiness is a word that's on everyone's list of goals. And just as there are numerous factors that contribute to happiness, there are a number that detract from it. Although at times the reasons for why we lack happiness may be obvious to pinpoint and work on, there may be a couple of things we have overlooked.

ENERGIZE YOUR MORNING: Though morning people have no problem leaping out of bed, most of us feel grumpy, tired, and sorry for ourselves. so, here are some simple tips, tricks, and habits to help energize your mornings and get you ready for the day ahead.

1. Get a good night's sleep: Go to bed at the stipulated time each night and repeat relaxing habits, such as reading, writing a journal, or deep breathing.

2. One hour of sleep before twelve midnight, is equal to two hours of sleep after midnight.

3. Get up early: Train yourself to get up so you can wash and eat at leisure, and take some time to relax before you get on with the daily tasks. Rushing around can sap your energy levels.

4. Decorate the area around your bed with items you love: Ensure your room is well decorated with paintings and pictures, and try to keep it tidy. You'll feel much better if you step out of bed into a pleasant environment.

5. Let daylight in: Sunlight at dawn kick-starts your brain, encourages it to focus on the day ahead, and ceases the body's production of melatonin, the hormone responsible for making you drowsy.

6. Enjoy your Breakfast: People who eat breakfast every day report less feelings of fatigue and stress than those who skip it.

7. Hydrate immediately: Drink a glass of water as soon as you wake up, before breakfast.

8. Stretch and Exercise: Simple stretching exercises, Yoga poses, breathing techniques, or even a brisk, refreshing walk.

9. Supplement your shower: Add some energizing scents around bathroom shelves to help jolt your senses into action. Mint, eucalyptus, and citrus fragrances are among the best. Use shower gels and soaps with similar ingredients.

THOUGHTS THAT MAKE MORNINGS BEAUTIFUL

We often take life for granted - as if there'll always be another day to succeed the lost, but our final day will arrive sooner or later. That's why I always tell myself the following things every morning:

1. "I'm alive.. how lucky am I ? When I open my eyes, I take a moment to remind myself that I'm here to travel along the path of the great journey that is life. My eyes see, my chest draws in air. Some parts of me ache, but it's all a part of being alive. When I consider how many people there are who are no longer living, I can't believe my luck !

2. " I wonder what today will bring...." We can never anticipate what a new day will bring. Every day is a curious puzzle, and we can't see the whole picture until we complete it. I try to learn a little something new with each day that passes. This means that they're all worth something to me.

3. "I'm going to give this day my very best, so that I can rest my head tonight with deep satisfaction..." Look out world, I'm here to do my part! It doesn't matter what I do, as long as I feel like I haven't wasted my day on something frivolous or pointless. Even if it's hard work all day, I'll do my best to make myself proud. That's what I want from my day- the satisfaction of it being done right.

4. "I love and accept myself unconditionally..." I am who I am and I love myself. I am at peace with myself. It feels wonderful to fully accept this, and my place in the world. Once I feel that love for myself, I get up with a smile on my face. After all, I'm spending time with someone I care about - myself!

5. "I see the world through eyes of awe and wonder..." I have seen many things before, but I've never seen TODAY. The world is incredible and I try to remember that every morning before I go out to greet it. When you have that kind of appreciation for the world, you learn to notice the small, beautiful details about it, from the color of the sky, to the smell of the rain.

6. " I have all the time I need..." Life is too precious, to spend it feeling rushed. Believe there s time for everything, and go through your days at your own chosen pace. If you have a dream, work on it every day. But don't rush. Time will never stop passing-it's up to us to move with it instead of fighting it.

LIFE IS FULL OF CHALLENGES

Life is long and full of challenges. Most of those challenges are internal, and depend on how we choose to accept and interpret them. Our lives can take very different paths, depending on what we do and how we look at, what happens to us along the way. Here are 10 points of advice that, if followed, will guarantee a better life - true peace of mind.

1. Do Not Interfere in Others' Business Unless Asked

Most of us create our own problems by too often interfering in the affairs of others. We do so because somehow we have convinced ourselves that our way is the best way, our logic is the perfect logic and those who do not conform to our thinking must be criticized and steered in the right direction - our direction. No two human beings can think or act in exactly the same way. Mind your own business and you will keep your peace

2. Forgive and Forget: This is the most powerful aid when it comes to peace of mind. We often develop ill-feelings inside our hearts for the person who insults us or harms us. We nurture grievances. This in turn results in loss of sleep, development of stomach ulcers, and high blood pressure. This insult or injury was done once, but nourishing of grievance goes on forever by constantly remembering it. Get over this bad habit. Life is too short to waste on such trifles. Forgive, forget, and march on. Love flourishes with giving and forgiving.

3. Do not crave recognition, this world is full of selfish people. They seldom praise anybody without selfish motives. They may praise you today because you are in power, but as soon as you are powerless; they will forget your achievement and will start finding faults in you. Their recognition is not worth the aggravation. Do your duties ethically and sincerely.

4. Do not succumb to Envy and Jealousy: We all have experienced how envy can disturb our peace of mind. You know that you work harder than your colleagues at the office, but sometimes they get promotions while you do not. You started a business several years ago, but you are not as successful as your neighbor whose business is only one year old. Should you be envious?

No! There are several examples like these in everyday life. Remember everybody's life is shaped by his or her destiny, which has now become his

or her reality. Nothing will be gained by blaming others for your misfortune. Jealousy will not get you anywhere, it will only take away your peace of mind.

5. Change Yourself According to the Environment

If you try to change your environment single-handedly, chances are you will fail. Instead, change yourself to suit your environment. As you do this, even the environment, which has been unfriendly to you, will mysteriously change and seem more congenial and harmonious with your goals.

6. Endure What Cannot Be Cured: This is the best way to turn a disadvantage into an advantage. Every day we face numerous inconveniences, ailments, irritations, and accidents that are beyond our control. If we cannot control them or change them, we must learn to put up with these things. We must learn to endure them cheerfully. Believe in yourself and you will gain in terms of patience, inner strength and willpower.

7. Do Not Bite Off More Than You Can Chew:

This maxim needs to be remembered constantly. We often tend to take on more responsibilities than we are capable of carrying out. This is done to satisfy our ego. Know your limitations. Why take on additional loads that may create more worries? You cannot gain peace of mind by expanding your external activities. Reduce your material engagements and spend time in prayer, introspection and meditation. This will reduce those thoughts in your mind that make you restless. An uncluttered mind will produce greater feelings of peace.

8. Meditate Regularly

Meditation calms the mind and gets rid of disturbing thoughts. This is the highest state of peace of mind. Try it yourself. If you meditate earnestly for half an hour every day, your mind will likely become peaceful during the remaining 23-and-a-half hours. Your mind will not be as easily disturbed as it was before. You will benefit by gradually increasing the period of daily meditation. You may think that this will interfere with your daily work. On the contrary, this will increase your efficiency and you will be able to produce better results in less time.

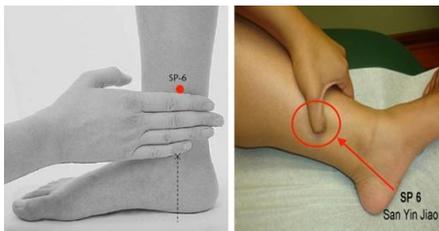
9. Never Leave the Mind Vacant:

An empty mind is the devil's workshop. All evil actions start in the vacant mind. Keep your mind occupied with something positive and worthwhile. Follow a hobby actively. Do something that holds your interest. You must decide what you value more: money or peace of mind. Your hobby, like social work or charity work, may not always earn you more money, but you will have a sense of fulfillment and achievement.

10. Do Not Procrastinate and Never Regret: Do not waste time wondering "Should I or shouldn't I?" Days, weeks, months, and years can be wasted in that futile mental debate. You can never plan enough because you can never anticipate all future happenings. Value your time and do the things that need to be done. It does not matter if you fail the first time. You can learn from your mistakes and succeed the next time. Sitting back and worrying will lead to nothing. Learn from your mistakes, but do not brood over the past.

PEACEFUL SLEEP

Who doesn't want peaceful sleep, one can survive without food but not without sleep. Sleep will be so much better by doing this simple exercise each night! Acupuncture, a form of traditional Chinese medicine, has long been acknowledged for the health benefits it offers, but acupressure, which is less well-known, can offer similar benefits without the need to puncture the skin with needles. By applying pressure to these so-called acupoints, you can improve blood flow in your body, which in turn boosts oxygen delivery and helps with healing.



You have one on both legs – on the inner part of each of your tibias. Using these acupressure points can help treat abdominal distention, digestion, menstrual disorders and pain, infertility, insomnia, stress and anxiety.

Furthermore, doing so can help cleanse and regulate the spleen and kidneys, ensuring your blood is in tip-top shape.

Reap all of the health benefits listed by following these super-easy steps each night before you sleep:

- 1.** Place four fingers above your ankle on the inside of your leg, just behind your shin bone.
- 2.** Massage each point by pressing your thumb on it in a circular motion for six seconds.
- 3.** Release your thumb for two seconds.
- 4.** Repeat steps 2 and 3 for five minutes, and then repeat the process on your other leg.

Sleep makes you feel better - it boosts your mood and banishes those dark circles under your eyes. Time and again we've heard that sleep is a key part of a healthy lifestyle that can benefit our heart, weight and mind. But, how does not getting enough sleep affect you? How does the amount of sleep you get affect you? Getting enough good quality sleep is highly important to our mental performance, but do you really know how much, a lack of it can affect you? It's time to find out! One needs 7 to 8 hours sleep per night. Sleep is critical for the body to renew and repair itself. It also allows the brain to clear out irrelevant information and connect experiences to facilitate learning and neural growth. Old people take long time to fall sleep and also the quality decreases. A lack of sleep can make you hungry, decline the levels of appetite, regulating hormone, leptin. One can take 30 minute long nap during the day to accumulate sufficient total sleep over a 24 hour period. To enhance the energy level, take a big cold glass of water as soon as you get up to avoid dehydration. Make sure to get plenty of sunshine in the morning, this will establish your circadian rhythm and wake your brain and body for the day ahead.

WHAT IS LOVE?

Love - is there an emotion or word more powerful? Think of love between lovers, friends, siblings, parents and their children, and many others. We

may all have relationships with which we associate this word, but if we give them a good thought, how many of them are we putting our all into? What are we giving for love and what are we forgetting? Let's revisit some of the most indispensable principles about love, and celebrate this wonderful feeling in the light of this reminder.

Love isn't something you find. Love is something that finds you. We accept the love, we think we deserve. Love is other person's happiness which is more important than your own. Love is never lost. If not reciprocated, it will flow back and soften and purify the heart. Life is the flower for which Love is the money. Being deeply loved by someone gives you strength, while loving someone deeply gives you courage.

Love is anterior to life, posterior to death, initial of creation, and the exponent of breath. I saw that you were perfect, so I loved you. Then I saw that you were not perfect, and I loved even more. Love is love's reward. To love is nothing. To be loved is something. But to love and be loved, that's everything.

If you live to be a hundred, I want to live to be a hundred minus one day so I never have to live without you.

You don't love someone for their looks, or their clothes, or for their fancy car, but because they sing a song only you can hear.

Love is life. And if, you miss love, you miss life.

Love needs someone. Love is putting up with someone's bad qualities because they somehow complete you.

Faith makes everything, possible. Hope makes everything work and LOVE makes everything beautiful...May you have all the three.

HEALING POWER WITHIN YOU:

Did you know that you have amazing healing power within you?

The truth is: you were born with this healing ability – even if you’ve never learned to tap into it. You can do it now. Practice a self-healing method, that requires no strength, no effort, and very little time. It’s so safe that young children and the elderly use it even to this day.

When used correctly, it circulates your life force energy through your body and activates your cells. As you feel this, your life force energy takes your attention and brings it inward. As it grows, your mind connects to the present moment into total relaxation and calmness. This energy manipulation can be used to heal, strengthen, and nourish your body.

Longevity and healing, it has influenced therapeutic practices including...

Acupuncture: Acupuncture without needles! It activates the within the body to accelerate its natural healing powers.

Tai Chi: Historically a martial art, Tai Chi draws its healing properties.

Yoga: In short simple moves, cultivates mind-body harmony as Yoga does.

Reiki: Practitioners of Reiki will immediately spot the similarities.

Pranic Healing

This is the most cost effective and simplest yet potent self-healing practice that exists today. You can use this technique every day to **start restoring your natural healing powers**. Find out how exactly using the simple ancient practice you can start living healthier, longer, free of stress and in your purpose. **Get answers from the “secret” energy master to the most painful questions.**

STAY SLIM & FIT:

The Japanese are well known for longevity, but the secrets of their success are not that complicated. Many of their traditions support health preservation. Their cultural attitudes to food and general lifestyle promote high energy levels and keep off excess pounds. Here are the 7 key habits that keep the Japanese going, as pointed out in Naomi Moriyama's aptly titled book "Japanese Women Don't Get Old or Fat".

1. Different diet choices

A traditional home cooked Japanese meal includes fish, steamed rice or noodles low in fat made from ingredients like buckwheat or mung beans, and simmered vegetables. The meal can also be accompanied by a bowl of miso soup. Afterwards, a cup of green tea is enjoyed and the meal is concluded with fresh fruit.

The fish-rich meal promotes the eating of healthy omega 3 fatty acids, while eating sea weed and cruciferous vegetables like broccoli, cabbage, sprouts, kale, or botchy , gives one a feeling of fullness and allows for consumption of antioxidants, vitamins and minerals. Green tea is well known for protecting the heart and fighting off chronic illness. Completing a meal with fruit also stops one from indulging in trans fatty foods like cake or tarts.

2. Small portions

Japanese food culture places an emphasis on presentation and despite smaller portions, offers a satiating meal. The Japanese follow the principle of enjoying food slowly. Each dish has its own plate and the food is arranged to show off its natural beauty. They also make sure not to fill each plate completely. They stop eating once they are 80% full, avoiding any urge to continue eating for the sake of it. This portion control allows them to keep off extra weight.



3. Power up for the day with miso soup

Japanese breakfasts are no small affair and include a variety of small dishes. One of these servings is a bowl of miso soup, which is rich in robotics. While it might be considered unusual in the West, this delicious soup offers energy to get you going for the day.

4. Light cooking

When the Japanese cook they choose healthy cooking methods including heart friendly oils, and not exposing the raw ingredients to overly high temperatures for long periods. Choice methods include pan grilling, stir-frying in a wok, steaming, sautéing and simmering foods. Fresh foods, light on dressings are also preferred. Overall this cooking style leaves you with a light, fulfilled feeling in your stomach.



5. No bread. Just rice.

The Japanese traditionally did not eat bread. Instead, they served rice with every meal, traditionally steamed. Without bread, their diet remained free from refined wheat flour. You can go a step further in adding healthy choices to your diet and opt for brown rice, a healthier option than white rice.

6. Less desserts

Sugary and processed desserts are so ubiquitous in Japan. Instead of using puddings, cakes, tarts or ice cream for a sweet ending to a meal, the Japanese serve small helpings of fresh fruit, or small portions of desserts, but not daily. Fruit is rich in antioxidants and other essential nutrients, and less sugar prevents diabetes, excess fat and weight gain.



7. A different attitude

The Japanese devote less time to dieting and are raised to enjoy food. This also means they eat a wide choice of food. In addition to their healthy attitude to food, they spend a lot of time involved in incidental exercise such as bicycling. Together with smart diet choices, being active allows for Japanese people to remain slim and contributes towards their longevity.

STAY FIT & SMART:

I always thought there wasn't much I could do when my sciatica flared up. But now that I've found the following routine, I know there's an answer. These 6 simple exercises help relieve pressure on the sciatic nerve, and can be performed from the comfort of your own bed:



Sciatica is an intense and searing pain, sometimes experienced as numbness or tingling, that can be felt around your lower back and shoots all the way down to your legs. It's especially designed to target herniated discs, bone degeneration and tight hip muscles, all of which cause sciatica. Even if you don't know which of the three factors is causing your pain, try all the stretches and see which one helps.

Tight hip muscles

The following stretches will loosen the muscles in your hips. That might be pressing on your sciatic nerve, causing your pain.

Knee to opposite shoulder

Lie on your back with your legs extended and your feet flexed. Raise your right leg and hold your hands behind your knee. Pull your right knee gently across your body until it reaches your left shoulder. Hold this position for 30 seconds and repeat once more. Switch to raise your left leg to your right shoulder. Hold this position twice.



The Figure-for Stretch

Lie on your back with your knees bent and place your feet flat on the bed. Cross your right ankle over your left knee forming a 4-shape, as seen in the photo below. Hold your hands behind your left knee and gently pull your legs towards your chest while pressing the right knee away from your chest. Hold this position for 30 seconds and repeat it another 3 times. Switch legs and repeat the exercise 4 times.



Stretches for bone degeneration:

Create spaces between your vertebrae with these moves. These will help prevent them from pinching your sciatic nerve. **Knees to chest**

Lie on your back and hug your knees to your chest, while allowing your lower back to curve. Hug your knees in this position for 30 seconds. If this stretch eases the pain in your legs, repeat this position another 3 times.



Posterior pelvic tilt

Lie face up on your bed with your knees bent and your feet flat, and place your arms behind your head. Lower yourself until your entire lower back touches the bed, as you see in the photo. Hold this position for 5 seconds and then return to the start position. Repeat this exercise 10 times.



Herniated disc:

These two press-up stretches can help create distance between the bulging discs in your spine. This relieves the pressure on the sciatic nerve. **Press-up** Lie on your stomach and position your elbows directly under your shoulders, placing your forearms flat on the bed parallel to each other. Lift your chest and stretch your spine from the tailbone to the top of your neck, slightly arching your back. Hold this position for 30 seconds while breathing deeply. If the pain in your leg subsides, repeat this exercise two more times. If you don't feel any relief, skip the press-up extension (the next and last exercise).



Press-up extension

Once again, lie face down with your hands flat next to your shoulders. Press your palms into the bed while lifting your upper body, making sure to keep your hips and pelvis on the bed. Stretch your spine from your tailbone to your neck while slightly arching your back. If you feel pressure on your lower back, stop lifting your chest. Hold this position for 10 seconds and then slowly lower yourself back to the start position. Repeat this exercise 10 times, making a set. Do 3 sets of this exercise in total.

In the medical theory of traditional Chinese medicine, special “acupoints” are said to lie along meridians, or channels, in your body. By applying pressure to these so-called acupoints, you can improve blood flow in your body, which in turn boosts oxygen delivery and helps with healing.

LIVE LONG & LIVE GOOD:

1. All people who live long regardless of nationality, race or gender share one thing in common: None are overweight.
2. Always plan ahead.

- 3. There is no need to ever retire, but if one must, it should be a lot later than 65.
- 5. When a doctor recommends you take a test or have some surgery, ask whether the doctor would suggest that his or her spouse or children go through such a procedure.
- 6. To stay healthy, always take the stairs and carry your own stuff.
- 7. Pain is mysterious, and having fun is the best way to forget it.
- 8. Don't be crazy about amassing material things.
- 9. Hospitals must be designed and prepared for major disasters and they must accept every patient who appears at their doors.
- 10. Science alone can't cure or help people.
- 11. Life is filled with incidents.
- 12. Find a role model and aim to achieve even more than they could ever do.
- 13. It's wonderful to live long.
- 14. Energy comes from feeling good, not from eating well or sleeping a lot.

YOU HAVE TO ANSWER TO THE GOD

We all live our lives one day. But in our heads, we are always rushing towards something, sacrificing, and toiling, in the process of becoming better people. But what makes us better, really? What will God ask you, when you pass through those gates? Here are 10 things he will surely not ask.

GOD WILL NOT ASK YOU THESE: INSTEAD HE WILL ASK YOU?

What kind of Car you Drove?	How many people have you given ride?
How big your House was?	How many people have you given shelter?
Type of cloths in your cupboard.	How many people have you given clothing?
How big your pay cheque was?	What have you given others?
What type of Job you had?	How many people have you givin a living?
How many Friends you had?	How many consider you as good friend.
Which neighborhood you lived in?	Have you taken care of your neighbors?
What was the color of your skin?	He will ask about your Character.
How many Gifts you gave people?	How loving have you been?

As we are answerable, let us change ourselves and be prepared to answer GOD in a positive way.

WHAT IS REAL WEALTH?

It's not the first time I have found myself dreaming of being rich - to have all the wealth I need to be forever happy - but then I realized I was wealthy all along, because I already had the most precious treasures I could ever ask for in my life. I

have learned that real wealth is not about money, but about some things that are hard to find and are incredibly special, THIS IS MY HONEST OPINION ON WEALTH.

Friendships are priceless, and time is invaluable. Health is wealth and love is a treasure, so create a nest egg of beautiful memories that you can dip into from time to time to ease any sorrows. Have the kind of memories that raise you up with their worth and keep you there with their wonder. Always have a secret supply of hopes on hand to help you plan your tomorrows. Remember that when you invest in your dreams, it is impossible to overplay, give away smiles and watch them come back to you a hundred times over, stuff your pockets with kindness and optimism. There is nothing more precious in the world, I am sharing this advice with readers because they are invaluable.

BE YOURSELF DON'T GET INFLUENCED

It's easy to get caught up in a world in which our attention is focused on everybody and everything else but ourselves. We are often told to be kind, to love, and to speak the truth. Yet, while it is right for us to do so, we are rarely ever told to be true to who we are, to protect ourselves. These

valuable life lessons ensure that in doing the right thing, we do not sacrifice who we truly are.

GIVE but don't allow yourself to be used.
TRUST but don't be naïve.
LOVE but don't allow your heart to be abused.
SPEAK but don't be unkind in your words.
BELIEVE but don't trust every word you hear.
HOPE but never expect
LOOK FORWARD but never wait.
CARE but don't neglect yourself.
LEARN and never stop learning.
LISTEN but don't lose your voice.

Speaking lips can reduce many problems. Closed lips can avoid some problems. But smiling lips can solve all problems.

Failing is the process of learning, it helps to grow and know who you are. Rise every fall. This process that boosts confidence gradually, over the course of your lifetime.

Life is very similar to a boxing match. Defeat is not declared, when you fall down. It is declared, when you refuse to RISE UP.

SEVEN RULES OF PEACEFUL LIVING:

- 1) Make peace with your past so it won't screw up the present.
- 2) What others think of you is none of your business.

3) Time heals almost everything, give it time.

4) Don't compare your life to others and don't judge them. You have no idea what their journey is all about.

5) Stop thinking too much, it's alright not to know the answers. They will come to you when you least expect it.

6) No one is in charge of your happiness, except you.

7) Smile. You don't own all the problems in the world.

Don't close the book when bad things happen in your life, just turn the page and begin a new chapter.

BE THANKFUL FOR YOUR LIFE TIME:

Telling my creator that I am thankful for the things I have in my life is so empowering - I can actually see the effect of my gratitude manifesting itself in my everyday life. I have come to realize that each time I open my eyes on

a new day, that is a gift in itself, and a new day represents a chance for a fresh start. Here is why you should say thank you every day too:

Each time that happens, you get a brand new start to love, to hope, and another chance to do whatever you failed previously.

By being thankful, you treasure things around you, and appreciate life in a better way. The universe provides you with abundance when you give thanks.

Find one thing each day, to be grateful for, such as your health. Doing so will make your body radiate with energy. Say thank you to every cell in your body.

Don't just be thankful for the good; be thankful for the bad too. Going through difficulty is personal growth specifically designed for you're to persevere.

Be thankful for anything you like – just remember to say thank you when you wake up every single day.

Do the same before you sleep. Say thank you for the day you've just had, and for the beautiful night's rest you're about to have, and for the great day you're going to have tomorrow.

You have 1440 minutes each day. Surely you can spend four of those minutes saying thank you. It'll be one of the best investments you'll ever make.

HAPPINESS IS WITHIN OURSELVES

We all strive for happiness. It is one of the best emotions we can experience in life. Nevertheless, happiness is not easy to have, nor is it easy to keep.

Striving to be happy takes work and requires a change from within, and not from without. Let these quotes inspire you to achieve your happiness.

*We either make ourselves happy or miserable. The amount of work is the same.

*We seek happiness in material possessions, in riches. Happiness consists in loosening your grip on materialism.

*Resolve to be happy and you shall form an invincible host against difficulties.

*Happiness is not in our circumstance, but in ourselves. It is not something we see, like a [rainbow](#), or feel, like the heat of a fire, Happiness is something we are.

*Those who are happiest are those who do the most for others.

*Happiness is as a butterfly which, when pursued, is always beyond our grasp, but which, if you will sit down quietly, may alight upon you.

*The art of being happy lies in the power of extracting happiness from common things.

*Happiness is only possible to live happy ever after on a day to day basis.

*It is pleasing to God whenever you rejoice or laugh from the bottom of your heart.

*If we try hard to bring happiness to others, we cannot stop it from coming to us also. To get joy, we must give it, and to keep joy, we must scatter it.

*Happiness does not depend on outward things, but on the way we see them.

*Seek to do well, and you will find that happiness will run after you.

*Happiness is a marvelous thing: the more you give it, the more you have.

When people hurt you over and over again, think of them as SAND PAPER. They may scratch and hurt you a bit, but in the end you end up polished and they end up useless. Focus all your energy not on fighting for the old but for building the NEW.

Take Life Easy

Life is "Exp. + Exp. + Exp."

Yesterday was Experience.

Today is Experiment.

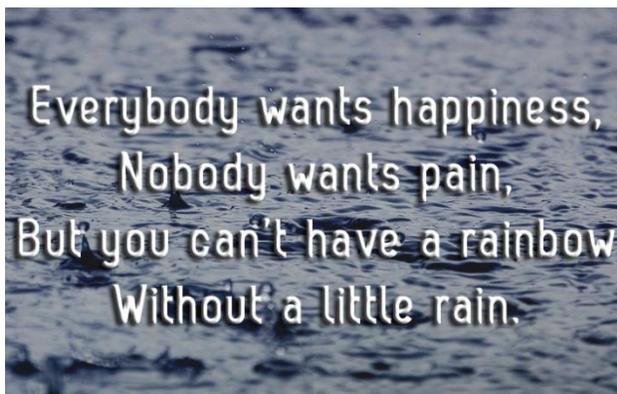
Tomorrow is Expectation.

So, use your Experience in your Experiment to achieve your Expectations.

CHANGE HABITS & CHANGE LIFE:

I'm in a slump, feeling stuck in the lowest of moods, afraid that I've got nothing more to offer, and waiting for this period of unhappiness to subside. I remind myself to be patient, to keep in mind what past experiences have taught me. Despite this dwindling feeling I currently cannot shake off, I tell myself that that I will be on the upswing soon. Once I wrap my head around this ray of hope, and with a little soul searching, I dig deep into the issues that are contributing to my current state of unhappiness and the things that I could do to overcome it.

Through past experience, I have learnt that though certain circumstances can make my life unhappy. A part of that, and more often than not, a big part, comes from my own thinking, behavior and habits. I have learnt much from these six life-changing habits:



1. Comparing your life and what you have to others:

Comparing what others have in relation to what you have - cars, houses, jobs, clothes, money... can really work a number on your self-esteem, creating a lot of negative feelings.

Change your habit by comparing yourself to yourself:

Take a look at how far you've come and how much you have grown and learned along the way. Look at what you've achieved, at what you've managed to overcome and what progress you have made towards your goals. Learn also to be kind to others as well as to yourself, noticing and analyzing your thoughts. If you often judge and criticize people, you'll likely end up being more judgmental and critical towards yourself.

How it works: By getting into this habit you create gratitude, appreciation and kindness towards yourself and others. You learn to become okay with yourself and with the people around you, as opposed to competing with them.

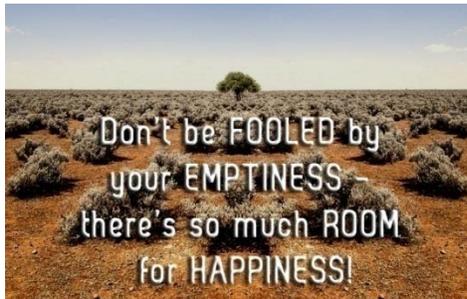
2. Finding it hard let go of a relationship that no longer serves you:

Clinging on to someone who treats you poorly can often be a result of your unhappiness. But learning to let go of a relationship that is toxic or has run its course can provide an essential platform for self-growth.

Change your habit by learning to let go and walk away:

Broken relationships are always a difficult step to encounter, and once you have made the decision to distance yourself from a friendship or a relationship, there are often a number of hard lessons you will have to learn to overcome. Forgiving the person for worrying you, is perhaps the hardest lesson that you will have to endure, particularly when you are overwhelmed with resentment towards this person.

How it works: Keep in mind that if you allow these negative feelings to persist, you will only be prolonging your suffering. Remember also that forgiveness has more to do with healing the negative feelings within ourselves, than it does with having to accept the wrong-doing of others.



3. Saying 'yes' to other people's requests when you really want to say 'no'

'Yes' is so easily ingrained in our culture. It supports an open-hearted approach to life, it shows kindness and selflessness, whilst the word 'No' is generally frowned upon and perceived badly. But when you are constantly saying 'yes' to things that you don't want to do, or you don't have time for, when you are placing other people's needs before your own, that is when you need to draw the line and pluck up the courage to just say 'no'.

Change your habit by recognizing times and situations where you need not think twice about saying 'no'. For instance, in moments where you feel as though you are wrestling with your conscience, or you are being exploited by others, or perhaps when you have ended up in a situation that is keeping you away from your own goals or responsibilities.

How it works: By saying 'no' to others, you can concentrate on the things that are really important to you.

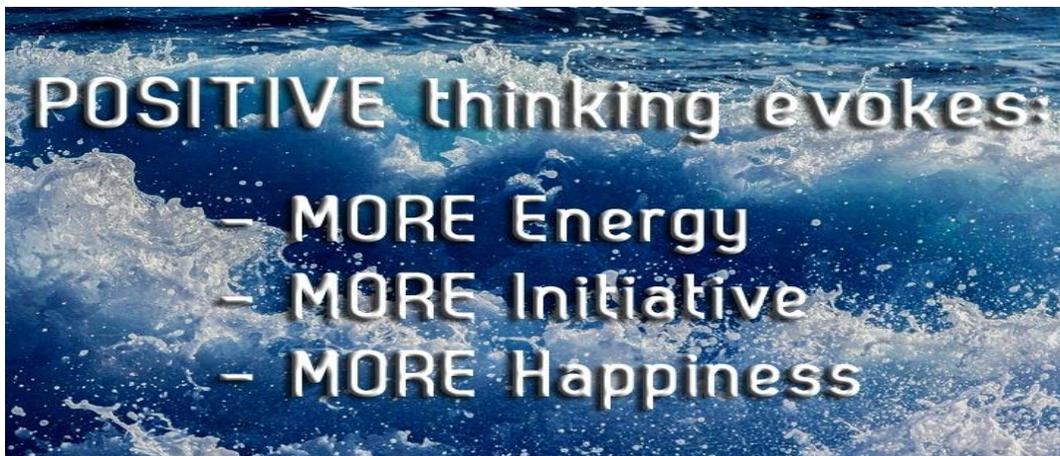
4. Constantly striving for perfection:

When you are constantly seeking happiness through perfection, it's not going to be easy to find. Setting the bar for your performance at a high level will likely lead to low self-esteem and feeling as though you are not good enough.

Change your habit by aiming for good enough instead:

This does not give you the excuse to slack off. Rather, it's about realizing when to let go of your perfectionism and learning to be pleased with what you have done and with what you have finished.

How it works: One of the best ways to let go of perfectionism is to set a deadline. Do what you can, in the best way that you can, in the time-frame you have given yourself (you can apply this to whatever you are doing, be it around the house, or at work), doing so will help you to let go of the need to polish things up a bit too much.



5. Feeling guilty about the past and anxious about the future:

Spending too much time in the past reliving old painful memories, conflicts, missed opportunities, or living in the future imagining how things could go wrong at work, in your relationships and with your health, can develop into dreadful scenarios playing over and over in your mind. Not living in the present moment can lead to missing out on wonderful experiences too.

Change your habit by trying to engage in what you are doing:

Not thinking about the past or feeling anxious about the future is a pretty impossible thing to do. Rather, observe your thoughts in moments that you tend to dwell on things that rarely happen, or anxieties that won't help you out in the present. You can do this by taking a moment to observe what you

are doing and try engage in that as fully as you can. If that doesn't help, divert your attention to your breath for a couple of minutes, taking in what is around you.

How it works: Living in the present moment will allow you to learn from past mistakes, enabling you to make better decisions for your future. Living in the present does not mean that you shouldn't plan ahead either. Rather, planning ahead for tomorrow or next year will give you a sense of excitement and will also bring about a sense of security and stability, particularly in financial matters.

CHARLE CHAPLINS LIFE LESSONS: 3 heart-touching statements:-

- (1) Nothing is permanent in this world, not even our troubles.
- (2) I like walking in the rain, because nobody can see my tears.
- (3) The most wasted day in life is the day in which we have not laughed.

LIFE is to enjoy with whatever you have with you, keep smiling

If you feel STRESSED, Give yourself A Break. Enjoy Some.. Ice cream, Chocolates, Candy, Cake Why? Because STRESSED backwards spelling is DESSERTS ...enjoy.

ALPHABETIC ADVICE:

A B C: Avoid Boring Company..

D E F: Don't Entertain Fools..

G H I: Go for High Ideas .

J K L M: Just Keep a friend Like Me..

N O P: Never Overlook the Poor in suffering..

Q R S: Quit Reacting to Silly tales..

T U V: Tune U for your Victory..

W X Y Z: We X'pect You to Zoom ahead in life

ONE Good FRIEND is equal to ONE Good Medicine. . .

JUST A MINUTE PLEASE:

Just a Minute please, think of "LIFE", certain by you will find yourself charged!

Just a Minute please, think of "NATURE" certain by you will find yourself charged.

Man is GOD made that everybody knows, who is the first born that nobody knows !

TREE is GOD's gift that everybody knows, which is the first seed that nobody knows.

Restless HEART with lifetime guarantee, is the divine product without any royalty

Matchless EYES with everlasting beauty is the divine gift without any duty.

What is BLESSED is sure to happen, accept what comes in with mind kept open !

What is BLOCKED will not at all happen worry not and enjoy with life kept open.

Nothing is so GREAT in what we achieve as the real credit goes to supreme power!

And nothing like FATE is what we believe, as real debit comes from supreme tower.

When you go to bed give one minute and think what you have done this day and rectify your mistakes, you will become a better person.

10 MOST POWERFUL WORDS

Words have power. One word may bring a world of meaning into our lives, or destroy it. One word can make us fall in love, or end a relationship. Words convey meaning, understanding and action when we speak them. These 10 words are especially powerful, and present us with an opportunity to understand more about ourselves and how we use them.

DISCRIPTION:	WORD:	HOW TO HANDLE:
Most selfish one letter word	“I”	Avoid it
Most satisfying two letter word	“WE”	Use it all the time.
Most poisonous three letter word	“EGO”	Overcome it.
Most used four letter word	“LOVE”	Value it.
Most pleasing five letter word	“SMILE”	Keep it.
Fastest spreading six letter word	“RUMOUR”	Ignore it.
Hardest working seven letter word	“SUCCESS”	Achieve it.
Most enviable eight letter word	”JEALOUSY”	distance from yourself.
Most powerful nine letter word	“KNOWLEDGE”	Acquire it.
Most valued ten letter word	“FRIENDSHIP”	Maintain it.

YOU CAN CHANGE YOUR LIFE.

There comes a point in our life when we need to take a moment and redefine what we have become. This is perhaps one of the toughest challenges that we will have to face - after all, it involves observing, and reshaping ourselves.

Believe that you can redefine yourself. Accept that feeling over whelmed or frustrated is the result of your perspective. Refuse to allow your insecurities to steer your behavior.

Find the root of your insecurities and write down the evidence against these irrational claims. Accept people's input, but remember you don't always have to agree with their opinion or approach.

Accept that improving a relationship might mean adopting or leaving it.

Identify the areas in your personal life in which you feel helpless.

Accumulate wisdom through error. Redefine your boundaries based on your needs(not your wants) Treat life as an adventure and explore the unknown. Smile more often than normally you do.

Make it a point to understand yourself and also others. Help someone when you notice they need it.

Become an outside observer to the mechanics of your mind, and think about your thoughts.

Approach new ideas with a open mind. Catch yourself making negative statement about yourself and write them down. Create list of positive messages and repeat them to yourself daily. Don't take a leap of faith without stopping first and observing the moment. Remove yourself from a situation when necessary (Despite your emotional investment) Accept that obsessive, perfectionist ambition will lead to a perfect state of stress and emotional unacceptance of your life.

LIFE IS HARD BUT NOT IMPOSSIBLE

Life has no remote, Get up and change it yourself.

Life always offers you a second chance - It is called tomorrow.

Life is too short to worry about stupid things. Have fun. Fall in love. Regret nothing and don't let people bring you down.

Don't think too much of the problems in life, they are just test papers given by god to see how much we've learned in his subject called LIFE, if you think you failed, review it through PRAYERS.

Life is most difficult exam. Many people fail because they try to copy others, Not realizing everyone has a different question paper.

Take a deep breath. It's just a bad day, not a bad life.

Some people come in your life as blessings. Some come in your life as lessons.

A good life is when you assume nothing, do more, need less, smile often, dream big, laugh a lot and realize how blessed you are what you have.

You can't force people to stay in your life. Staying is a choice, so be thankful for the people who choose you.

HOW TO FACE THE GRIEF

There's nothing quite as painful as losing a loved one, and anyone who's gone through it will tell you that they went through a whole range of difficult emotions. there is no right or wrong way to grieve a loss, there are numerous ways of coping with the pain and eventually moving on.

Grief is a natural emotional response to some sort of loss in life. You feel it when something or someone you love is taken from you. The more devastating the loss, the more intense your grief will be. Although grief is primarily associated with the loss of a loved one, there are many different kinds of loss. Some of the things that you can lose resulting in grief are:

- A relationship or marriage
- Good health
- A job
- Financial Stability
- A pet
- A cherished dream
- A loved one's good health
- A Friendship
- Safety after a trauma
- The family home

All of the above can be significant events in a person's life, however even a subtle loss can lead to grief. A good example of this is when a person first leaves home or retires from a career they truly loved.

No two people grieve in the same way. The individual grieving process is dependent on numerous factors, such as personality, coping style, life experience and faith. The nature of the loss is also part of the equation. One thing that holds true for everyone is that grieving takes time, and there's no fixed timetable for the amount of time a person should or shouldn't spend grieving. Depending on the loss, some will begin to feel better in a matter of weeks or months, whereas it takes others years to overcome their grief. Regardless of the loss you experience, the key thing is to be patient with yourself and allow the process to unfold naturally.

Common Grief Myths Debunked

Myth: Ignoring the pain will make it go away faster.

Fact: Ignoring or suppressing the pain you're feeling will only make your suffering worse in the long run. Employ a head-on approach to deal with your grief.

Myth: Strength in the face of loss is important.

Fact: If you feel sad, frightened or lonely, show it to your love ones. You needn't 'protect' them by putting on a mask. Let them help you by being honest with them.

Myth: A lack of tears means that you aren't saddened by a loss.

Fact: Crying isn't the only response to grief. In fact, someone that sheds just a few tears over a loss is likely to be feeling it just as deeply as anyone else affected by it.

Myth: Your grief should be over in about a year.

Fact: There's no fixed timetable for grieving, nor should anyone ever attempt to create one.

The Five Stages of Grief

Psychiatrist Elisabeth Kubler-Ross was the very first person to establish the concept of the five stages of grief. She came up with the idea after studying the feeling of patients facing terminal illness, but it has since been applied to other significant losses in life. Here they are:

1. **Denial:** "This can't be happening to me."
2. **Anger:** "Why is this happening? Who is to blame?"
3. **Bargaining:** "Make this stop happening, and in return I will ____."
4. **Depression:** "I'm too sad to do anything."
5. **Acceptance:** "I'm at peace with what happened."

Note that you do not have to go through each stage of grief in order to heal. In fact, there are numerous people that don't go through any of these stages. As for the ones that do, they don't necessarily go through them in a neat, sequential order.

Common Signs of Grief

Shock and disbelief – Difficulty accepting the loss in the immediate aftermath of it happening

Sadness – Profound sadness is the most widely-recognized sign of grief. This is associated with feelings of emptiness, despair, yearning, or deep loneliness.

Guilt – Grief is often associated with feelings or what was or wasn't done in regard to the loss being experienced. For instance, if someone has passed away after a long and painful illness and you felt relief, you may feel guilty. Similarly, if you feel like you didn't do what you had to to prevent the death, you may feel guilty about not having done enough.

Anger – Anger, together with resentment, can often arise in relation to a loss, and this is even in instances when there is no one at fault for it. Your anger could be directed toward a loved one, yourself, or even the person you lost for abandoning you. The need to appropriate blame for the injustice done to you can be very strong.

Fear – Feeling of anxiety, helplessness, insecurity, and even panic attacks can be triggered by a loss. It can trigger fears regarding your own mortality, having to face life in light of the loss, or facing previously shared responsibilities alone.

Physical Symptoms – Although we tend to think of grief as an emotional process, there are numerous physical problems that can present themselves, such as fatigue, nausea, lowered immunity, weight loss or weight gain, aches, pains, and insomnia.

Turn to friends and family – You should lean on friends and family in your time of need, even if you're a proud and self-sufficient individual. Do tell them what you need, whether it's a shoulder to cry on or help to make funeral arrangements.

Look to your faith – Should you happen to follow a religious faith, you should embrace the comfort you can garner from its mourning rituals. Any spiritual activity that you find meaningful, such as prayer, meditation, or attending church, can offer you the solace you need.

Join a support group – Even if you have plenty of loved ones around to help you deal with your grief, you can still find dealing with it very lonely. Look up support groups in your area so that you can connect with others that have been through similar experiences.

Talk to a therapist or grief counselor – If you're dealing with overbearing grief, it's a good idea to seek professional help. You can either go to an experienced therapist or grief counselor to help you work through your intense emotions and overcome any obstacles that may be getting in the way of your grieving process.

Face your feelings – Whatever you do, you must not attempt to suppress your grief, and otherwise you're never going to be able to overcome it. Face your feelings head on, and keep in mind that unresolved grief can lead to anxiety, substance abuse, depression, and other health problems.

Express your feelings creatively – If you have a journal, write about the loss that you've experienced. You could make a scrapbook or photo album in tribute to the person's life, or get involved in an organization that was dear to their heart.

Look after your health – Although it might be tempting to use some form of substance as a crutch for the emotions you're feeling, you really should avoid doing so. Get enough sleep, eat well, and exercise, rather than using substances to numb yourself or artificially lift your mood.

Don't listen to others about how you "should" be feeling – Always keep in mind that your grief is no-one else's but your own. Don't let anyone tell you that it's time to move on, or get over it. It's okay to feel how you feel, regardless of the emotion.

Plan ahead for grief "triggers" – Keep any special days, such as anniversaries, holidays, or milestones in mind because they can reawaken memories and feelings. An emotional "wallop" on these occasions is completely normal, so prepare for it. If you share such a special day with a relative, you should think about collectively honoring the person you loved.

UNDENIABLE TRUTHS

Given that there are so many opinions and philosophies about the right way to live life, it can be hard to recognize what should be most apparent. Here are 5 simple but hard truths that we need to be reminded of every day.

1. **PAIN HELPS YOU GROW: WHAT DOESN'T KILL YOU MAKES YOU STRONGER.** The old saying encapsulates this truth but forgets to mention one thing: to overcome pain, you must embrace it and allow it to pass over

you. If you ignore it, you'll lose a part of yourself that'll be difficult to reconnect with latter.

- 2. FEARS ARE AN ILLUSION:** Fear not only get stronger if you let it. You are always in control of your fear, so don't let it control you back. Fear can serve you by keeping you alert in dangerous situations, but unless physical harm comes to you or your loved ones, you must never let your fear take hold of you.
- 3. STRUGGLES ARE NOTHING MORE THAN STEPS ON THE WAY TO SUCCESS:** When you're pursuing your dreams, remember to differentiate between patience and inaction. Patience means staying on track, and using each struggle as a stepping stone to realizing your dreams. It's not going to be easy, but it will always be educating.
- 4. GOOD AND BAD DEPEND ON YOUR OUTLOOK:** Life is a billion shades of gray, but never black or white. If something you're doing is keeping you awake at night, it might mean that your conscience isn't in agreement with it. People aren't bad, but they do bad things. Always try to understand the actions of others, because they could be going through a struggle of their own.
- 5. NOTHING TRULY GREAT IS INSTANT:** If you could have everything you wanted instantly, you'd lose your drive to grow, and things that don't grow end up decaying and dying away. Practice patience and enjoy the ride.

RELAX, RELAX & RELAX

How often do you take the time out of your busy day to enjoy moments of relaxation? Life has come to be so hectic, and as a result, we rarely give importance to relaxation. Perhaps these quotes will convince you to take a moment for yourself every now and then. Sometimes you just have to take a deep breath, relax, and let things go. Focus on what matters to you and who matters in your life. The rest will work itself out. Just take it one step at a time.

Life is all about balance. You don't always need to be getting stuff done. Sometimes it's perfectly okay and absolutely necessary to shut down, kick back, and do nothing.

Your calm mind is the ultimate weapon against your challenges. So relax.

Life should be touched, not strangled, You have got to relax let it happen at times, and at others move forward with it. Breathe, Relax & let go.

You can't control everything. Sometimes you just need to relax and have faith that things will work out. Let go a little and just let life happen.

When you try to control everything, you enjoy nothing. Sometimes you just need to relax, breathe , let go and live in the moment. The time to relax is when you don't have time for it.

Your mind will answer most questions if you learn to relax and wait for the answers.

You get peace of mind not by thinking about it or imagining it, but by finding stillness and relaxing the restless mind.

Tension is who you think you should be. Relaxation is who you are.

SEARCH FOR HAPPINESS

It's only by reflecting on life that we can ever have any hope of progressing. So, I've thought a lot about how to achieve lasting joy, and this is what I've come up with: My personal 10 golden rules of happiness. Do you agree with my suggestions?

THESE ARE THE 10 RULES OF HAPPINESS:

No one can go back and make a brand new start. Anyone can start from now and make a brand new ending...

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 roads bumps, they slow you down a bit but you will enjoy the smooth road afterwards. Don't stay on the bumps too long. Move on !

When you feel down because you didn't get what you wanted, just sit tight and be happy, because God has thought of something better to give you...

When something happens to you, good or bad, consider what it means.

There's a purpose to life's events, to teach you how to laugh more or not cry too hard.

It's better to lose your pride to 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 or finding fault with those we already love, when instead we should be perfecting the love we give.

Never abandon an old friend. You will never find one who can take their place. Friendship is like wine, it gets better as it grows older.

WHAT IS LOVE ?

Love is when my mom kisses me and says mera bachha lakhon me ek hai...

Love is when your dad says 'arey beta! aaj bohot der ho gai

Love is when your bhabhi says ' hey hero ladki dekhi hai tere liya, koi aur pasand ho tou bata dena'

Love is when your brother says ' bhai tu tension na le, main hu na tere saath
Love is when your mood is low and your sister says ' chal bhai kahi ghoom kay
aatein hai
Love is when your best friend hugs you and says' abe tere bagair mazaa nahi aata
yar....
These all are best moments of love.....don't miss them in life.
Love you all who have been a special part of my life.....
Its love, when a little girl puts her effort to give dad a head massage.
Its love, when a wife makes tea for husband, and take a sip before him.
Its love, when a mother gives her son the best piece of cake.
Its love, when your friend holds your hand tightly on a slippery
road.
Its love, when your brother messages you and asks did you reach home on time..
It is 'Love' when you send a small message to your friends to make them smile,
Love is actually another name for "care"..

ACCEPTANCES

When we don't accept an undesired event, it becomes *Anger*;
when we accept it, it becomes *Tolerance.*

When we don't accept uncertainty, it becomes *Fear*;

when we accept it, it becomes *Adventure.*

When we don't accept other's bad behavior towards us, it becomes *Hatred;* when we accept it, it becomes *Forgiveness.*

When we don't accept other's Success, it becomes *Jealousy;* when we accept it, it becomes *Inspiration.*

Acceptance is the key to handling life well.

GRATITUDE

Long ago I heard a story about a bird who lived in the desert, very sick, no feathers, nothing to eat and drink, no shelter to live and kept on cursing his life day and night. One day an Angel was crossing that desert, the bird stopped the Angel and inquired " where are you going?" The Angel replied "I am going to meet God". So the bird asked the angel ' Please ask God when my suffering will come to an end?' Angel said, " Sure, I will, and bid good bye to the bird. Angel reached God's place and shared the message of the bird to him. Angel told Him how pathetic the condition of bird is and inquired when the suffering of the bird will end? God replied ' For the next seven lives the bird has to suffer like this. No happiness till then'. Angel said that when the bird hears this he will get disheartened. Could you suggest any solution for this? God replied, "tell him to recite this mantra " Thank you God for everything'. Angel met the bird again and delivered the message of God to the bird. After seven days the Angel was passing again from the same path and saw that the bird was so happy, that feathers grew on his body, a small plant grew in the desert area, a small pond of water appeared; the bird was singing and dancing cheerfully. Angel was astonished how it happened, God told for seven life times there is no happiness for the bird for next seven lives, and with this question in mind he went to visit God. Angel asked his query then God replied yes it was true there was no happiness for the bird for

seven life time but because the bird was reciting the mantra ' Thank you God for everything' in every situation. When the bird fell down on the hot sand it said thank you God for everything, when it could not fly it said thank you God for everything, so whatever the situation may be the bird kept on repeating Thank you God for everything and therefore the seven life times karma got dissolved in seven days.

When I heard this story it landed me in a different energy zone, I felt a tremendous shift in my way of feeling, thinking, accepting and viewing life. I adopted this mantra in my life whatever the situation I faced I started reciting this mantra ' THANK YOU GOD FOR EVERYTHING'. It helped me to shift my view from what i did not have to what i have in my life. For instance if my head used to pain I thank God rest of my body is completely fine and healthy and I used to feel headache did not bother me anymore. In the same manner I started using this mantra in my relationship, finance, love life, social life, business, friends, maids, colleagues and everything with which I can relate. I shared this story with my spouse and children too which brought a great shift in their behavior. This simple mantra really had a deep impact in my life, i started feeling how blessed I am, how happy I am, how good life is.

The purpose of sharing this message is to make all of us aware of the power of gratitude. It can reshape our life. A simple word, a simple thought, which teaches us to be grateful for everything what we have in our life, has power to dissolve the karmic baggage which we are carrying since so many life times. Let's recite this mantra continuously to experience the in our life. Paradigm shift.

I end this with the beautiful lines: "Be grateful, and see the change in your attitude. Be humble, and you will never stumble. "

LIFE LESSONS:

Life beats all of us down at some point. But most of us manage to pull through and rise above it, just through the power of positive thinking. Here are some inspiring quotes that never cease to fill me with hope and power. Life can be

good with a bit of wisdom. One of the hardest things about life is that, sometimes, it wears you down a bit. These are the times when we need to hear the right words, the right thoughts, to bring us back into balance and reaffirm our belief in ourselves. But no matter the situation, life lessons are always welcome, and wise words are always good to listen to, internalize, and get inspired by.

Life is an echo. What you send out comes back. What you sow you reap.

What you give, you get. What you see in others exists in you.

Waking up to see another day is a blessing. Don't take it for granted.

Make it count and be happy that you're alive.

Often people that criticize your life are usually the same people that don't know the price you paid to get where you are today.

Love those who will love you when you have nothing to offer but your company. When you try to control everything, you enjoy nothing. Relax, breathe, and let go and just live. You are strong when you know your weaknesses. You are beautiful when you appreciate your flaws. You are wise when you learn from your mistakes. Depression, anxiety, and panic attacks are not signs of weakness. They are signs of having tried to remain strong for way too long. Did you know that 1 in 3 of us will go through this at some point in our lives? Let those who struggle know they're not alone, that they're loved and surrounded by a lot of people who care!!! Give yourself permission, to immediately walk away from anything that gives you bad vibrations. There is no need to explain or make some of it, just trust that little inner voice when it talks to you.

These are the quotes which have the power to stay with us for a lifetime.. You have brains in your head. You have your feet in your shoes. You can steer yourself in any direction you choose.

If you have good thoughts they will shine out of your face like sunbeams and you will always look lovely.

You're braver than you believe, stronger than you seem, and smarter than you think. The entire world is made of faith, and trust, and pixie dust.

We must all face the choice between what is right and what is easy. Here is my secret. It is very simple: It is only with the heart that one can see rightly: what is essential is invisible to the eye.

Inside all of us is hope. Inside all of us is Fear. Inside all of us is Adventure. Inside all of us is a wild thing.

LIFE IS MADE OF LESSONS.

Every day we learn something new, and hopefully use it to gain a little more happiness for ourselves, make less mistakes, and get a bit closer to the person we want to become. Here are 8 pieces of advice that have really helped me along the way.

When something bad happens you have three choices: You can either let it define you, let it destroy you, or you can let it strengthen you.

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

10% of conflict is due to a difference of opinion and 90% is due to wrong tone of voice.

A man told Buddha: I want happiness" Buddha said first remove "I" that's ego. Then remove "Want" that's desire. See now you are left with only "Happiness"

Empty pockets teach you a million things in life. But, full pockets spoil you in a million ways. Our eyes are placed in front because it is more important to look ahead than to look back.

Life is an echo. What you send out comes back. What you sow, you reap. What you give, you get. What you see in others exists in you.

If you are depressed, you are living in the past. If you are anxious, you are living in the future. If you are at peace, you are living in the present.

“Yadh Bhaavam Thadh Bhavathe” goes the famous Sanskrit saying which translates “As you think, so you become”

EVENING OF LIFE:

Time has a way of moving quickly and catching you unaware of the passing years. It seems just yesterday that I was young, just married and embarking on my new life with my mate. Yet in a way, it seems like ages ago, and I wonder where all the years went. I know that I lived them all. I have glimpses of how it was back then and of all my hopes and dreams.

But, here it is... the winter of my life and it catches me by surprise...How did I get here so fast? Where did the years go and where did my youth go? I remember well seeing older people through the years and thinking that those older people were years away from me and that winter was so far off that I could not fathom it or imagine fully what it would be like.

But, here it is...my friends are retired and getting grey...they move slowly and I see an older person now. Some are in better and some worse shape than me...but, I see the great change...Not like the ones that I remember who were young and vibrant...but, like me, their age is beginning to show and we are now those older folks that we used to see and never thought we'd be. Each day now, I find that just getting a shower is a real target for the day! And taking a nap is not a treat anymore... it's mandatory! Because if I don't on my own free will... I just fall asleep where I sit!

And so...now I enter into this new season of my life, unprepared for all the aches and pains and the loss of strength and ability to go and do things that I wish I had done but never did!! But, at least I know, that though the winter has come, and I'm not sure how long it will last...this I know, that when it's over on this earth...it's over. A new adventure will begin!

Yes, I have regrets. There are things I wish I hadn't done...things I should have done, but indeed, there are many things I'm happy to have done. It's all in a lifetime.

So, if you're not in your winter yet, let me remind you, that it will be here faster than you think. So, whatever you would like to accomplish in your life

please do it quickly! Don't put things off too long!! Life goes by quickly. So, do what you can today, as you can never be sure whether this is your winter or not! You have no promise that you will see all the seasons of your life...so, live for today and say all the things that you want your loved ones to remember...and hope that they appreciate and love you for all the things that you have done for them in all the years past!!

Life is a gift to you. The way you live your life is your gift to those whom you share it with.

LIVE IT WELL!

ENJOY TODAY!

DO SOMETHING FUN!

LIVE WITH ALOHA!

LOVE ONE ANOTHER!

LIVE LONG – LIVE GOOD.

LIFE IS LIKE A LEASE, NEGOTIATE IT WELL.

IT IS HEALTH THAT IS REAL WEALTH, AND NOT PIECES OF GOLD AND SILVER.

LIVE LIFE KING SIZE!

FRIENDSHIPS WITH FRIENDS AND FAMILY ARE WEALTH. If you have drifted apart for any reason forgive and forget, and live forward not in the past because tomorrow may not come.

TODAY IS THE OLDEST YOU'VE EVER BEEN, YET THE YOUNGEST YOU'LL EVER BE SO - ENJOY THIS DAY WHILE IT LASTS.

~Your kids are becoming you.....but your grandchildren are perfect!

~Going out is good. Coming home is better!

~You forget names.... But it's OK because other people forgot they even knew you!!!

~You realize you're never going to be really good at anything.... especially

golf.

~The things you used to care to do, you no longer care to do, but you really do care that you don't care to do them anymore.

~You sleep better on a lounge chair with the TV blaring than in bed. It's called "pre-sleep".

~You miss the days when everything worked with just an "ON" and "OFF" switch.

~You tend to use more 4 letter words ... "what?" "when?"... ???

~Now that you can afford expensive jewelry, it's not safe to wear it anywhere.

~You notice everything they sell in stores is "sleeveless"?!!!

~What used to be freckles are now liver spots.

~Everybody whispers.

~You have 3 sizes of clothes in your closet.... 2 of which you will never wear.

~But old is good in some things: Old Songs, Old movies, and best of all, OLD FRIENDS!!

Stay well, "OLD FRIEND!" Send this on to other "Old Friends!" and let them laugh in AGREEMENT!!!

It's Not What You Gather, But What You Scatter That Tells What Kind of Life You Have Lived.

DON'T RUIN YOUR LIFE

We all develop negative and toxic attitudes at times and none of us are invulnerable to mood swings or thoughts that dampen our happiness. That doesn't mean you should surrender to them. Whether your negative attitude appears often or is a rare occurrence, it is important for your long-term happiness that you

manage to identify the thoughts that create it, together with what will change how you think. The 12 toxic and negative thoughts presented here pass through most of our minds, and it's best to know how to handle them, freeing ourselves to live a truly happy life.



1. "I may not be happy right now, but I know I'll be happy in the future."

Instead of being thankful for having two working legs, a body that can do so many things and a brain that works all the time, many people complain about their weight and their looks. Instead of being thankful for the roof over our heads, many people pray for a shiny new car. Don't be one of those people. You may not have everything now, but you have plenty. To see that, just make a list of things to be thankful for. The world is full of people who would trade places with you in a heartbeat. Don't wait for happiness later when you can have it now. It's all about appreciating what you do have.

2. "Happiness depends on great moments and specific circumstances."

For some, chasing happiness is not the same as being happy. For those who chase, happiness is always just out of reach, and only occurs during special, specific moments. There's nothing wrong with enjoying some sunshine or the chirping of birds, but one must separate happy moments with being a happy person. Happy moments pass because time always passes and it's inevitable that they do. We expect to be happy 24 hours a day, seven days a week, 365 days a year, wanting a life where every action is rewarded. However, this kind of attitude only leads to disappointment and changing moods.

If you're serious about being happy, then chasing it is a bit more complicated. It's not always about momentary thrills and instant gratification. This isn't a game of tag - it's more "hide and seek". The goal is to live a life that is meaningful to YOU. It starts with asking yourself: "Why do I do what I do every day?" When that answer gives you meaning and joy, then you will have found your happiness.

3. "Every step I take, for myself and for others, must be logical."

If we only ever listened to our logic, we'd lose our passion, our sense of romance and probably some of the long-standing friendships we have with others. We'd be stuck thinking we're going to fail at everything we do, that we will end up getting hurt. But that is nonsense, because if we truly lived our lives that way, we wouldn't be living at all!

If you shape your every action so it seems logical to you or to others, you may feel 100% safe from acting like a fool, but will spend your whole life waiting for something to happen. Sometimes you just need to try new things and take risks. Sometimes you just need to get up and do what feels right to you. Man did not invent the plane because flying made sense, he invented it because he had a passion; because he wanted to do something that seemingly defied logic and make it come true.



4. "I'm not good enough to do this."

When you find yourself in a circle of self-hate, you must remember that you were not born this way. At some point in your past, someone or something sent you the message that something is wrong with you, and you've internalized that lie and accepted it as the truth. But it isn't a lie you should carry on your back, and those that judge you are not you, so what do they know about what you can or cannot do?

In the same way that you learned to see yourself in a negative light, you can also learn to see yourself in a positive one. Every time you feel this inadequacy, see it as a challenge and prove to yourself and to others that you have self-respect and that no one has control over what you can and cannot do. It won't be easy, and it won't happen overnight, but it's possible with enough practice. It starts when you give yourself a break, and consider the possibility that you CAN do anything.

5. "Everyone should love me."

People who are constantly on the hunt for other people's approval eventually wear others out. They are stuck with the desperate need to prove their worth, time after time, always trying to get positive attention from the people around them.

Ironically, they often get the opposite result, because they suck the energy of others trying to get their attention, and end up annoying them. Even worse, they exhaust themselves in the process, and eventually become frustrated and angry because they couldn't get what they wanted. There is a much bigger picture to look at in life, and there's much more for which to strive than other people's approval.

Imagine yourself living completely alone, without seeing anyone. What would make you happy then? What would you do? If you want people to love you, help them. Give them the love you wish to receive. They may not always give it back, but it will help you find happiness in giving rather than receiving.

6. "I've seen and heard it all."

No matter how much you know, how much you've learned or how many experiences you've been through, this life is much too complex for anyone to be able to say that. Every day is a chance for a surprise, and you should never think that you're done learning. We learn every day, from the moment we're born, to the moment we close our eyes for the last time. Keep an open mind, because very often, the things we thought we knew end up giving us some valuable new lessons.



7. "I need to be in control."

Imagine you are driving your car and get stuck in traffic. There's nothing you can do but to be patient. Yet, that doesn't stop most of us from changing lanes, trying to bypass other cars or even, in desperate cases, driving on the other side of the road. These are all attempts to regain control over a situation that we simply cannot

change. This leads to frustration, and when we finally do get to where we were going, we already feel negative and frustrated, which may cause us to take it out on others, or just make ourselves feel worse.

Accept the fact that sometimes we have no control over what happens to us, but remember that no matter what happens and no matter what the result is, it will always work out in the end. Don't sacrifice your present for a future you fear. Let go and let life happen, invest your energy in the good things you can control, like spending time with your loved ones.

8. "I've been hurt so bad that I'll never recover."

Pain and loss is a big part of life, and keeping them fresh in our memory only causes them to last longer. One of the hardest things to do in this world is to let go of the pain that we both hate and willing by, whether that pain comes from guilt, anger or tragic loss. Sometimes forgetting and letting go is the only choice that can cure us and release us emotionally from memories we use to haunt ourselves.

It's not easy letting go - it takes hard work and focus, but it's worth the effort when you feel that weight lifting from your shoulders. Stop reading old chapters in your book of life and start making some new ones. Learn from your past mistakes and move forward. Sure, there will be new mistakes to make, but that is part of living a meaningful life.

9. "Everything that happens is personally connected to me."

It's easy to believe that everything that happens around us is somehow connected to us personally. It's easy to believe you are unloved or unwanted when people seem angry or unfriendly. But the truth is most people make their choices based on what they're going through themselves, and it rarely has anything to do with you personally. Someone might have a bad day, and we all have our own problems and struggles to overcome. Don't take things personally, understand that every person around you is just trying to find their own way through good and bad days alike.



10. "I'm better than other people."

Be humble. Admit your mistakes and know when to ask for forgiveness. Ask others for their help and remember those to whom you owe your success. This constant act of comparing yourself to others will only bring you frustration and anger. It's a thought that we use as a shield to prove to ourselves we have worth. You do have worth, and so does every other person. Realize that and compare yourselves only to the person you see in the mirror. Remember, climb a mountain not so that people can look at you, but so you can look at the world.

11. "What they don't know won't hurt them."

We all tell little white lies now and then. But even the simplest little lie can cause us stress and anxiety in the long run. In fact, it's quite terrifying to think that most people are more surprised by honesty than they are by lies. The one thing that unites people the most is being open and honest with one another; helping others see the world the way it is instead of selling them illusions.

Most importantly, don't lie for the sake of your own mental health. It's such an easier life when you're simply being honest and have nothing to hide.

12. "I just don't have time for my family and friends."

Neglect is almost as bad as abuse to some people. You may feel a little regret now, but you'll feel a lot more of it later in life, when most people wished they had worked less and made more time for their loved ones. And when we lose one of our dear friends or a family member, we feel as if we would give anything for just one more hour, even a few minutes, with them again. Think about that when you look at them, every moment is precious. Spend it well.

Take the time to have a really good conversation with a member of your family every once in a while. Share with them, be honest with them and above all - give them your attention. Life is too short not to spend it with those we love. Make the right choices so you don't regret them later.

A few more words...

If you notice some of these behaviors and thoughts in yourself, remember that you're not alone. We all have a negative side buried deep within us, and it has the potential of bubbling up to the surface when we least expect it. The key is your own awareness, so identify the toxic thoughts and behaviors when they happen and stop them in time. Remember these tips and live your life the way you're supposed to be happy.

LIVE LONG & LIVE GOOD:

Your best friends can help you live longer, and are more important to your health than family. The studies made have proved that friendships can increase your lifespan. People who value friendships are happier and healthier. The health benefits of friendships grow as people get older,

and the quality of friendships is more important than the quantity. Falling out with friends is associated with chronic health issues. Strained friendships are linked to mental health problems, diabetes and cancer. Support from family can increase your well being, but family relations can be tense or monotonous. So hold your family close, but your friends even closer.

Feeling stronger, healthier and happier in our 40's and beyond may seem like a difficult task. But, here are 15 reasons that will remind us how we can feel all of these as we get older.



1. You may have a more active social life

Researchers discovered that although people tend to have fewer close relationships as they age, they usually compensate by becoming more involved.

2. Your outlook on life is sunnier

According to research, in our younger years, we may pay more attention to negative information, but once we reach the ages of 55 and above, we tend to focus on both the positives and negatives in life.

3. You're more generous

Older people are also more inclined to give handouts to strangers and younger people.

4. Simple pleasures bring more joy

It was found that while extraordinary experiences contribute to happiness at all stages of life, older people felt that everyday moments, such as talking to kids or eating good food, brought them more joy, in comparison to younger people.

5. You're less jealous

In our younger years, we were probably more envious. We get older, jealousy tends to fade particularly regarding appearance, romance and social success.



6. Your overall quality of life is better

In comparison to younger age groups, people aged 65 were more likely to say that they were thriving in key areas such as purpose, social, financial, community as well as physicality.

7. You probably won't feel like a senior:

While you may be classified as a senior aged 70 in this age group reported feeling 13 years younger.

8. You aren't as easily duped

Some experts argue that older people are more vulnerable to consumer fraud, primarily due to their decreasing cognitive skills.

9. A slower brain might be a positive

According to research, our brain does slow with age, though it may be a good thing because older people may be processing all the information they've retained over the years.



10. You're better at solving problems

The older people are more adept at thinking of creative solutions than younger people are.

11. Those extra five or 10 pounds may not matter as you age

Adults over 65 who were overweight or at the high end of the healthy BMI range had a lower risk of mortality than those at the low end of the healthy range.

12. You'll live longer without disability

The increase in life expectancy in the past two decades has also been accompanied by an even greater increase in years free of disability.

13. Your fears about aging probably won't become a reality

More than half of younger adults expect to experience memory loss when they are older, but a large poll found that only a quarter of adults actually do.

14. You feel more rested

This may sound contradictory since as we age, we tend to sleep less. Though, older people report better quality sleep and feel more awake throughout the day.

HOW TO LEAD HAPPY LIFE:

Count your age by friends not years, Count your life by smiles not tears.

Life is what happens to you while you are busy making other plans.

We've got this gift of love, but love is like a precious plant. You've got to keep watering it. You've got to really look after it and nurture it.

Time you enjoy wasting was not wasted. It has helped indirectly.

What we've got to do is keep hope alive, because without it, we will sink.

You don't need anybody to tell you who you are or what you are. You are what you are!

A dream you dream alone is only a dream. A dream you dream together is a reality.

Being honest may not get you a lot of friends, but it will get you the right ones.

If everyone demanded peace instead of another television set, then there'd be peace.

It is better to fade away like an old soldier than to burn out.

These may Change Your Life

The search for happiness is an endless journey in a person's life, and each of us has a different definition of the concept of happiness. There are people for whom economic well-being is the recipe, whereas, for others, routine is the perfect solution. We can't know the right way, but we can do the best for us and others if we follow the suggestions below to make our lives happier. Here are 8 important facts for life, all of which are presented using numbers that have been tested and proven, and you should work on them if you want to become happier.

6-7 Hours recommended to spend with family and friends:

If you try to think about when you are the most relaxed and happy in your daily life, you'll realize that it is when you're spending time with your loved ones. A survey conducted by Gallup in the United States found that people are happier mainly on weekends, probably because they spend more time with their families on these days. It also turns out that people who spend about a quarter of their daily waking hours with family and friends are 12 times happier than others and experience less stress and anxiety.

10 Friends you should keep in touch with:

In a survey of thousands of British adults, there was a direct correlation between the number of friends a person had and their level of happiness. It was also found that those with fewer than 10 friends with whom they were in constant contact reported lower levels of happiness. In order to improve your mood, you need to develop a larger and more extensive social network and become more active in developing and preserving friendships.

5 - Positive for each negative interactions:

Positive interactions don't happen on their own, rather you have to make them happen. Try to think, for example, when the last time you complimented your spouse was. Did you have a laugh together at something lately or maybe you have a good memory shared by both of you? Researchers who examined the difference between couples who divorced and couples who remained together found that in a happy relationship the ratio of positive experiences versus negative ones was 5: 1 in favor of the positive events, therefore, it is very important to know how to flatter and compliment your partner.

Reasonable Income:

It is believed that the more money we have, the happier we'll be, but it turns out that this is a mistake. In a study conducted, it won't affect your level of happiness in everyday life, so there's no need to be a work addict and try to earn more than that. The study also shows that people who earn less than the above amount, have an impaired quality of life, experience more difficulties and their level of happiness decreases. Remember that it's important to keep a balance and see how you can generate income that will lead you to the right track.

2-3 – Times to have sex in a week:

If you ask yourself how the number of times you have sex is related to happiness, you should get to know the results of the study conducted at the University of Colorado Boulder in the US, where the researchers found a direct correlation between the two. According to the research, the frequency of sex is very similar to the level of monthly income, which means that the higher the "deposit" in your account, the happier you'll be, and the lower it is, the less happy you'll be. We also learn from the study that a higher frequency of sexual intercourse creates a general sense of well-being at older ages because people tend to think they're having more sex than their peers and thus feel good about themselves.

33, 55 & 70 – Years are crucial:

In many surveys and studies, the three numbers: 33, 55, and 70 are considered to be the happiest time points in life. In the opinion of many psychologists at the age of 30 people tend to have energy, money, and wisdom all at one; another study found that at age 50 people smile a lot, and age 70 is when happiness peaks. But as with any research, there are other researchers who say that there is no such thing as a "happy age" and that we can be satisfied and happy at any age and try to make every year very successful.

Keep the Distance from the people you love:

The phrase "a good friend is a close friend" is one of the most correct quotes when it comes to happiness. When you are physically close to a good friend who lives happily at a distance of up to 1 mile away from you, your chance of being happy is about 25% higher than if they lived farther away. A similar increase will also be felt when you live with a happy spouse, or close to siblings or neighbors who are happy with their lives, so you should keep your good friends close to you and the happy ones even closer.

40 % of happiness that's up to you:

After filling our lives and bringing together the people we love, we need to understand that there is one part of this human puzzle called "me". Once we realize that happiness depends first and foremost on ourselves, we have the ability to neutralize about 40% of the problem, which can be called "the search for happiness," according to researchers. While this isn't simple, everyone must remember that by analyzing the behavior and circumstances of each and every one of us, it is possible to correct negative feelings and take control over our happiness.

To summarize, we can say that even if we earn less than reasonable income and move closer to a friend or become more social, we need to remember that the main point is to look for positive interactions and change the way we feel regardless of the circumstances of life. The way to happiness depends on us, and with these numbers, you can get on your way to it!

LITTLE STORY WITH A POWERFUL MESSAGE.

Philosophy professor thought a very important life lesson which I have never forgotten, One morning, he walked into the room, cleared everything off his desk and placed a few items on top of it. One of the items was an empty mason jar. He started to fill up the jar with golf balls until he could fit no more. He looked at us and asked if we agree that the jar is full. Everyone agreed that it was. Our Professor then picked up a box of small pebbles and poured them into the jar. The pebbles filled all the gaps that existed between the golf balls. He then asked us again if the Jar was full, and we agreed once more. Next, he picked up a bag of sand and poured it into the jar. The sand filled in all the empty space that was left between the golf balls and pebbles. We were asked once more if the jar was full, as we all said it was technically full. Finally he pulled out two cool drink bottles under his desk and poured into the jar filling the empty space between the sand. We all started laughing wondering how far he was going on. The professor waited until the laughter had finished. "I want you to realize this jar represents your life. The golf balls represent the important things - family, children, health, friends, and passions. If everything else was lost and only they remained, your life would still be full. The pebbles represent the other things in life that matter, such as your job, house and car. The sand? that is everything else. The small stuff, if the sand goes in first, there's no room for the golf balls or pebbles. The same applies to life. If you spend too much time on the small things, you'll never have room for the important things. Pay attention to the important things in your life. Enjoy time with family. Go to dinner with your spouse. Play with your kids. There will always be time to clean the house or go shopping. Take care of the golf balls first - the things that matter! The rest is just sand. You are dismissed! then the meaning of Beer, no matter how full your life may seem, there's always room to have a cool drink with a friend.

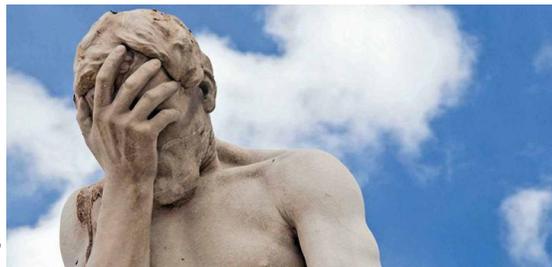
LIVE INSPIRING LIFE: Everybody has their opinions about how we should live our lives.

1st Principle: “Be Independent of the Good Opinions of Others”



Rather than accept what others determine for you, telling you or advising you how best you can fulfill your potential, you should make your decision based on your ‘own inner calling.’ Often people have strong opinions about where you should live, with whom you should associate, what you should do, and so on. However, no one else but you really knows what your purpose or calling in this life is.

2nd Principle: “Be Willing to Accept the Disapproval of Others” If you act contrary to what your peers and others wish, you may experience their disapproval, scorn or rejection. Yet to be true to the first principle you must be willing to accept their harsh over-reactions: meaning, you should not see their protests as evidence you should disobey your own calling. Eventually, they will respect your single-mindedness, and many will look to you for their inspiration. This shows how important you can be, a beacon for the world.



3rd Principle: “Don’t Die Wondering”

Don't squander your life opportunity, leaving your inner calling unheard and your true potential unexpressed. Never be afraid to take the plunge, even if there is a chance you might 'fail'. Failure won't matter if we think of life as a kind of game, a joyous sport where we each rack up our fair share of wins and losses.

4th Principle: "Stay Detached from Outcomes"

We are led to believe that we ought to set achievable goals for ourselves and meet them. However, Dyer quotes Sage Maharshi, saying: "There is no goal to be reached. There is nothing to be attained. You are the self. You exist always." So, be like a dancer, for whom the purpose of dancing is not reaching the end of the dance, but experiencing every step of the way. If you are outcome-focused, you will be forever 'out of spirit'. Contrarily, if you live in the permanent 'now', you will be forever 'in spirit'. - Advertisement

5th Principle: "Know That We Need Nothing/No Things to Be Inspired"



We can become so occupied with our possessions – and our neighbors' possessions – that we forget that the 'objective universe is not made up of things'. Rather there are waves of motion that stimulate 'things', making them appear real and essential. A spiritual person sees beyond the impressions, living 'from the mind', free of bodily restrictions. Oriented in this way, know that God is present throughout the universe. Take it as your inspiration, that to commune with God, you already have everything you need.

6th Principle: "Remember That Our Desires Won't Arrive by Our Schedule"

Don't be disappointed if something you wanted fails to arrive. There may be obstacles in our path, but we have attracted them to us, as part of our life purpose. Let overcoming them become your desire, taking each moment as it comes. This advice speaks to our delicate egos, which often have no truck with sudden shocks and unexpected forks in the road. Let yourself be more like God - who showers His rain on the just and unjust - and look upon calamity as you look upon 'success'.

In summary: To live a spiritual life, listen to your inner calling, ignoring others' misplaced advice. Be unmoved by their disapproval, they will respect you. If you ignore this path you will have crippling regrets. Don't worry about achieving goals, simply enjoy the journey. Neither take heed of the illusory things of the world. Instead, retain control of your mind and be at one with the universe. Finally, don't be chained to your expectations. If things don't fall out as you hoped, let them be.

Her Majesty Queen Elizabeth II

II, born Elizabeth Alexandra Mary on April 21, 1926, celebrated her 92nd birthday this year.

However, Dr. Michael Gordon, the program director of palliative care at Baycrest Geriatric Health Care System, who trained in Scotland and met the Queen's mother, feels that nowadays, even being in your 80s is no big deal. He says that "I'm a geriatrician and, in my practice, that's like adolescence. She's not 100 yet. Her mother, the Queen Mother, lived to 101, and there's a pretty good chance, barring the unexpected, that Elizabeth can get there herself."

Yet, even the best genetic makeup can be destroyed by environmental factors. Researchers say that we accelerate the aging process if we smoke, drink heavily, eat poorly, don't exercise, and are overstressed. Successful aging, says Gordon, is measured both in quantity of years and quality of life – not simply breathing, but retaining enough enthusiasm and vitality to make life worth living.

Below you'll find 8 royal secrets of longevity.

1. Get Regular Medical Screenings



The queen has regular medical screenings and access to medical care that helps to keep her in good health. Preventive screenings for men and women should include measurements for cholesterol, blood pressure, and sugar. This could help to catch deadly, yet avoidable, diseases, such as diabetes, strokes, and heart attacks.

May also interest you:



Is There a Healthier Herb Than Ginseng? We Don't Think So!

2. Get Regular Exercise

The Brits are big walkers and so is the Royal Family. They are known for their enjoyment of long walks on the grounds of Balmoral, where they stay for their summer vacations. The Queen is also known to love horses – and horseback riding has excellent health benefits.

After a good diet, exercise offers the most health benefits. It improves almost every measure of health we can devise, and there is a lot of evidence supporting the relationship between exercise and longevity. How much you need varies according to your medical and fitness history and current test results. However, even just 30 minutes a day, can help lower blood pressure and stress levels.

3. Stay Mentally Sharp



The Queen is still a functional head of state involved with high-level meetings that help to keep her mentally acute. She has also visited the Google headquarters in London, indicating an interest in the Internet, and she is said to e-mail her grandchildren, too. Anything that challenges your mind –

6. Drink a Cup of Tea and Barley Water

High tea, taken at 5 in the afternoon, is a British ritual enjoyed by the Queen. Tea, as we all know, has a number of health benefits: anti-cancer, antioxidants, anti-inflammatory, and anti-heart disease.

Green tea is the most widely studied and probably the most beneficial. The Japanese have the highest average lifespan and this may be due to two factors: fish and green tea.

Barley water, sometimes flavored with lemon or other fruit, is a popular British drink and a favorite in the royal household. Barley is a rich source of soluble and insoluble fiber, and barley water is said to help support the kidneys, especially during times of stress, and it might also be therapeutic for those who suffer from bladder and kidney ailments.

7. Keep a Pet



The Queen has a special love for dogs, especially the Pembroke Welsh corgi. In a study carried out at the State University of New York, Buffalo, stockbrokers with high blood pressure who adopted a pet showed a 50% decrease in blood pressure compared with those who had no pets.

Getting a positive response from an animal may make you feel better and has an effect on the metabolic system, producing higher levels of positive hormones and improving feelings of well-being.

8. Stay Connected

People who are connected to those around them – through marriage, friends, a spiritual community or other networks – usually live longer than those without strong ties. The queen is known for her rich social life.

She and Prince Philip reached their 60th year of marriage in 2007, making Elizabeth the first monarch to celebrate a diamond wedding anniversary. The fact that she has been with the same person for all these years has provided a very stable relationship for her.