

## THE JOY OF LIVING

There are seven number of benedictions recognised in worldly offering. One, a healthy disease free body; two, monetary income in sufficient measure; three, soft spoken and faithful spouse; fourth, an intelligent and obedient, son; fifth holistic learning; sixth, a god house, and seventh, a god company. These seven largesses are available only to the fortunate few who tread the path of good. Hence one should always help others and do good.

... *Nitivachan*

### **Daily routine should be systematic :**

To live is an art. One who knows this art can live cheerfully even in difficult times. What we do in daily routine decides the kind of mental status we acquire eventually. Daily routine in general relates to our eating, drinking, life style and our interactions with our fellow beings. Those who plan their activities properly, enjoy life to the hilt and remain happy and content. If daily routine is lackadaisical, it not only impairs health of mind, but body as well. Such men fall pray to myriad mental and physical ailments. Well organized people get up early in the morning, attend to call of nature and exercise, followed by yoga, bathing, prayers, breakfast and meditation. After this they get on to their daily assignment in all earnest. These set of activities, on one hand, are the best utilization of time. On the other hand, they act as physical and mental boosters. When we are mentally relaxed, then only we are happy in a real sense. We are happy because we are content. And, conversely we are content because we are happy. Those people who are serve at mental level remain in the joy of living. Consequently their devotion and dedication at work place is top notch leading to better results which add to their happiness all the more.

A well planned day connotes order in our working, which influence people favourably. It keep a man live and kicking. But if our routine is disorganized, the evils like lethargy, stupor, inebriation, lack of concentration, irritability and depression make their presence felt. Hence those who aspire for lasting peace and the joy of living, should meticulously plan and organized their daily activities.

### **Positive outlook :**

For all our pluses and minuses, our attitude towards life counts. William James of Harvard University say - "**The most significant finding of my age is this that man can better his life by changing his attitude.**" Hope, despair, and sorrows and happiness are two facets of our mental attitude. It's entirely on our way of looking at things which decides whether we remain happy or sad, pessimistic or optimistic. All beings pass through ups and downs of adversity in their life. This roller coaster comes as a challenge to them. It faced in time with dexterity, wisdom, honesty, patience and courage, man succeeds with distinction. Given a choice between joy

and sorrows, hope and despair, we would naturally opt for joy and hope. Just as we would pluck only flowers and reject thorns for our collection. But if one learn the art of accepting flowers (honour) and thorns (brickbats) with equal felicity - success and prosperity follows our foot steps.

#### **Seeing faults of others serves no purpose :**

Envy and enmity go hand in hand. They are veritable twins born of same mother. The fact that if we dislike someone, his or her plus points too are rated negatively by us. True also is this fact that we tend to search our own blemishes in the persona of others. If you don't have it in you, you won't find it elsewhere too. Take for instance the tiny tots (children). They have no inkling of sexual desires. Hence irrespective of how we relate to them, children are not sexually roused. Because the blue print of 'lust' is just not there in their thought process. To noble and the learned of men see good in all beings. No wonder, Kabir said: "When I went out searching for a bad person I found none more flamed than my own person. And when I introspected, I realized I was the most vile of all." Gandhiji was fond of saying - "we all are full of blemishes, but it is our sanguine duty to rise above our faults. It is well said - "Greed, sorrow, fear, anger, pride, shamelessness. Obsession and desire to grab someone else's wealth or property must be avoided by a person who is truly wise."

#### **A frightened man is a dead man; so never fear:**

To fear a prospective calamity is childish, and to remain petrified when it actually comes amounts to compounding the disaster. It's only enthusiasm and courage which can bail us out. Not fear. First precondition for peace is conquest of fear. Fear is our worst enemy living in precincts of our own consciousness. But a fearful man is nature's worst expression. Fear is a false illusion. If there be only one religion for the entire world - "It is fearlessness!". Fear leads to sorrow which spells death. And this lies at the root of all sins and servitudes. Fear of disease, disgrace, loss of life and money, failure and such like apprehensions make our lives miserable. So be fearless.

**Develop your creative powers :** All men should channelise energies in creative work. Be it agriculture, physical labour, daily wage, craftsmanship, office work, domestic chores or social work. Breach in creativity is a breach in peace and happiness. We should all work consistently to better our life style so that may tap best of intellectual, moral and spiritual bliss. In all fields of human endeavour, people with innovative ideas are most admired. Because efficiency in every undertaking has much to do with novelty of ideas, they guide one to better ways of doing things. In fact creativity spans every facet of our life, be it writing a novel or story, socializing or cleaning of utensils in kitchen. There is always a scope to better our approach. One who welcomes newer ideas, finds better ways of doing his job. And people of this class are naturally a happier lot as compared to their moron counterparts.

**The Joy of living :** The joy of living, in true sense of the praise, comes when we live for others. one who dedicates his life to the cause of other - never treads the path of sorrow. In his Gita discourse, Lord Krishna explains to Arjun : "A man who lives for happiness of others, can never be sad." One who loves life, loves are living beings, and shares his bliss as much as he can. Love for humanity is greatest of human strength. Whether our life span is long - or short - our aim in life should be to uphold holistic ideals.

**Be helpful to others :** As long as we live, we must serve others in all promptness. For what remains alive after one's death, are one's deeds. A life worth it salt draws veneration even in death. One who lives for others is immortal - even in death. To live for others, work for others, pray for others, suffer for others; this is the only way to peace and happiness.

**Overcome your disappointments :** Ups and downs are integral to our life. Sometimes we are depressed, and sometimes elated. Sorrow and despair are alien to life - and need to be driven away. We must conquer setbacks and turn to the holistic aim of a happy and harmonious existence.

**Loose, if you must but not without a spirited fight :** "If you think, you are beaten, you are, If you think, you can't you don't. If you wish to win, but you think you can't, it is almost certain you won't. If you think, you will lose, you are lost, you have got to be sure of yourself, before you can ever win a prize. Life's battles don't always go. To the stronger or the faster man. But sooner or later who wins is the man who thinks, he can".

*(Source : by P.K.ARYA, 'PERSONALITY DEVELOPMENT COURSE'-Manoj Publications - Delhi)*

## **HOW TO OVERCOME INFERIORITY FEELINGS**

**"Why do I always make such mistakes? If only I had better education, I would not have made such mistakes."** Comments like these tell us much about the poor opinion people have of themselves. Occasionally becoming depressed at one's shortcomings is normal. But many people feel inferior for too long a time, and they go through life with a feeling of worthlessness and spoils their happiness. A poor opinion of oneself shows in all kinds of subtle ways! A man will work long hours at the office expecting his boss to think of him as worthwhile. Or a woman will ask how to keep her hair stylish and whether she ought to wear a mini or a pantsuit. She is more anxious to please others than herself. Why do we have such poor opinions of ourselves? Our feelings give the answer. When you do something you don't approve of, you feel bad and have a poor opinion of yourself. If you are behaving in a way you approve of, you will feel glad. You will have a glow of well-being and you will like yourself. Some are perfectionists. They need to score 100 percent all the time. I should do everything right is their subconscious thought. so, whenever they fall short of their standards,

they judge themselves too harshly. They should try for a more realistic attitude that is to be gentle towards themselves. Anyone with such unrealistically high standards has a false idea of what a normal human being really is. Still other people get a poor opinion of themselves by accepting the standards of those around them. Accept yourself as different and as a genuine individual. You are unique in your own way. The first step to get rid of inferiority feelings is to realize that you are no longer a child but a grown-up person who has your own abilities and merits. Self-study is the second important step for detecting what is wrong. Becoming acquainted with oneself involves taking a pencil and paper whenever you are overcome by a feeling of worthlessness and writing down whatever comes to mind. Let the pencil freely write what you feel it appears trivial, irrational and embarrassing. Then put away the paper and days or weeks later, look at what you have written to see what is improved. The things that appeared meaningless become clear. Once you become conscious of making self-deprecating comments like these and consciously stop them, your opinion of yourself increases. A better habit is to emphasise your triumphs rather than your defeats. When you do get a better opinion of yourself, everything improves. You feel more confident and self-assured. You gain true self-esteem and the right perspective. The new self-respect and self-confidence frees you to discover your own assets and abilities. And people treat you better, like you better, respect you more because you are happy with yourself and have learnt to respect yourself.

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## MIND AND MEDITATION

**Everybody will say that we should control our mind. Is it possible? If everybody could achieve this, there would not have been any problem in the world. The mind is restless, turbulent, powerful and stubborn. But the mind can be controlled with practice and calmness.** Through the control of mind, one can attain illumination. Such a person succeeds, even in adverse circumstances. The person may still face the trials and tribulations of life. But he never lacks the courage and strength to face them. When a person controls his mind, his higher nature asserts itself and his hidden powers are released. Persons without self-control will not even retain the prosperity they have. In some situations, we do things knowing fully well that it is not the right thing to do. And there are situations in which we act suddenly without knowing what is right or wrong. Wrong action results in mental turmoil.

What are the difficulties faced while trying to control the mind? Strong likes or dislikes, attachments or aversions, living an immoral life, harming others, taking intoxicants, inquisitiveness about others affairs, finding fault with others, being egocentric, jealous of others prosperity, are the subjects which make controlling the mind difficult. The human mind is like a drunken

monkey stung by a scorpion. Attachment to worldly objects are the most powerful impediments in the task of controlling the mind. When attachments are removed, dislikes and mistaken beliefs also leave us easily. The mind is restless due to the impurities of the mind. Impulses and emotions such as envy, hatred, anger, fear, jealousy, lust, greed, temptation are the impurities of the mind. When impurities are removed, the mind will be sharp to observe even the faintest of the vibrations.

The mind follows the wandering senses as the wind carries a boat off its course on the waters. Meditation helps to calm down the mind and to control the mind. The mind has to be gradually and systematically brought under control. Mind development can be achieved through meditation. Many scientists are now propogating what our ancient Rishis and Saints practiced and have been saying for thousands of years that meditation and repetition of mantra can help to calm the mind. In the recent study on hypertensive people by the researchers of Harvard University found that transcendental meditation can actually reduce stress and help to avoid heart disease. Swami Vivekananda said before we control the mind, we must study it. We have to seize this unstable mind and drag it from its wanderings and fix it on one idea. Over and over again, this must be done. In the beginning, during the process of controlling the mind, many revolting thoughts will come to our mind. As the practice continues, the turbulence of mind may increase for some time. Gradually the mind's eccentricities will loose their strength. The link between the sense organs and sense-objects is the mind. When the mind is withdrawn from sense-objects, the sense organs also withdraw from their objects. Meditation helps to control the mind. Through the body, we experience the world of objects, through the mind we experience the world of emotions and through the intellect, we experience the world of thoughts.

**Controlling thoughts is one step towards controlling the mind. Methodical control of thoughts is a great secret in controlling the mind.** In the initial stage, thought control is to entertain good thoughts. In its highest stage thought control means complete cessation of thought. To control thoughts, keep the company of good people with noble thoughts and avoid evil company. Evil company brings the dislikes out to the surface. To control the mind, two sets of inner disciplines are necessary. When one notices that a big wave of anger is just rising in the mind, one should raise a contrary wave, a wave of love quickly. After the anger has set in, this method will not work. But impress the fact on your mind that anger is self-destructive. Food habits also play an important role in controlling the mind. Train the mind to be simple, intelligent, sensitive and enthusiastic. It is a mind which has value for truthfulness and straightforwardness, rather than deceit and falsehood. A pure mind enjoys making others happy, whether it is man or animal. He thus takes every opportunity to serve others around. He never transgresses the freedom of others, nor imposes things on others just

because he likes them. Such a mind alone is called a pure mind. It is indeed a great asset to have such a mind. Knowledge, therefore, comes easily to them, with least possible effort.

(Source : WISDOM, Nov.2011).

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## FOR A HAPPY LIFE AFTER RETIREMENT

One tends to think that after retirement one is nearing the end of the road. No, it need not be. It could, instead, be the beginning of the best years of life. A person who retires will have to face two major problems - how to minimize expenses and how to occupy himself. In practice, this change will affect the woman of the house - in her role as wife. So planning for a life of retirement is as important as planning for a career or marriage. What are the basic points to think of before retirement? The major one concerns the mind and health. Developing some degree of detachment is helpful. 'Retired' does not mean old and inefficient. You are retiring to pave the way for younger persons. Think who will look after you after you retire ? The Government or the company from you which you retired, or your

neighbourhood or relatives? None of them. Ultimately it is your family that will take care of you. So it is always wise to consult your family in all matters.

Mr. C.Northcote - Parkinson has classified retired people under five categories. 1. **The matured individual.** Adaptable and realistic, he takes a constructive view of the situation. 2. **The rocking-chair individual** who leans on others and is inclined to take life easy. 3. **The armoured individual.** Highly disciplined, strong willed, he wants to remain active and always 'The Boss'. 4. **The angry individual** who keeps blaming everyone for everything. 5. **The self-hating individual** who withdraws into himself and blames himself for all his misfortunes.

If categories 2, 3, 4 & 5 are unprepared for their retirement, they will soon feel a vacuum and end up making themselves and others unhappy. Mature individuals, on the other hand, will take a positive attitude to retirement, lead a happy life and make their family happy too. Retirement is not something that everyone has to come to terms with. A housewife has no retirement. Doctors, business persons, lawyers, and film artists always seem to be working. After retirement, you will be surrounded by different age-groups in the family and in the neighbourhood. Irrespective of what you and your attitudes were before, you should start adjusting yourself to everything and everybody around.

The maxims for a peaceful retired life are : 1. **Be a good listener.** You should not always talk about yourself. Your office life and what you used to do. You should allow others to talk. By careful listening and helpful suggestions now and then, you would make yourself a good adviser to the young at home. 2. **Avoid the temptation to be always critical.** Everyone has ideas and if you find fault with everything, you run risk of becoming unpopular in your own house. You may involve yourself in family affairs, but should not interfere. 3. Be affable and develop contacts with your neighbours and family members instead of dominating. 4. **Show interest in your family and make the members feel important.** Encourage them and learn to appreciate them, their work, their role in the family. This will help you establish a closer link and intimacy with them and gain their respect. 5. **Outward appearance is always important.** Do not look shabby or sad just because you are retired. You can always be the smart guy by dressing well. **Remember you are "retired" not "tired".** 6. **Keep yourself healthy.** Prior to retirement have a thorough medical checkup and, if any symptoms of ailment are there, have them treated in time and have follow up even. Fix the diet in consultation with the doctor. 7. **Engage yourself in a recreational activity or develop a hobby which will enable you to occupy yourself after retirement.** Think of the plight of those who have to work till the end - labourers, coolies, cooks and so on - and of those who retire on a low pension, compared with them are you not better off?

(Source : by Savithri Vaithi, Wisdom - April, 2011)

The Key to my success is Hidden in my daily routine, so Today I will.....

a) Know that today is the day that I prayed for. b) Make myself valuable to somebody. c) say 'thank you' and 'please'. d) Tackle a problem bigger than me. e) complement someone. f) look for miracles coming toward me and by me. g) Get to better know God by reading His Word. h) Make a small improvement in some areas. i) help someone who has no opportunity to repay me. j) do atleast three things that will take me out of my comfort zone. k) know that the devil takes this new day because I am up again. l) Rise early because no day is long enough for a day's work. m) Not be afraid to ask for help. n) Leave by the Golden Rule so I will never have to apologize for my actions tomorrow. o) Do today what I want to put off until tomorrow. p) Know that the place to be happy is here - the time to be happy is now. q) Take small steps to conquer a bad habit. r) Evaluate my actions not by the harvest but by the seeds I plant.

(Source : By John Mason, *'The Impossible is Possible'*. Orient Paperbacks, Delhi.)

Be...

Be yourself ; Be positive ; Be thankful ; be decisive ; Be merciful ; Be persistent ; Be honest ; Be excellent ; Be confident ; Be faithful ; Be committed ; Be dedicated ; Be focused ; Be forgiving ; Be enthusiastic ; Be hopeful ; Be trustworthy ; Be loyal ; Be helpful ; Be kind ; Be happy ; Be courageous ; Be generous ; Be loving ; Be dependable ; Be wise ; Be holly ; Be obedient ; Be purposeful ; Be effective ; Be creative ; Be responsible ; Be devoted ; Be patient ; Be optimistic.

## CHECKLIST OF THINGS TO DO

1. **Set your goals** : Without setting your goals, you will not know which direction to take and will get muddled and lost along the way. Happiness is the primary goal. To reach that final goal, you will need other short and long-term goals that you must choose. Health and wealth, good relationships within the family, the children's upbringing are some of the goals you will want to keep in front of you.

2. **Day to dream** : Use your natural ability to dream and visualize a future (see it clearly in your mind's eye) for the next three generations. This vision will tell you what you need to do. Then plan for the future and put it into action.

3. **The family is your first priority** : Your first and most important partner is your spouse. Make your partner an active participant in your dream. Share your dream with your spouse and your children, their spouses and later their children.

4. **Have courage in your dreams** : You have a dream and you already have courage, otherwise you will not venture into this risks that all businesses carry with them. But now you must have courage in your dreams and don't allow anyone to tell you otherwise. 5. **Be prepared** : Change is the only constant. Change comes, whether we like it, accept it or lump it, being prepared for change is the mark of a true visionary. Being prepared saves you money, time and heartbreak in the future. 6. **Give Importance to learning** : Life itself is the most elaborate book and the best teacher. Learning does not end with schooling. Being a good, lifelong student will keep your mind active and in working condition, showing you the way out of the many pitfalls that you will encounter as you go along. 7. **Open your children's minds** : Besides the education they receive in school, encourage your children to value good things, Art, music, theatre, science, people, cultures and whatever else they want to learn about should be thrown open to them. This way your children will become balanced adults with a variety of knowledge. 8. **Learn to trust people** : Self-made men tend to distrust to others, including family members. It is their greatest flaw. By building trustworthy people and surrounding yourself with such individuals, you will create a safety net around you. Life does not come with any guarantees, so you should make sure your business survives you to serve your family's future no matter what happened to you. 9. **Invest time in your successors** : If we assume that our children will be your successors, spend time with them now. It would be too late if you leave this for later. Share your experiences and wisdom with your children, they would value this and learn from this much more than anything else. Time spent with your successors is the best investment you will make in your life. 10. **Teach your children well**. Not all of us are good or natural teachers. So make it a part of your "learning" exercise because you are your child's best teacher and the most important role model. It is best to start teaching your children when they are young, but any time is a good time to start this vital activity. 11. **Build a strong foundation** : Success and it's continuity lies with you and your family. You cannot build a strong building with faulty material and you cannot build a tall building with a weak foundation. These are the basic laws of physics and of life. Make your children strong, expose them to the harsh side of life, shelter them but don't spoil them. Shared happiness, laughter, respect and love are the secrets of a strong family foundation. 12. **Be responsible and teach responsibility** : Only responsible people can make good things happen. All of us have certain basic responsibilities, towards ourselves and towards others. The more responsible we become the more successful we are. As we grow older, our responsibilities grow and with it,

our achievements. **13. Discipline is the basis of civilized life :** All of civilized life would collapse without discipline. What we do, when and how, determine how well our lives are lived. Discipline, if taught to children when they are young, is not easily forgotten. Discipline should mark both our personal behaviour and our work ethics. Lack of discipline works out to be very expensive in the long run. **14. Give and you will receive :** Whether it is love, respect, trust or just money, the more you give, the more you receive. This is the natural law. All really rich people are also very generous. But it is not only money that you should give. Your children need lot of your time, attention and interest. Your spouse needs the same. Your employees would need your genuine care and interest in their careers and personal growth. By giving them risk you will receive ten-folds in return. **15. The longest journey begins with a single step.** After all's said and done your journey and adventure ahead await your decision. To do or not to do, that is the question. Until you take the first step, your adventures journey cannot begin. Once you take the first few steps the next ones will become easier. With each step of the journey you will find some challenges and some rewards. And each step you take will take you closer to your ultimate goal of happiness.

*(Source : By Pramod Batra, "Cows don't give milk, it has to be extracted drop by drop" published by FULL CIRCLE, New Delhi).*

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## FOOD FOR THOUGHTS

1. When we become the master of mind, nothing good or bad will work upon us. There is no more slavery for us. We will be free from the bondage of anything.

2. A man can achieve anything which he can conceive in his mind. 3. In your entire life span, you can change only one person and that is yourself. 4. It is doubtful that you can change the world but you can certainly change yourself. 5. Happiness is neither fulfillment of desires nor suppression of desires. It is overcoming the desires. 6. There is no problem in the world which is greater than the strength of your mind.

7. Your happiness should be in your hands and not in others. 8. Truth has a power which sustains all the trials and tests of life. 9. Truth will always remain truth even if there is not a single follower of it. 10. When you realize that you know very little then you are fit for learning. 11. A man is judged by every small thing he does. Big things are not necessary for the evaluation of a person. 12. You deserve the best of everything in life. It is not your desire but is your right as a divine child of God. So never compromise in doing or accepting anything which is less than the best. 13. Spirituality does not mean non-possession of things. It only means non-attachment. A king possessing enormous wealth may be totally unattached

while a beggar with torn clothes may be a highly attached person. 14. Strictness for oneself and liberty for others is the real greatness. 15. Greatest man is the who is the servant of all. 16. Truth can never be destroyed. It can only be temporarily subsided. Truth contains a force which does not rest until it is revealed. 17. Untruth can never stand because of the inherent weakness associated with it. It has to fall one day. 18. The busiest man has the greatest leisure. 19. Final say in every matter is of God and not of yours. The freedom given to you is only in the performance of actions but not in the results. 20. Spirituality does not mean leaving the world and actions and going into solitude. It only means a change of attitude while doing the same Karmas and living in the same world. 21. There is always a power with you which is greater than all the odds which can ever come to you in your life. 22. The best way to keep yourself happy is to ensure the others are happy. 23. Nobody can exercise any power upon you unless you allow him to do so. 24. The greatest fear to a man in the world comes from himself only and not from any outside source. 25. If you have a determined mind backed by firm faith in God, it is impossible for you not to achieve your goal. 26. If you like to win but think you can't, it is almost certain that you won't. Such is the power of thought. 26. Nothing in this universe can affect or frighten you, unless your mind allows itself to be affected. Such is the power of mind. 27. Mind is your greatest friend as well as your biggest enemy. If you use it properly, it is your best friend; if you misuse it, it is your greatest enemy. 28. Purpose of life is not to die one day. You have to fulfill some aim here. 29. One ounce of practice is better than tons of theory. 30. World is meant for our use and not for possession. It is to be used only as a means to achieve our ends. 30. Real preaching is through behaviour and conduct and not by words. Effect of former is ten times greater than that of the latter. 31. A joyous spirit will always find reasons to be happy in any circumstances. A gloomy spirit will always find reasons to be unhappy in any circumstances. 32. Nobody can be helped unless he wants to be helped. Desire and will are the prime requirements for the progress. 33. The fears which are experience in the outside world come from our inside only, although it doesn't appear to be so. By deep contemplation you may realize that you yourself are the source of your fears. 34. If your demand is sincere and is in conformity with cosmic order, supply will certainly come to you. If a thing doesn't exist in the universe, it will be created for you. 35. Sickness is more in mind than in the body. You can't be sick until you feel sick. 36. No one can make you happy except you yourself. 37. No one was ever really taught by another. Each of us has to teach himself in the long run. External teacher only arouses the internal teacher. 38. you can see in others only what is in yourself. You can't see the faults in others unless the same faults are in yourself. 39. The problems and suffering in our life are like the tests and exams in the school of life to teach us certain lessons and to tell us where we stand. 40. World is a theatre or a stage where we all are actors playing our designated roles.

How well we play our roles is only important and not the role itself. In different births we may be given different types of roles to enable us to grow in various directions. 41. The more you will resist sufferings and miseries in life, the more they will trouble you; the more you accept them, the more easily they will leave you. 42. You can be to others only what you are to yourself. If you are honest with yourself, you will be honest to others as well. 43. The spirituality goes beyond all religions. 44. Money can give you everything except happiness. It has the power to make you miserable to comforts. 45. Whatever is within us, the same appear to us in the outside world. Hence every person makes his own world which is different from each other. 46. Real pleasure is in giving or sacrificing and not in receiving. 47. Accepting and recognizing your weakness is the first step for removing them. 48. Wise men learn from fools more than what fools learn from them. 49. Have all that you want and even more but try not to have any idea of proprietorship or possessorship. 50. Ideas of respect and acceptance of all religions are not contradictory but complementary to each other. Every religion reinforces another religion. 51. If you have taken the first step, you are likely to take the last step also. Well begun is half done. 52. Make God your partner and associate Him in everything you do. There is nothing which you can't do with the help of God. 53. The person who is same in thought, word and deed is only fit to be a realized soul. 54. Silence is the hardest argument which can sometimes be offered to your opponent. 55. No matter at what stage you are, there is always a scope for further advancement. 56. Nothing goes in vain in this world. Even a thought you think, a word you speak, make a definite impact on the whole universe, howsoever infinitesimal it may be. 57. The person who sees the kind hand of God even in miseries and sufferings is the true recipient of His grace. 58. Your worst difficulties are your best opportunities. 59. The purpose of spiritual development is to rise above the limitations of mundane life. 60. Mind is the most powerful thing in this world. One who has fully conquered his mind has all the powers at his command. Whatever he says becomes words of scriptures. Wherever he goes becomes a place for pilgrimage. 61. World is a laboratory where we do various types of experiments to learn various things and are also tested off and on by facing various trials which are offered to us. 62. If you want to avoid pains, you will have to avoid pleasures also. 63. The pleasure and joy which we want to enjoy from the body and the world, considering them as real, are in reality only nightmares. 64. Appearance of problems and difficulties and their disappearance after sometime are like the day following night. One should tolerate them patiently without getting upset. 65. Never think that you are inferior to anybody and never think that you are superior to anybody. All differences are unreal. 66. Mind is a mysterious something which is really nothing but does everything. There is nothing in all the three worlds which is not its creation. Creation, existence, and dissolution of this universe are

projections of this mysterious mind. 67. We always think that by changing this or that condition, we will be in a more comfortable position in this world. But in the new conditions also we find ourselves surrounded by new problems. Unless we realize that source of happiness is within us, we may live anywhere and is whatever conditions, we will always be stressed. 68. If I like praise, it means I can be easily hurt by defamation. 69. You can give to others only what is inside you. If you have anger, irritation, hatred inside you, you will give the same to others. 70. A child always remains tension free. Similarly you can also be tension free if you consider yourself as the child of God. 71. The greatest men of the world also had only twenty four hours in a day like you have. They hadn't any more time than you for becoming great. 72. World is a great training school where we train ourselves by learning various lessons in the form of facing variable conditions, events, circumstances, joys and sorrows, etc.

(Source : By. E.R.M.K. Gupta, "How to Control Mind and be Stress - Free" Pustak Mahal, New Delhi.)

## A to Z

**A**void Negative sources (negative people, negative places, negative things and negative habits). **B**elieve in yourself. **C**onsider things from every angle. **D**o not give up. **E**njoy life today. Yesterday is gone and tomorrow may not come. **F**amily and friends are hidden treasures. **S**eek them and enjoy their riches. **G**ive more than you plan to give. **H**ang onto your dreams. **I**gnore those who try to discourage you. **J**ust do it. **K**eep on trying. **N**o matter how hard it seems, it will get easier. **L**ove yourself first. **M**ake things happen. **N**ever lie, never cheat, never steal and always strike a fair deal. **O**pen your eyes and see things as they really are. **P**practice makes perfection. **Q**uitters never win and winners never quit. **R**ead, study and learn about everything important in your life. **S**top postponing. **T**ake control of your own destiny. **U**nderstand yourself in order to better understand others. **V**isualise positive results. **W**ant it more than anything. **X**-celebrate' your efforts. **Y**ou are unique in God's creation. **N**othing can replace you. **Z**ealous effort is a must.

## HOW TO OVERCOME TENSION ?

❖ Take a book and start studying it. it is advisable to have a small library with a collection of books on spiritual, moral and ethical values. Biographies and books on historical events are also recommended. ❖ Put your problems in writing if you are worried over past events or future happenings, just delete them. As regards current problems, just grapple with them one by one and try and find a solution. ❖ Do not prolong your agony, just by worrying. To try and find ways and means as to how one can

tackle with the problem, can become stimulating and challenging. ❖ Make your mind that you are going get hold of the problem with faith and determination. persevere by making supreme efforts. ❖ Be anchored in Him and He will help and guide you to find a solution. ❖ Go out in the open and fresh air. Have walk and exercise. ❖ Participate in a social or spiritual assembly. ❖ Go and visit a friend or invite one or two friends to tea or dinner. ❖ By alignment with Higher consciousness and sustained practice of Meditation and Silence, you will attain a calm and composed countenance, so that in the midst of trials and tribulations, you remain unperturbed. Have faith in the hidden hand of the providence, who is always with you as Transcendental Companion. Hold on to Him, especially in such difficult situations. ❖ In any case, nothing will happen if it is not destined. So why worry, but at the same time do not give up your efforts, as the Hand of Providence can change the course sometimes or alleviate the impact of suffering, provided you have made an earnest effort in a sincere, pure and selfless manner. ❖ Never lose faith and courage. Have implicit faith in Him and surrender at His feet after your persevering endeavours. He will come to your rescue. You have done your best and you have ultimately sought His helping hand. You will find that He has solved your problem for you. ❖ It is said that "idle mind is a devil's workshop". Keep the mind occupied, so that it has no time for worrying. Keep moving, walking, exercising etc. It is not the movement but friction caused by tension and worry, which cripples the man.

(Source : By F.C.SONDHI, WISDOM, Dec. 1987)

## SECRETS OF HAPPY LIVING

Forming the right habits is one of the secrets of the happy and satisfying life. All of us are creatures of habit. And most of us like it that way. it saves us thought and time, and we are spared the strain of continually making decisions. Here are few habits which it would be useful to acquire.

**1) Take adequate daily exercise :** More and more people are walking less and less. increasing numbers are engaged in sedentary occupations. Take steps to ensure you get adequate exercise and fresh air every day. Authorities agree that a brisk walk is the best regular exercise. Supplement these with 10 minutes of simple exercises on rising in the morning. This quickens the circulation and shrugs off sleepiness, it induces good general health, an erect carriage and general feeling of zest and well-being. **2) Positive thinking :** When we think negatively, we drift into a depressive state. It is a customary pattern to speak disparagingly of ourselves and others, to spot-light not only real dangers but imaginary ones, to anticipate failure on all occasions, and to be obsessed with the morbid and depressing. Positive thinking means replacing these thoughts with happy, optimistic, healthy, constructive and charitable thoughts, it means saying fairwell to

bitterness and resentment, to envy, fear, worry and pessimism. It means saying hello to forgiveness, generosity, courage, calm and optimism. **3) Do it now :** This is another practice that is sheer dynamite. In case you are a procrastinator or a ditherer, let "immediate action" be your slogan. Jobs get done, letters get written, bills get paid, appointments are arranged with amazing promptness. Make it a permanent way of life with you. **Do it now : 4) Smile :** Many people reserve their smiles for holidays only. If they only realized how much younger and more attractive they looked when they smiled, they would make a habit of doing so more readily. Smile when you greet people, smile when you are with them, smile when you leave them. Smile your thanks, your appreciation, your interest and your love. Smiling transforms the personality and makes you more attractive and popular, wins you friends, boosts your confidence and makes life easier for others. **5) Daily reading :** Besides reading newspapers find a place for solid reading to be inspired, to enrich your character and conversation, to be distracted and to be amused. Read every day even if it is only for a quarter of an hour. This will supply you with new ideas from people who are alert and sensitive, the elite of mankind. **6) Visualisation :** Picture whatever you desire as though it has already been achieved in your mind. See yourself doing something as an accomplished fact. One of the quickest ways to bring out the magic in your mind and to obtain whatever you set your heart on, is to practise **visualizing** what you want. Nothing but good can come from this if you are positive in your desires. The things you want will follow automatically. Taken together these six habits can revolutionise your life.

(Source : by Dr. CLIVE D. HURLEY, WISDOM, December, 1987)

## WHAT DO I REALLY WANT?

If someone asked me these 48 questions - "what do I really want?" - What option would I choose?

S.No.	Option-1	Option-2
1.	Samadhan (being resolved in all dimensions of my living), Samriddhi (being capable of producing more than the needs of my family.)	Material Comforts (Suvidha), Material Accumulations (Sangraha)
2.	Undivided Human Society (akhand samaai)	Walls of mine and not-mine (apne-paraye kee deewarein)
3.	Spontaneity in mentality	Hesitancy in mentality
4.	Spontaneous Living	Living with strains, pressures, greed, and fear.
5.	Living in relationships	Living with agreements

6.	Working with understanding (samajh ke karma)	Working under influence of someone else
7.	Healthy and prosperous Earth	Spoilt and unlivable Earth
8.	Realize my usefulness for others.	Being useless or harmful for others.
9.	To be able to guide the next generation	To have a generation-gap with the next generation.
10.	To have my senses in my control.	To have my senses curbed, or have them uncontrolled.
11.	Undivided Human Society (akhand samaaj)	Individualism, Communalism
12.	Family Centric Universal System (parivaar moolak sarvbrahman vyavastha)	Systems based on Centralization of Power
13.	Logic for Purpose	Logic for logic's sake
14.	Everything I say has a meaning - referring to a reality in existence	I also say words whose meanings I don't know.
15.	Resolved thoughts	Confused, unresolved, and conflicting thoughts
16.	Living without any conflicts	Living with conflicts.
17.	My labor's fruits, and my justified rewards.	Material collected by my direct or indirect exploitation of others.
18.	Exchange based on the actual value of goods and the human effort gone in producing them.	Exchange using currency-symbols based on inflated market- values arrived at by business controlled demand-supply equations.
19.	Self-Reliance (svavlamban)	Job (naukri)
20.	Have Confidence in my Self. (svayam mein vishwaas)	Have confidence in my looks, position, money, or accumulations.
		Have confidence on my capacity to destroy others?
		Have confidence on the educational degrees acquired by me.
		Have confidence on any other thing, person, non-person than my self?
21	Have Respect for what's Good. (shreshthta ka samman)	My not having a definite criterion for what's Good.

22.	Naturally realizing consistent harmony in my behavior with others.	Getting my work done with others through agreements.
		Realizing harmony in my relationships with others only till the time they don't interfere with my comforts.
		Artificiality in behavior.
23.	Evaluating beauty of a person based on his/her expression of understanding (samajh).	Evaluating beauty of a person based on his/her being conducive to my senses.
24.	Harmony and equality in my family.	Control and command structure in my family.
25.	Resolved thoughts of my own.	Having someone else's thoughts imposed on mine.
26.	My having capacity to give justice to others. (nyay pradayee kshamta)	I keep making mistakes, while continuing to expect justice from others.
27.	I realize truth in my living (jeene mein pramaan)	I sermonize, without connecting that do my own conduct or living.
28.	Realize values in my relationship (mulya aur mulyankan)	I flow with my emotions of the moment, or I keep curbing my emotions.
29	Being happy myself, I realize happiness around me.	I keep experimenting for becoming happy.
30.	Mend my mistakes.	Try to cover my mistakes by making new mistakes.
31	Selecting for realizing human values. (manav-mulyon ke liye chayan)	Selecting based on my previous memories and on conduciveness to my senses.
32.	Keen observation and Quick decision.	Indecisiveness, Confusion, Open-endedness
33	Realize gratefulness to those who have been helpful for my progress.	Inability to realize gratefulness to those who have been helpful for my progress.
34.	Be naturally inclined for service (seva) to my elders.	Not being able to garner up the inclination for service (seva) to my elders.
35.	My naturally carrying out my duties and responsibilities in all my relations accurately.	My not being able to carry out my duties and responsibility in my relations, despite having the material needed for them.

36. Mental healthiness to be my primary concern.	Body's healthiness to be my primary concern.
37. My talking from my own reference.	My talking using references of someone else, or some book.
38. My thinking, saying, and doing only the right things.	My finding mistakes in others.
39. My conduct being definite - irrespective of the environment around me.	My conduct being variable, and my getting influenced by the environment around me.
40. Coexistence mentality.	Struggle mentality
41. My being interested and involved in production based on my family's needs.	My disinterest in production.
42. Live with a sense of abundance.	Miserly living
43. Generalization of any innovation	Specialization of any innovation.
44. Definitiveness	Indefiniteness, Trial and Error
45. Stability and Continuity	Instability and Discontinuities
46. Freedom from mysteriousness about things	Mysteriousness about things
47. Freedom from unhappiness. Continuity of happiness.	Alternating happiness and unhappiness.
48. To be good	To feel good.

Now as I go about answering this list of 48 questions, I find out that my honest answer is always option-1 for all these questions. It so turns out, that answer by anyone I ask also turns out to be option-1 for all these questions.

(Source : By RAKESH GUPTA, BANGALORE, "PARIVAR MANAV")

## IF LIFE IS A GAME, THESE ARE THE RULES

"If life is a game, these are the Rules" are universal truths that all of us can learn to live happier lives that are full of self-acceptance, understanding, love, success and the inner knowing that we are all this game together, on the same team. Everyone needs to read these words of wisdom. It's simple yet important stuff. Enjoy the article, learn the lessons, and become a master of "The Game of life".

**Rule one - You will receive a body :** You may love it or hate it but it will be yours for the duration of your life on Earth. The moment you arrived here on this Earth, you were given a body in which to house your spiritual essence. The real "you" is stored inside this body - all the hopes, dreams,

fears, thoughts, expectations, and beliefs that make you the unique human that you are. Though you will travel through your entire lifetime together, you and your body will always remain two separate and distinct entities. The body you are given will be yours for the duration of your time here. Love it or hate it, accept it or reject it, it is the only one you will receive in this lifetime. It will be with you from the moment you draw your first breath to the last beat of your heart. Since there is a no-refund, no-exchange policy on this body of yours, it is essential that you learn to transform your body from a mere vessel into a beloved partner and lifelong ally, as the relationship between you and your body is the most fundamental and important relationship of your lifetime. It is the blueprint from which all your other relationships will be built. You may be uncomfortable with your body and feel that you would like it to be different - stronger, thinner, healthier, more attractive, or less clumsy. Or perhaps you feel alienated from it, as if some mistake had been made when the body assignments were handed out. No matter what you may feel about your body, it is yours and the relationship you establish with it will have a great deal to do with the quality of your life experience. The challenge of Rule One is to make peace with your body, so that it can effectively serve its purpose and share its valuable lessons of acceptance, self-esteem, respect, and pleasure. Everyone must learn these basic principles before he is able to journey successfully through life.

**Rule Two - You will be presented with lessons** You are enrolled in a full-time informal school called "life". Each day in this school you will have the opportunity to learn lessons. You may like the lessons or hate them, but you have designed them as part of your curriculum. Why are you here? What is your purpose? Humans have sought to discover the meaning of life for a very long time. What we and our ancestors have overlooked, however, in the course of this endless search, is that there is no one answer. The meaning of life is different for every individual. Each person has his or her own purpose and distinct path, unique and separate from anyone else's. As you travel your life path, you will be presented with numerous lessons that you will need to learn in order to fulfill that purpose. The lessons you are presented with are specific to you; learning these lessons is the key to discovering and fulfilling the meaning and relevance of your own life. As you travel through your lifetime, you may encounter challenging lessons that others don't have to face, while others spend years struggling with challenges that you don't need to deal with. You may never know why you are blessed with a wonderful marriage, while your friends suffer through bitter arguments and painful divorces, just as you cannot be sure why you struggle financially while your peers enjoy abundance. The only thing you can count on for certain is that you will be presented with all the lessons that you specifically need to learn; whether you choose to learn them or not is entirely up to you.

**Rule Three : There are no mistakes, only lessons :** Growth is a process of experimentation, a series of trials, errors, and occasional victories. The failed experiments are as much a part of the process as the experiments that work. Human growth is a process of experimentation, trial, and error, ultimately leading to wisdom. Each time you choose to trust yourself and take action, you can never quite be certain how the situation will turn out. Sometimes you are victorious, and sometimes you become disillusioned. The failed experiments, however, are no less valuable than the experiments that ultimately prove successful; in fact, you usually learn more from your perceived "failures" than you do from your perceived "successes."

**Rule Four : A lesson is repeated until learned :** Lessons will be repeated to you in various forms until you have learned them. When you have learned them, you can then go on to the next lesson.

**Rule Five : Learning does not end :** There is no part of life that does not contain lessons. If you are alive, there are lessons to be learned. Does it ever seem like just when you have mastered one lesson another challenge presents itself almost immediately? Just when you get what it means to possess self-esteem, you are faced with a lesson in humility. As soon as you get what it means to be a good parent, your children leave home and you need to learn the lesson of letting go. You figure out one day the importance of having time to yourself, and the next day you are called to support someone else. Striving to get all the details of life under control is impossible, because life will present new lessons daily. You never actually finish all your lessons, for as long as you are alive, there are lessons to learn. Regardless of your age, or station in life, or success level, you will never be exempt from the lessons you need to learn in order to continue growing.

**Rule Six : "There" is no better than "here" :** When your "there" has become a "here," you will simply obtain a "there" that will look better to you than your present "here." Many people believe that they will be happy once they arrive at some specific goal they set for themselves. For some the goal may be amassing a million dollars, for others losing those annoying ten-plus pounds, and for still others it is finding a soulmate. It could be getting a better job, driving a nicer car, or pursuing a dream career. Whatever your "there" is, you may be convinced that once you arrive you will finally find the peace you have always dreamed of. You will finally become fulfilled, happy, generous, loving, and content. However, more often than not, once you arrive "there" you will still feel dissatisfied, and move your "there" vision to yet another point in the future. By always chasing after another "there", you are never really appreciating what you already have right "here". Think of past situations in which you said, "I will be happy when..." and then ask yourself, "Was I really any happier when I actually arrived there?" Perhaps for a brief moment, but the same longing arises, and you must embark on

yet another new quest. By continuously engaging a cycle of longing, you never actually allow yourself to be in the present. You end up living your life at some point just off in the future. You only have one moment - the one right here, right now. If you skip over "here" in your rush to get "there", you deny yourself the full range of feelings and sensations that can only be experienced in the present moment.

**Rule Seven : Others are only mirrors of you :** You cannot love or hate something about another person unless it reflects something you love.

**Rule Eight : What you make of your life is up to you :** You have all tools and resources you need. What you do with them is up to you.

**Rule Nine : All your answers lie inside of you :** All you need to do is look, listen, and trust.

**Rule Ten : You will forget all of this at Birth :** You came into this world already knowing all of the information imparted by these Ten Rules. You simply forgot them somewhere along your journey from the spirit world to the physical one. Each lesson is like another stone along your life path, and as you travel and learn your lessons, some many look and feel familiar. When something resonates for you and you finally "get" one of the lessons, you are remembering what you originally knew. When you have an "ahai" moment, you are remembering. When you are still and at peace, you are remembering. Some call it planets aligning, some call it feeling at one with God, still others call it serenity; call it what you want, but know it is a moment of remembering. Remembering and forgetting are the dance of consciousness. Remembering is the moment when you awaken to your truth. Forgetting is the temporary amnesia that sets in when your truth is occluded.

*(Source : By CHERIE CARTER - SCOTT, Ph.D., "IF LIFE IS A GAME, THESE ARE THE RULES" IBD-HYD"*

## TOP 7 SECRETS TO TIME MANAGEMENT SUCCESS

*By Sue Brenner, PCC, PMP*

Is your schedule jam-packed? Is your day overloaded with meetings, managing your business, planning for the future and day-to-day work? Do you get to the end of the day and wonder what you really accomplished? Is your work day overflowing into your home life?

Do you wish you could get a handle on time management once and for all, so you could run your life rather than your life running you?

You're not alone. Don't let the march of time spin you into a tizzy of stress and desperation. Apply these top 7 secrets and watch your time expand to include what's most important to you.

### **Secret 1 : Prioritize-Put your "rocks" in first.**

What's most important to you? Building your business? Getting a promotion? Leaving work at 5 p.m.? You need to focus on your priorities-the things that matter the most to you. Identify your top priorities right now. These are the "rocks" that you put in your schedule before adding lower-priority items.

### **Secret 2 : Target your action.**

Do your action items line up with your priorities-the rocks-that you just defined? If they don't, you're spending your time on non-priorities. Once you determine what the rocks are, scan your vast to-do list. Home in on 3 rocks that you will accomplish today. For example: (1) Work on new project, (2) Contact 10 past clients, (3) Have meeting with boss about promotion.

Go to work on these priority tasks. When you complete them address other to-dos. Don't get side-tracked by unimportant things. Learn to prioritize and stick to your list. Be honest and productive about what you really need to get done now.

### **Secret 3 : Focus your mind first.**

Consider focusing your mind as a warm-up before stepping onto the field. When you wake up, do you hit the snooze bar 7 times? When you do finally get up, do you jump out of bed, gulp a cup of coffee and run out the door? How you start the morning is a reflection of how you live your life. Instead, start your day with 15 minutes in which you focus your mind in solitude. Your brain will sharpen and your productivity will increase just from this one step.

### **Secret 4 : Take something off your plate.**

OK. You've calmed your mind in the morning. You feel sharp and ready to go. Now look at your week, your month, your entire work schedule and remove something. Review the things you do regularly that consume too much of your time or drain you. Do you have to do them personally? Can you outsource them? Are these things important, or are you just in the habit of doing them without thinking? Remember the priorities that you set in Secret 1. The truth is, there are many things on your lists that are not urgent and not important. Remember: just because you're good at it doesn't mean you have to do it!

### **Secret 5 : Complete something you've been putting off.**

Shorten your to-do list. If you let things pile up, they'll rob you of time when you need it most. Get something done that's been on your list day after day. This will immediately refuel your energy and free up mental space to focus on priorities. Clear off your desk or return a phone call. Then pause and take a moment to enjoy the satisfaction of getting things done. Take one hour this week to complete something you've been putting off.

### **Secret 6 : Declare yourself complete.**

"Finish each day and be done with it." - *Ralph Waldo Emerson*  
Business consultant Tex Johnstone says this step is key. If you face the end of the day and 185 unanswered e-mails still sit in your inbox, say to yourself, "I declare myself complete." This sends a signal to your brain that you're done. Free yourself to let go and move on with the rest of your day. Your days could, and sometimes do, extend into twelve, fourteen or even more hours. Save time for the rest of your life too. You'll be happier. And more productive.

### **Secret 7: Accept that you can't do it all at once.**

"What? But I want to do it all!" you may say. This one can be hard to agree to-especially if you're passionate about work and life. But remember that what you take on can take place over a period of time. It doesn't all have to occur right now. Once you realize-and accept-that you can't do it all right now, you'll experience immediate relief and free up new hours in your week. Do what matters most with quality, then move on to the next thing.

Now that you've discovered these 7 secrets to time management, schedule time for one, two or three of them into your calendar today. Start practicing these skills right away. You'll spend less stress and energy on things that don't matter, and gain more time for the important things in life.

## **LEARNING HAPPINESS : EVERYDAY ACTIVITIES TO INCREASE YOUR HAPPINESS**

*By Sara B. Healy*

While cleaning my bookshelf the other day, I found a book, 14,000 things to be happy about. It looked brand new, but the date inside was from years ago. This book sat beside my collection of self-help books, which in contrast were dog-eared, highlighted and clearly used. Holding the happiness book, I wondered why I hadn't used it. Then I realized I always thought happiness was something fleeting and incapable of improving my life.

Recently, my beliefs have changed as a result of what I've learned. I've discovered that being happy, contented, and positive are skills, which can be learned with practice and determination. Therefore, I made the decision to start my own journey to learn happiness and have been happily rewarded. Here are a couple of things that I've learned on my journey as well activities that have helped teach me more about happiness:

Recognize the hidden happy moments in a day.

When something wonderful happens to us, we usually know we're happy. It's the common, everyday moments of happiness that often elude

us. One way to change this is by becoming deliberately aware of when we're feeling happy during the day. I found an activity that helped me, and it might also help you. It's very simple: Get a notebook or a tape recorder and keep track of any happy moments you notice during your day. By writing them down or recording them, you become aware of these moments that might otherwise have passed by unnoticed.

One such moment occurred for me when I was very late for an appointment and frustrated at getting every red light. As I sat fuming at the latest stop, I noticed a little boy in the school bus next me making silly faces at people. Watching him made me feel happy. I wrote this moment down in my notebook. It became one of many. Now, I look forward to finding happy moments in my day. I even challenge myself to see how many I can find. How many happy moments are you missing in your day? Try noticing them and see if you find your day is better for it.

Make a conscious shift from negative to positive.

It's hard to feel happy when you're focused on the negative. Like a big pimple on our face, what we don't like can seem to be much more obvious than what we do like.

Unfortunately, the more we focus on the negative, the more likely that's all we'll see. Changing this means we have to consciously bring more attention to the positive things that happen to us.

For example, I used to talk about my day by reciting what went wrong in it. I'm changing this by learning how to shift my negative comments into positive ones. This can be done two ways. You can match the negative comment with an unrelated positive. Therefore, if I say I'm mad at myself because I forgot my dentist appointment today, a positive statement might be that I received a compliment about my latest newsletter. The other option is to make the negative comment into a related positive one. For example, I missed my doctor's appointment, but I called to apologize and made a new appointment.

To be honest, this activity is challenging for me, but it has made me aware of the positive things I often missed. By regularly practicing shifting from the negative to the positive, I do feel happier about my day. Try this activity. See if you also feel happier when you pay attention to the positive.

Bring humor into your day. There's nothing like a good laugh or smile to trigger happiness. I like to start my day with a funny video clip. I have one saved on my computer about the silly things cats do. As I love cats, this clip always makes me laugh, even though I've seen it tons of times. By starting my day with a laugh, I've found I feel much happier. See if this works for you. Be creative. Use whatever makes you laugh, such as newspaper comics, a favorite joke, or a silly picture. Use humor again and again during the day, whenever you need a reminder to be happy.

**Practice, practice and practice some more. Any new skill requires practice and learning happiness is no different. You have to work at it every day until it becomes part of your daily ritual.** Therefore, try the activities I've suggested or create your own. Just keep practicing! The payoff is worth it. As you give more attention to feeling happy, you will also increase your overall well-being. As for me, I look for new ways to keep happiness a constant force in my life. Of course, there are still times I feel angry or sad, and that's okay. But now, I also pay attention to when I feel happy. I also practice happiness regularly. The book, 14,000 things to be happy about, I found on my bookshelf is now part of that practice. I'm confident it will soon look just as dog-eared, marked up and used as my old self-help books. It's another step on my journey to learning happiness.

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## VIRTUES OF IMPORTANCE

By Remez Sasson

Among the virtues of importance which Benjamin Franklin, American statesman scientist and writer, set himself to acquire were :

- 1. Silence** : Speak but what may benefit others or yourself; avoid unnecessary conversation. **2. Order** : Let all your things have their places; let each part of your business have its time. **3. Resolution** : Resolve to perform what you should; perform without fail what you resolve. **4. Frugality** : Always try to do good to yourself or to others; that is waste nothing. **5. Lose no time** : be always employed in something useful. **6. Sincerity**: Use no hurtful words; think innocently and justly; and, if you speak, speak accordingly. **7. Justice** : Wrong none by doing injuries, or omitting the benefits that are your duty. **8. Moderation** : Avoid extremes. **9. Injuries** : Do not entertain bitterness about injuries done to you. **10. Cleanliness** : Tolerate no uncleanness in body, clothes, or habitation. **11. Tranquility** : Be not disturbed at trifles.

"God gives every bird its food, but he does not throw it into the nest."

(Source : WISDOM, April, 2001)

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## LACK OF CONCENTRATION AND FOCUS

By Remez Sasson

People often ask me, what they can do to improve their concentration. It seems that lack of concentration is a widespread problem, irrespective of age, sex or country.

**People say about lack of concentration :**

- ★ I am battling to concentrate on one thing at a time.
- ★ My thoughts often drift to the past or the future.

## DO YOU FINISH WHAT YOU START? SELF DISCIPLINE - PERSEVERANCE

*Posted by Remez Sasson in Inner Strength*

Do you finish what you start? Do you possess enough inner strength to go through with what you start doing?

How many times have you started to do something with enthusiasm and energy, and then lost your enthusiasm and energy after a while?

How many times have you made promises to yourselves and to others, with the intention of following them through, only to forget about them after some time?

Sometimes, we don't finish what we start, because we realize that:

We don't really want what we started doing.

It requires too much time or money, than what we are willing to invest.

We realize that there are more important things we want.

We have a gut feeling that this is not the right thing to do.

Quite often, we make promises and start doing things without prior thinking and analysis. We start doing things due to temporary enthusiasm, in response to something we saw or heard, but when the enthusiasm wanes, so does the desire to follow through.

In all these cases, and other similar ones, our decision to quit what we are doing might be justified sometimes, and unjustified at other times. The problem starts when quit, due to lack of self-discipline and perseverance. If we lack self-discipline and perseverance, how can we achieve anything, even small minor, everyday tasks?

How do you feel when time after time you quit because you lack self-discipline and perseverance? Do you feel frustrated? Do you lose faith in yourself to do things?

The good news is that you can develop these two important inner assets :

Think before you take action. Many of the projects we quit, we start without thinking and analyzing their usefulness.

Make your priorities before you start. What is more important now?

Whenever you feel that you are losing enthusiasm and interest, think about and visualize the benefits, and how what you are doing will benefit and improve your life, and other people's lives.

I won't tell you, "Stick with what you are doing, no matter what", because if you need to be told this sentence, it means you lack self discipline and

- ★ I have a habit of starting something and not finishing it.
- ★ I lack concentration. I am unable to focus my mind on one thing for more than a few seconds.
- ★ I procrastinate.
- ★ It is difficult for me to focus on my studies.
- ★ It takes a great effort to read a book.
- ★ I always change my mind, and I am unable to follow through with my decisions.
- ★ I try to concentrate, but soon find myself thinking about something else.

These are just few of the things people say. The common thread of their words is that they lack concentration and are unable to focus their mind on one thing at a time. Their inability to focus their mind affects their work, relationships, school and almost everything else.

Sometimes the problem is severe, and this condition might require medical attention and advice, but if you are an average person, who lacks concentration, but have no health problems that are the cause of the inability to concentrate, you could start practicing concentration exercises. In addition, it would be advisable if you also strengthen your willpower and self-discipline.

There is no short and simple way to overcome lack of concentration.

You may listen to relaxing music. You may repeat affirmations. You may use hypnosis. This could help you, to some extent, but to overcome the lack of concentration you will need to do more. You will need to train your mind. The problem is that people often lack the discipline, willpower and motivation to begin and continue with the training and exercises.

If you decide to start with a training program, don't give up, no matter how difficult this might be. Even if your mind keeps wandering, and you feel that you are not making progress, it is okay. You are making progress, though you might not be aware of it yet. The progress might be minor in the beginning, but it is still progress. You are changing deep subconscious habits, and this sometimes takes time.

A drop of water falls on a rock, and it seems that nothing happened, but if another drop, and still another drop falls, in time the small drops can crack the rock.

I have already written many articles about concentration, which you can find at the website and blog. If you have anything to add, suggest or share about the lack of concentration and how to overcome it, you are welcome to add your comments to this post.

perseverance, and these words won't help you. You will need to develop these skills, but how can you do so, if you cannot finish what you start? This is a vicious circle situation. You need some measure of self-discipline, and also a strong incentive to start. How can you develop self-discipline and perseverance, if you lack the ability to persevere?

The solution is to start with simple exercises designed to develop self-discipline and perseverance, and with tasks that you can accomplish quickly. By acting in this way you build self-confidence and faith in yourself, and you will gradually be able to do things that require more effort. In time, you will be able to use the skills you develop, to follow and persevere with any plan, project, goal or resolution.

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## WHAT ARE WORRIES AND HOW TO OVERCOME THEM

*By Remez Sasson*

What are Worries? - Expectation of failure and problems. - Fears. - Thoughts about what might happen if... - A useless mental activity that wastes your time and energy - Negative thoughts. - Low self-esteem. - Negative affirmations. - Why do you worry? - It is a habit of the mind. - Your mind is programmed to worry. - You assume that certain problems cannot be solved. - Fear of failure. - Going through negative experiences in the past. - Inability to reject unwanted thoughts. - Lack of mental discipline. - Lack of self confidence. - Lack of self esteem. - Lack of ambition and motivation.

Negative effects of worries - They waste your time. - They waste your energy. - Worrying is negative thinking. - Worries program your mind to think negatively. - Worries program your mind to create failure. - They weaken initiative. - Worry weakens motivation.

Worrying is a negative use of the law of attraction, because you picture in your mind what you don't want to happen. Constant worry might attract what you fear into your life.

Constant worry attracts negative situations.  
Leads to anxiety and stress. Weakens the body and the mind.

What to do to overcome the tendency to worry?

Learning how to overcome worries requires more than a short article. There are various ways to overcome worry, such as concentration exercises, meditation, detachment, inner peace and also positive thinking. These methods usually require time and effort, and with persistence they bring real results.

Most people have no time and patience, and therefore look for methods that promise fast results, without effort, and the market is now full of them.

I have no experience with these fast methods, so I don't know if they work or don't work. I prefer personal development methods that require inner work and effort, because they have lasting effects, and make you a conscious being, with more control over what goes into your subconscious mind.

Concentration exercises, meditation and detachment can help you overcome worry, but they can also lead to inner peace, inner strength, mental mastery and spiritual awakening.

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## YOUR SELF ESTEEM

*By Michel Fortin*

**"Perfect self expression will never be labor; but of such absorbing interest that it will seem almost like play."**

- Florence Scovel Shinn

In Succeeding Through Inner Strength, Dr. Nathaniel Branden says that people unconsciously lower their self-esteem through their goals.

They usually start by writing down some nebulous wish and may start working on it with the best of intentions. They may even know exactly what they want and work really hard in order to get it. However and more often than not, they quit and do so sometimes just as fast as they have written it down.

They feel that their goal is unachievable, abandon their efforts out of feeling belittled by such a lofty ambition, or quit due to the accumulation of stress and frustration they've acquired in the process. And the worst part is that they usually rationalize their decision by referring to the goal's seeming unfeasibility or, worse yet, to their inability.

They say things, like, "I knew I couldn't do it," "it's not for me," "I'm just not cut out for it," "I'm not worth it," and so on. Seldom do they know that the problem has nothing to do with the goal in itself - or with themselves, for that matter. It's in the "why," not the "how." It's what they focused on to start with.

"Setting goals just isn't enough," Dr. Branden says. "Ask yourself: 'What am I going to do next week in order to reach my goal? What about tomorrow? What about now?' You must become consciously purposeful."

The point is that you shouldn't set a future goal and just leave it there. If you do that, I promise you that it will stay there. And the worst part is that it will, more often than not, take you away from your present moments.

Be mindful what's important during every single moment of your life and not at some point in the future. In other words, make your priorities your goals and then make them a part of your life. Translate your priorities into activities. Make your goals your "conscious purposes," as Dr. Branden says.

## HOW TO FIND PEACE OF MIND

*By Remez Sasson*

People who live in a state of unconsciousness set goals haphazardly and never achieve much. They let circumstances dictate their lives. They usually work hard and long hours thinking that their actions are somehow contributing to what's important when very often they really don't have a clue. They're the kinds of people who keep striving but never seem to be arriving.

If you want to become truly successful, then be aware of what you do in the way of how important it really is to you. Translate what's important in your life into whatever you do. At the end of this book, I will teach you a system for helping you to do just that.

It's called the GOAL system and it's a simple priority-setting tool that will help you to systematically convert your values into actions. But for now, simply know that being congruent is the key to true success.

As a result, you will learn to love what you do or do what you love. You will raise your self-esteem and make your goals achievable. You will develop an appreciation for life as well as enhance your quality of life. You will attract those things you so desperately seek that have eluded you in the past. And most important, you will sleep better at night.

As an old proverb says, "A clear conscience makes for a soft pillow." Simply, you will be arriving rather than striving.

Nevertheless, find out what's important in your life and make it a part of your life right now. That's what being consciously purposeful is all about. If you don't know what you really want, then make that your conscious purpose.

Understand that success, happiness, purpose, and meaning are not things that you either find or achieve but bring to life. If you're mindful of your priorities, you will also have greater peace of mind in whatever you choose to do.

So, stop working around your goals and start working around your priorities. Goals don't make you who you are. It is the essence of your goals or the things you value the most in life that make you who you are.

Your goals should be an expression of your inner you, of how you want to feel right at this very moment, and not at some later time. As I said before, rather than dwelling on the past or focusing on the future you should be conscious of your present moments.

If you love what you do or do what you love, not only will work seem like play but also success will flow to you in unexpected ways. All that you require to reach your goals, all the skills, knowledge, attitudes, people, and experiences you will need, will come to you automatically.

Everyone desires peace of mind, but the big question is how to find peace of mind, when there are problems and difficulties, when there are worries and anxiety, and when you are busy all the time with work, study and chores? When you are so busy all day long, how and when can you find peace of mind? How to find peace of mind when your mind is constantly occupied with thoughts, taking you from one thought to another, from one worry to another? You can find peace of mind, but this requires that you do something about it.

What is peace of mind? It is a state of inner peace, when your mind is calm, like the surface of a lake on a summer day. It is a state when you are not harassed by thoughts and worries, and you can avoid the thoughts you don't want to think. It is a state of freedom from worry and anxiety, and from restless, negative and disturbing thoughts.

In this state there is calmness and happiness, better concentration, inner strength, and a heightened state of awareness. Your external life might not necessarily change, but your inner life, your mind, and your attitude would change.

How to find peace of mind? : Everything that can quiet your mind will help you find peace of mind : Spend some time every now and then in nature, in a forest or at the beach. Take a walk, where you can be alone. Get enough sleep at night. When watching TV, prefer comedies and programs that make you laugh, feel happy or inspire you. Read inspiring quotes every day. Be more forgiving, and don't harbor grudges or resentments.

Don't blame or criticize other people.

Don't postpone doing things that you have to, and which don't like doing. Do them, and take them out of your mind. Be aware of your thoughts and refuse dwelling on negative thoughts or worries. Don't fight them, but just try to express lack of interest in them.

When feeling worried or tense, take a few deep breaths.

Seek the company of peaceful people.

These are just a few simple tips to show you how to find peace of mind. All these tips can bring some temporary inner peace when you need it, but if you wish to find a deeper and more constant and stable state of inner peace you will need to :Practice concentration exercises. Practice meditation, any form of meditation.

Develop some degree of inner detachment (it has nothing to do with being indifferent), so that you don't get swayed or carried away by events, people, or what people say or do.

# LACK OF SELF DISCIPLINE

*By Remez Sasson*

Self discipline is one of the most important requirements for achieving success, but there is too often lack of self discipline.

Here are a few of the reasons responsible for lack of self discipline:

People are not born with self discipline; they need to develop it, but they don't know how to do so.

The erroneous notion that self discipline is something difficult to attain and requires too much denials.

Negative mental programming and negative environment are also responsible for this lack.

Laziness and lack of enough inner strength prevent one from being more self disciplined. In this situation, one avoids doing things that require effort and persistence.

People prefer comfortable laziness, instead of actions that require effort. Laziness is comfortable, since it is pleasant and effortless, while self discipline requires effort.

Fear of failure is also a reason for lack of self discipline. It hold back initiative and being perseverant, and leads to lack of inner strength.

Temptations weaken self discipline. We are all subject to temptations in many forms every day. We are exposed to advertisements in newspapers, magazines and on TV, telling us to buy this or that. We see a huge array of products for sale in the supermarkets and in the shopping malls, and we are offered many ways to pass the time, such as TV programs, movies, restaurants, concerts, sports competitions and many other sorts of entertainment.

How can you ignore the beautifully arranged and tasty food at the supermarket, or resist watching a TV show, which offers a pleasant escape from daily life? Accepting and following all these pleasures indiscriminately, and without using common sense tend to weaken self discipline.

Lack of self-esteem is another factor that leads to lack of self discipline.

Lack of goals or purpose in life is also responsible for lack of self discipline and vice versa.

Procrastination is another reason of lack of self discipline.

Lack of willpower, motivation and ambition are also causes for lack of self discipline.

A weak state of health might also lead to weakness of this important ability.

These are just few of the reasons for lack of self discipline. This situation can be remedied, but few people know how. You can find more articles on this subject at this website, as well as a book with practical and proven techniques and exercises on how to overcome lack of self discipline.

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## FIRST STEPS FOR USING THE POWER OF YOUR MIND

*By Remez Sasson*

Do you want to use the power of your mind to attract things into your life?

There are some important first steps you should follow, and which require the investment of time and effort on your part. Using the power of your mind to create success doesn't mean that you just think of something and it immediately jumps into your life.

People who learn about creative visualization and the law of attraction, often get too enthusiastic, and think that they will soon achieve success and get everything they want, just by thinking about what they want. But when nothing happens they get disappointed and abandon this subject.

Your thoughts and imagination can make changes in your life, but you need to follow certain rules, have a really strong desire, and be willing not just to dream or visualize, but do whatever necessary to get what you want, even if this involves work and, effort.

Here are some important points you should take into consideration:

First, you must have a clear-cut goal. It could be some minor goal, such as getting ticket for a show, or having a successful business. Just saying that you desire success is not enough; there must be direction and a clear-cut goal.

You need to form a clear mental image of what you want to create or attract into your life.

Look at this mental image day after day, putting more details into the image, and making it clearer. This mental image is a matrix or mould, which need to stand out clearly in your imagination, just as if you are actually looking it.

Hold the mental image before you constantly, regarding it not as fiction, but as a something real.

Be open to ideas, intuition and opportunities, and take action when required.

You might meet people who will help you, get ideas on how to do things, or opportunities might come your way. You must be aware of the doors that open, see and recognize the opportunists, and use them, not just wait for things to happen without any effort on your side.

# 20 REASONS WHY YOU NEED INNER PEACE AND TRANQUILITY

*By Remez Sasson*

Inner peace is not reserved only to yogis, hermits or monks, living in some far away place, praying or meditating all day long. It can also be attained by people living an ordinary life, who have a job, are married and have kids.

What is inner peace? It is a state of being emotionally and mentally at peace, without restless or disturbing thoughts, and being in control of one's mind, moods and reactions.

True inner peace is independent of external conditions and circumstances, and is acquired through special training. It confers tranquility, inner harmony and balance, and the ability to remain calm, undisturbed and in control of oneself and of the situation in difficult and unpleasant situations. It is important not only while things move smoothly, but especially in times of trouble, difficulties or danger. Then it counts most.

A state of inner peace eliminates anxieties, fears and worries, negative thoughts, stress, lack of satisfaction and unhappiness. It is a state of emotional and mental poise, happiness, confidence and inner strength.

Though everyone desires it, albeit unconsciously, few realize its importance and benefits, and still fewer know that it is a skill that can be learned and developed. You can continue living where you are, without making external changes in your life, and yet attain inner peace. Some might progress fast and some at a slower pace. Some might reach far and others not so far, yet, everyone can make some progress that will transform their life.

**Here are 20 reasons why you need inner peace :**

1. It improves your ability to concentrate.
2. It improves your ability to handle efficiently the daily affairs of life.
3. It increases your inner strength and power.
4. Its possession eliminates impatience, anger, nervousness and restlessness.
5. It helps manifesting patience, tolerance and tact.
6. It makes you feel centered, grounded and stable.
7. Being mentally and emotionally calm contributes to enjoying better sleep.
8. You gain the ability to be emotionally and mentally unaffected by what people think or say about you.
9. You gain the ability to eliminate stress, anxieties and worries.
10. You enjoy happiness and bliss.

11. You gain self mastery and self discipline.
12. It helps you relax your body and nerves.
13. The healing energies of the body work unhindered.
14. Being peaceful enables you not to be swayed by events, hardships and difficulties, and to maintain inner poise, clear judgement and common sense in such situations.
15. Inner peace eliminates negative, futile and restless thinking.
16. It improves your relationships with other people.
17. It makes life look brighter.
18. It increases creativity.
19. A peaceful mind improves the ability to meditate.
20. Possessing this ability opens the gateway to enlightenment and spiritual awakening.

There are various ways to attain inner peace, such as psychological means, affirmations, visualization, yoga and meditation. A full program on this subject, written in a manner and language everyone can understand and follow, with instructions, advice and exercises, can be found in the book *Peace of Mind in Daily Life*.

## HOW TO DEVELOP MENTAL ENDURANCE AND STRENGTH

*By Remez Sasson*

We all face various challenges each day, at home, at work, at the store and on the street. Many of them are just minor challenges, with which we deal automatically and easily, but some of them require strategy, thinking and mental endurance. You need mental endurance if you work in a congenial environment, or have a demanding boss. You also need mental endurance when dealing with your teenagers, taking care of elderly parents, or when you do business with difficult people.

As we undergo changes of our life, we must learn to build mental endurance on a daily basis. Mental endurance does not mean passivity or suffering; it means mental strength. It is the ability to exercise inner strength, and the ability to deal effectively with all challenges. This requires some willpower, self-discipline, and the ability to persevere with what you are doing. We must learn to keep our mind focused upon what we are doing, and not let ourselves be mentally distracted. We should also not give in to unreasonable or unjust demands from the people we are dealing with. We must learn to stay on the road to our goals, no matter how tough the going is.

When we build mental endurance, we teach ourselves to never quit. Our mental endurance keeps us going, even when our body is tired or wants to quit. Our inner strength can keep us going, irrespective of the difficulties and challenges we face.

## CHECK YOUR STRESS INDEX ?

Stress is difficult to understand. The emotional chaos it causes can make our daily lives miserable. It also decreases our physical health, sometimes drastically. Strongly we are not always aware that we are under stress.

**How high is your Stress Index? Find out by scoring your answers to the questions below :**

Do you Frequently	Yes	No
1. Neglect diet ?		
2. Try to do every thing yourself?		
3. Blow up easily ?		
4. Seek unrealistic goals ?		
5. Fail to see the humour in situations others find funny?		
6. Act rude ?		
7. Make a "big deal" of everything ?		
8. Look to other people to make things happen ?		
9. Complain you are disorganized ?		
10. Avoid people whose ideas are different from your own ?		
11. Keeps everything inside ?		
12. Neglect exercise ?		
13. Have few supportive relationships ?		
14. Use sleeping pills and tranquilizers without a doctor's approval ?		
15. Get too little rest ?		
16. Get angry when you are kept waiting ?		
17. Ignore stress symptoms ?		
18. Try to delay your thing ?		
19. Think there is only one right way to do something ?		
20. Fail to build relaxation time into your day?		
21. Gossip ?		
22. Race through the day?		
23. Spend a lot of time complaining about the past ?		
24. Fail to get a break from noise and crowds ?		
<b>TOTAL YOUR SCORE</b>		

**What your score means :**

**1-6 :** There are few hassles in your life. Do not avoid problems and shy away from challenges.

**7-13 :** You have got your life in fairly good control. Work on the choices and habits that could still be causing you some unnecessary stress in your life.

**14-20 :** You are approaching the danger zone. You may well be suffering stress-related symptoms and your relationships could be strained. Think carefully about choices you have made and take relaxation breaks everyday.

**Above 20 :** Emergency! You must stop now, re-think how you are living, change your attitudes, and pay careful attention to diet, exercise, and relaxation.

(Source : By E.R.M.K.GUPTA, "How to control Mind and be Stress-Free", Pustak Mahal)