

DISCOVERING THE LAWS OF LIFE-JOHN MARKS TEMPLETON

This book abstract is intended to provide just a glimpse of this wonderful book with the hope that you may like to read the original book at leisure and enjoy its real beauty.

1. LISTEN TO LEARN

A major reason why relationships break down is that we haven't learned to listen. It is a learned skill which increases our capacity to learn and improve relationships.

Active listening requires staying focussed on what the speaker is saying. It is like camera focus for best pictures. In business, this is one of the most important skills a manager can possess.

In a game gossip, people sit in a circle and someone whispers a story into the ear of the person sitting next who in turn passes it on to the next person and so on. When we hear the story of the last person, it is usually far removed from that of the first person.

One of the great laws of life is that we must be truly interested in other persons. We must practice asking them questions about themselves instead of talking solely about ourselves.

2. IT IS BETTER TO LOVE THAN TO BE LOVED

Love is self sustaining like Sun. It doesn't need thanks or rewards. It is always there even when emotions may cloud it.

As we release love energy, a chain reaction takes place. When it flows through us, it changes and enlarges us. It opens our hearts which were closed due to bitterness. We are flooded with acceptance and joy. We begin to love ourselves and don't need to search it outside ourselves. This love energy is a healing balm. It has no perception of good or evil. It must be a continuous process of filling ourselves and letting it flow out to others.

Love is what we are searching for because love is our basic nature.

It is like a spark in an engine. We can't stop it from flowing to others. Some may not feel it, others may enjoy it. Love gives and gives without diminution of supply.

3. THANKSGIVING LEADS TO HAVING MORE TO GIVE THANKS FOR

It is an attitude of perpetual gratitude that will draw more good to you.

There are three ways to practice thanksgiving. The first way is to search for the good and praise it. Even in situations that at first appear difficult or unpleasant, see all the good you can. And bless the good you can see. Praise the good and watch it multiply.

A second way is to give thanks ahead of time for whatever good you desire in your life.

Thoughts held in our mind will reproduce in outer world after their own kind.

A third way-perhaps the most difficult and yet the most powerful of all- is to give thanks for your problems and challenges. By facing them we become stronger and wiser. We become better in maths by practising tougher problems, in athletics by practising with tougher opponents. Adversity, when overcome, strengthens us. So we are giving thanks not to the problem, but the strength and knowledge we gain from it. We grow through it not just go through it.

4. YOU CANNOT BE LONELY IF YOU HELP THE LONELY

Mother Theresa found greatest poverty and desolation among the wealthy. All around us we can find desperation and helplessness. The pained ones can't even find the source of their anguish. Hunger and shelter needs are easy to see, but emotional ones require more sensitivity.

Anyone looking within themselves can find valuable assets, resources and talents that can be shared. When thoughts are turned outward in search for usefulness, loneliness melts and disappears.

Spending one unselfish hour with someone less fortunate, produces a miracle for the giver and the receiver.

There are those who have little and give it all. These are the believers in life and the bounty of life and their coffers are never empty- Kahlil Gibran, The Prophet

5. YOU ARE SOUGHT AFTER IF YOU REFLECT LOVE, JOY, PEACE

When we develop these qualities, others know that they can trust us. We send message that we care. They will seek our company because of the comfort, friendship, and love they experience with us. And we will find we are our best friend because those same qualities help us love ourselves. They help us to be at peace with ourselves, to have more patience and joy in our hearts. We learn to treat ourselves with kindness, goodness, faithfulness and gentleness. We will give to life what we seek from life.

6. A SMILE BREEDS A SMILE-Ted Engstrom

Smile and the world smiles with you, cry and you cry alone. We like a person who makes us smile. An optimist has a reason to smile. A pessimist has no reason to smile.

When we learn to smile in the face of life's adversities, we can overcome problems more effortlessly. It attracts harmonious solutions. It enables us to see joy in life no matter what is going on around us. When you chose to smile in difficult situations, you will rediscover ease and good feeling in the present circumstance.

A smile is contagious. In choosing to return a smile, we say "yes!" to life. Your smile will breed many more smiles because of the good feeling generated just in being around you.

7. NONE KNOWS THE WEIGHT OF ANOTHER'S BURDEN

My friends, I have been diagnosed with terminal cancer and just have six months to live. I have struggled with this for a month and have now decided to take up flying lessons. I have chosen to live. There was a look of triumph, joy in his face.

Before you criticize and choose, walk a mile in my shoes.

8. LOVE GIVEN GROWS, LOVE HOARDED DWINDLES

God loves us unconditionally, and He wants us to do the same. To develop it, we must practise until it becomes our second nature- as natural as breathing. It is a deliberate choice we can make right now. It does not depend on how we feel, but loving regardless of how we feel. It is like the exercise program in which we begin with simpler exercises and progressively do more as our strength increases. The reward is feeling good and improving our ability. With love, we feel good about ourselves and others-two important components of happy life.

9. A MEASURE OF GOOD MENTAL HEALTH IS THE DISPOSITION TO FIND GOOD EVERYWHERE

We all face subjective realities. They are attitudes, not events. We have a choice of attitudes. Fear of failing becomes a self fulfilling prophecy. A pessimist can never be an inventor because he has lost the ability to dream.

10. LOVE GIVEN IS LOVE RECEIVED

Many of us think that we have to measure up to other person's expectations for them to love us. This creates tremendous stress. Having to look right, say right things, do right things makes us emotionally crippled, dependent, self pitying, bitter, and cynical.

We all instinctively want to experience love because it the very nature of the soul.

Start with whoever is around you. Goodwill, kindness, support, caring to make things a little better for them. Express love consciously through thoughts, words, actions will make you a force field of love.

11. PRAY WITHOUT CEASING

We need to be reminded not only how and when to pray, but also why we should pray. I start my shareholder's meeting with a prayer. Prayer should be that God uses you as a clear channel for His wisdom and His love. "Thy will be done" are perhaps the most difficult and important part of the prayer. By communicating with God on a regular basis, we receive his guidance and the power to understand and do his will. The more we talk with God, the more He reveals Himself to us.

12. THE IMPOSSIBLE IS JUST UNTRIED- Jim Goodwin

So many inventors have invented things which were considered impossible.

We will never know if there is a solution to our problem unless we say to ourselves, "Yes it is possible. It can be done!"

13. I SHALL ALLOW NO MAN TO BELITTLE MY SOUL BY MAKING ME HATE HIM- Booker T.

Washington

Hate, like prayer, changes the person involved in the activity, not the person the activity is aimed at. The only person we can truly change or control is our self. Take command of life rather than feeling a victim of circumstances.

14. SUCCESS IS A JOURNEY NOT A DESTINATION-Wayne W. Dyer

The law of inertia states: "It is easier for something in motion to stay in motion. Conversely, once an object(person) is at rest, it is easier to stay at rest."That means 50 % of the doing task is to begin it. Once started, it is easier to carry on and finish it than stop.

The law of attraction states that : like attracts like." You have three options. That which you like, and that which is like yourself. However, you will also attract which you dislike. By assuming non-judgemental attitude, you can avoid the negative experiences.

15. AN ATTITUDE OF GRATITUDE CREATES BLESSINGS

It is a law of life, and an inexorable principle, that if we develop an attitude of gratitude our happiness will increase. The only way to prove it to yourself is to give it a try. And see what happens.

16. ENTHUSIASM IS CONTAGIOUS

17. YOU FEAR WHAT YOU DON'T UNDERSTAND

Life without fear works out for the best.

18. LOVE HAS THE PATIENCE to ENDURE THE FAULT WE CANNOT CURE

We wish to have only good to come to you, what you want, and what you will make them happy. We may not know what is best for them. They can even refuse what we want to give. Sometimes, letting someone know you love them, regardless of what they do, is the very thing that will cause them to turn around, although there are no guarantees. We cannot rescue anyone; we can only try to help the person rescue himself,

19. NOTHING CAN BRING YOU PEACE BUT YOURSELF- Ralph Waldo Emerson

Peace does not depend on where you live or even with whom you live. It is a quality you carry within yourself regardless of the external circumstances.

To get in touch with your inner peace, reserve some time each day-even a few minutes in which you can be alone and undisturbed. Sit in a comfortable chair, close your eyes, breathe deeply and slowly and let your mind and body relax. Repeat these words slowly to yourself:

“I am now letting go. I am now letting go.” Mentally release the events of the day, one by one, until you feel yourself moving into a realm of stillness and peace. This simple exercise will teach you that it’s not the events themselves that rob you of a sense of peace; it’s the negative interpretation of events that disturbs you, causing restlessness and stress. This peace will remain with you, even in the midst of a rapidly changing world.

Cultivate an attitude of gratitude, of giving and forgiving. You may be amazed at how joyful you will feel, how in touch with yourself and the world.

20. THE UNEXAMINED LIFE IS NOT WORTH LIVING

Once we understand why others behave as they do, we can have compassion and empathy for them. We then do not need to judge them. Judgment only condemns and separates people. It turns us against each other. Compassion and empathy bring people together. “I care about you and I want to support you.” is the message.

We have an unfailing inner voice that guides us about right and wrong. We must explore our thinking and behaviour. Honest self analysis can help us to see if we react to people and events due to social conditioning or if our behaviour is guided by the divine principle and inner voice within us. We can only change our own behaviour. Learning the reasons behind our own behaviour makes us honest and builds integrity in our lives.

21. HAVE HIGHER ASPIRATIONS

Don’t just build castles in the air, but put foundations under them. Ask yourself what steps you should take to make your desires come true. When we live true to our dreams, life will cooperate in giving us things we can’t give ourselves. By not giving up, by remaining faithful to our aspirations, there is a better chance that circumstances will work in our favour.

22. YOU ARE ONLY AS GOOD AS YOUR WORD

In all situations (small/big), keep your word/commitments to others as well as yourself.

23. A LOVING PERSON LIVES IN A LOVING WORLD

A loving person creates a +ve atmosphere. He is a friend to count on, ready to listen, help, and comfort. He can feel hurt, can get angry. Life has its share of disappointments, troubles, worries, and sorrows for all of us. Loving person forgives the person who hurt him.

So try a smile instead of a scowl. Expect the best not the worst. Do your utmost in understanding and care for others.

24. COUNT YOUR BLESSINGS AND YOU WILL HAVE AN ATTITUDE OF GRATITUDE

Gratitude is not just a feeling. It is something to be put in action. Actively acknowledging our good creates more good. Those who are grateful experience the wonderful balance of being both receivers and givers.

25. WE LEARN MORE BY WELCOMING CRITICISM THAN BY RENDERING JUDGMENT

When someone is angry or critical with us, we have two basic choices. Defend or learn from the conflict. Nothing is learned if no one is listening. Learning encourages calmness and patience under pressure. Silence allows us to understand thoughts and feelings of others. We can ask questions to clarify misunderstanding.

In this way we learn about ourselves. We honour our friend by showing acceptance rather than rejection.

26. IT DOES NOT MATTER WHETHER YOU WON OR LOST BUT HOW YOU PLAYED THE GAME MATTERS

Your position at the top will always be challenged. If your self esteem rides on your ability to outsmart others, you are on a very shaky foundation. Competition becomes a means of

survival , a weapon to destroy those who threaten to depose your vulnerable empire. The problem is not competition but our attitude towards it. Competition measures our performance, not our value as a person. Win or lose, we learn something new. Life is a game. If you work on making each performance a little better than the last one, you are a winner.

27. WE TEND TO FIND WHAT WE LOOK FOR: GOOD/EVIL PROBLEMS/SOLUTIONS

Reality is a matter of perception. Life is like a movie you see through your own unique eyes. It makes little difference what's happening out there. It's how you take it that counts. Jealousy is because you haven't learned to trust yourself, and you question your own ability to be faithful. Everyone you meet is your mirror. Thoughts are like boomerangs. With a +ve belief even in the dark clouds we search for silver linings. Negativity blocks part of ourselves that knows answers.

When you have lemons, just make a lemonade.

28. EVERY ENDING IS A NEW BEGINNING

Almost everything occurs in cycles. Good as well as bad also ends. Sometimes, end is painful, sometimes, beginning is painful. We must accept this inevitable changing cycle.

29. THE ONLY WAY TO HAVE A FRIEND IS TO BE A FRIEND

Love is always patient and kind. It is never jealous, boastful, rude or selfish. It is ready to trust, hope, and endure whatever comes.

Reaching out to another with love means reaching within to find the love we want reflected back to us.

Friendship begins when we learn how to be our own best friend.

30. MAN IS WHAT HE BELIEVES-Anton Chekov

We try to run away from who we are because we feel that there is something about our natural selves that is not right. We have control over our thoughts and we can view our lives anyway we choose. Even if these were wrong, we can change them now.

Nature abhors sameness. Every tree, flower, blade of grass is magnificently different. If we accept ourselves positively, the world will respond positively and with acceptance.

31. THE DARK NIGHT IS NOT THE END OF THE WORLD

WE all have times when our world seems to be crumbling and no help forthcoming. Saint John calls this as 'The dark night of the soul.' We feel all alone and the night seems to be endless. Our crisis seem to be endless with no hope of a good outcome. We might be tempted to think that life is not worth living. However, this is not true. You have a reason for living. Such situations in truth offer valuable lessons for becoming a whole person, and give us wisdom and understanding life's true meaning.

There is a part of you that knows the right action for any problem that might arise.

Remember: even if you have tried many things that haven't worked, there are always more ways to attempt a solution. There are no insoluble problems, only those we haven't yet learned how to solve. Not knowing how to solve a problem doesn't make you a worthless person. You are a valuable person.

After the darkest night, the Sun always rises. What you have seen is only cloud hiding the face of the Sun.

32. REVENGE IS DEVILISH AND FORGIVENESS IS SAINTLY

Most of us, at some time or other, will have to deal with things which are hurtful and unfair. How we handle these events is a major determining factor in your life. It makes all the

difference to your happiness and mental, physical and emotional health. Some maintain their stability during such moments while others consider it as a blow from which they can't recover. The latter don't realize that it is their decision, not their fate. We might say "they can't get away with this".

Holding onto troubles can destroy peace of mind, interfere with clear thinking and insight, and lower body's energy, resistance and strength. Blame, resentment and self pity are like acid. They corrode the human system. Many ailments arise due to unforgiving attitude, because disharmony in mind creates disharmony in body.

The severity of the offense makes a difference in our ability to forgive. Time and effort to forgive depend on that. But even if something appears impossible to forgive, the person who is unwilling to even try will inflict greater suffering on himself than the other person. Then we have placed our happiness in someone else's hands. Holding onto a grudge, small or large, is a decision to suffer. The laws of life do not change according to circumstances; their effect is consistent.

The willingness to let go of anger is an important start, but forgiveness means much more than cooling emotions. It means relinquishment of any sense of blame, including blame towards yourself. When you forgive someone, you release the wrong itself.

None of us has the wisdom to be another's judge. Forgiveness heals, brings freedom and peace of mind.

33. CRIME DOESN'T PAY

Other than the legal action there are other ways in which crime hurts. You start worrying. Fears will haunt you. There is a guilt. Your relationship with friends and relations gets affected.

34. YOU CAN MAKE OPPOSITION WORK FOR YOU

It is important to realize that there is good in everything and everyone. Let us take time and effort to find it. The troublesome person or a difficult situation may well be a blessing in disguise.

35. SMALL ATTEMPTS REPEATED WILL COMPLETE ANY UNDERTAKING –Og Mandino

As we learn to solve lower grade problems, we progress on to a higher grade with ever more difficult problems. When we attempt to improve ourselves we encounter new problems. Every time we try something new, there is always a challenge to face. There are new factors, new considerations and certain adjustments that we must incorporate into our lives,. If we don't become overwhelmed by the magnitude of the problem but proceed steadily with confidence, we can complete almost any undertaking that comes our way.

Life seldom presents us with challenges we can't meet, obstacles we can't overcome, or problems that can't be solved. We simply have to approach each problem with a positive attitude and know that it's only a matter of persistence and time before we arrive at the solution.

36. NO ONE KNOWS WHAT HE CAN DO UNTIL HE TRIES

King Robert observed three outstanding characteristics of the spider: tremendous patience, tremendous tolerance, tremendous perseverance. No matter what, the spider never gives up. Each of us possess the same characteristics within us. When faced with a difficult or challenging situation, we can utilize strength to become calm, wait patiently for confusing thoughts to pass and persist with another well planned attempt.

If at times you feel that the world is conspiring against you, try to be tolerant of the conditions. If there is an obstacle blocking your way, accept the obstacle as it is. It may be much easier to go around, go over, or go under the obstacle. Lastly, use your inner strength to persevere. You have within you a strength that is equally matched to your potential and your creative imagination.

37. DON'T PUT ALL EGGS IN ONE BASKET

Whether it is investment or other planning, invest in multiple options.

38. THOUGHTS ARE THINGS – Charles Filmore

We don't realize importance of thoughts because they are not visible, and the material manifestation of thoughts may take days, months, or years.

Our thoughts are as important as our behaviour. If we think negative thoughts, we become negative, reactive and uncreative. Our thoughts shape our minds, our faces, our dreams, our daily activities, our very being.

39. AS WITHIN SO WITHOUT

We can't work because neither our desks nor our minds are ready to work. Often there is something else claiming our attention. The nature of our friends, studies, career reflects what is going on inside ourselves. If our minds are cluttered and unfocused, our immediate surroundings will tend to be cluttered.

40. A STITCH IN TIME SAVES NINE

We live in a "self service" world in which we need to check our own oil and water levels to protect our engines. By tending to ourselves when one stitch will do, we will save eight stitches.

41. PERSEVERANCE MAKES DIFFERENCE BETWEEN SUCCESS AND DEFEAT

It is a voice within which constantly urges you to "try, try, again" if you fail. Abraham Lincoln faced many failures before he succeeded. He said, "Without the Divine Being, I cannot succeed. With that assistance, I cannot fail."

Lincoln had very little schooling and was described as a "wandering labouring boy" without education. Edison had only 3 months of formal education and his teacher called him "addled". So his mother taught him at home.

Edison said, "Genius is one % inspiration and 99 % perspiration. When his friend asked him about his failures, he said, "I have not failed. I have just found 10,000 ways that don't work". In his old age when he became deaf, his friends asked him how it affected him. He said, "I find it easier to concentrate now."

42. ENTHUSIASM BREEDS ACHIEVEMENT

It is a state of exuberance in which all things seem possible. "Expansion in love is an action available to every human being all the time." Thaddeus

Greatness may go about its work with quiet authority. Greatness may speak softly. Or greatness may lie in the fortitude of a child undergoing major illness or personal tragedy. It belongs to many unsung heroes. "Nothing great was ever achieved without enthusiasm" - Emerson. Roman philosopher Seneca said: "Live among men as if God beheld you; speak to God as if men were listening. Then all you do or say will be with honor and the dream that inspired you will never die.

43. THE WAY TO MEND THE BAD WORLD IS TO CREATE THE RIGHT WORLD

"Let there be peace on earth and let it begin with me". We are all one in spirit.

Personal motive is always our best guide. Ask yourself “Why am I doing this”. And that inherent wisdom should provide the true answer. If your motives are pure, good will come of them.

Man has an inborn conscience. While we are in tune with the way things are designed to be, we are “safe.” When we are out of tune, we show it in the form of greed, fear, sickness, addiction and jealousy. Each one of us has within us the power to encourage health, happiness, and serenity; we are capable of re-educating our bodies and our thinking. It’s time to stop saying that “they” need to be changing things around here. There is no “they”- there is only “I”. When we start saying I need to be giving life a helping hand, we then start to benefit all of life.

44. IT IS BETTER TO PRAISE THAN CRITICIZE

“I feel like saying ‘thank you, thank you, thank you,’ I feel like saying ‘thank you’ to this world of mine! It would be a perfect song when you mean it, when things are going great. But sometimes it’s the right song to sing when you don’t feel the words, when things are not doing well and you can’t see daylight for darkness. Either way, the song won’t fail to leave you feeling better about yourself and life. The reason is that praise is a powerful tool.

We may be involved in a challenging situation we can’t handle. But what happens when we begin sincerely to give thanks for our wonderful minds and our strong and healthy bodies? Our own sense of confidence and self worth are actually activated and strengthened by this kind of praise.

We have all experienced how wonderful it feels to receive praise and gratitude from others. Everyone praised and encouraged performs better.

It is even more important to praise and give thanks for our own talents and abilities. There is not much praise to had from others in this world. How wonderful to look for and find good in ourselves!

We should cultivate the art of praise. We should work at seeing good in ourselves and others. In every situation think that there is something good awaiting us. As we learn to praise ourselves and our world, we begin to blossom in ways that are wonderful to behold. The attitude of gratitude!

Let’s practice right now: “I feel like saying ‘Thank you, thank you, thank you.’”

45. LAUGHTER IS THE BEST MEDICINE

Instead of sympathy and pity, people need something healthy to laugh about.

When a person laughs, many good things happen. Muscles relax, the breathing is deeper, the bloodstream is fully oxygenated. Pain and gloom are forgotten or at least put in proper perspective. When you are shaking with laughter it is difficult to think negative thoughts. For patients, it’s a therapy. Those who make others laugh benefit themselves immensely. We can share our laughter and good humour with everyone we meet. We can make patients, lonely persons laugh. If we are not good at wit ourselves, there are books and audio tapes that can be shared. This sharing is an important part. The rewards for bringing laughter are love, cheer and gratitude of those you help.

46. PROGRESS DEPENDS ON DILIGENCE AND PERSEVERANCE

One of the most precious resources is time. We must gather information for decision making. Quality of endurance is very important. In athletic competitions, best finisher wins and not the most talented. Helen Hayes says: “Nothing is any good without endurance.” The only way to perfect our skills is through diligent practice and study on a consistent basis. This

commitment to “finish the race” is never easy for anyone. There are times when we are tempted to spend valuable time pursuing those interests that give pleasure while neglecting our long-range priorities.

47. HUMILITY LIKE DARKNESS REVEALS THE HEAVENLY LIGHT-Henry David Thoreau

Stars can only be seen on a dark night. We tend to think dark/black as bad, not as valuable as light. Movies can be seen better only in dark halls.

The heavenly light within us is revealed against the background of humility: our ability to admit we can never know everything or be all things to all people. Humility is not to believe that you have no worth, or are incompetent. It is rather wisdom. Humility is knowing that you are smart, but not all knowing.

A humble attitude is a flexible one. Our agility in dealing with whatever life throws our way is our strength. It means we have a receptive and open mind. We don't know all the right questions as well as all the right answers. Arrogance tends to promote separateness.

48. LOVE CONQUERS ALL THINGS- Virgil

None of us escapes occasional feelings of anger, sadness and grief. The big question is, what do we do with these beats when they attack us?

Being compassionate means taking your anger on a pillow instead of your best friend, or going out for a run instead of letting your feelings smoulder and fester inside. Being understanding means knowing that you have a right to all your feelings-even negative ones-and that you are not a bad person for feeling the way you do.

Another way to tame with compassion is to talk about your feelings with a trusted friend or a counsellor.

Sometimes your angry feelings are delivering a message you should pay attention to.

Understand your anger and be kind to yourself and the bad feeling will go away.

So the next time you feel angry: 1. See what it is trying to tell you. 2. Give it a pat on the head; and 3. Take it where it can't hurt you or others and let it blow out steam.

49. IF YOU DON'T KNOW WHAT YOU WANT TO ACHIEVE WITH YOUR LIFE, YOU MAY NOT ACHIEVE MUCH

I can't always get what I want. But I get exactly what I am prepared to give. We are clear about what we don't want. But, we don't do enough inner work that will lead us to what we do want. Once we know what we want, we can set goals and work towards them. By setting goals, we give ourselves the opportunity to develop our full potential. Writing down goals helps us as reminder.

Napolean Hill: Whatever the mind can conceive and believe, it can achieve.

50. THE GREATEST GIFT YOU CAN GIVE ANOTHER IS THEE PURITY OF YOUR ATTENTION-RICHARD MOSS

We are quick to point out solutions to other's problems. But how do we know that our advice even applies to him? No two personal crises are the same and each individuals way of dealing with them is different.

The most important thing we can do is continuously remind him that we are there for him; we can even let him know that even if he wants to be alone, we will still be there if he needs us. Sometimes, the best we can do for our friends is to listen to them and support them in their own decisions. The greatest gift is the purity of your attention.

51. EVERYONE AND EVERYTHING AROUND YOU IS A TEACHER-Ken Keyes

Your teachers are everywhere. Your life is set up to teach you exactly what you need to learn.

What we admire most in another may be a quality we possess but have failed to recognize. Likewise, what we dislike most in another may also reflect the trait within us that we are not aware of.

If lot of people like us, we are not necessarily good. Likewise, if we are not popular, we are not bad. Yet, we can use reactions of others to learn.

There is something within ourselves that is attracting us to other persons, and them to us. It's helpful to look at those activities you spend the greater part of your time pursuing. What do our priorities tell you about yourself? How do you spend your leisure time? On what do you spend most of your money? What feelings do you experience most often?

The truth is, you are teaching yourself, and as you use your life and the world around you as your "textbook" and your "classroom," you can become your own greatest teacher.

52. HITCH YOUR WAGON TO A STAR

We need to think big and aim high when planning our goals. We need ambition to sustain us. Believe in yourself and aim for the best.

53. THE PRICE OF GREATNESS IS RESPONSIBILITY-Winston Churchill

If you hope to accomplish great things, you must begin by accepting responsibility for smaller things for smaller things you are facing today. The student who fails to do homework assignments or to take on extra research in each subject may well lack ability to be successful as an adult. The young person who fails to act responsibly and caringly at home and with friends, will often fail in crucial relationships, professional and personal. A business may fail because record keeping and other areas of exacting work have been neglected.

54. GOOD WORDS ARE WOTH MUCH MORE AND COST LITTLE

The grouch is often unemployed, in debt, and emotionally bankrupt. But there is a way he can get rich quickly. And it won't cost him anything. He has to find one commodity that's in greatest demand and buy lots of stock in it. When most people are plagued with pessimism, words of understanding and hope can be rare as gold bullion. Good words are money in the bank. Invested liberally in all your conversations, good words of encouragement, compassion and support will earn you interest from a vast treasury of goodwill that is always at your disposal. Everyone wants to be with a person who expresses enthusiasm, care and concern.

Perhaps a grouch became so because few good words were spoken to him when he was a child, or because of deep hurt by an intimate friend who broke a sacred trust. Acceptance and forgiveness will free him from the past.

55. YOU CAN NEVER SOLVE A PROBLEM AT THE SAME LEVEL AS THE PROBLEM-Emmet Fox

Distance and height provide an encompassing perspective that is helpful in showing us how to cope with challenging circumstances. A successful problem solver creates a new context to view the problem. He examines them from a detached perspective, and after exploring information, options, chooses an appropriate course of action.

56. HAPPY RELATIONSHIPS DEPEND NOT ON FINDING THE RIGHT PERSON, BUT IN BEING THE RIGHT PERSON- Eric Butterworth

When a person begins to work on changing himself from within, he will start to attract different types of people in his life. To have happy relationships, we must first become truly loving people. And as we fill our hearts with love by expressing it toward all people in

thought, word and deed, then that love will heal our own lives, help to solve our own problems and enable us to feel good about ourselves. We don't need others to rescue us. We attract loving people and come together to give to each other rather than take from each other.

57. WE RECEIVE FREELY WHEN WE GIVE FREELY

You never lose by giving, whether it is food for fish, or love for friends. For in giving freely without guarantee of return, you set in motion an irresistible momentum of goodness. When we give, everyone is a winner.

58. THE TRUTH WILL MAKE YOU FREE

We tend to see the freedom or the lack of it as a result of something outside of yourself. How much of what you believe is the result of what others have told you? How much of what you believe about yourself comes from what others believe about you? These may just be "hypnotic suggestions" we have accepted from others. Ask yourself, "Is this really true or it could be an illusion or a lie?"

59. IF YOU WOULD FIND GOLD, YOU MUST SEARCH WHERE IT IS- William Juneau

We see people searching in the wrong places for the things that they desire. Too many persons try to find peace and happiness in drugs, alcohol, and sensual excitement, but they don't find what they want because they are searching in the wrong place. If you want peace, the first place to look for is within yourself.

If you want to the company of good people, try going to places where good people go- churches, charity functions, community picnics. Good persons will not be found where gangsters and thieves hang out.

60. HABIT IS THE BEST OF SERVANTS, THE WORST OF MASTERS-J. Jelinek

Everyone has habits. Good habits like getting up early in the morning, nutritious meals, exercise, good hygiene, enough sleep are very helpful. These habits enable you to function at full strength both at work and play. Good study habits enable you to organize your thinking and use your time for effective learning. Habits of courtesy make others comfortable. Consistent practice habits enable you to develop a talent or skill like music or sports, painting, crafts or writing.

A habit is a pattern of behaviour that has become so automatic that it's difficult to eliminate. Most habits become unconscious. Habitual behaviours can certainly be helpful. When you become aware, change bad habits with good habits. Even if you slip, don't give up.

61. MAN CANNOT DISCOVER NEW OCEANS UNTIL HE HAS THE COURAGE TO LOSE SIGHT OF THE SHORE

To encourage the young eagles to fend for themselves, the mother pulls the padding out of the nest so the thorns of the ironwood will prick the birds. As their living conditions become more painful, they are forced to climb up to the edge of the nest. The mother eagle then coaxes them off the edge. As they begin to plummet to the bottom of the canyon, they wildly flap their wings to break their fall, and end up doing what is most natural thing in the world for the eagle-they fly.

Human beings face similar situations. For growth, we must leave safety and familiarity behind. Like the baby eagle, we also resist the change, continue with the unpleasant conditions because we are afraid of the unknown.

Unhappy conditions coax us to move on to new areas of our potential. When the time comes to venture out and accept new challenges, try to remember that everyone has the

ability not only to survive but to prosper. We never have to settle for less than what we are capable of.

Within each of us are the resources that can be realized only when we climb to the edge of the nest, slip off into the air-and fly.

62. MEN ARE PUNISHED BY THEIR SINS NOT FOR THEM-Elbert Hubbard

Most of us grow up knowing that we will be punished for our mistakes, and we often are. But the truth is, we are hurt far worse by the results of what we do than by the spankings and groundings other people impose on us. We suffer from our deeds even when no one finds out.

If you are tempted to do something and feel even a shade of reluctance, ask yourself, "If I do this, how will it affect my life after six months, two years, five years? Will this be good for me and for everyone?" Asking the right questions is a step in the direction of finding the right answers.

63. ACCENTUATE THE POSITIVE; ELIMINATE THE NEGATIVE

When something is going wrong, it is tempting to believe that everything in our lives is wrong. Unfortunately, with this attitude we act in ways that tend to cause more "wrongs" to happen to us and we overlook the +ve parts of our lives.

We often tend to blame others for our misfortunes. But instead of wasting time and energy on anger and accusation, it can be far more productive to focus on solutions and move away from the problem and into your day in a +ve frame of mind.

Anger feeds on anger. Only peaceful mind can solve problems better. We all will have times when we want to cry, "It's not fair", but feeling sorry for yourself will not solve the problem. Better to think: "This is how it is. Now, what can I do about it?" Remember, anger is an emotion and emotions don't solve problems; they are more likely to create new ones.

With this you will be able to react positively, while releasing negative thoughts.

Pleasant, productive days will result from your new way of thinking. Your mind tells you how to feel about what is going on based on memories. We can change these memories with messages of solving problems in an affirmative ways.

When you control your mind and emotions, you control your life.

64. FORGIVING UPLIFTS THE FORGIVER

Love is not just a feeling. It believes in giving, forgiving and it is letting go of fear. True forgiveness makes our thinking and behaviour flexible leading to real freedom. It is about loving oneself enough to be honest, open minded and willing to move on in life. It is about learning to be grateful, not only for our own mistakes but for all experiences, even if they appear to be bad or painful. It is about knowing that although we may have to experience pain, we don't have to suffer. When we give thanks for the challenges, the faith dissolves the appearance of the bad and the good appears. Through this we learn not to resist changes that truly come to bless us.

Growth is not intended to be struggle but rather a surrender. We have to give up the fear of giving up good for the better.

Giving and forgiving dismantles the ego structures.

65. The Light of Understanding dissolves the phantoms of fear

These phantoms of doubt, confusion and pain are fabrications of our minds. They may cause us to run away and hide or to scream with fright, but when seen with understanding, our fears dissolve.

Thoughts, stained by fear, cannot perceive reality accurately. It's like looking at object through a clouded lens. Sometimes we may be paralysed by our fear, at other times we may react defensively because doom seems so imminent.

Fear is False Evidence Appearing Real. There are two false premises regarding fear. First, is that the belief that things are as they appear to be. Second, the fearful individual assumes that he/she lacks resources to handle a tragic situation. The truth is that courage belongs to every one of us as we meet life's challenges. "You gain strength, courage and confidence by every experience in which you look fear in the face" - Eleanor Roosevelt. When you look fear in the face you may see right through it, if it is only a phantom after all.

66. Make yourself necessary to the world and mankind will give you bread. R.W.Emerson

We hear a lot about unemployment. Yet what if all those seeking employment simply started doing the thing that they are best at?

67. Love is something if you give it away

It is only through giving that we can create space to receive substance. Love means being +ve in comments, finding the right, kind words. Doing something for someone without the need for recognition or gratitude will benefit the giver as much, as or even more than, the receiver. When you act out of love, get ready to receive more love than you ever possibly imagined. "He who lives with acceptance, friendship and love will find those very qualities everywhere he looks." Give freely; give without thought of return; and your supply of love will never run dry but will expand and be constantly replenished.

68. Progress requires change

We all suffer from a broken heart at one time or another due to loss of something. Even failing to reach a goal causes a broken heart.

Change is the only constant in our lives. If we don't know how to handle change, it can be heartbreaking.

When a seed falls into the darkness of the earth, the seeds outer shell must break so that new life can emerge. Whenever we lose something we always, in some way, gain something at the same time.

Life offers inexplicable experiences that will not always make rational sense. This understanding is a precious gift itself. Adversity can be a milestone in your spiritual growth. It makes us compassionate and understanding towards yourself and others.

69. Chance favours the prepared

70. A good reputation is more valuable than money

When you have a good reputation, you feel good about yourself. And remember, you have to spend every single moment of your life with yourself, you and you alone. If you don't like and respect who you are, it is going to be difficult for you to like or respect anyone else.

71. Your life becomes what you think

The mind can tell the brain what to think about. If a thought comes which is not in your best interest, you can, with very alert practice, begin thinking something else, so that the undesirable thought goes away.

If you tell your mind to stop thinking about bananas, it will still think about bananas. So telling yourself to stop thinking something doesn't work. If you start thinking about apples, the banana thoughts go away. Even if occasionally banana thought comes, think apple thoughts again with more description.

When you face an unpleasant task, such as mowing the lawn, it can be tempting to complain about it. However, when it is in our best interest to finish the job, why not make it more fun, now that you know you can.

It is important for you to find something which is true for you, howsoever insignificant it may seem, with which to replace the negative thought. This will change your attitude, and as a result, your experience about it. Your job will be done and you will feel better about it. Try to be kind to yourself during the process. If you have worked at changing your thoughts and the negative ones seem coming back, laugh at yourself. Accept that you are doing your best, and go back to thinking your replacement thought. As you become better and better at controlling your thoughts, your positive

72. To err is human, to forgive is divine

We are the one who suffer from unforgiveness. It takes lot of energy to hold onto a grudge. We may feel we are justified. Why would we punish ourselves even further by dwelling on negative thoughts and emotions? A tremendous cost in sickness of mind and body may affect those who cling to feelings of unforgiveness. Complete and total forgiveness is a sure way to health and happiness and to new energy and enthusiasm.

73. What is of all things most yielding can overcome that which is most hard

Victory comes through surrender-Tao Te Ching. The meek shall inherit the earth. These imply that our battles are won not by our personal strength alone but by allowing a higher power to work through us. How do we allow it to work? In part, by believing in it. In part by surrendering, by yielding to it. Another alternative is to do what you can do without resistance and struggle and then turn your attention to the higher power and surrender to it. Allow this universal intelligence to work through you. Let go of all personal intentions and trust that the higher power is bringing about a solution that is far greater than you could achieve, or ever imagine, through personal willpower and struggling to solve problems your way.

74. The Seven Deadly Sins: pride, lust, sloth, envy, anger, covetousness, gluttony

A sin diminishes potential of living a life full of peace, joy, happiness and usefulness. Pride goes before destruction. Laziness may be fear in disguise. Meeting our fears and overcoming our lazy resistance, however, is an enlivening experience.

75. Never do anything that you will have to punish yourself for.

Even if no one knows but you, those bad feelings can come back to haunt you whenever you think about them. In order to come to terms with it, first admit it to yourself and one other person. Second, if it's something that can be corrected by telling the truth, then do so. Lastly, you can make a contract with yourself to do only things in future that you will be proud of.

76. It is better to light a single candle than to curse the darkness

Darkness is one of the things we fear. It hold the unknown and indefinable. Problems may affect us much like the darkness does. Cursing darkness does not change anything. It makes things worse. Others will help only if they see that we are trying to solve the problem. We must face simple facts. Once we make a small active effort, even if it fails, we may see other better solutions. In general, once we take the attitude that the problem can be solved, it becomes less terrifying, and much more manageable. It is no longer a problem but a challenge.

77. To be forgiven, we must forgive

The anger hurts ourselves more than anyone else. Hatred and bitterness affect our health. At first we may find it difficult to forgive. With persistence, we understand the other person and feel pity for him, then compassion and finally love. Then we forgive and love ourselves.

78. Reverse the word evil and you have the word live

Why do bad/evil things happen to good people? We have to move beyond bitterness and understand that we can learn from our "bad breaks". The pain can lead to understanding and inner growth. The passage of a good person through painful experience can mobilize inner resources and open doorways into a new and more expanded life.

Evil multiplies and triumphs when good people become resentful and bitter over misfortunes but, just as surely, evil is often overcome when they find it within themselves to transcend despair, forgive ignorance, heal betrayals, love everyone and go on with a life of spiritual growth. Great people refuse to be victimized by circumstance. Instead, they often use even the most traumatic event as a springboard for a creative and helpful response to life.

79. He who has a 'why' for which to live, can bear with almost anything.

Dr. Victor Frankl survived the Nazi concentration camps described how the prisoners who felt that they had nothing to live for succumbed, while those who perceived themselves as having a mission to complete, struggled to survive. "It did not matter what we expected from life, but rather what life expected from us. Importance of life purpose.

Everyone has a purpose in life beyond one's immediate interests and gratifications, though that purpose frequently goes undiscovered. Without that we may have material success, yet the goodness of life will elude them. The true meaning of life lies in sharing our particular qualities of greatness with others.

There is a simple way you can discover your special purpose in life. Draw up a list of all qualities you value in yourself and that other people admire in you. Since we sometimes think poorly of ourselves, it is important to dig a little to unearth those skills and talents that may lie hidden.

Next, examine the ways in which you interact with other people and make a list of those ways that work the best. What work excites you?

When you live according to your purpose, setting goals and support it, you will find the pieces of life drawn together into a strong internal whole. Then, no matter how difficult life's experiences may prove to be, you will be able to endure and even prevail.

80. If at first you don't succeed, try, try again

You may have achieved something so far. But have you accomplished all that you are capable of? Have you made full use of your capabilities?

Success isn't a destination, but a journey. It's a journey of seeking and learning in each situation, trying to better ourselves as human beings. Like researchers who continue to find ways to improve things, we must struggle to perform maximum capacity even though we will sometimes fail and make mistakes. Ask yourself what areas of your life need improvement?

81. The family that prays together stays together

Charles Fillmore speaks of prayer as entering the silence. "There is a quiet place within us all, and by silently saying over and over, 'peace be still' or 'Om shanty, shanty, shanti', we enter that quiet place and great stillness will pervade our whole being." So prayer would mean

going inside to a silent place inside ourselves and commune with something wise within us, the result which will bring peace.

Different persons have different ways to do this. It isn't important how we enter the silence, as it is that we do. When we do that in a group, we are going together to a silent place of wisdom and peace. It is an experience that removes hurt, calms anger, encourages love and forgiveness, and help us remember how important we are to each other.

Prayer can happen when there are no words to speak. When someone is hurt or disturbed, holding his hand or hugging him we enter the silent place together.

As a family begins to consciously make the choice to pray together, conflict begins to resolve itself and love increases. Entering the silent place of peace together in the storm of conflict provides a neutral place to find solutions.

82. There is as much risk in doing nothing as in doing something-Trammel Crow

We may think that although doing nothing may not be exciting, it is safe and harmless.

However, like water and air which is not moving becomes stagnant. It becomes breeding ground for germs and disease. In the stagnant human being, the disease is often guilt and depression.

Why guilt? Deep inside, everyone knows that we are meant to be active. You have too much of power, too much of energy in mind, body and spirit for not being active. A life without activity becomes dull and sluggish. The more you do nothing, the more you are caught up in inertia. Then greater is your fear of doing something. You become increasingly afraid of the unknown, afraid of the world, afraid of yourself.

What is the risk of doing something? You might not do well. You may fail. You may look foolish. Fear of failure is a paralysis.

Even if these things happen, you are sure to learn something from what you did. You might see a better way of doing thing. Everything you do helps you to do better the next time. Or you may know that this is not for you. You might find courage and determination you didn't know you had. You might discover a new interest, a skill, or a new friend just from having been involved and exposed to something different.

Even if you try and fail, you will generate energies in the process that can create a new perspective for you. You gain knowledge and wisdom.

And you just might succeed. Say to your fear: "Yes I know you. But I am going to do it anyway." When you start, the momentum will gather. Start with your present idea and do something. More ideas will meet you on the way, and you will find yourself living fully alive.

83. Lost time is never found again

We all know how time moves slowly while doing unpleasant task, and faster or even freezes while doing exciting jobs.

Putting deadlines and having short and long term goals helps a great deal in managing time.

84. When you rule your mind, you rule your world

A +ve self image is a key element of happy life. With that everything can be done better.

Your chances of success improve. Motivational expert Zig Ziglar says "Your business is never really good or bad out there. It's good/bad between your two ears.

We need to be salesman in all relationships. Zig Ziglar says that the most essential component of successful selling is the ability to understand and meet other person's needs.

Zig Ziglar says that "You can get everything in life you want if you will help enough people

get what they want.” That requires right mental attitude. Our success will depend upon the number of persons we helped to grow and prosper.

85. Most powerful weapons on earth: Love and prayer

Mother Theresa says that to heal troubled relationships just tell them that you love them. Happiness is a by-product of love.

86. No person is ever honoured for what he received, but for what he gave

A job can become boring if you work only for your pay check. If you love your work, you give your energy to it. Work as if you are the owner of the office/plant.

Dedicate your attention, your interest, your love, your imagination, your creativity and you can transform an undesirable condition that gives back to you in “good measure”. Think less about what you can get and more about what you can give and your life may take on a luster you never dreamed possible.

87. World progress needs entrepreneurs

A great person is one who has expanded the limits of human possibility. He creates something new. First you must realize that you have creativity. We all have. In fact, we are always creating through thought, word, action. We create not only our life but our environment and world. However, we must take responsibility of our creations in the past and future.

88. Expect the best: Convert problems into opportunities

What is a problem? Dictionary; A question proposed for a solution. A problem in life is a question asked. Life presents a jigsaw puzzle. The process of search and discovery of pieces is also fun, not just the finished image.

There are sometimes difficult problems to solve. Deadlines, performance pressures, future worries stress you. Doubt, uncertainty, and a sense of inadequacy can make a simple problem snowball into something more complex than it is. Then solutions elude you because mind is preoccupied with worries.

Hellen Keller was blind, but she reached heights not imagined by many.

Look for the best of what is possible in every situation and you will turn every problem you face into an opportunity to be great. Your fear will diminish and your success as a person will increase.

89. Give blessings

In life we all have challenges to face and overcome. Life is a training school that lasts all our life.

Many people find that they receive more benefit from being a blessing than from being blessed. Oftentimes, that just requires just a word of encouragement and hope to someone who is filled with discouragement and despair.

90. The seeds of destruction are sown in anger

It is natural to be angry when unfairly treated. However, it makes matters worse when we act out of anger. Angry words and actions sets up a chain of negative reactions that result in breakdown of communications. Once anger takes over, common sense and reasonableness fly out of the window.

91. You make yourself and others suffer as much when you take/give offense.

When we take offense, due to the negative energy we carry inside, we are a destructive storm waiting to happen.

Persons who know their internal worth treat others with dignity and respect. He does not see insult where none is intended. He accepts criticism.

92. There is no difficulty that enough love will not conquer. Emmet Fox

Constant, unconditional love will communicate itself to even the most badly abused. Love is the one power that eventually can cut through all obstacles.

Teilhard de Chardin: someday, after we have mastered the winds, the waves, the tides and gravity, we shall harness the energies of Love. Then, for the second time in the history, man will have discovered fire.

93. Be prepared- Motto of the Boy Scouts

The first step in the order of success is preparedness. Ask yourself from time to time what you are doing to prepare yourself for success. Opportunity may present in a form you aren't looking for. Have you trained yourself to recognize the opportunity when it knocks?

94. You are on the road to success if you realize that failures are only a detour. C. Ten Boom

Abraham Lincoln faced many defeats before he succeeded. He was considered to be a poor, bumbling speaker. Yet, he became one of the greatest presidents, whose speeches are masterpieces. William Faulkner a Nobel prize winner had his novels rejected. Edison always struggled with failure.

It is important to study our failures, to learn from them, and then make a new attempt.

95. Thanksgiving leads to giving and forgiving, and spiritual growth

Thanksgiving is the very law of gratitude. Its opposite is fear. Gratitude is the open hearted, genuine appreciation for what is wonderful in our lives. Fear is a contracting force which makes us victims of the lack.

The law of gratitude is really an aspect of universe that deals with energy flow. As one gives out energy, it returns to you. This works in all departments of life.

When we hoard our resources, friendships, help, affection, cash, it stops the flow of energy circuits.

Forgiveness and self-forgiveness release anger, pain, all festering poisons.

96. Give Credit and help to all who have helped you

A successful life is more than just making a living. It also involves personal relationships, family experiences, and spiritual experiences. Happiness is part of success, but the ability to handle the heartbreaks, the illnesses and problems that life brings us to all, and to handle them with dignity and fortitude, is also success. It is a lifelong journey. People who live each day to the fullest, with excitement and challenge those 24 hrs can bring, are successful people. It does not require important position, great deal of money, or fame. Success is making the life journey deep and as profound an experience as possible. It is giving, not a taking experience.

Each life is infinitely complex. Our dreams change as we grow. He is a success because he has learned to choose and meditate and search; he realizes that he might change his mind, that he might make mistakes, that things won't always work out according to his plans and hopes. But this is all right because he can handle change and learn from it.

In each human being there are many possibilities. Success is finding out which one will be right for us. We select our values, work, person to marry, how to raise children, church to attend, the food we eat. Choices can change our future.

97. Little things mean a lot

Do we have habits that turn friends off? Are we overly critical, catty remarks behind their back, making fun, lack of genuine interest./ Do we honestly like to see our friends win honours and recognition? Are we wholeheartedly happy when good luck comes their way? Do we let them know that we are interested in them?

If you want friends, you must be willing to be a friend.

98. To be upset over what you don't have is to waste what you do have
What is inside us is much more important and influential than what is outside.
We may wish many things, but nothing will happen until we are willing to do what we can to make a change.

Take stock of your strengths, knowing that everyone has talents that others will appreciate.
Belief in yourself-in what you are-is the beginning of positive change.

99. Honesty is the best policy

There are times when it seems that one little lie-what is called a "white lie"- would make life easier. "After all, who would know?" is our logic to justify it. But deceptions can become linked to further, and more damaging, deceptions, causing our thoughts and actions to become confused and impure. "Oh, what a tangled web we weave, when first we practice to deceive." Deceit takes a terrible toll on our sense of integrity and self worth. It chokes the joy of spontaneity out of our lives. We live in the fear of being exposed. We hurt ourselves. The ability to choose lies or truth is indeed our most powerful weapon.

100. It is always darkest before the dawn- Thomas Fuller

As you struggle to succeed, persistence is the word to remember. "One of the most common causes of failure is the habit of quitting when one is overtaken by temporary defeat."
Resolve to hold firmly and steadfastly to all your undertakings despite obstacles. Learn to be flexible with your plans when necessary, but do not abandon your goal.
Ever undertaking is likely to have its darker moments, its challenges. Instead of allowing them to stop you, train your mind to unearth any inadequacies in your plans that may be preventing you from achieving your goal.

101. Healthy Minds cause Healthy Bodies and vice versa

Disease prone people usually exhibit emotional dependence, passivity, and dissatisfaction with their key relationships. They tend to be unduly influenced by the way others respond to them.

Louise Hay: I find that resentment, criticism, guilt, and fear cause most problems in ourselves and our lives. Whatever is happening 'out there' is only a mirror of our own inner thinking.

Strong Stress Relievers: Take time to be out-of-doors. Nature is the best medicine in the world for most of us. The beauty of earth can stimulate joy, thanksgiving and healthy thoughts.

Laughter is a great medicine. Funny TV shows, humorous books improve immune system. Helps to conquer or at least stabilize the disease.

Meditation is a proven method of achieving a relaxed state of consciousness. Stanford research proves beneficial effects of TM on anxiety. In USA one Insurance Company gives 20 % discount to those who use TM.

Another proven method for stress reduction to own a pet. It increases happiness and extends longevity. Mother Teresa provides animals as therapy for insane children.

MIMP of all to be happy, healthy and stress free, you need to believe in yourself and your own right to be happy and healthy. Louise Hay: Our subconscious mind accepts whatever we choose to believe. Life is very simple. What we give out, we get back. I believe that all of us are responsible for every experience in our lives, the best and the worst. Every thought we think is creating our future. Each one of us creates our experiences by the thoughts we think and the words we speak. If you accept a limiting belief, then it will become a truth for you. The universal power never judges or criticizes us. It only accepts us at our own value.

102. To be wronged is nothing unless you continue to remember it. Confucious
If we let our past be, we are not compelled to endlessly re-enact it.
It hurts to be wronged. It's maddening, it's infuriating, and unfair. But repeatedly reliving it is not healing but rehearsing. Remembering is healthy, but continuing to remember is not. Forgiveness is being able to understand the influences that shaped your oppressors behaviour. It does not mean excusing. Dwelling on past hurts contracts us rather than expand us. We must release pain, reframe the experience, and renew our allegiance to life.
103. What the mind can conceive, it may achieve
Each one of us is the ruler of the greatest nation on earth, our imagination. Imagination with belief and determination, can achieve what we want. Negative and fearful imagination diminishes our possibilities for growth and productivity.
Human mind is a creative tool. Either we are creating doom and gloom or we are creating exciting possibilities. The choice is ours.
104. Of all the things we wear, your expression is the most important.
An expression goes beyond beauty, or wisdom or knowledge; it conveys your true feelings, your hopes, dreams, and fears. It becomes the representation of your character, the embodiment of all that is called you. An expression goes beyond gifts or a touch or even words. It is a true and honest indication of who we are. Eyes of the window of the soul.
105. The pen is mightier than sword
Words hurt and healing takes a long time. The blows are inside and hence not visible.
To get relief from hurt, we need to go where the wound is, inside. Word, in and by themselves do not cause us pain. Pain comes from our belief and acceptance of what the word say to us. When we accept someone else's verdict about us, we allow him to tell us who we are, when no one knows us better than us.
A classmate may try to pressure you to do something that doesn't feel right. Then he is not a true friend. Remember that the most powerful thing in the world is your spirit, that part of you that takes all of your words and ideas, sorts them out and tells you how to act and how to feel.
Make sure your mind is receiving lots of positive messages and loving thoughts for they are its fuel. Be aware of the words that go into your mind, both conscious and subconscious, because words and ideas are all that your mind has to use in coming to the right decisions.
106. Wisdom is born of mistakes; confront error and learn
Acquiring knowledge and information is not same as possessing wisdom.
Some of our mistakes are learning opportunities- are clearer than others. To become wise, we must be willing to change our beliefs about something and set aside our prejudices, and to think with an open mind.

Some people say “I learned my lesson!” However, it is rare that someone says “That was a wonderful lesson. I am glad it happened just the way it did, even though I was uncomfortable going through it. Now I understand why I suffered.

The wise person is also a courageous person. However, these inner forms of bravery are not recognized by anyone but ourselves as we struggle to overcome our shortcomings. This willingness to look at ourselves honestly and courageously is the first and perhaps most important step we can take on the road to wisdom and personal improvement.

107. Great Heroes Are Humble

It is believed that humility is fine for pious, but in the real world it won't take you far. Many consider pride and aggressiveness as virtues and humility as weakness. Humility is not self-debasement and a sense of inferiority. The true meaning is knowing that we are just a vehicle of the higher power.

Sir Isaac Newton, Einstein were extremely humble persons.

In being humble we discover that humility rewards itself. Then one can listen to the greater self within and gain access to an infinite source of power. The universal self is infinitely more loving and wise and it is always there for us.

108. You Create your own reality

We all know the outer world. However, there is also an inner world where your beliefs, thoughts, and feelings reside. This is where you live your entire life. Your happiness, peace of mind, and enjoyment of work depends more on this inner world than on the outer one.

We may have believed that by changing the outer world will provide peace and happiness. The truth is that happiness is an inside job.

Changing our inner world is not easy. We have developed thinking and feeling patterns, or belief systems that are deeply ingrained. Change is not always easy but it is always possible.

We begin by examining our beliefs and attitudes, by observing thoughts and feelings.

Change starts when we recognize false beliefs and struggle to bring them in line with reality, when we recognize –ve thoughts and choose not to listen to them, when we recognize –ve feelings and choose not to give them power over us. We have power to create our own reality by choosing thoughts and beliefs that are +ve and true.

109. A Task Takes As long as There Is time to do it

A deadline, which threatens certain doom if it is not met, has a power to save you from the worst enemy-yourself.

A deadline brings focus to thoughts and feelings and allows ideas to formulate as an attainable goal. Most people can't effectively begin a project until a deadline is set. A goal without a deadline is never reached. This causes frustration and a sense of failure. As a lifeline, a deadline draws you into alignment with your purpose and allows you to tame your time, talent, and resources and apply them where they will be most useful. It also allows you to concentrate your energies on those interests which have a greater value to you. A spoonful of sugar can sweeten a cup, not a lake. Time management experts say that the best deadlines are the ones you set for yourself.

110. Procrastination is the thief of time

Learning to use time is a skill we acquire with maturity. It leads to self satisfaction and achieving important goals.

It's good to dance and enjoy life, but we must not ignore important duties. Time can never be hoarded, purchased or reclaimed. Living in the past or future leaves us anchorless.

111. You can build your own heaven or hell on earth
Through our own choices and attitudes we create our own heaven or hell right here on earth. More compelling than our outer performance is our motivation for acting as we do. How we approach life from the innermost part of ourselves determines how happy we will be.
What we really want is not out there, and we will exhaust ourselves trying to find it. We may rail against the world or other people in frustration, but the only place we can find heaven is in our own hearts.
The 16th century monk Fra Giovanni : There is nothing I can give which you have not. But there is much which, while I can't give, you can take. No heaven can come to us unless our hearts find rest in it today. Take heaven.
Our innate goodness is an essential fact of our existence. It can never be taken from us. Neither it can be given to us by someone else. It already lives within us. When we perceive this truth, we will experience heaven on earth. When we experience heaven within us, we naturally are inclined to share that heaven with others through pure, generous motive and a loving +ve attitude. When we are all that we can be, and our actions arise spontaneously from the goodness of our being, we find peace and the presence of God within us.
112. Beauty is more than skin deep
Real beauty begins at the centre of your being and is reflected in face, posture, mannerisms, speech and the tone of voice. Beauty is an attitude toward people who are not rich or popular.
Love yourself by being the very best you can possibly be. Treat yourself as a close friend, one for whom you want the best of everything-respect, honour, solid relationships, and satisfaction of life well lived.
113. Worry is a rocking chair that gives you something to do, but never gets you anywhere- J. Jelinek
Rocking can be a soothing activity. However, it doesn't move us forward. It tricks you into believing that we are doing something to solve a problem. Once worrying becomes a habit, we are no longer conscious of choosing to do it. It's automatic.
Instead, use the time in rest and relaxation which refreshes and recharges. Then use that energy to make a decision or take an action, no matter how minor.
114. Defeat isn't bitter if don't swallow it.
At one time or another in our lives, we have all experienced failure. In fact, the more often we are willing to risk trying a new approach, a fresh concept, the more likely we are to experience failure, at least in the short run. If we never risk anything new, we will stagnate. Growth requires a willingness to risk failure and defeat.
Failure is not a defeat unless you let it be. Edison learned from his 1000 experiments to invent the light bulb. All great leaders learned from their failures.
115. Spiritual and material wealth
When we achieve success, we don't possess wealth, we are possessed. These can result in economic setback, job transfer or a health crisis.
Wealth is not bad, attachment to it is. There is a flow between the spiritual and the material worlds that needs to be honoured. We are not owners of wealth, but rather overseers. We are not source of generosity, we are only God's medium for the same.
116. Laugh and the world laughs with you; weep and you weep alone

A smile breeds a smile. It is like a bonfire in a cold evening.

The smile you bring to a difficult life challenge infuses it with the light of understanding, and with love, which attracts harmonious solutions. It also inspires others. It always makes a difference.

The choice to smile in a trying time is a decision to take life in a way that is light on you and loving to everyone around you. With a smile you set off an almost irresistible chain of cause and effect that restores understanding and harmony to a situation.

117. Self control wins the race

It's not what you have, but what you do with what you have that counts.

118. Love thy neighbour as thyself

Feelings of inadequacy, shame and self pity can consume your energies in an emotional tornado that drives destructively through all your relationships. The devastation that often occurs as you live out yourself doubts serves only to reinforce the beliefs that you hold. A vicious cycle is perpetuated-a self fulfilling prophecy.

True love can grow only between two equals despite differences in talents, appearance etc. You both receive the love that lives inside of you. Next time you want to increase your ability to love someone else, look first into your own eyes and see your own goodness. Enjoy the person you are, risk sharing yourself with another, and then watch how you grow in honest and healthy self love.

119. Freedom is fact of life

Our thoughts and attitudes toward life are ours to choose. We can change them and thereby change our experience of life. That is freedom that, so long as we cherish it, can never be taken from us.

120. Honesty is the first chapter in the book of wisdom-Thomas Jefferson

Hold faithfulness and sincerity as first principles- Confucius

He who knows others is wise; He who knows himself is enlightened. Be honest- and all the things will be added to you. We all have the same basic drive: a need for love, freedom, respect, and the desire to feel as if their life has mattered.

The noisy hustle and bustle of the outer world distracts us so much, that we have a hard time listening to that small voice within that usually knows the truth of any situation. Yet, not listening to the voice within on a daily basis, we fall out of practice.

121. Thanksgiving, not complaining, attracts people to you

We can be grateful for the things we have or we can focus on things we don't have and make ourselves and others miserable.

I can work better when I am making more money. We tell ourselves. In truth, better work brings greater rewards and the best work is done for the joy of working.

This sense of being loved and loveable is the thing that attracts people to us- people who love us without demands, without any strings attached. When we know we are loveable, we can be alone without being lonely.

Being grateful for who we are and what we have puts smile on our face and gives us a radiance that attracts even greater things to us than we could have we could have ever imagined.

Thank you very much. Doesn't that response feel better throughout your entire body? Isn't that the feeling you want to experience? Let gratitude be your attitude every day.

122. Ask not what you expect of life; ask what life expects of you Victor Frankel

Most of us have never learned that for receiving to take place, we must often give something first.

If jobs are not available in our area of interest, find out if some volunteer position is available. Through this we gain experience and contacts and finally job as well.

We all want love and companionship, but it is a law of life that we must first be loving and friendly. We must first give up negative attitudes and judgements about other people for our love to begin.

It is also important to be able to receive gifts of others in a graceful way.

The law of giving and receiving is basic to a life of successful and graceful living. If we have a lack in some area, our foremost thought must increasingly be: "what can I give? What do I have to give?" The more we give, the more we receive.

123. A man can fail many times but he isn't a failure until he begins to blame others –Ted Ingstrom

If you are going to learn anything, you will make mistakes. Sometimes, people refuse to try new things because they are afraid of failing, and consequently, of being considered a failure. There is a difference between failing and being a failure.

We must admit that maybe we haven't done our best, and then analyze our own preparation and effort. Ask yourself whether you did the best and be fearless in admitting mistakes and oversights. Simply resolve not to repeat the error, forgive yourself and move on. There is no one to blame, not even ourselves. Rather than feeling sorry for yourself or being angry at others, ask: "What now? What else can I do to accomplish my goals?"

We can fail many times, but it is never final. Those who fail are not failures, unless they let blame and self pity prevent them from reaching their goals.

124. A soul without a high aim is like a ship without a rudder

You need a goal, a purpose, an ideal that will steer you in the direction of your choice. As your effectiveness and productivity increase. Feelings of uselessness, of drifting, diminish.

125. Beautiful thoughts build a beautiful soul.

It is a law of life that whatever we give our attention to, and believe in, becomes our experience. The law of good ideas instructs us to begin the practice of the art of giving attention and belief to good ideas. Try making friends with the most powerfully good ideas. You will slowly and surely grow from negativity and limitation to an abundance of usefulness and happiness.

126. A happy person is not a person in a certain set of circumstances but rather a person with a certain set of attitudes.

Two persons with the same job, one complaining and other happy. The first, arrives dreading the job and leaves tired and discouraged. The other, arrives with enthusiasm, takes up the tasks as challenges, gives his best, and returns home satisfied and happy. Obviously, after a review, the latter gets a promotion and the former a sack.

The simple things in life can bring much joy if you look at them with a positive attitude.

When you have determination to do your best in the jobs, you get up early with enthusiasm, have a healthy breakfast. Otherwise, you drag yourself, dreading the day ahead, missing the breakfast, and feeling tired.

Your attitudes help create your circumstances; they make you either a happy or an unhappy person. Of course, life inevitably brings problems, troubles and sadness to us all, but if your glass is half full, your attitudes will help you triumph over those times.

127. Seek recreation not just entertainment

To be more effective in life we need to keep balance of work and recreational activities. These are entertaining and enjoyable. Entertainment diverts us from life, while recreation takes us more deeply into it.

Going for a walk, or reading a book, is a good recreation than just TV.

128. Comparisons give us cancer of the soul- G. Jampolsky

At times, all of us feel inadequate, but our outsides seldom reveal our true feelings, and when we compare ourselves to others, it only eats away like a cancer at our sense of well being. It's natural that others do some things better than we do. Each one of us has unique talents and abilities, and developing our own talents is the true path to happiness.

129. Whether you think you can or not, you are right- Henry Ford

Our self-made limitations sometimes cause us to forget that we can fly. We often needlessly confine ourselves to glass jars. We tell ourselves "You can't do that. It isn't practical. You are not smart enough. People will laugh at you. You are too young. You are too old. Your health won't allow it. It will take too long. Your parents won't allow it. You don't have education." Suppose we tell ourselves that resentments, hurts, hates, grudges, illness, greed are like glass jars that can be removed.

130. Use wisely your power of choice –Og Mandino

Your greatest power is power to choose. What you are, right now, is the sum total of all the choices that you have made in your life. The power to choose is the power to create-the power to create who you are.

Every choice that you make is a building block of your life. Every act, every word, every decision becomes part of you. The way that you see and respond to the world you live in is the result of the choices you have made.

Some choices are simple and obvious. Some are difficult; but you always make the choice.

Some things may appear to be forced on us, yet they are still our choices.

Very rarely we have absolutely no choice as to what we will do. However, you still have the choice as to how you will respond to what you "must" or "can't" do. We may not be aware, but we have many more choices than we realize.

What if "I can't help the way I feel?" You have choice as to how you respond to what you feel. You can make +ve or -ve choices

If you have to do something you don't like you can ask yourself: "Is there another way to do this that might work better for me? How much longer must I do this? What alternatives do I have now or in the future? When you really become conscious of your power of choice it may amaze you as to how many choices you do really have. You have much more power over your life than you may realize. You have power to change your life and indeed the way you are through your power of choice. Use it wisely. You can build hell on earth or build heaven on earth.

131. Work is love made visible-Kahlil Gibran-Choices & Stress

The transition from adolescence to adulthood is often filled with stress and fuelled by anger and confusion. Suddenly you are more independent, and while the freedom feels great, responsibility appears daunting. Suddenly you are asked to make choices about college and career that will affect the course of your entire life. That's a lot of pressure to choose wisely. When you are confused we want parents to decide for you. But in the end, abdicating decision making to others will cause you more stress than taking decision yourself.

On one level, career is just a job that sustains your interest while earning enough money to support your comfortable lifestyle. But it can be much more than that. It is your calling, or finding yourself. Then you love your work. It is the key in mastering your vocation.

Kahlil Gibran wrote in *The Prophet* that “work is love made visible”. Every invention or work of art begins with love.

You shouldn't expect to find your calling in a college catalogue, nor should you expect any company to have a readymade position that suits you. It can't be given by anyone else. It grows as original, within each of us. It is not just putting in hours to earn a pay check; rather it is your most valuable asset and greatest gift of yourself and your talent.

If you follow your calling faithfully, if you are not afraid to dream and use your talents to the maximum, you, too may reach the pinnacle of accomplishment.

132. No man is Free who is not master of himself- Epictetus

Freedom, happiness, peace, all that we seek-and more-lies within us.

Self mastery begins when you realize that you make your own prison and that only you can set yourself free.

True freedom is not the freedom to do, but rather the freedom to become all that we can be. How do you attain freedom to live a happy, creative life? It results from mastering the attitudes and skills needed to create a happy life.

When you conquer those twin enemies- your own fear and ignorance- you will be on your way to true freedom. The best way to overcome fear is to face squarely whatever makes us fearful. Often the things that cause great anxiety are much less threatening than we imagined. Whenever life challenges you with something unknown and you find yourself afraid, face and analyze your fear and watch it diminish.

133. By choosing your thoughts, you can create either hell or heaven on earth

If you remember wonderful thoughts about people, their kind deeds and all good in life, and forget all the evil you hear about others or the bad you think about yourself, then you are happy.

134. The greatest charity is to help a person change from being a receiver to being a giver

You have got to give it away to keep it. Whether it is money, love, happiness, success or deaddiction, you have to help others in doing the same, if you want to continue to have it or improve it. When we choose to get beyond the self and act with a loving, generous spirit, then we receive what we are giving away.

Someone who is incapable of receiving love will not be able to give love. We have to be able to receive God's love in order to give it away, for we can't give what we don't have.

Sometimes, what he gives is not accepted, but the good he is trying to give away returns to him.

135. Leave no stone unturned

Diligence is the beginning of sanctity- Mother Theresa

Sometimes, the process itself may cause us to lose sight of what we are striving for.

Removing obstacles requires stamina. When strength is severely tested, discouragement may result, at least temporarily. At such times, continuing to exert energy may be fruitless. Renew and refresh and then make fresh efforts.

136. What we Focus on Expands

Positive and loving thoughts and feelings spark a whole range of thoughts and feelings that lift our spirits.

When we focus on the word 'blue', images of sky or ocean come to mind. Similarly, the word 'happy' brings in images of things that make you happy like: vacation, the smiling face of a child or person you love, or success. When you imagine success, you visualize others complimenting you, shaking hands, smiling and admiring you. Whatever we focus on our mind automatically expands that image for us. This knowledge helps us to avoid focus on –ve things and encourages us to focus on –ve/happy thoughts.

137. By Free Will Each of Us is a Co-creator in Life

“As you think, so you are”. Each of us has a choice about how we react in a given situation. We were originally a happy race. However, over the years of human existence, negativity has become incorporated into mankind’s collective consciousness.

We talk about our misfortune or bad health at length because we feel that we get attention of other people that way. However, in this way we appear to enjoy misery. Instead, make the best effort with the belief that things will be better.

138. Thoughts of doubt and fear are pathways to failure – Brian Adams

Failure is the inability to achieve some predetermined goal or objective.

Doubt and fear multiply rapidly and can negate the positive efforts. For example, a student who is mentally or physically fatigued or emotionally upset can easily allow fear and doubt to enter in his mind. Soon the student will become tense and anxious and begin to question his ability to remember material he studied for the exam. A student who seriously doubts his ability to perform in an exam will, in fact, perform poorly. Tension created by a growing sense of insecurity will mentally erase the facts a person needs to remember.

Successful athletes display such +ve thinking. When the pathways are well guarded with +ve thoughts, the negative ones are usually defeated.

139. Never put off until tomorrow what you can do today

Did you have a problem which is so difficult and so complex that you didn’t know how to begin to solve it? Did you ever have an examination that involved so much material that you didn’t know where to begin study for it? Most people have found overwhelmed in such situations.

There are many reasons why one should not delay action. Problems can grow more serious when they are not addressed promptly, as they arise. Minor difficulties treated in a positive, active manner generally do not become major ones. Treating minor cuts, or paying loans on a timely basis can avoid serious escalation.

If you are overwhelmed by approaching exam or job test, take heart. By steadily reviewing notes and asking questions about confusing material when confusion first surfaces, you can lessen your ordeal considerably. When studying is approached sensibly, there is no need to lose sleep or forego healthy exercise and relaxation. Good study habits practised today prevent the need for ineffective panic cramming tomorrow.

Steady effort is more productive than sudden, frenzied activity. Orderly progression towards a goal prevents a tangle of problems that so often occurs when too many small areas needing attention suddenly come together. Doing the best you can do on a daily basis frees more energy for further steady progress in the future. Steady efforts moves a person comfortably toward a goal, with energy left to handle unforeseen difficulties.

Any problem or difficulty ignored for a longer time or poorly handled, becomes a bigger problem.

We need to take several small steps towards the goal.

160. What is done is done

If you have a pebble in the shoe while you go for walking, you have an option of stopping and removing it or you can continue walking and let the pebble irritate your foot and cause pain. The choice is yours. You can release your hurt feelings, just as you can remove the pebble.

When you carry harsh feelings, everything in your life is affected. Hence, when you feel angry or hurt next time, give situation time to settle down, then go directly to the source of your anger and settle it. This oftentimes means swallowing your pride and forgetting about who is right and wrong so that you can continue along the path of life without the extra weight of negative feelings. Nothing you or anyone else can do will erase the events of the past. Forgive but also forget.

161. It is not so much ours to set the world right, rather it is ours to see it rightly-Eric Butterworth

“What you see is what you get.” The concept of choice is of utmost importance whenever we talk about perception. We are making a choice to see the glass as half full or half empty.

Belief is another important concept to reflect on as part of seeing rightly. Do we believe that we are all endowed with a limitless potential for creating good in our lives? To follow this law of life is to accept responsibility for ourselves and for our world, and this can lead to greater and greater progress.

162. We can become bitter or better as a result of our experiences-Eric Butterworth

What happens in our life is not nearly as important as how we handle what happens. Life sometimes takes unexpected twists and turns that can throw us off course for a time.

Unhappy childhood, being considered as black sheep and so on. The key to successful living, however, is to learn from experiences, good or bad, and go on from there to forge the kind of life we desire to live, in spite of some falls we have taken. Nothing can hold us back but ourselves.

When we reach the end of life, we would like to look back with pride, knowing that we have made the best of every situation, regardless of how difficult it was. To make this happen, it's important to handle every experience to the best of our ability right now. We may have to practice more patience, strive harder, reach inside for more strength, muster a little more faith in our self and God. If, after doing our best, we come up short, we have nothing to be ashamed of. We will have inner peace. We will then be success regardless of the outcome. You will be better not bitter.

163. We carry within us the wonders we seek without us- Eric Butterworth

During childhood we are concerned with parent's expectations. During school we are concerned with teacher's expectations. During adolescence, we are concerned with peer's expectations. As an adult, after experimenting we discover the truth that what really makes a difference in life is what we believe about ourselves and what we believe is possible for ourselves.

We can experience love from others only when we love and approve of ourselves.

Your feeling of your value did not come from them, but merely confirmed by them.

164 Misfortunes can be blessings

Whatever the difficulty, it's important to realize that a positive outlook can make a difference. A poor evaluation at work can actually lead to a promotion if you accept it positively, as a challenge to do better.

165 Happiness pursued eludes; happiness given returns

We all look for happiness from others and are all disappointed.

Our own uniqueness as an individual is like a deep well of happiness. But it needs the pump to be started so that the good can flow forth, circulating to others and back to our lives. It is a choice that must be made. If only we learn that "happiness adds and multiplies as it is shared with others".

We initiate the flow of good by first appreciating our own uniqueness. Then we must feel secure enough in it that we look and appreciate uniqueness and diversity in others.

Be aware of the power of words. Look with sincerity for the special talents of others and express to them what you see. Give encouragement when it is needed. Be a reminder of past accomplishments, joys, and triumphs. Be appreciative and accepting. Be willing to say, "I love you" to those close to you.

Forgive generously. And perhaps, the most important of all, learn to say "I am sorry" when it needs to be said. No matter who is right or wrong these words can be a gift that reverberates happiness to all involved.

Be kind. Happiness given could just be a smile to a stranger or at home, a phone call to a lonely or ill or to someone having a difficult time. It is listening without giving advice, to someone who needs to talk.

Gifts with a joyful heart multiplies our happiness.

We must not buy happiness. To sacrifice self and put others' needs before our own can become destructive. We can measure our giving by the barometer of our own feelings of well being.

The paradox of achieving personal peace and happiness is that what we are looking for is already within us, but in giving it away we experience it most powerfully for ourselves.

166 No one's education is ever complete

A day without learning is a day wasted. There is so much to learn and so little time to learn it. Albert Einstein

Colonel Sanders, of Kentucky Fried Chicken learned about fast food business in his 60s.

167 Failing to plan is planning to fail- Ben Franklin

For driving to an unknown city, the 1st thing to do is to study road maps. We see choice of routes. Then you can decide which one is best for you and know when to start and reach there.

For any goal we need a road map. Otherwise our mind wanders aimlessly and is ineffective in reaching out for solutions. A plan is being systematic and studying various alternatives. Allows you to focus thoughts and find that you are capable of reaching almost any goal.

Many people know what they want in life, but few turn their dreams into a carefully planned success map. They often depend on lucky breaks or help from others. When others are successful and they fail, they say “They know all right people. They get all lucky breaks”.

To develop a plan of action, mentally visualize the thing you want to accomplish, jot it down across the top of the sheet of paper, then list the steps needed to accomplish it. Long term objectives, of course involve more steps and more elaborate planning, but the principle remains the same. Once you have a plan, devote some time each day to changing it as you gather more information.

If a goal involves many levels, prioritize them. Tasks written down are much more likely to be completed.

The following five rules may help you to achieve your goal.

1. Think of you goal in specific terms.
2. Write down your goal in details.
3. Review goal every day.
4. Lean everything you can relating to your goal.
5. Be willing to work as hard as you can when opportunity arises.

168 By their fruits you shall know them

The condition of your health, finances, relationships, livelihood, are all the fruits of certain attitudes. Change attitudes, if you don't like these.

What you believe about yourself, about life, will work itself into and through everything you do. Successful living begins by believing you are worthy of success.

If you are working toward prosperity and harmony in life, be certain you truly believe you are worthy of having them. This inner conviction, coupled with action, may produce the fruit in life you so deeply desire.

169 Instead of cynicism, try optimism

With cynicism we have misguided fear, illusion and consequently, anxiety is the result.

Optimism has its roots in the abiding reality of life's basic goodness. Have you noticed that good things happen to those who expect good things to happen.

Not that nothing bad will ever happen to you. We all face challenges, but optimists know that any situation has the potential of being made better and therefore contains the potential of good. The intent is to discover that good. When confronted by difficulty, the healthy mind does not pretend that there is no confusion, fear or pain. He is honest about his feelings and still believes in good outcome, even if he doesn't yet see how it will manifest itself.

Emerson wrote about optimism following ill health and deaths of his first wife, two brothers and his adored six year old son. With such an attitude, one may dismiss all uncertainties and fears, and trust that time will reveal the answers to any private puzzlement.

170 The shadow of ignorance is fear

Fear hold us back from the fullest expression of ourselves; it prevents us from loving ourselves and others. Un reasoning and irrational fear locks us in an invisible prison.

Some fear is necessary for self preservation. Yet many times we fear things that can't hurt of the risk of failure. Fearing nonconformity, we may relinquish individuality.

Most of our fears come from anticipation of the worst that can possibly happen. Not just intellectual awareness, but actual experience will help. Even the fear of death is also the us. We cower in the face of possible humiliation and forgo making a creative contribution. For fear of rejection, we avoid asking for the things that we really need. We refuse to commit ourselves because fear of unknown.

171 You can be either part of the problem or part of the solution

There are those who see a problem, define a problem and complain about the problem. And there are those who look at a problem and immediately begin searching for a solution. The choice is yours. A problem becomes obstacle for the former and an opportunity for the latter.

The decision about how to handle a problem is crucial in terms of success or failure now and in the future. When you complain about a problem, you make it larger and more difficult to solve. Becoming a solution seeker makes you feel good about yourself and confident of your capabilities. It also evokes admiration in those around you. When two or more solution seekers get together, there is no limit to what they can do.

172 Learn Mind Control

The fact that mind can't always detect the difference between real and imaginary, offers us a key to create an effective life. As we imagine ourselves expressing confidence, intelligence, the mind accepts these qualities as part of us and directs our actions accordingly. Through our faculty of imagination, we are exerting positive thought control. When we control thoughts, we control our experiences.

Your mind is your ship and you are the captain. You determine where you want to go in life.

173 Use it or lose it

Physical body and mind are precious gifts of life. If we don't use them regularly, these become ineffective when we need them. Same is also true of our other talents.

Love is the basis of all other forms of good that we experience. Loving life, self and others generates confidence, empowerment, joy, wholesome relationships, generosity, service, goodwill, humour and health. Fear does exactly the opposite. The key to freedom from fear is in the realization that life's true gifts are limitless in nature.

174 It's nice to be important, but it is important to be nice

If we believe that nice guys finish last, we will live according to that belief. If we believe we have to lie, cheat and steal to get ahead, we will have many enemies. Playground bullies last only until other, bigger bullies come along.

175 The measure of man's real character is what he would do if he would never be found out-
Thomas MacCaullay

Our conscience should be our friend and guide.

176 Mind are like parachutes-they function only when they are open-Dick Sutphen

177 Progress and growth are impossible if you always do things the way you have always been doing- Wayne Dyer

178 Holding onto grievances is a decision to suffer

179 It is more rewarding to give

If you want to get more in life, you have to give more to life. In nature, each species has to exist in a natural state of giving and receiving; otherwise it creates unbalance in the environment.

180 Love the unlovable

Love your enemies, do good to them which hate you. Bless them

