

JOURNEY TO THE HEART - ABSTRACT

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.

- Honor The Beginning : Have hope. Don't be cynical because of past experiences. Don't be afraid of the unknown in future.
- Trust Your Heart : Be peaceful, and listen what your inner calling is.
- Let Life Reveal Itself To You : Don't strain to know what you want. Just relax and be peaceful. Do small and simple things required now. The directions for the future shall be revealed to you in due course. There is a universal loving force guiding you.
- Embrace the unknown : It is good in many ways that we don't know the future. It is a deliberate design. So be comfortable with the unknown. God is the driver, the guide in the journey. Appropriate guidance shall come at appropriate moments. Just enjoy the ride.
- Remember to Be Happy : Joy/Happiness is a deliberate conscious choice. It is not dependent on other persons or circumstances. It comes from within, a secure place. It is not a transitory emotion as we are used to knowing. It is an attitude.
- Love Yourself Until It Is Real : What does it really mean? It is not just doing some nice things which make you feel good. It is much more deeper. Loving yourself means accepting each and every part of you, and knowing that you are worthy, valuable and lovable. This is irrespective of whether others love you, even when you feel 'Does God love me'. Sometimes, loving yourself means telling ourselves, that people like us and approve of us. Even if it may not be true now, your faith will make it happen in due course. Don't just say words, experience this love.
- Value Your passion : Know what you are passionate about. Let your passions guide you. Don't suppress them.
- Let Go of The Blocks : Things are going to be easier, unless we are holding on to some past baggage.
- Let The Universe Help You : Believe that The Universe is your friend, The Great, abundant Provider. Tell it what you want, and trust for guidance.
- Honor Winter's Lesson : Look at the nature. When, in some seasons, growth appears to be halted, know that only outside growth is halted, but you are growing roots, deep inside. The outer growth will renew in due course.
- Release Your Fears : Many a times we don't even know what we fear and how much we fear. It is so deeply entrenched. Recognize it, feel it, and let it go. So many people have done what we are afraid of, without any adverse effects. It is just a mental block, an inertia, resistance to change.
- Learn When It's Time To Adapt : Life is constantly changing, and we constantly need to adapt. Do it lovingly, energetically.

- Honor the Needs of Your Body : Honoring body is honoring the soul. It is a vital ally. Tune into its needs. It also needs loving care. It includes, rest, exercise, food, all in balance.
- Stay in The Present Moment ; The key to everything is in the present moment. The past has brought you where you are, good or bad. You can't change that. You don't know future. No point in worrying about that. The happiness, the future, is created by what you do, and how wisely you do, in the present moment.
- What Interests You : Discover what your real interests are. Not just work related, spirituality related, but everything. Pursuing all your interests enhances creativity, it is spiritual.
- Seek Peace : Cultivate peace, commit to it, Insist on it. Settle for nothing else. That is the springboard of everything good in life.
- Warm Up : Warm up to people, warm up to everything around you. Warm up to yourself.
- Cherish Today's Lessons : Learn from events and circumstances, gains, losses, pains, hurts, joys. Everything has a purpose. Simply accept, without bitterness.
- Break Through Your Own Resistance : Don't resist new lessons. The point of greatest resistance is often the point of greatest learning.
- See How Powerful You are : If you feel powerless, you become one. If you feel powerful, you become one. Although we can't control so many things, although we have received hard blows, still we can take responsibility for the situation we are in. Our choices make us powerful.
- Enjoy the process : Whatever we may be doing, it doesn't have to be always finished, in perfect order, for us to be happy. Enjoying the process (each and every moment) is far more important, despite achievements and setbacks. Don't wait for the end, to be happy.
- Look At What Is Right : Spirituality and joy do not stem from trudging around in the muck of what is wrong with others, ourselves, and life. Ask yourself what's right, what's good, what's true, what's beautiful, with others, yourself, and life. Sometimes the lesson is discovering that the world is all right – and so are you.
- Experience Love For Yourself : First find love within, then only you will find love outside. See how people smile at you. Feel their tenderness, affection, respect, when you love yourself. The world around you reflects what you feel about yourself. You are part of the whole, intricately connected to all of life.
- Listen To Your Inner Voice : You may get inputs from outside, but the answers must resonate within, then only it is right for you.
- Keep Your Heart Open : It is easy to do that when we get what we want, but the challenge is to do so even when we don't get what we want, despite hurts, insults, bad relationships, project failures.
- Free Yourself From Manipulation : Learn to recognize when people are trying to control/manipulate you. We may feel guilty, obligated, indebted, in a confused state of mind, and allow control. It is not what they are doing, but how we respond, that is important. If we heal ourselves of negativity, fear, we can be relaxed and prevent control.

- Ask The Universe For Help : Talk to the universe, loudly if you can. Ask for help, guidance, in anything. Yes, talk to people, talk to God, but talk to the universe as well. Then listen to your heart, where messages are received.
- Who Empowers You?: Seek out people who empower you. Learn to empower those you love. But most importantly, learn to empower yourself.
- Your Mind, Body and Soul Are One : Understand the unity in the trinity. Learn to understand this connection. Do things which strengthen these bonds, through love and affection. This is very critical in spiritual evolution.
- Spread Your Wings and Fly : When life pokes and prods you, it is not punishment or abuse. You are being pushed out of the nest. Spread your wings and take flight. See how well you can fly.
- Embrace The Lessons of Night : When we are lost, when the way gets dark, sometimes we see things we never would have seen in a daylight. Sometimes, the lessons we learn in the darkness are breathtakingly beautiful. Enjoy the sunshine, but trust the darkness, too. It is more than to be endured. It has to be experienced, and later cherished.
- Value Your Past ; Don't diminish the importance of past as something lost/wasted. Your clear vision now is because of the mistakes, lessons learned. Every lesson leads to the next. Every person, every event contributes to shaping you. Even the most painful events have a purpose. They teach you the most. Look with the eyes of a soul. Every experience was necessary.
- One Step At A Time : That is all that you can take. Howsoever long or difficult the journey may be. You can't do it in one leap. Don't fear about not knowing how to go, strength limitations, You will be divinely guided, given strength. Have faith, and enjoy each step of the journey.
- Connect To Creativity : The more you are open and connected to the world around, the more creative you become, both in practical world and inside as well. You will get guidance.
- Observe Yourself : Observe your feelings, thought patterns, without judgment. This neutral self observation capability is extremely important in evolution to be a happy person. Watch what you say, think, feel, act, react. Don't stop. Don't judge. You will soon see the benefits.
- Learn To Say Goodbye : These are natural. Some come suddenly and some are anticipated. Goodbyes could be to places, person, outdated beliefs and dead dreams. The dead dreams may keep on torturing, unless we lovingly let them be buried. Then only new dreams can take shape and give joy.
- Cherish Hope : Hope is vital. Cherish it. It adds buoyancy to the spirit. Even if we don't get what we want, we can be open to seeing its light shining unexpectedly in another direction.
- Get Back In Your Body : The body gives indications of how you are reacting to situations. Fear makes the body numb. Anger makes the heart to beat faster, breath becomes faster, uneven. By observation, we may detect these subtle or not so subtle body changes. Since we know our power now, we can trust the God, the universe, our soul to guide us. If we remain more and more relaxed in mind and body, we can deal with a situation better.

- Nurture The Seasons of Your Soul ; Study nature and its seasons and cycles. See how there is a period of growth, hibernation, seasons of colors, falling leaves, new leaves. The same applies to us. Busy times, quieter times, good times, bad times, are all part of life. There is purpose and value in each day of your life, in each season of your life. Nurture your times of action, of creating, of doing, and value your quieter times of going within, strengthening.
- Make Each moment Count : Our life is like a movie reel, made up of many individual frames and single moments each one leading into next. It's waste of energy holding on to past frames and it's just poor timing to jump into moments that have not arrived yet-the future. Stay in the present moment, that's the only moment where happiness, joy, and love can be found. And remember to make each moment count.
- Resentments Hurt Everybody ; Silent or aloud, resentments hurt everything around us, loved ones, office people. Stronger the resentment, stronger the effect. Let us release resentments and set our self and others free.
- Discover New beliefs ; In particular areas of our lives we create a dark cloud of negativity, despite other areas being sunny. I am wrong, my choices are wrong. We must change such beliefs to more positive ones. Who you are is O.K. You always have been.
- Move Gently Into Forgiveness : Forgive yourself and others. This does not mean you judge any one. This reconnects us to our soul, others souls, the universe and God. See how relaxed you feel.
- Take the pressure off : We have responsibilities, commitments, time frames. However, putting pressure on yourself, creates stress, fear, and unhappiness. Job can be done best if we are relaxed. Best decisions can be made when we are at peace.
- Value Your Connection To Creativity : Creativity is the power of love, the power of life, a gift of divine. Open up to this force, in love, work, play, cooking, household activities. Who told you are not creative. Stand tall and tell them all they are wrong.
- The techniques of relaxation will refresh, restore, and recharge you, so that you can do all that you need to do with more power and vigor than before. Anything that needs to be done can be done better if you are relaxed.
- Imagine what you really want in your mind, and you have taken the 1st step toward creating it. Even if you don't know, that's okay too. Ask god and universe to bring you your highest good. Trust universe, and you will be trusting an honorable and benevolent friend.
- Have you asked the question to God, universe yourself? Often asking the question means the answer is trying to find you.
- There is magic in the unknown : Our future doesn't have to be limited by our past. Life knows that. Now we can learn that too. We have not reached a dead end. We have reached a new beginning.
- Connect with peace ; We can use mantras, chants, or prayers that align the mind with peaceful thoughts, and the river of peace that runs through the universe. Value your mantras. These connect you to the universe, and convince you that all is well, life is on track. Know that you will be given the guidance and grace that you need.

- Change is in the air : World around us changes and evolves, so do circumstances and situations in life. Change is natural, inevitable, like motion of earth. Do not resist, fear or fight. Thank your body, the universe, God, for helping you manage the change.
- Reward yourself : make a deliberate and practical habit of rewarding yourself often, for even small good things.
- Cherish Each moment : A desert flower blooms just once every year. But the instant of flowering is not the only important one, each moment was a build up and equally important, without which the flowering was not possible. Don't keep on waiting for a moment, a person who will bring about a dramatic, grand change in your life. Each moment is a spiritual experience, an important and integral link in the chain of life.
- Trust Each step : We pray for miracles, shortcuts in a tedious journey. However, the true miracle happens when we accept each step of the journey as important, and try to make it joyful.
- Forgive yourself : Don't accumulate guilt, hurts, resentments, due to past experiences. Forgiving yourself sets you free from such painful memories. Accept and learn from experiences, but don't condemn yourself. There are no mistakes, only experiences about how to do things better.
- Happiness is within reach : What we need to be happy? It is a simple question but with profound consequences. Ask this question repeatedly until you clearly know. Then act on that. This way you choose your destiny. This helps you in facing any difficulty in life.
- Don't be afraid of making mistakes : The fear of mistakes creates more mistakes. Through mistakes only we learn to do things better next time. We have been doing this from childhood. If you do it with love, you won't fail. You don't have to be perfect. Have fun in doing things the way you can.
- Learn the art of joyful living : Learn to laugh at traffic jams, delays, even setbacks. Then you have an open heart.
- Trust that guidance will come : Sometimes we know exactly what to do at almost each step. There are moments when we see just a few steps ahead. Sometimes, we don't see anything at all, and are frightened. At such moments, calm down and listen to your heart. It may tell you to take some immediate action, or it may ask you to be quiet and wait. Trust and act on guidance you have now, and more will come.
- Embrace life's mystery : You need not know everything. All answers are not necessary. Experience life, the totality of experience. Feel fear, joy, exhilaration. Watch all ups and downs.
- Stop Punishing yourself with fear : An event happens. We look at it with memories of the past(our own and others'), and decide that something bad/terrible is going to happen. Because of this fear, our peace and joy in the present moment is already gone. The dreaded thing may not even happen, but we have paid a price for the fear. Recognize and acknowledge fear. Then release the energy. Life may not always appear to be fair, but trust the divine plan which is always good. Do not allow fear of what if to ruin the joy of what is.

- Let the universe support you : Do not just depend on yourself, or few near and dear ones for support. You may also consider God as also your vital source of power. However, if we keep our heart open, we shall realize that the entire universe is empowering us. Divine love reaches us through the entire universe. Removing the sense of separation is spiritual evolution.
- Let the past slip away : Learn the lessons from the past, but don't cling to the lessons, people, feelings. These keep you tired, confused and afraid. Stop believing in the loss. Start believing in life.
- Let joy find you : When I relaxed, got comfortable with myself, began enjoying myself, accepting myself, accepting life, liking life, I found joy. So don't worry about finding joy. It will find you.
- Learn to change your energy : When your mind feels tired, just moving around can change energy. A walk, bath, gym, can do wonders. We have the power to rearrange , refocus, shift our energy. When you feel tired, don't fret, just do something different.
- Never say never ; It sets up resistance, challenges life, challenges fate, and closes doors. It is judgmental, limited thinking.
- Believe in life, not loss : Believing in loss means your past still haunts you. Believing in life means you trust yourself now, your thinking, your actions. You have learned lessons.
- Recharge your batteries : Take time to rest, refresh. It is very necessary. See what energizes you. Music, prayer, walk, nature, a book, anything.
- Trust the process of growth : Each stage of the process of evolution is important, difficult/easy. You are part of the nature. Like nature, you also have seasons and cycles.
- It is Okay not to know : Many a times, we don't know the next step. Say it, accept it and be at peace with it. There is a reason for that. There is a divine plan in surprises, good/bad.
- Don't worry : Worry doesn't help, it worsens the situation. It chains us. Worry and fear are opposite to love. Love yourself so much that you are peaceful.
- You are right where you need to be : Many a times we feel why some things are happening. But remember, you are always where you need to be, irrespective of whether we think it is good or bad.
- Sometimes the road gets rough : Don't be dismayed when you come to a pothole, a detour, a stretch of rough and rocky road. Be patient. Be relaxed, all are part of the life's journey. Each stretch is essential and equally important. Happiness in life doesn't mean enjoying only part of the journey.
- Trust the timing of your lessons : Too often our first inclination when we learn a lesson, is to judge or criticize ourselves for not seeing it sooner, not knowing it before. It is not appropriate. We don't need to see the truth one moment before we see it. There is a deliberate design in the timings of these lessons. Trust them and be happy with it.
- Clear the path to your heart : We need to feel a full range of emotions- anger, hurt, sadness, irritations-in order to feel joy. We need to experience, the little angers and big hurts, the painful wounds that life sometimes brings. We can't insist on having only pleasant emotions.

- Let the universe lead the way : Rest until you feel healed, then gently go forward. Let the universe assist you. Feel where to go. Sense what to do next. See how the magical power of the universe carries you along , even when you are tired., even when you get confused. You are connected to yourself, to the universal life force, to God.
- See the snow in the desert : Many things happen in our lives. Some expected, some totally unexpected. All are essential part of life's journey, creating our destiny. Some events are traumatic. Sometimes, some strange events can change the entire pattern and course of our lives. We don't have to understand everything. We aren't supposed to. We don't have to be prepared for all the storms. Sometimes, the greatest learning occurs when we are caught off guard, by surprise. Weather the storms. Keep balance, as best as you can. Be flexible and sway with the winds like trees. Trust the flukes too. Let the destiny have its way with you.
- Delight in yourself : Be yourself and accept yourself-warts, waistline, and all. You don't have to sit up that straight, be that proper, or fear what others may see. Let your imperfections show! Share them! Love yourself anyway! Relax, and be who you are! When you do that, your life will be fun and a joyful gift to others. People who comfortably accept who they are-both their flaws and good points- are healing, delightful, and fun to be around. Look at any work of nature: a canyon, a flower, a bird. A mountain or a forest trail. Where does perfection begin and imperfection end? It is the combination that makes a perfect scene. So it is with you.
- Go a little further : Sometimes we need to go a little further than we thought we could. We need to go past our fears, our uncertainty, past the bend we can't see beyond. If we stay on the course, give that extra push, and go round the bend, we may find what we are looking for.
- Find humor in it : Learning to laugh, learning to find humor in what we are going through, or despite it, is a powerful tool on this journey. Cherish the gift of humor. Life doesn't need to be so gloomy. Spirituality doesn't need to be so serious and somber. Work doesn't need to be that way either. Learn to see humor in life. Look for it. Find it. Enjoy it. Surround yourself with people who like to laugh. Laughter can be contagious. There is something magnetic, something healing, about being around people who let themselves laugh often. There is no situation in life that can't be improved with laughter. Sometimes humor can help us get us through situations we couldn't possible endure without it. Sometimes laughter isn't superfluous; it is essential.
- The lessons are love : we don't know the meaning of a lesson while we are learning it. Maybe we are not supposed to. But remember one thing, all lessons are lessons of love, courage, faith, patience. Loving ourselves when it looks and feels like nobody else cares. Forgiveness, compassion, gentleness, joy, each one is a lesson of love. The lessons are love.
- Value work : we perform all types of tasks in life. Some are simple, others are not. We perceive some to be more important than others, more joyful than others. But when we perform all tasks in life joyfully, we connect with the very rhythms of the universe. Each has spiritual lessons. Work done with an attitude of honor, love, and joy is important for spiritual evolution.

- Make a fresh start : Sometimes we need to start over- in work, in love, in our place of residence, in creating our lives. We may not have planned for it, or think it is fair. Feeling dread, uncertainty, is fine. Feel the feelings, but don't resist the change. Trust that God has a deliberate plan.
- Joy is the way : Joy doesn't come from the outside. Joy comes from doing the Divine will each moment. Joy comes from living in harmony with ourselves each moment of the day. Joy is a choice that comes from accepting and living each moment of our lives, knowing that each day and each event is important. Joy comes from trusting each moment . that's the secret of joy. Receive it now, then pass it on with a smile and kind word to all those who come along your path.
- Find places of repose : Rest when you become tense, afraid, upset. Rest until peace returns. Take a moment, an hour, as much as you need to restore peace. Breathe deeply. Breathe in the quiet beauty of the world around you. Places of healing and repose are moments away. Find the outside and inside. They hold antidote for your fear and agitation.
- Acknowledge your fears : How do we face fear? Take a sheet of paper and a pencil, and write down everything that you fear. Take as much time as you need. Don't be afraid of what you see on paper. Some fears may appear to be unknown. We don't need to list what to do with each fear. Just acknowledge each one. Once we do that the way will become clear. This brings peace, gives us power, sets us free. It is a barrier we have to pass through. It doesn't cause pain, avoiding it is pain.
- You have it all : We forget that life and death are both part of life. Young and old, health and sickness, good and bad times, are all equally important parts of life. You have to have it all, as a package. Our peace and happiness depends largely on how we handle these seemingly opposites with equanimity.
- Find neutral ground : We are at war with ourselves. We judge and criticize our experiences, emotions, and lose our peace. Learn the power of neutrality. Learn lessons from all experiences. There is a purpose in each response, good/bad, to teach us something valuable.
- Grow in your sensitivity to toxicity : We have some toxic, violent reactions to some events, people, places, substances. Acknowledge and respect that. With more understanding, we may be able to resolve the issues to some extent.
- Trust yourself : We often stand like children, confused, where to go, how to go. We think someone who knows better will come and guide you. We need to trust ourselves, take responsibility. Sometimes we get hints/advice from others, but it must resonate with our heart before we accept the same.
- Practice forgiveness : If we forgive others we really forgive ourselves for judging, censoring others. See how better we feel when we do that.
- Spinning our wheels is part of getting unstuck : Sometimes we get stuck in a situation despite our best efforts. We get frustrated and confused about how to get out of the situation. However, this determined effort is essential to send signal to the universe, how badly you want to get out of the situation. Help surely comes your way in some form or other. So in

such situations, be gentle with yourself. Try hard, then relax if required, slow down, get a nice rocking motion going. One that is rhythmic yet powerful enough to free you.

- Let the shifts happen : In nature, we see huge shifts occurring gradually, over thousands of years, or suddenly/violently, like through earthquakes. In our lives also such things happen. If we are more flexible, avoid resentments, we work with these shifts rather than against them, the easier it would be. Then they lead us forward in evolution.
- Your destiny is now : Destiny is not a goal, a peak of fame and fortune. Destiny is not one moment in our lives when we shine for all world to see. Destiny is now, each moment, whether it is joyful or sad. It is an endless chain of events.
- Your soul can be at peace : Peace is all around you. Try all that you can to return to peace. Forgive, trust, love yourself. Be still, be kind, be gentle. No matter what you are going through, your soul can be at peace.
- Open to Universal love: You may feel that others are getting help but not you. Don't look at any person for help. Ask the universe for guidance, help, with love and conviction, and see the magic.
- The path is one of joy : We feel that spirituality is a serious, grim affair. It is supposed to bring joy to you and others. Seriousness of purpose is fine.
- Get out from under the gun : We have got so much accustomed to living under perpetual stress that we are not even aware of it, or consider it normal and natural. But our mind and body feel the effects. But doing jobs in time, doing it well doesn't mean that you have to be under stress. There is an alternative way, of doing things with love and joy, of knowing that you shall always be guided appropriately.
- Take time to be pleased : Take time to see beauty in your work, workplace, home, surroundings, everywhere. It does not take extra time, it needs awareness. The more relaxed, the more in love and harmony that you are, the more you will see. This is essential for being joyful.
- Energize yourself : Don't say you don't have energy. You are energy. Learn to energize yourself. Move around, stretch, play music, do whatever that helps. Sometimes we are ill and we need medication. But for many, the thoughts about illness drains more energy than the actual ailment. Sometimes, some people, nature of work, drains energy. Most of the times, it is not the physical tiredness, but the state of mind that tires us more. There is some resistance, blockage which is blocking the flow of energy.
- Weather the storm : Just like natural storms, we have storms in our life too. Some are violent, almost frightening, some are very mild. Like they are part of the nature, they are also part of our lives, part of our growth. Take all precautions, make yourself secure and comfortable. Wait for the storm to pass, knowing it will.
- Discover what interests you : As we become more peaceful, we begin to know what we really like. We can now be more creative. We also come across persons who are happy to help.

- Embrace Change : Don't fear change, fear status quo. Learn to honor and love the process of continual evolution and transformation. That is how life is.
- Listen to your body : Create opportunities to exercise by walking more deliberately. The call to exercise comes from our body and soul. Learn to listen to it.
- Your healers will come to you : The people, the ideas, the resources you need to heal will come when you need them. Trust yourself to know what is right for you.
- Trust even the dark moments : In life's journey, sometimes dark passages may envelop us. It can be a time of despair, frustration, dead ends, anguish and angst. Sometimes they are brief, sometimes they are very long. But they are not the end of the journey, they are simply passages through the tunnel. You will know their purpose when you see light.
- Freeze negative energy : Armed forces people stop dangerous people by saying "Freeze". We can also do the same with negative energies from other people. Become aware of this and mentally give freeze order to the same.
- You are a healer : When you love others or yourself, you heal.
- Trust the unknown : We were so fearful about not knowing the future and the plan ahead. Now also we don't know the future and the answers. But we are now comfortable with that. We know that it is a good and deliberate design of the universe for our own good. Not knowing has taught you to know more than what you could imagine.
- Finish unfinished business : Find out about your hurts, anger, resentments with people. Resolving this and becoming peaceful is your unfinished business. Forgiveness and love are the keys.
- Let the miracle of acceptance find you : Accept what you are feeling today. Even if it is loss or pain. Take small steps of partial acceptance, if the situation is difficult.
- The scattered pieces will come together : Sometimes we see fragments of our lives and we are confused about the links. They are pieces to a whole, but each piece is complete. The scattered pieces will come together. The connecting thread is love.
- We are transmitters and receivers : When we are off centre, we don't transmit and receive properly. We take desperate measures, and it creates further problems. Instead, come back to the centre, become peaceful. Use the frequency of love.
- You are on time : Don't fret for being late in anything. Nothing in the universe does that. Trust the rhythm of the universe. You are where you need to be. You will get where you need to go. You have all the time that you need.
- Clear Out the Clutter : We don't even notice, but how quickly we go on accumulating things in our house. Many of these we don't even use for years, but we are reluctant to let these go. The house becomes congested leaving lesser and lesser space for useful activity. We unknowingly become unhappy in the process and don't even know the reason. Same thing also happens with our mind. Over a period, we accumulate hurts, grudges, which have unknowingly impacted us, creating blocks. Filling up mind with this garbage or clutter allowing lesser space for happy thoughts. Hence, it is essential to understand what is clutter

in the house as well as mind, and make efforts to remove the same. The emotions and feelings need to be acknowledged and addressed. This brings us peace and happiness.

- Feeling Overwhelmed is a trap : When we feel overwhelmed, we say that we can't do anything. You feel stuck. But that is negative thinking fooling you. Just relax, accept the fact that you feel overwhelmed, analyze and find out what is bothering you. Just make a list of things, and just take one simple step at a time, and then watch life unfold. The stress will disappear, and you will start feeling good. You will be given ability, power, guidance to do what you have to do, step by step.
- Something important is happening now : We are always growing. We may not see it. The nature doesn't let us know too much too soon. It doesn't spoil the surprise. It doesn't want to spoil us either. Whatever is happening is good for us, whether we understand it or not, right now.
- Open up to your connections : We are all connected in this universe. From the tiniest to the largest, all influence each other. From the persons and things we know, and those we don't know anything about, are all connected. The more you understand this and value it, the happier you are.
- Move on to joy : We need not suffer endlessly, needlessly by worrying, fussing, fretting, about things that you can do nothing about. Feel pain when it comes. Then move on to joy.
- Create your destiny from heart : Beware of the guidance in each moment. Each moment is your destiny. The universe is guiding you. Remove blocks due to old emotions, old beliefs. You need not see far ahead. It is a deliberate design. Otherwise, you will be confused, fearful, and you may try to control, manage things. In the process, you may lose guidance.
- Value each moment : Often we wait for so called grand moments, turning points having great impact on our lives. But such moments are rare. Instead, each moment is valuable for our spiritual growth. Each frame connects and completes the whole picture. Feel the diverse emotions. Each action is important.
- You are being led : Believe strongly, and repeatedly that you are being guided, each moment, particularly when things don't appear to be moving well. These are the times when we must stay peaceful, listen to inner voice. Do the little things, small actions that appear right. Move out of fear. Wrap up in self love.
- Ease Up on Yourself : When you don't know what to do next, try even more to be relaxed and peaceful. See how much more you can achieve, and enjoy life. Forcing yourself creates fear and stress which is counterproductive for the job on hand. Try deep breathing, create a happy and peaceful atmosphere. Feel and acknowledge fear and then let it go. Become joyful and creative once again.
- A meditative Journey : When you meditate and become peaceful, you realize that life is just as it should be. All persons in your life are for a reason. The places you visit, the events, all have a reason, to teach you a lesson. Feel the contentment, peace, Divine order. Feel the environment, the smell, touch, sounds, everything.

- Release Guilt : Practice regularly removing guilt feeling. Don't hide it, feel and acknowledge it and then release it Otherwise it will create blocks for energy flow. Write down, speak it out to yourself, God.
- You are almost home : Whenever you feel stressed try to breathe deeply and relax. Try everything to restore peace.
- The Light will illuminate your path : Whenever we reach a fork in the road and don't know which way to go, seek guidance from the universe, look for the inner voice guiding you.
- Discover the power of loving yourself : Sometimes it's hard to trust life with all sudden twists, turns, and storms. We become blocked and frustrated. We panic and worsen the situation. Through these storms, keep loving yourself. Take deep breath, relax until you can hear your heart. Find courage to trust your heart. There is a trustworthy road through whatever life brings. Loving yourself will help you find it.
- Cherish moments of solitude : The more content you can become in moments of solitude, the more joy and love you will discover in times with others. Cultivate solitude. It will help you cultivate love.
- Open up to who you are : Stop criticizing yourself. Don't silence creativity, intuition, the voice of your soul. We don't have to hide or run from ourselves. Listen to yourself, enjoy yourself. Enjoy who you are, and then others will also enjoy being with you.
- Take time to develop a vision : First it happens in spirit(mind), then it manifests in physical plane. Make a habit of developing a vision of what you want. Then a plan evolves, and a clear picture of steps in the physical form emerges.
- Forgiveness isn't too much to ask: It is a delicate subject, but once in a while that is what we need to ask for. It is one thing to tell a person that you are sorry. Muster your forces. Prepare yourself if you must. Then take a risk, one of the greatest risk you will be asked to take. Put your cards on the table. Say sorry, from the heart. Then don't get defensive, ruffle your feathers, or get mad. Ask for forgiveness.
- Bask in self love : When we love ourselves, it becomes easier to correct our mistakes, admit our wrongs, and love others. It energizes us. It attracts more love. The universe responds directly and immediately to our choice to love ourselves. Accept yourself. Love yourself just as you are. Your finest work, your best moments, your joy, peace, and healing come when you love yourself.
- Trust each moment : Trust. Trust. Trust. Again and again. See how much of your pain, your anguish, your tension arises simply from not trusting the absolute perfection of the present moment. By trusting, you give yourself a gift of enjoying the journey.
- Let yourself be who you are : It is difficult to be around people who are trying to be perfect. Being human means being imperfect. Stop worrying about people finding out who you really are. Instead, hope they do. Help them in this. Self love and acceptance is freedom.
- Life Can be fun :Sometimes we act as though there is a limited amount, a scarce supply of fun available.

- Let go of feeling overwhelmed : So often the simple tasks of life can be overwhelming. But feeling overwhelmed is just a reaction to them. The task of quietly beginning, doing the 1st step of the 1st task can help us to find our way through.
- Don't pick up energy that is not yours : Sometimes, we meet some frustrated, unhappy persons who may throw the garbage of their negativity on us. If we are not careful, we may get infected by the same. So recognize such situations, and just wash off the garbage and move on. Have sympathy for the other person and pray for him.
- Claim your own life : Claim your own life : We created our own prison by believing we were trapped, stuck. We became controlled by believing others knew better than we did what was best for us. We were afraid to take responsibility for our choices, so we gave up our power. Now come out from the prison of fear. We don't have to be afraid of making a mistake or doing something wrong. If we don't like the present situation, we are free to create what we like.
- Heal from past betrayals : Betrayals, hurts, deceptions happen many times in life. We must feel the hurt, pain and then let it go. We should not close ourselves due to that. We must still trust people and take precautions.
- Learn to live with ambiguity : sometimes we think that events are happening aimlessly, without purpose. We try to force things so that a clear picture emerges. But that worsens matters. Let pieces be. Sometimes, chaos needs to precede order. At appropriate time, pieces will come together to form a beautiful picture. Trust that things will work out when time is right.
- Awaken your life force : The Chinese call it Chi, Japanese call it Ki. It refers to energy, the life force, the Divine spirit that permeates all that is. Awaken the life force. Walk on the ground with bare feet and let the earth's energy surge through you. Reach your hands towards the sky and let the divine energy come down to you. Move around. Release the blocks. Feel. Love. Sing. Shout. Feel yourself until you become happy and joyful, grateful to be alive on this planet. Feel it until you know you are one with God. Feel it until you see how connected you are with all that lives.
- Be an Angel : It is easy to be loving. One has to work hard to become kind.
- Don't complicate things : Calm your mind. Let go. Get quiet. You don't have to know the plan. Just put out the question, then listen to your inner voice. It will guide you through any maze you have been lost in.
- Look for the deeper picture : Life goes on, with all its troubles, stresses, changes and disappointments. But it isn't disconnected series of random events. It's not punishment. And it's not without meaning. Something important is being worked out in your life and soul.
- Discover common bonds : Discover that you are part of a larger family. Don't see what is different, see what is common.
- Practice the power of respect : It is a spiritual power. It is an attitude toward life, people. It honors people. Respect the needs of your body, heart, soul. Respect the universe.

- Remember faith :It has power to transform us. It can instill joy, bring peace, and restore a sense of acceptance and fulfillment in our lives. It may not bring us the miracle that we want, but it will always bring us the miracle that we need.
- Embrace your destiny : Fall in love with your destiny, your own life. Destiny is that mysterious force or energy that magically intertwines with choice, free will, and fate. These three combine to create your life. But you can help by falling in love with your own life. Most of all, love where you are right now. Because that's where your destiny lies.
- Joy is your next lesson : Learning compassion, understanding love, and experiencing joy. That's our true mission on this planet.