

PREFACE:

I am indeed delighted to present my 12th book titled “FAILURE IS STEPING STONE FOR SUCCESS” a compilation of my own experiences. I am even more thrilled to state that GMR Group has appreciated and whole heartedly sponsored this book. I am aware that each and every one at GMR Group is dedicated and give their whole and soul for the development of the company. While I pray for their continuous success in their endeavors, I am sure my effort of bringing this book to light will enhance the morale of the reader.

It is a well known fact that Indians are intelligent and by ensuring to keep ones spirit high with dedicated efforts, the country will progress in a much faster pace. In contrast to other countries, majority of our country are of youngsters and if each one of us were to stay put on the growth track, nothing will hamper the country's development irrespective of today's setbacks and negative forces.

My intention of authoring this book is to raise the spirits of young ones to excel in their career. I am sure if this book is circulated to friends and well-wishers, the purpose is served and the progress is assured.

I welcome the views & opinion of the reader to improve the presentation of my books which are in the pipeline, i.e “Words of Wisdom”, “Friend in need is a Friend in deed”, “Lead a Healthy life”, “ Smile for a While” and others No.

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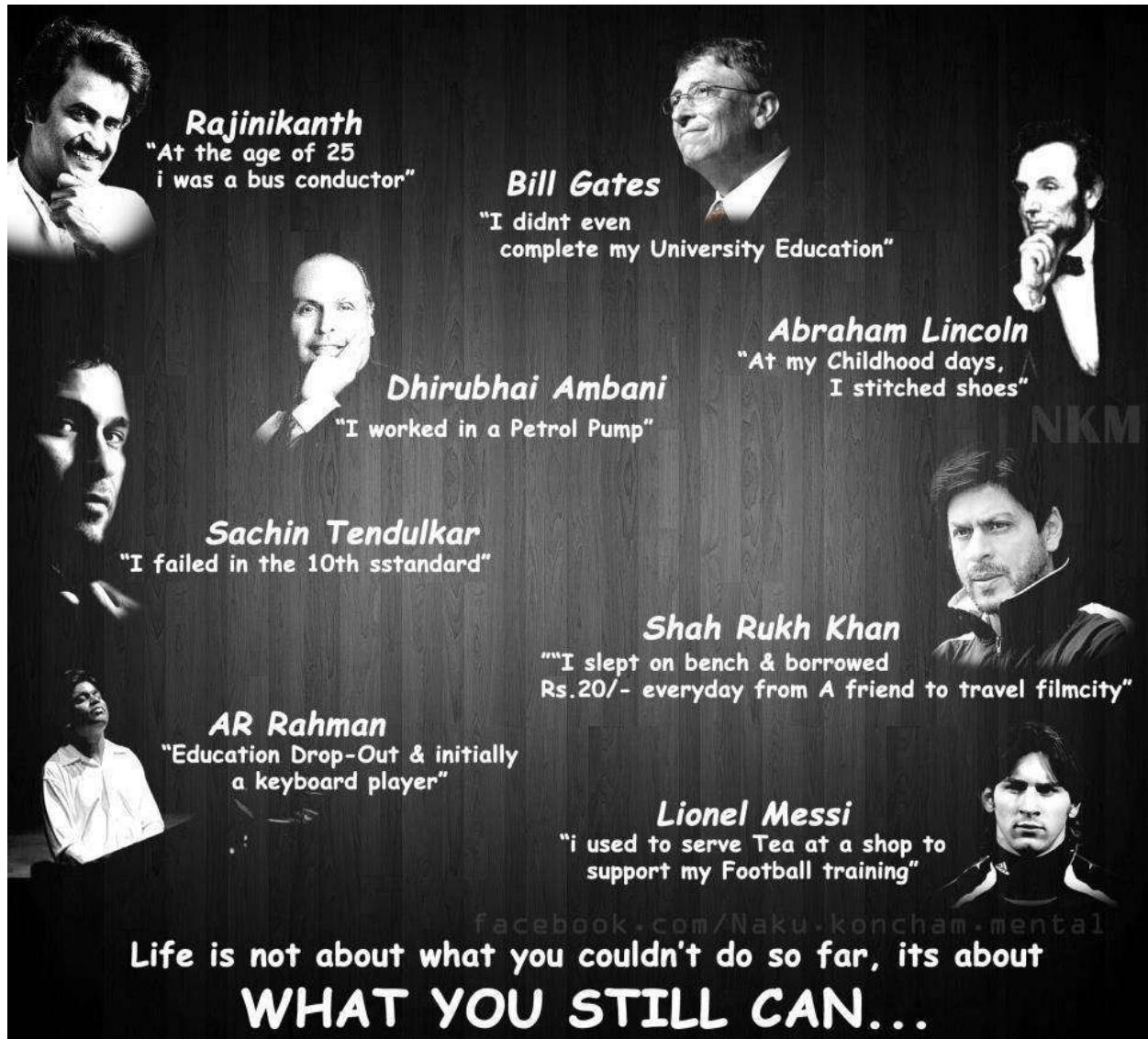
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INDEX:

- 1. Not Sucessful in first attempt**
- 2. Great Struggle will lead to great Destinations.**
- 3. Words of Wisdom.**
- 4. Thoughts for Success.**
- 5. Think it over.**
- 6. Motivation.**
- 7. Seven tips for Motivation.**
- 8. Winners Vs. Loosers.**
- 9. Five powers of a Focused Mind.**
- 10. Have abundant Confidence in you.**
- 11. Something to think about.**
- 12. Don't change the World.**
- 13. Essence of Trust is not in its bind, but in its Bond.**
- 14. Life is tough, but it is mot more tough if..**
- 15. Try again and again to achieve Success.**
- 16. A great lesson to Learn.**
- 17. Dementia.**
- 18. The Mexican & American.**
- 19. Proven ways to gain unstoppable Confidence.**
- 20. The Paradox of our Age.**
- 21. Listening is an Art.**
- 22. Positive Energy.**
- 23. Attitude & Emotions.**
- 24. Points on how to improve your Life.**
- 25. Don't waste precious Energy.**
- 26. Undiscovered Yourself.**
- 27. 10 Surprise things that age you.**
- 28. Athma & Paramathma.**
- 29. What do you give to the World.**
- 30. Prayers Pay.**
- 31. 9 Principles of Peace of Mind.**
- 32. Just Comments.**
- 33. Learned Scholar & his son.**
- 34. 14 Tips to help you build more confidence.**
- 35. What is Life.**



Arrow goes forward only after pulling it backward. Bullet goes forward only after pressing the trigger backward. Every human being will get happy only after facing the difficulties in their life path..... So don't afraid to face your difficulties. They will definitely push you forward.

STEWARDS IN THE RESPECTIVE FIELD WERE NOT SUCCESSFUL IN FIRST ATTEMPT:

1. Henry Ford

Ford is known for his innovative success but he failed five times before he founded the FORD Company.

2. R. H. Macy

Before the success of MACY, he failed in seven businesses and finally succeeded with his new store.

3. Soichiro Honda

The billion-dollar business, that is Honda, started initially with a series of failures. He started making scooters of his own at home and spurred on by his neighbors, finally started his own business.

4. Bill Gates

Gates didn't seem like a shoe-in for success after dropping out of Harvard and starting a failed first business with Microsoft co-founder Paul Allen called Traf-O-Data.

5. Harland David Sanders

Sanders founded KFC and his famous secret chicken recipe was rejected 1,009 times before a restaurant accepted it.

6. Walt Disney

Walt Disney had a bit of a rough start and he was fired by a newspaper editor because, 'he lacked imagination and had no good ideas'. He kept plugging along, however, and eventually found a recipe for success that worked.

Scientists

7. Albert Einstein

Einstein did not speak until he was four and did not read until he was seven, and his teachers and parents thought he was mentally handicapped, slow and

anti-social. But he caught on pretty well in the end, winning the Nobel Prize and changing the face of modern physics.

8. Charles Darwin

In his early years, Darwin gave up on having a medical career and considered as a lazy boy. Now, Darwin is well-known for his scientific studies.

9. Isaac Newton

Newton was failed so many times in his school days and was sent off to Cambridge where he finally blossomed into the scholar we know today.

10. Thomas Edison

Edison was fired for being unproductive In his early years. Even as an inventor, Edison made 1,000 unsuccessful attempts at inventing the light bulb.

11. Orville and Wilbur Wright

After numerous attempts at creating flying machines, several years of hard work, and tons of failed prototypes, the brothers finally created a plane.

Public Figures

12. Winston Churchill

This Nobel Prize-winning, twice-elected Prime Minister of the United Kingdom struggled in school and failed the sixth grade. After many years of political failures, finally became the Prime Minister at the ripe old age of 62.

13. Abraham Lincoln

After Lincoln was failed many times in business and defeated in numerous runs, he became a greatest leader.

14. Oprah Winfrey

Oprah faced a rough and abusive childhood as well as numerous career setbacks in her life to become one of the most iconic faces on TV.

Writers and Artists

15. Steven Spielberg

Spielberg's name was rejected from the University of Southern California School of Theater, Film and Television three times. Thirty-five years after

starting his degree, Spielberg returned to school in 2002 to finally complete his work and earn his BA.

16. J. K. Rowling

Rowling may be rolling in a lot of Harry Potter dough today, but before she published the series of novels she was nearly penniless, severely depressed, divorced, trying to raise a child on her own while attending school and writing a novel.

Athletes

17. Michael Jordan

Most people wouldn't believe that a man often lauded as the best basketball player of all time was actually cut from his high school basketball team. 'I have failed over and over and over again in my life. And that is why I succeed.'

GREAT STRUGGLE WILL LEAD TO GREAT DESTINATION

*End is not end, in fact E N D is "Effort Never Dies" and if you get NO in an answer, then remembers NO is a Next Opportunity "Always be passive."

*Without your involvement you can't succeed.

With your involvement you can't fail. (Dr. ABDUL KALAM)

*No one has travelled the road of success, Wit out crossing streets of failure. God never promised easy journeys in life. He only promised Great Destinations

*Hardest moment is not when you lose something & tears come out of your eyes, But its when you lose something and still manage to smile.

*In life, some pleasant things happen, some unpleasant things happen - so what? None of them stay forever.

*EXPERIENCES that we categories as 'MISTAKES' can be our greatest teacher in life. Some of the deepest lessons on LIFE are learnt from those mistakes, which SUCCESS can never teach.

*There are many things in life that will catch your eye, but only a few will catch your heart.... Pursue those

*A Desire changes nothing. A Decision changes something but a Determination changes everything.

*Many ideas grow better when transplanted into another mind, than in the one where they sprung up.

*Failure is not when you fall down.. It is only when you don't get up again.

*Knowledge without Action is USELESS and Action without Knowledge is FOOLISH

*The single finger which wipes out tears during our failure is much better than the ten fingers which comes together to clap for our victory

*There are only two choices. Either you can be a history reader or become a history maker

*"Half of the problems in life are because we ACT without THINKING and rest Half is because we keep THINKING without ACTING"

*The life of the seed will not end once it falls down from the tree... It is the beginning of a new life. *Every fall is the beginning of New Life.*

*A fantastic sentence written on every Japanese bus stop. Only buses will stop here - Not your time, So Keep walking towards your goal

*it is said that a wise man learns from others experience, if he do not want, he has to learn from his own experience and it will tax him more:

*Medical science says, an injury on a tongue heals the quickest.

Moral Science says, an injury caused by a tongue takes the longest time to heal.

*Never Play With The Feelings Of Others, Because You May Win The Game But The Risk Is That You Will Surely Loose The Person For Life Time.

*Thousands of languages around this world, but 'smile' can beat them all. 'Smile' is the language even a baby can speak, so keep smiling always.

*When there is confusion between heart and mind, don't listen to your mind as it know's everything, but your heart knows only you.

*All our dreams cannot be translated into reality, but they can act as foundation stone for glorious future, be positive always.

*Friendship is silent gift of nature. More old more strong. More care more respect. Less words more understanding. Less meetings more feelings.

*An arrow can be shot only by pulling it backward. So whenever life pulls you back, don't worry it's going to lead you forward to victory.

WORDS OF WISDOM

***Napoleon.....**

"The world suffers a lot. Not because of the violence of bad people, But because of the silence of good people!"

*** Einstein....**

"I am thankful to all those who said NO to me
It's Because of them I did it myself..."

***Abraham Lincoln.....**

"If friendship is your weakest point then you are the strongest person in the world"

***Shakespeare.**

"Laughing Faces Do Not Mean That There Is Absence Of Sorrow!
But It Means That They Have The Ability To Deal With It".

***William Arthur.....**

"Opportunities Are Like Sunrises, If You Wait Too Long You Can Miss Them".

***Shakespeare.**

"Never Play With The Feelings Of Others Because You May Win The Game But
The Risk Is That You Will Surely Loose The Person For Life Time".

***Hitler.....**

"When You Are In The Light, Everything Follows You,
But When You Enter Into The Dark, Even Your Own Shadow Doesn't Follow You."

***Shakespeare.**

"Coin Always Makes Sound But The Currency Notes Are Always Silent. So When
you're Value Increases Keep Yourself Calm Silent"

***John Keats.....**

"It Is Very Easy To Defeat Someone, but It Is Very Hard To Win Someone"

***You can win life if you simply avoid two things - "Comparing" & "Expectation"**

***Vishnu Bharath.....**

If you learn from your mistake, then you are intelligent. But if you learn from somebody's mistake then you are a genius.

Honesty is a very expensive gift. So don't expect it from everybody, because not all are rich by heart.

YES & NO:

YES & NO are too short words which need a long thought. Most of the things we miss in life are because of saying 'No' too early and 'YES' too late.

THINK POSITIVELY:

All our dreams cannot be translated into reality, but they can act as foundation stone for glorious future, be positive always.

YOU BE HAPPY:

Why people are not happy? It's because people are busy searching why other are happy.

SUCCESSFUL PERFORMER:

To be an average performer, we need good network and friends, but to be very successful performer we need the competition and enemies.

BRING SMILE ON OTHERS FACE:

Having a smile on your face is really a compliment to life, but putting a smile on other's face by your efforts is the Best thing you can do in this world.

YOUR OWN SHADOW DOESN'T FOLLOW YOU:

"When You Are In The Light, Everything Follows You, But When You Enter Into The Dark, Even Your Own Shadow Doesn't Follow You."

***General.....**

***"Our life is like an echo. We get back what we give. When we good to others, you are best to yourself. Whether it is our thoughts, actions or behavior, sooner or later they return and with great accuracy."**

THOUGHTS FOR SUCCESS:

1. Reasons never count, results only count.
2. When going gets tough, the tough gets going.
3. Go confidently in the direction of your dreams, live the life you have imagined.
4. Your dream is always outside of your comfort zone.
5. I can do everything to achieve for my dream.
6. Be like a sun not like a moon.
7. Failure gives new idea to win.
8. If you want to fly with eagles they stop swimming with ducks.
9. Success is always a matter of choice not of any chance.
10. Go with a giving mentality not thinking mentality.
11. A man's success lies outside of his comfort zone.
12. Leaving comfort zone is painful but that's the only way to success.
13. Smart people learn from own mistakes wise people learn from others.
14. Be a student first then be a teacher.
15. You can change yesterday but you can change tomorrow.
16. Every successful person in the world has a reason to reach success.
17. If you have a desire to achieve "you can't sleep."
18. Dream is not what you see in sleep, it doesn't let you to sleep till you achieve.
19. If everyone can do, you can also do but if no one can do, you must do.
20. In the moment of decision destiny is shaped.
21. Inner winner is the real winner.
22. Luck is not in our hand, but work is in our hand.
23. Impossible is just an opinion, if you change your opinion everything is possible.
24. Success is like water no one can stop.
25. Success is a series of daily effort.

THINK IT OVER:

Lack of experience exposes you to the bullets of evil.

The brave one never lets hindrances deter him from his course.

Forget the past but learn from the experience and take care in the future.

Great souls become humble after their victory.

Self-confidence puts an end to the tensions of the world.

Remove the darkness of the mind and the world will be illuminated.

Reduce your desires and thus reduce your problems.

Solve your problems with patience and perseverance.

Stop brooding over the causes and search for the cures.

Our work is the presentation of our capabilities.

**We never get what we want, we never want what we get,
we never have what we like, we never like what we have.
And still we live & love. That's life...**

LOOK WITH IN: LOOK BACK AND GET EXPERIENCE, LOOK FORWARD AND SEE HOPE, LOOK AROUND AND FIND REALITY. LOOK WITHIN AND FIND YOURSELF.

LOOK INWORD SELF: Looking back, may I be filled with gratitude:
Looking forward, may I be filled with hope: Looking upward, may I be aware of strength?
Looking inward, may I find peace:

MOTIVATION:

- 1. Motivation is like fire – unless you keep adding fuel to it, it just dies.**
- 2. A winner never quits. A quitter never wins.**
- 3. If you tell the truth, you don't have to remember anything.**
- 4. We are what we repeatedly do. Excellence is therefore not a skill, but a habit!!**
- 5. When you want success the way you want air that is when you will most positively succeed. Small minds discuss people, average minds discuss events, great minds discuss ideas.**
- 6. A bend in the Road is not the end of the Road Unless you fail to make the Turn.**
- 7. A critic is one who knows the price of everything, but the value of nothing.**
- 8. Suicide is a permanent solution to a temporary problem.**
- 9. Our greatest glory is not in not falling, but in getting up every time we fall.**
- 10. Obstacles are those frightful things you see when you take your eyes off your goal.**

11. Never test the depth of the water with both feet.
12. Greed is like sea-water, the more you drink, the thirstier you get.
13. Fear is the darkroom, where negatives are developed.
14. The shadow of fear is larger than reality.
15. Falling down doesn't make you a failure, staying down does.
16. "Love is an endless mystery, for it has nothing else to explain it" – Tagore.
17. Ability may take you to the top, but character keeps you there.
18. A river would lose its song, if God removed the rocks.
19. A candle loses nothing by lighting another candle.
20. A great Prayer: "God give me the courage to change those things which I can change in this world.

God give me the patience to bear with those things I cannot change in this world. And most importantly God, give me the wisdom to know the difference."

WHAT IS INSIDE THOSE COUNTS? SEVEN TIPS FOR MOTIVATION:

1. Set a major goal, but follow a path. The path has mini goals that go in many directions. When you learn to succeed at mini goals, you will be motivated to challenge grand goals.
2. Finish what you start. A half finished project is of no use to anyone. Quitting is a habit. Develop the habit of finishing self-motivated projects.
3. Socialize with others of similar interest. Mutual support is motivating. We will develop the attitudes of our five best friends. If they are losers, we will be a loser. If they are winners, we will be a winner. To be a cowboy we must associate with cowboys.
4. Learn how to learn. Dependency on others for knowledge supports the habit of procrastination. Man has the ability to learn without instructors. In fact, when we learn the art of self-education we will find, if not create, opportunity to find success beyond our wildest dreams.

5. Harmonize natural talent with interest that motivates. Natural talent creates motivation, motivation creates persistence and persistence gets the job done.

6. Increase knowledge of subjects that inspires. The more we know about a subject, the more we want to learn about it. A self-propelled upward spiral develops.

7. Take risk. Failure and bouncing back are elements of motivation. Failure is a learning tool. No one has ever succeeded at anything worthwhile without a string of failures.

WINNERS vs. LOSERS

The Winner is a part of the answer; The Loser is always a part of the problem.

The Winner always has a plan; The Loser always has an excuse

The Winner says “let me do it for you”; The Loser says “that’s not my job”

The Winner sees an answer in every problem; The Loser sees a problem in every answer.

The Winner talks about ideas, The Loser always talks about others

The Winner is always willing to discuss, The Loser always likes to argue

The Winner says “It may be difficult but it’s possible”, The Loser says “It may be possible but it’s difficult” BE A WINNER

THE FIVE POWERS OF A FOCUSED MIND

The power of perception (understanding) allows us to see into things and truly understand them, with neither complication nor confusion.

The power of mindfulness, by which we absorb ourselves into any action or thought without interference or complication, further energizes us by allowing the power of our mind to become concentrated, freeing us from frustration, stress and anger.

The power of injection can permit us to energize others with our own positivity. As we help them to feel positive, good energy bounces back towards us to maintain the positive cycle.

The power of choice requires us to differentiate right from wrong, good from bad. Having done so, we can select our choice, and at every moment choose to be positive.

The power of inner energy can guide us into new things, encourage us to change where we feel uncomfortable with ourselves and help us to enjoy life completely.

MIND is the most powerful tool. The whole runs with the "powerful minds". Please be confident in life, never do things with confusion. Do everything with complete clarity and ultimately, you will be the winner.

HAVE ABUNDANT CONFIDENCE IN YOU:

Soon after getting freedom from British rule in 1947, the de-facto prime minister of India, Jawaharlal Nehru called a meeting of army officers to select the first General of the Indian army.

Nehru proposed, "I think we should appoint a British officer as a General of The Indian Army as we don't have enough experience to lead the same."

Having learned under the British, only to serve and rarely to lead, all the civilians and men in uniform present nodded their heads in agreement

However one officer Nathu Singh Rathore asked for permission to speak.

Nehru was a bit taken aback by the independent streak of the officer, he asked him to speak freely.

Rathore said, "You see, sir, we don't have enough experience to lead a nation too, so shouldn't we appoint a British person as the first Prime Minister of India?"

You could hear a pin drop.

After a pregnant pause, Nehru asked Rathore, "Are you ready to be the first General of The Indian Army ?"

Rathore declined the offer saying "Sir, we have a very talented army officer, my senior, Lt. Gen. Cariappa, who is the most deserving among us."

This is how the brilliant Gen. Cariappa became the first General and Rathore the first ever Lt. General of the Indian Army.

SOMETHING TO THINK ABOUT...

A carrot, an egg, and a cup of coffee...You will never look at a cup of coffee the same way again..

A young woman went to her mother and told her about her life and how things were so hard for her. She did not know how she was going to make it and wanted to give up. She was tired of fighting and struggling... It seemed as one problem was solved, a new one arose.

Her mother took her to the kitchen. She filled three pots with water and placed each on a high fire. Soon the pots came to boil. In the first she placed carrots, in the second she placed eggs, and in the last she placed ground coffee beans. She let them sit and boil; without saying a word.

In about twenty minutes she turned off the burners. She fished the carrots out and placed them in a bowl. She pulled the eggs out and placed them in a bowl. Then she ladled the coffee out and placed it in a bowl.... Turning to her daughter, she asked, 'Tell me what you see.'

'Carrots, eggs, and coffee,' she replied..

Her mother brought her closer and asked her to feel the carrots. She did and noted that they were soft. The mother then asked the daughter to take an egg and break it. After pulling off the shell, she observed the hard boiled egg.

Finally, the mother asked the daughter to sip the coffee.. The daughter smiled as she tasted its rich aroma. The daughter then asked, 'What does it mean, mother?'

Her mother explained that each of these objects had faced the same adversity: boiling water. Each reacted differently. The carrot went in strong, hard, and unrelenting. However, after being subjected to the boiling water, it softened and became weak. The egg had been fragile. Its thin outer shell had protected its liquid interior, but after sitting through the boiling water, its inside became hardened. The ground coffee beans were unique, however. After they were in the boiling water, they had changed the water.

'Which are you?' she asked her daughter. 'When adversity knocks on your door, how do you respond? Are you a carrot, an egg or a coffee bean?

Think of this: Which am I? Am I the carrot that seems strong, but with pain and adversity do I wilt and become soft and lose my strength?

Am I the egg that starts with a malleable heart, but changes with the heat? Did I have a fluid spirit, but after a death, a breakup, a financial hardship or some other trial, have I become hardened and stiff? Does my shell look the same, but on the inside am I bitter and tough with a stiff spirit and hardened heart?

Or am I like the coffee bean? The bean actually changes the hot water, the very circumstance that brings the pain. When the water gets hot, it releases the fragrance and flavor. If you are like the bean, when things are at their worst, you get better and change the situation around you. When the hour is the darkest and trials are their greatest do you elevate yourself to another level? How do you handle adversity? Are you a carrot, an egg or a coffee bean?

May you have enough happiness to make you sweet, enough trials to make you strong, enough sorrow to keep you human and enough hope to make you happy.

The happiest of people don't necessarily have the best of everything; they just make the most of everything that comes along their way. The brightest future will always be based on a forgotten past; you can't go forward in life until you let go of your past failures and heartaches. When you were born, you were crying and everyone around you was smiling.. Live your life so at the end, you're the one who is smiling and everyone around you is crying.

May we all be COFFEE!!!!!! !

DON'T CHANGE THE WORLD

It is real incidence of a king who ruled a prosperous country.

One day, he went for a trip to some distant areas of his country.

When he was back to his palace, He complained that his feet were very painful,

Because it was the first time that he went for such a long trip, and the road that he went through was very rough and stony.

He then ordered his people to cover every road of the entire country with leather.

Definitely, this would need thousands of cows' skin, and would cost a huge amount of money.

Then one of his wise servants dared himself to tell the king, "Why do you have to spend that unnecessary amount of money? Why don't you just cut a little piece of leather to cover your feet?"

Essence of trust is not in its bind, but in its Bond!

A little girl and her father were crossing a bridge....

the father was sort of scared, so asked his little daughter,

“Sweetheart, hold my hand so that you don't fall into the water”

The little girl said, “No, Dad. You hold my hand!”

“What's the difference?” asked the puzzled father.

“There's a big difference dad...” replied the little girl.

“If I hold your hand and something happens,

chances are that I may let your hand go.

**But if you hold my hand, I know for sure that
no matter what happens, you will never let my hand go!”**

In any relationship, the essence of trust is not in its bind, but in its Bond!

LIFE IS TOUGH BUT IT IS LOT MORE TOUGH IF YOU ARE STUPID:

First-year students at Veterinary school were attending their first Anatomy class, with a real dead pig.

They all gathered around the surgery table with the body covered with a White sheet. The professor started the class by telling them, 'In Veterinary Medicine it is necessary to have two important qualities as a Doctor: The first is that you not be disgusted by anything involving the Animal body'. For an example, the Professor pulled back the sheet, touched his finger in the mouth of the dead pig, withdrew it and put his Finger in his mouth. 'Go ahead and do the same thing,' he told his students.

The students freaked out, hesitated for several minutes. But eventually took turns putting their finger in the mouth of the dead pig and tasted in their mouth.

When everyone finished, the Professor looked at them and said, 'The Second most important quality is observation. I touched with my middle Finger and tasted on my index finger. Now learn to pay attention...

TRY AGAIN AND AGAIN TO ACHIEVE SUCCESS:

There once was a wise old man who told his wealthy young friend how to obtain much success in life. The wise old man told him that a book existed that held the mysterious of the universe and that if the young man truly wanted to be happy and successful in life, he would do all within his power to obtain it and study it. The rich young man believed his wise old friend and learned that an ill-tempered king in a land far away was in possession of the book. So, the young man journeyed to the city, entered the palace and asked to speak to the king. The king did grant the young man audience so he asked the king graciously if he could have the book. The king was angry that a stranger would ask anything from him and he threatened to kill the young man if he did not leave immediately. The young man left and came up with a new plan. This time he brought all of his possessions, gold, silver, and anything of value to the king and asked if he could purchase the book from the king. The king saw all of the beautiful possessions and wanted them for himself however he still did not want to give away anything he owned to this stranger so he ordered his guards to kill the wealthy young man. The young man escaped narrowly but lost all of his riches as they fell in to the hands of the king. Finally, unsure of how he was going to obtain the book but knowing he must do so; the now once rich young man entered the city wall again, this time late at night. He was very careful for he feared for his life but in a dark alley near the castle he saw a man drunk. As he approached him he noticed it was the king. While the king was drunk he astutely dressed himself in the king's robes and went to kings chambers where he asked his servant to fetch him the book. The servant, believing it was his master, returned with the book and the young man was able to accomplish his desire and escape the city safely with the book.

Many of us have hope, dreams, and desires yet we are unwilling to try again. We allow discouragement and a lack of faith to convince us that we cannot obtain what we desire. However, those who try again always find success.

In the story, most of us would probably quit after our first attempt to obtain

the book. The young man had traveled far and had made a good attempt but things just didn't work out. It would have been easy to move on, justifying that we had tried our best and we were in danger. We simply would have settled with disappointment and failure. Some of us may have tried a second time but then would have despaired when even a larger sacrifice to obtain our desire did not pan out as planned. The man in the story however did not despair and tried again a third time risking his life to obtain his desire.

Though in most instances we may not be required to risk our lives, many times we give up too easy, we settle for unfulfilled dreams, we allow ourselves to get distracted and discouraged and we move on when if we simply would try again, we would eventually find success. That many times to obtain our dreams we must try again, and again, and again, and again and by so doing, we will eventually obtain the prize.

Success is often awarded to the persistent. If we can learn to be persistent, accept failure, challenges, and obstacles, and we will have success in life.

A GREAT LESSON TO LEARN

A Young Couple Moves into a New Neighbourhood
The Next Morning While They were Eating Breakfast,

The Young Woman Saw Her Neighbour Hanging The Wash Outside.

"The Laundry Is Not Very Clean" She Said

"She Doesn't Know How to Wash Correctly Perhaps She Needs Better Laundry Soaps"

Her Husband Looked On But Remained Silent.

Every-time Her Neighbour Would Hang Her Wash to Dry,

The Young Woman Would Make The Same Comments.

About One Month Later,

The Woman Was Surprised To See A Nice Clean Wash On the Line and Said To Her Husband:

**"Look, She Has Learned How To Wash Correctly.
I Wonder Who Taught Her This"**

The Husband Said:

"I Got Up Early This Morning and Cleaned Our Windows".

**And so it is With Life. What We See When Watching Others Depends
On The Purity Of The Window Through Which We Look!!!**

Dementia

Most of us start worrying about dementia after retirement - and that may be too little, too late. Experts say that if you really want to ward off dementia, you need to start taking care of your brain in your 30s and 40s - or even earlier.

"More and more research is suggesting that lifestyle is very important to your brain's health," says Dr. Paul Nussbaum, a neuropsychologist and an adjunct associate professor at the University of Pittsburgh School of Medicine. "If you want to live a long, healthy life, then many of us need to start as early as we can."

So what can you do to beef up your brain - and possibly ward off dementia? Nussbaum, who recently gave a speech on the topic for the Winter Park (Fla.) Health Foundation, offers 20 tips that may help.

- 1. Join clubs or organizations that need volunteers. If you start volunteering now, you won't feel lost and unneeded after you retire.**
- 2. Develop a hobby or two. Hobbies help you develop a robust brain because you're trying something new and complex.**
- 3. Practice writing with your non-dominant hand several minutes**

everyday. This will exercise the opposite side of your brain and fire up those neurons.

4. Take dance lessons. In a study of nearly 500 people, dancing was the only regular physical activity associated with a significant decrease in the incidence of dementia, including Alzheimer's disease. The people who danced three or four times a week showed 76 percent less incidence of dementia than those who danced only once a week or not at all.

5. Need a hobby? Start gardening. Researchers in New Zealand found that, of 1,000 people, those who gardened regularly were less likely to suffer from dementia! Not only does gardening reduce stress, but gardeners use their brains to plan gardens; they use visual and spatial reasoning to lay out a garden.

6 Walking daily can reduce the risk of dementia because cardiovascular health is important to maintain blood flow to the brain. Or...Buy a pedometer and walk 10,000 steps a day.

7 Read and write daily. Reading stimulates a wide variety of brain areas that process and store information. Likewise, writing (not copying) stimulates many areas of the brain as well.

8. Start knitting. Using both hands works both sides of your brain. And it's a stress reducer.

9. Learn a new language. Whether it's a foreign language or sign language, you are working your brain by making it go back and forth between one language and the other. A researcher in England found that being bilingual seemed to delay symptoms of Alzheimer's disease for four years. And some research suggests that the earlier a child learns sign language, the higher his IQ - and people with high IQs are less likely to have dementia. So start them early.

10. Play board games such as Scrabble and Monopoly. Not only are you taxing your brain, you're socializing too. Playing solo games, such as solitaire or online computer brain games can be helpful, but Nussbaum prefers games that encourage you to socialize too.

11. Take classes throughout your lifetime. Learning produces structural and chemical changes in the brain, and education appears to help people live longer. Brain researchers have found that people with advanced degrees live longer - and if they do have Alzheimer's, it often becomes apparent only in the very later stages of the disease.

12. Listen to classical music. A growing volume of research suggests that music may hard wire the brain, building links between the two hemispheres. Any kind of music may work, but there's some research that shows positive effects for classical music, though researchers don't understand why.

13. Learn a musical instrument. It may be harder than it was when you were a kid, but you'll be developing a dormant part of your brain.

14. Travel. When you travel (whether it's to a distant vacation spot or on a different route across town), you're forcing your brain to navigate a new and complex environment. A study of London taxi drivers found experienced drivers had larger brains because they have to store lots of information about locations and how to navigate there.

15. Pray. Daily prayer appears to help your immune system. And people who attend a formal worship service regularly live longer and report happier, healthier lives.

16. Learn to meditate. It's important for your brain that you learn to shut out the stresses of everyday life.

17. Get enough sleep. Studies have shown a link between interrupted sleep and dementia.

18. Eat more foods containing Omega-3 fatty acids: Walnuts (which are higher in omega 3s than salmon) and flaxseed. Flaxseed oil and walnut oil are good sources too

19. Eat more fruits and vegetables. Antioxidants in fruits and

vegetables mop up some of the damage caused by free radicals, one of the leading killers of brain cells.

20. Eat at least one meal a day with family and friends.

THE MEXICAN & AMERICAN

A boat docked in a tiny Mexican village. An American tourist complimented the Mexican fisherman on the quality of his fish and asked how long it took him to catch them.

"Not very long," answered the Mexican.

"But then, why didn't you stay out longer and catch more?" asked the American.

The Mexican explained that his small catch was sufficient to meet his needs and those of his family.

The American asked, "But what do you do with the rest of your time?"

"I sleep late, fish a little, play with my children, and take a siesta with my wife. In the evenings, I go into the village to see my friends, play the guitar, and sing a few songs... I have a full life."

The American interrupted, "I have an MBA from Harvard, and I can help you! You should start by fishing longer every day. You can then sell the extra fish you catch. With the extra revenue, you can buy a bigger boat."

"And after that?" asked the Mexican.

"With the extra money the larger boat will bring, you can buy a second one and a third one and so on until you have an entire fleet of trawlers. Instead of selling your fish to a middle man, you can then negotiate directly with the processing plants and maybe even open your own plant. You can then leave this little village and move to Mexico City, Los Angeles, or even New York City! From there you can direct your huge new enterprise."

"How long would that take?" asked the Mexican

"Twenty, perhaps twenty-five years," replied the American.

"And after that?"

"Afterwards? Well my Friend, That's when it gets really interesting," answered the American, laughing. "When your business gets really big, you can start selling stocks and make millions!"

"Millions? Really? And after that?" said the Mexican.

"After that you'll be able to retire, live in a tiny village near the coast, sleep late, play with your children, catch a few fish, take a siesta with your wife and spend your evenings doing what you like and enjoying your friends."

And the moral is...

Know where you're going in life...you may already be there.

11 PROVEN WAYS TO GAIN UNSTOPPABLE CONFIDENCE

#1 - KNOWLEDGE IS POWER

Those who know are ultimately much more confident in any arena than those shrouded in ignorance. Use your spare time to read up on the things that interest you, on the things that you are curious about, and build up a solid base of knowledge and critical thinking. The more you know, the more sure of yourself you will be in any situation.

#2 - EXPERIENCE

Uncertainties is the biggest drain on your self-confidence. Succumbing to doubt ensures you will never believe in yourself. The more often you do something, the more certain you become. With certainty comes confidence.

#3 - CARE-FREE ATTITUDE

Try to walk through your day with as easy and care-free of an attitude as you can muster, because someone who is it ease with him or herself is

someone who is confident. Build unstoppable confidence by not getting hung up on the petty issues and minor irritations that help wear you down.

#4 - HONEST SELF-ASSESSMENT

Take stock of yourself. Brainstorm for a bit and compose a list of your good qualities and bad, the things you excel at and the things you need to improve upon, and once you have a clear picture of yourself much of the uncertainty that breeds doubt will wash away.

#5 - ANALYZE

Take the time to properly think through every problem, and the confidence in your skills will grow.

#6 - BE THOROUGH

Try to be as complete and thorough at every task you attempt. Completing tasks builds confidence in your ability to always see projects through to their proper conclusion.

#7 - IDENTIFY YOUR LIMITS, AND EXCEED THEM

Once you have assessed yourself, make a list of goals you wish to accomplish, and get to work. You now know your true limits, so the only thing left to do is push beyond them and set your sights on new frontiers.

#8 - BE OPEN TO HELPING OTHERS

Don't close yourself off to friends, acquaintances and coworkers. The more you put yourself out there in business and social situations, the more quickly you will build confidence in your ability to navigate these sometimes tricky waters.

#9 - COMPOSE YOURSELF

Dress well, groom yourself, compose your identity as a person who is well put together, and you will feel confident when meeting new people and doing new things.

#10 - BE DECISIVE

While it is okay to take time to analyze and think situations through, the time comes when you must be decisive and act. Decisive people are confident; not confident people are indecisive.

#11 BE COMPLETE

Know yourself fully, wash away your own doubts about yourself, your identity and your capabilities, and present every aspect of yourself in every situation and you will have no reason to doubt your confidence. Become your full, real self.

A lot of confidence building techniques simply do not work. I've tried everything out there and studied confident people to see what makes them who they are. Continue reading this article for the top 11 traits you can develop to build strong self-confidence that attracts the people, job, and pleasures of life you want.

THE PARADOX OF OUR AGE

**We have bigger houses but smaller families; More convenience, but less time;
We have more degrees, but less sense; More knowledge, but less judgment;
More experts, but more problems; more medicines, but less healthiness;
We've been all the way to the moon and back; but have trouble crossing the street to meet the new neighbor.
We build more computers to hold more information to produce,
More copies than ever but have less communication.
We have become long on quantity, but short on quality.
These are times of fast foods but slow digestion;
Tall men but short character; Steep profits but shallow relationships.
It's time when there is much in the window, but nothing in the room.**

LISTENING IS AN ART:

Listening is an art, In the current readymade world we always listen the vehicle sound, vehicle honking sound, gossip, television, FM radios or few crazy meaningless song. Do we get any kind of energy by listening to these sounds? we never listen to ourselves, we keep the alarm in one time and wake up at different time, we promise ourselves that today I will start jogging, cycling, have right diet, start studying something, car service, insurance renewal, health checkup etc. do you know one thing "All the problems in our life is created by

ourselves by not listening to our own soul “. Listen, listen and keep listening before reacting to anything and give yourself an appointment on daily basis to listen to all the good deeds or listen the AUM the first sound in the universe which will give you abundant energy.

POSITIVE ENERGY:

Here are a 10 Tips to Attract Positive Energy by Staying in Touch with your Inner Peace and Stillness.

1. Start Your Day with Meditation

Any form of meditation is helpful but it's best to keep it simple. Just practice the meditation of becoming aware of your presence. You don't have to sit in any strident posture, just relax and feel your consciousness or presence in the midst of the thoughts and emotions.

This is a very powerful practice that creates a positive vibe throughout the body.

2. Treat Everyone the Way You Want to be Treated

A day is easily ruined when you start holding resentment against someone.

Know that everything is oneness and though we appear as different forms, everything is the manifestation of the one true essence.

When you see others as yourself you will not harbor negative feelings and in turn your attitude will attract positive energy from the people around you.

3. Let Go of Your Need to Control

Life is a flux and its nature is change. The more you resist the more you will suffer.

Whenever you try to control a life situation, you will feel stressed out and this will generate a lot of negative energy.

Just imagine life to be a raging river, does it serve any purpose to struggle? Wouldn't it be much more relaxing and peaceful if you just let go and allow yourself to float with the flow?

People who stay surrendered and relaxed generate a lot of positive energy and attract the grace of life.

4. See the Positive in Every Situation

Know that good and bad are just perceptions created in the conditioned mind.

In reality every life situation is pure grace and is the manifestation of the one truth – call it god or spirit or energy.

When you see every situation with this innocence, it will reveal its grace to you.

5. Visualize a Peaceful Life

Your mind might be addicted to negative thinking, most minds are. You will have to consciously break out of this addiction if you want to attract positive energy within you.

Stay conscious and see your mind churning out fearful images. Stop thinking these thoughts and focus your attention on visualizing a peaceful flow of life.

You will be amazed at the positive vibes you feel in your body.

6. Stop Worrying About the Future

Worry has not served any purpose to this date for anyone. Whatever has to happen will happen, there is nothing you will achieve by worrying about it.

In fact what you worry about will not even happen most of the times.

So why waste energy dwelling on worries? You are unconsciously creating a lot of negative energy inside you which is harmful to your whole being.

Just plan practically and leave the rest to life.

7. Drop the Resentment Within

The past is past; it has no reality than as a memory trace. Can you live in such simplicity?

After all if you don't continuously think up a bad memory you will not feel any resentment within.

So just learn to forgive and move on. There is a lot positive energy in the simple act of forgiveness.

8. Stay as the Presence Instead of the Ego

While interacting with people try to stay as the conscious presence instead of dwelling in your mind.

Be the unconditioned presence, allowing people to talk or interact with you without taking offence or protecting opinions.

People will get attracted to your calm nature as it radiates a lot of positive energy.

9. Look at the Nature

If you want to attract positive energy just look at the nature for a while. A tree or a flower, it just rests in stillness and moves with the wind.

There is a peace that radiates from their being. This peace will ignite your own inner true nature of stillness.

10. Feel the Spaciousness in Your Body

Just close your eyes and try to feel your body from within. You will be surprised at the spaciousness of your body. It feels like a lot of empty space with a few sensations here and there. This inner body realization will free up any stored negative energy. After a few moments of inner body realization you will feel light and at ease.

These are 10 simple techniques to attract positive energy into your being.

Remember that staying conscious and dwelling in presence is Your True Nature, and it Is Always Peaceful and Radiant of Positive Energy.

ATTITUDE AND EMOTIONS -

When someone is doing something or is about to do something, in a way we don't want it to be done and when we are not able to accept it, we become angry.

However, when someone is doing something or is about to do something, in a way we don't want it to be done – and we are able to accept it – We remain tolerant.

When someone has something which we don't have, or someone is able to produce the results which we are not able to produce – and we are not able to accept it – we become jealous.

When someone has something which we don't have or someone is able to produce the results which we are not able to produce and we are able to accept it we get inspired.

When someone is present in our thoughts, but if not physically present and we are not able to accept it – We say 'I am missing you'.

When someone is present in our thoughts, but not physically present – and we are able to accept it – We say 'I am thinking of you'.

Then emotional equation is quite simple.

Something + Acceptance = Positive Emotion

Something + Non Acceptance = Negative Emotion

So, it is not 'Something' or 'someone' who is making us feel positive or negative, but it is our 'acceptance' or 'non acceptance' of something or someone, which is making us feel positive or negative.

It isn't the world but the quality of our response to the world (acceptance or non acceptance) that determines the quality of our emotions.

Next time we feel disturbed with a negative emotion, instead of asking who or what is disturbing us, we will examine who or what we are resisting (not accepting) that is causing this disturbance in us.

We will replace resistance (non acceptance) with acceptance, and the negative emotion will turn into a positive one.

Emotional management begins by stopping to blame that 'something' or 'someone' and starting to take the responsibility to respond to life with 'acceptance'.

POINTS ON HOW TO IMPROVE YOUR LIFE

Personality:

- 1. Don't compare your life to others'. You have no idea what their journey is all about.**
- 2. Don't have negative thoughts of things you cannot control. Instead invest your energy in the positive present moment**
- 3. Don't over do; keep your limits**
- 4. Don't take yourself so seriously; no one else does**
- 5. Don't waste your precious energy on gossip**
- 6. Dream more while you are awake**
- 7. Envy is a waste of time. You already have all you need..**
- 8. Forget issues of the past. Don't remind your partner of his/her mistakes of the past. That will ruin your present happiness.**
- 9. Life is too short to waste time hating anyone. Don't hate others.**
- 10. Make peace with your past so it won't spoil the present**
- 11. No one is in charge of your happiness except you**

- 12. Realize that life is a school and you are here to learn. Problems are simply part of the curriculum that appear and fade away like algebra class but the lessons you learn will last a lifetime.**
- 13. Smile and laugh more**
- 14. You don't have to win every argument. Agree to disagree.**

Community:

- 15. Call your family often**
- 16. Each day give something good to others**
- 17. Forgive everyone for everything**
- 18. Spend time with people over the age of 70 & under the age of 6**
- 19. Try to make at least three people smile each day**
- 20. What other people think of you is none of your business**
- 21. Your job will not take care of you when you are sick. Your family and friends will. Stay in touch.**

Life:

- 22. Put GOD first in anything and everything that you think, say and do.**
- 23. GOD heals everything**
- 24. Do the right things**
- 25. However good or bad a situation is, it will change**
- 26. No matter how you feel, get up, dress up and show up**
- 27. The best is yet to come**
- 28. Get rid of anything that isn't useful, beautiful or joyful**
- 29. When you awake alive in the morning, thank GOD for it**
- 30. If you know GOD you will always be happy. So, be happy.**

While you practice all of the above, share this knowledge with the people you love, people you school with, people you play with, people you work with and people you live with. Not only will it enrich YOUR life, but also that of those around you.

DON'T WASTE PRECIOUS ENERGY:
Use your energy on important things*

If you want to succeed in life, you should not waste your energy on activities that do not bring any benefits.

Such useless activities include surfing the Internet without any purpose, watching TV, worrying and wasting money.

When you are involved in such activities, you have no or little energy left for activities that can create a better future. It is worth prioritizing and accomplishing important tasks first, and then if you still have enough energy, you may decide to do the unimportant.

2nd Self Improvement Activity: Focus on one task at a time

If you want to get perfect results, you should only concentrate on one activity. This way all your energy will go into it and you will accomplish it perfectly.

If you waste your energy on several things at the same time, you will get average results because you will divide your energy between the activities.

3rd Self Improvement Activity: Control your thinking

To avoid chaos in your mind resulting in chaos in the outside world, you should try to observe your thoughts. Once you start doing that, you will notice how many negative thoughts you get daily.

By observing negative thinking you will be able to emotionally disengage from it. As a result, negative thinking will affect you less and you will notice that your days are getting more peaceful and positive.

4th Self Improvement Activity: Get organized

When you live in an organized manner, you do not suffer from stress and your life is peaceful and balanced.

To start living this way, you should start planning your day in advance. This will eliminate any stress caused by being late to a meeting or forgetting to complete some task.

You should also live in tidiness because by keeping your home clean you also keep your mental state clear and peaceful. Such mental state will benefit you in many ways, including improved memory and less negativity.

5th Self Improvement Activity: Live in the present

Although this self improvement activity may seem strange to you, it is a very important activity that many ignore. The majority of people do not live in the present. They either dwell on their past or daydream about the future. They seem to forget the most important time of all - the present.

You should enjoy every present moment because your current state of mind always manifests in the outside world, creating your future accordingly.

Therefore if your main mood is very positive, you will experience only happy days. However, if you dwell on negative thoughts, you are sure to encounter many obstacles and misfortunes in the present and days to come.

6th Self Improvement Activity: Complete each task in a perfect manner

Whenever you are working on some project, try to accomplish it in the best way possible. Always ask yourself 'Is this project turned out as perfect as it could possibly be?' If the answer is no, try to correct or add something to it until there is nothing that you can improve.

This way you will make sure that each single task you accomplish is done in an excellent manner. By doing this you will create successful future because you cannot possibly fail if you only get perfect results.

Also, when you entirely focus on one task excluding everything else, you will notice that you start enjoying the task. If you concentrate on the task but still do not enjoy it, that means that you probably see the task as a means to an end rather than the process.

You should start focusing on the process itself to find enjoyment in the task. Such enjoyment will fuel motivation and you will accomplish everything quicker and better.

If you enjoy your work, you will put only positive energy into it. As a result, your completed tasks will bring you success.

7th Self Improvement Activity: Challenge yourself

Nothing develops you more than challenges. Challenges force you to shift your comfort zone, experience new situations and make you grow. Without challenges life would be very boring and depressing.

Challenges are necessary for every human being who is seeking quality life. Only through trial and error you realize who you really are, which activities you like and what preferences you have.

You can easily measure the success of a person by the amount of challenges s/he had.

8th Self Improvement Activity: Read personal development books

There is nothing more important than searching information about self improvement. Without reading any self improvement books or articles you cannot improve yourself.

9th Self Improvement Activity: Socialize only with positive people

Positive people can inspire, empower and make you happy. It is so much worth to be at least once in a while with positive people rather than constantly spend time with negative friends or relatives.

If you spend your days with, for example, lazy people, you may notice that you are becoming lazy.

If all your friends' main qualities are negative, try to avoid all of them. This way you will not be affected in a negative way and after some time will start attracting positive people.

10th Self Improvement Activity: Exercise

Daily exercise develops determination, focus and patience. It improves your health and strengthens your body. It makes you more active, positive and invincible.

People who exercise every day are always perceived as strong-willed and disciplined.

Conclusion

These personal improvement activities are sure to put you on the track to success. I hope that you will apply the steps in this article and, as a result, will greatly improve the quality of your life.

UNDISCOVERED YOUR SELF:

Do you know who you are? Your body is a bag of bones, blood, urine and many other unclean substances. Your SOUL is brighter and powerful than thousands of SUNS.

ASTAVAKRA RSI was very ugly; when he walked his movements were quite peculiar and awkward. The people normally laughed at the sight of him. Janaka Maharaja invited him along with other saintly persons to attend the king assembly. As Astavakra Rsi entered the assembly, everyone present there started laughing and seeing them the Rsi also started laughing even more loudly.

Janaka Maharaj asked Rsi why is laughing so loudly? Rsi replied that the people around are innocent and are looking his physical status and laughing, they give importance for outward appearance and do not bother for the inner self and the soul. It is simply illusion to place importance on the external temporary body while being oblivious to the external soul dwelling within.

Maharaja realized and made him to sit on his throne a bowed down to him and also accepted him as his spiritual master.

BEST MOMEMNNTS OF YOUR LIFE:

The best moments in your life, just comes and by the time you really think of it will go away and it becomes a memory and you have to be recollecting to enjoy the life, these are the moments you can think of:

- 1. Falling in love.**
- 2. Laughing till your stomach hurts.**
- 3. Enjoying a ride down the Country side.**
- 4. Listening to your favorite song on the radio.**
- 5. Going to sleep listening to the rain pouring outside.**
- 6. Getting out of the shower and wrapping yourself with a warm, fuzzy Towel.**
- 7. Passing your final exams with good grades.**
- 8. Being part of an interesting conversation.**
- 9. Finding some money in some old pants.**
- 10. Laughing at yourself.**
- 11. Sharing a wonderful dinner with all your friends.**
- 12. Laughing without a reason.**
- 13. "Accidentally" hearing someone say something good about you.**
- 14. Watching the sunset.**
- 15. Listening to a song that reminds you of an important person in Your life.**
- 16. Receiving or giving your first kiss.**
- 17. Feeling this movement in your body when seeing this "special" Someone.**
- 18. Having a great time with your friends.**
- 19. Seeing the one you love happy.**
- 20. Wearing the shirt of a person you love and smelling his/her perfume.**
- 21. Visiting an old friend of yours and remembering great memories.**
- 22. Hearing someone telling you "I LOVE YOU"**

True friends come in the good times when we tell them to, and Come in the bad times.....without calling."

10 surprising things that age you

While ageing is an inevitable part of life, how quickly or well you age depends on many different factors. Although there are some obvious causes of premature ageing, there are many seemingly harmless things that can also add on the years. Here are our top 10 surprising things that age you.

1: Watching TV

While we all know that spending hours in front of the television is bad for your waistline, you may not know that it can also shorten your lifespan. Researchers from the University of Queensland found that for every hour you watch TV you may shorten your life by as much 22 minutes. Furthermore, research has suggested that watching TV could increase your risk of developing Alzheimer's disease.

2: Drinking from bottles and through straws

You probably know that what you drink can affect your looks, but you may be surprised to hear that how you drink can also influence how well you age. In fact, sucking on straws and drinking out of sports bottles causes the same pursing action – and therefore the same fine lines and wrinkles around the mouth – as smoking. Try drinking directly from the glass whenever you can to help keep the wrinkles at bay.

3: Too little (or too much) exercise

The benefits of exercise are immeasurable for keeping you looking and feeling young. Not only does a lack of exercise shorten your life and increase risk of obesity and heart disease, but exercise can also keep your brain young by protecting against Alzheimer's, boosting your mood and leaving you feeling alert and energized. Furthermore, increased blood flow to your skin can help keep your complexion clear, bright and youthful-looking. On the flipside, while we should all make an effort to stay active, too much exercise can cause stiffness in joints and increase risk of arthritis.

4: Central heating

Many of us spend a fortune on anti-ageing skin products, yet we may regularly accelerate skin ageing without even being aware of it. The central heating and air conditioning systems that many of us use at home and at work can severely dry out skin, leading to premature ageing and wrinkles. To help keep skin youthful and soft, try turning down the heating and wearing more layers to stay warm. Keeping a glass of water in the room can also increase humidity, while wearing a protective face cream can help relieve dryness.

5: Sugar

Eating too much sugar is clearly bad news for your waistline; however sugar consumption is also up there with sun exposure and smoking when it comes to the major causes of wrinkles. When blood sugar levels are high, a process called glycation occurs which damages the collagen in your skin. Once damaged, the normally springy collagen hardens, leading to wrinkles and sagging.

6: Listening to an iPod

Hearing loss is a common symptom of ageing, yet many of us may suffer from diminished hearing early on due to listening to loud music through headphones. While listening to music sparingly and at a moderate volume is unlikely to do you much harm, a study has shown that listening to music on headphones for

an hour can temporarily affect people's hearing, while some researchers have suggested that listening at full volume could put you at risk of permanent damage

7: Your job

while having a job is pretty essential for most of us, it can also be one of the biggest causes of premature ageing. Firstly, work is a big source of stress for many people, which research has found can increase risk of heart disease and speed up cell ageing. Secondly, spending too many hours in the workplace can mean you have little time for essentials such as exercise, proper meals and sleep. To help minimize damage, try to avoid working exceptionally long hours and make the most of your evenings and weekends as times to relax.

8: Soap

While you may think that soap is your skin's best friend, this is actually not the case. The reason for this is that your skin has an acid mantle which is a natural protective barrier of the skin. When you wash with soap - which is generally alkaline - it can remove this protective layer of oils and dry out the skin, eventually leading to wrinkles. While it is not advisable to stop washing entirely, try swapping the soap for a PH-neutral and chemical-free cleanser, and bear in mind that there is such a thing as over-cleansing your skin.

9: Your pillowcase

You may think you're indulging in a bit of beauty sleep when you hit the hay at night; however the opposite could in fact be true. If you regularly sleep with the same side of your face pressed against a cotton pillow case this may cause creases on the skin which can eventually turn to fine lines and wrinkles. To help stay youthful overnight try sleeping on your back instead, or switch to a silk or satin pillowcase to create less compression wrinkles and help maintain skin's moisture levels.

10: Low fat diets

many of us switch to low fat diets to help shed excess pounds. However, cutting out good, healthy fats such as omega-3 fatty acids could negatively affect the speed and way in which you age. Omega-3 fatty acids - present in oily fish, walnuts and flax seeds - are essential for keeping you looking and feeling young. Not only do they help keep skin supple and wrinkle-free, but they help boost brain health, keep your heart in good condition, and can even increase your lifespan.

ATHMA & PARAMATHMA:

Take one candle ignite it. Using the same candle light 100 more. The First candle never loses its Brightness!!!

Energy when given or transferred to other the energy in you will never get drained. **All** the candles are athma and the first candle is param-athma. So the light in athma and param-athma is same and from same source.

Energy can be drawn through Power of Silence (Meditation). You know lord Shiva is also seen in meditation poster!!! Even he needs energy and he will draw frequently by "meditation".

All this energy comes from one source (light) in the universe and it is Bindhu (a dot of bright light).

WHAT DO YOU GIVE TO THE WORLD!

Cow gives us milk; Plants give us grains, fruits and vegetables. This is a universally accepted fact. But under what condition does this happen? Cow produces milk only because it has the capacity to convert grass into milk and same applies with the plants as they get water and nutrients from the earth and then converts these into vegetables and fruits.

The same applies to the life of man. A process of conversion has to take place, if results are to be produced. He has even to take his failures and extract from them such experience as will set him on a better and more successful course for the future. Such is the law of the world, both for mankind and for other living things, whoever has the capacity to seize opportunities and convert adverse into favorable circumstances will achieve success, while those who show themselves incapable of this feat will be doomed to failure.

The cow has been created by God as a sign of His will. It indeed shows us what God requires of us in this world. We may take in 'grass'; but we must give out 'milk.' Even when people wrong us, we are required to convert that wrong into a right. Even when we are beset by adversity, we are required to turn it to good account.

Karma, akarma and vikarma are very clearly described in the Bhagavad-Gita.

Actions that are performed in terms of one's prescribed duties, as mentioned in the revealed scriptures, are called karma.

Actions that free one from the cycle of birth and death are called akarma.

And actions that are performed through the misuse of one's freedom and that direct one to the lower life forms are called **vikarma**.

Of these three types of action, that which frees one from the bondage to karma is preferred by intelligent men. Ordinary men wish to perform good work in order to be recognized and achieve some higher status of life in this world or in heaven, but more advanced men want to be free altogether from the actions and reactions of work. (Sri Isopanishad).

Ugra-karma means ferocious activities.

Karma-yoga means just to dovetail your karma with yoga principles to arrive to the bhakti-yoga. When a person knows the goal of life but is addicted to the fruits of activities, he is acting in karma-yoga.

There is a difference between karma and karma-yoga. **Karma is regulated action for the enjoyment of the fruit by the performer**, but karma-yoga is action performed by the devotee for the satisfaction of the Lord. Karma-yoga is based on bhakti, or pleasing the Lord, **whereas karma is based on pleasing the senses of the performer himself**.

Liberation from material bondage is, therefore, a by-product of devotional service. Attainment of spiritual knowledge is not sufficient to insure liberation. Such knowledge must be over coated with devotional service so that ultimately the devotional service alone predominates. Then liberation is made possible. Even the reactionary work of the fruitive workers can lead one to liberation when it is over coated with devotional service. Karma over coated with devotional service is called karma-yoga. Similarly, empirical knowledge over coated with devotional service is called *jñāna*-yoga. But pure bhakti-yoga is independent of such karma and *jñāna* because it alone can not only endow one with liberation from conditional life but also award one the transcendental loving service of the Lord.

In Bhagavad-Gita there are descriptions of **karma-yoga, *jñāna*-yoga, bhakti-yoga, dhyāna-yoga**, etc., but unless one comes to the point of bhakti-yoga, these other yogas cannot help one attain the highest perfection of life.

If Hari, the Supreme Personality of Godhead, is not worshiped, there is no point in practicing meditational yoga, performing karma-yoga or culturing empiric knowledge.

In other practices "like karma-yoga, jñāna-yoga and dhyāna-yoga "one may not be confident about his progress, but in bhakti-yoga one can become directly aware of his progress in spiritual life, just as a person who eats can understand that his hunger is satisfied.

In the Bhagavad-Gita, three principal subjects have been explained by Lord Sri Karma, namely karma-yoga, jñāna-yoga and bhakti-yoga, but **one can reach the Vaikuntha planets by the practice of bhakti-yoga only.**

PRAYERS PAY:

I WOULD LIKE TO SHARE A REAL STORY OF ONE OF MY CONTACT. A old lady of 80 years, widowed at her age of 28 years devoted to Lord Krishna. She stays in remote village, she inherited small Saligrama – a stone which possessed all the divine powers of Lord Krishna and she was offering per prayers to it. She had never come out of her village and one day she saw the photograph of Lord Krishna possessed by her neighbor. She had desire to possess one picture of Lord Krishna but not available in her village and it was sold in city. As she was old and nobody with her, she started praying constantly to Lord that he should come to her hut. Within one week of her prayers, a stranger came to her hut with some excuse and gave her six pictures of Lord Krishna telling that somebody wanted to dispose and he brought and if she is interested, she can keep all the six pictures. She tells me that God does respond to the sincere prayers of his devotees.

9 PRINCIPLES FOR PEACE OF MIND

1. Do Not Interfere In Others' Business Unless Asked

Most of us create our own problems by interfering too often in others' affairs.

We do so because somehow we have convinced ourselves that our way is the best way.

Our logic is the perfect logic and those who do not conform to our thinking must be

Criticized and steered to the right direction, our direction.

This thinking denies the existence of individuality and consequently the existence of God.

God has created each one of us in a unique way. No two human beings can think or

Act inexactly the same way. All men or women act the way they do because

God within them prompts them that way. Mind your own business and you will keep your peace.

2. Forgive And Forget:

This is the most powerful aid to peace of mind. We often develop

Ill feelings inside our heart for the person who insults us or harms us.

We nurture grievances. This in turn results in loss of sleep,

Development of stomach ulcers, and high blood pressure.

This insult or injury was done once, but nourishing of grievance

Goes on forever by constantly remembering it.

Get over this bad habit. Life is too short to waste in such trifles.

Forgive, 20Forget, and march on. Love flourishes in giving and forgiving.

3. Do Not Crave For Recognition:

This world is full of selfish people.

They seldom praise anybody without selfish motives.

They may praise you today because you are in power,

But no sooner than you are powerless,

They will forget your achievement and will start finding faults in you.

Why do you wish to kill yours if in striving for their recognition?

Their recognition is not worth the aggravation. Do your duties ethically and sincerely.

4. Do Not Be Jealous:

We all have experienced how jealousy can disturb our peace of mind.

You know that you work harder than your colleagues in the office,

But sometimes they get promotions; you do not.

You started a business several years ago,

but you are not as successful as your neighbor whose business is only one year old.

There are several examples like these in everyday life.

Should you be jealous? No. Remember everybody's life is shaped by his/her destiny,

Which has now become his/her reality? If you are destined to be rich,

Nothing in the world can stop you. If you are not so destined,

No one can help you either.

Nothing will be gained by blaming others for your misfortune.

Jealousy will not get you anywhere; it will only take away your peace of mind.

5. Change Yourself According To The Environment:

If you try to change the environment single-handedly,

the chances are you will fail. Instead, change yourself to suit your environment.

As you do this, even the environment, which has been unfriendly to you,

Will mysteriously change and seem congenial and harmonious.

6. Endure What Cannot Be Cured:

This is the best way to turn a disadvantage into an advantage.

Every day we face numerous inconveniences, ailments, irritations,

And accidents that are beyond our control. If we cannot control them or

Change them; we must learn to put up with these things.

We must learn to endure them cheerfully. Believe in yourself and

You will gain in terms of patience, inner strength and will power.

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

This maxim needs to be remembered constantly.

We often tend to take more responsibilities than we are capable of carrying out.

This is done to satisfy our ego. Know your limitations. .

Why take on additional loads that may create more worries?

You cannot gain peace of mind by expanding your external activities.

Reduce your material engagements and spend time in prayer, introspection and meditation.

This will reduce those thoughts in your mind that make you restless.

Uncluttered mind will produce greater peace of mind.

8. Never Leave The Mind Vacant:

An empty mind is the devil's workshop.

All evil actions start in the vacant mind.

Keep your mind occupied in something positive, something worthwhile.

Actively follow a hobby. Do something that holds your interest.

You must decide what you value more: money or peace of mind. Your hobby,

Like social work or religious work, may not always earn you more money,

But you will have a sense of fulfillment and achievement.

Even when you are resting physically, occupy yourself in healthy reading or

Chanting of God's name.

9. Do Not Procrastinate And Never Regret:

Do not waste time in protracted wondering "Should I or shouldn't I?"

Days, weeks, months, and years may be wasted in that futile mental debating.

You can never plan enough because you can never anticipate all future happenings.

Value your time and do the things that need to be done.

It does not matter if you fail the first time.

You can learn from your mistakes and succeed the next time.

Sitting back and worrying will lead to nothing.

Learn from your mistakes, but do not brood over the past.

DO NOT REGRET. Whatever happened was destined to happen only that way.

Why cry over split milk?

The real meaning of peace “there was a king who offered a prize to the artist who would paint the best picture of peace. Many artists tried. The king looked at the pictures. But there were only two he really liked, and he had to choose between them. One picture was of calm lake. The lake was a perfect mirror for peaceful towering mountains all around it. Overhead was a blue sky with fluffy white clouds. All who saw this picture thought that it was a perfect picture of peace.

The other picture had mountains, too. But these were rugged and bared above was an angry sky, from which rain fell and in which lightening played. Down the side of the mountain tumbled a foaming waterfall. This did not look peaceful at all.

But when the king looked closely, he saw behind the waterfall a tiny bush going in a crack in the rock. In the bush the mother bird had built her nest. There, in the midst of the rush of angry water, sat the mother bird in her nest – in perfect peace.

Which picture do you think won the prize? The king chose the second picture. Do you know why?

“Because,” explained the king ,”peace does not mean to be in a place where there is no noise, trouble, or hard work. Peace to be in the midst of all those things and still be in calm in your heart. This is the real meaning of peace.

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JUST COMMENTS:

An old man spread rumors that his neighbor was a thief. As a result, the young man was arrested. Days later the young man was proven innocent.

After being released he sued the old man for wrongly accusing him.

In the court, the old man told the Judge: "They were just comments, didn't harm anyone." The judge told the old man: "Write all the things you said about him on a piece of paper. Cut them up and on the way home; throw the pieces of paper out. Tomorrow, come back to hear the sentence." Next day, the judge told the old man: "Before the hearing starts, go out and gather all the pieces of paper that you

threw out yesterday." The old man said: "I can't do that! The wind spread them and I won't know where to find them." The judge then replied: "The same way, simple comments may destroy the honor of a man to such an extent that one is not able to fix it. If you can't speak well of someone, rather don't say anything." Giving comments about others have several disadvantages:

- 1- We become slaves of our words what we have uttered.
- 2- We lose our own respect in society/colleagues because of doing consistent character assassination.
- 3- Most of time, we are not sure whether we are right or wrong because being human our judgment can be wrong so we fall in the category of liars.
- 4- Negative trait of our personality becomes prominent which becomes of character in the long run.

LEARNED SCHOLAR & HIS SON:

Learned Scholar had a young son who was equally smart. But there was a particular action which the people thought was not befitting his stature. So they approached the Scholar and told him about him "You may be a great Scholar, who advise the people on so many matters but your son does not even know what is more valuable – gold or silver."

The Scholar called his son and asked, "What is more valuable – gold or silver?" "Gold," said the son. "That is correct. Why is it then that the village Miser makes fun of you, claims you do not know the value of gold or silver? He teases me every day. He mocks at me in front of other village elders as being the father who neglects his son. This hurts me. I feel everyone in the village is laughing behind my back because you do not know what is more valuable, gold or silver. Explain this to me, son."

So the son replied. "Every day on my way to school, the Miser calls me to his house. There, in front of all village elders, he holds out a silver coin in one hand and a gold coin in the other. He asks me to pick up the more valuable coin. I pick the silver coin. He laughs, the elders jeer, and everyone makes fun of me. And then I go to school. This happens every day. That is why they tell you I do not know the value of gold or silver."

The father was confused. “Why don’t you pick up the gold coin?” he asked. In response, the son took the father to his room and showed him a box. In the box were at least a hundred silver coins. Turning to his father, the Scholar’s son said, “The day I will pick up the gold coin, the game will stop. They will stop having fun and pleasure but I will stop making money.”

Moral: *Sometimes in life, we have to think and play out of the box. Apparently it looks as if we are losing in the game of life. It just means allowing others to win in one arena of the game, while we win in another. We have to choose which arena matters to us and which does not.*

14 TIPS TO HELP YOU BUILD MORE CONFIDENCE!

We’re all victims of occasional bouts of self-doubt, even the most successful, charismatic, confident among us have their moments of insecurity. Self-confidence can be a very delicate and complex thing. A few are born with it; others learn it early on and the rest of us have to learn to build it on our own.

Our confidence plays an important role in ability to achieve success and happiness. Confident people take more action, perform better, and are more likely to attain their goals. In addition, confident people also know how to take more enjoyment from their accomplishments are happier in general.

Lucky for us, confidence can be built and strengthened until it becomes natural, just as any other habit. It simply takes a little time, some effort, and a bit of attention.

Confidence Building Tactics

1. **Fail More Often.** The more challenges you take on, the more failures you’ll have, but learning that you can recover, get up and push forward builds confidence.
2. **Track your accomplishments.** Keep a list of successes, big and small. It’ll help you to see your abilities in a more positive (and realistic) light.
3. **Don’t compare.** Stop measuring yourself against others. What you see isn’t always real. Making comparisons is a damaging and an inaccurate measure of

success anyway.

4. Dress for confidence. How we dress affects both how we feel about ourselves and the way others perceive us. **Expensive clothes aren't necessary.** Put emphasis on good fit, good condition, and appropriateness. Don't be afraid of some color; black is professional, but color gets noticed.
5. Work on your posture. People with lower confidence often tend to have poor posture. Stand up, sit up, and keep your head up. It's an instant confidence booster.
6. Learn. The more knowledge you acquire, the more confident you will be. Knowledge is power, and the more powerful you feel, the higher your confidence will be.
7. Fitness. Better physical condition and appearance gives you more body confidence, and as a bonus, the extra endorphins give you an added energy boost.
8. Start a conversation. When you find yourself in a social situation, instead of gravitating to those people you're comfortable with, start a conversation with someone you don't know very well. Eventually getting to know new people will become easier.
9. Have miniature goals. Bite sized goals are easier and quicker to achieve and the momentum can give you a boost when attacking bigger goals.
10. Raise your hand. Volunteer to take on tasks or projects that are a stretch for you. You'll learn you can do more than you thought you could and so will others.
11. Be around confident people. **Cultivate relationships with "can-do" people; attitude is contagious.** On the other hand, avoid "can't do" people. It works both ways.
12. Be your own friend. When you hear that voice in your head, abusing, attacking and belittling you, **remind yourself that a friend wouldn't talk to you in that manner.**
13. Rely on your instincts. When you trust your intuition, and listen to those gut

feelings, you'll become more confident in the knowledge that you do know what's right for you.

14. Keep practicing. Practice the skills you need to succeed. **The more you practice, the more confident you become.** This is true of every type of skill.

Confidence helps you to be more secure in your abilities and more positive in your attitude. It also encourages you to be more assertive, to take on more challenges, and to improve your skills. As an added benefit, you'll attract like-minded people. The end result is a better outlook, more success, and a higher quality of life in all areas.

WHAT IS LIFE?

You want and you get that is luck, you want and you wait that is time, you want and you earn that is ability, you want but you compromise that is life.

No one has travelled the road of success, without crossing streets of failure. God never promised easy journeys in life. He only promised Great Destinations

A lot of people end up unhappy in life only because they usually make the mistake of taking Permanent decision, on temporary emotions.

Never forget three types of people in your LIFE:

- (1) Who helped you in your difficult times?
- (2) Who left you in your difficulties and
- (3) Who put you in difficult times?

Fantastic lines of Mother Teresa" "if you're EYES are positive, you will like the world. If your TONGUE is positive the world will like you".

Success and Excuses do not talk to each other. So if we give Excuses forget about Success and if we want Success, forget about Excuses.

BELL has NO SOUND until someone rings it. SONG has NO TUNE until someone sings it. Never hide your FEELINGS because it has no value till someone feel it.

Why there is so much stress in life? It is because we focus too much on improving our LIFESTYLE rather than our LIFE.

The most difficult phase of life is not when no one understands you; it is when you don't understand yourself.

It feels good to stand on ground and watch up high at your AIM.... But it feels BEST, when you stand up high and others watch YOU as their AIM.

For everything you have missed, you have gained something else; and for everything you gain, you lose something else. It is about your outlook towards life. You can either regret or rejoice, choice is yours.

Life is similar to Boxing game. Defeat is NOT declared when you fall down. It is declared when you refuse to get Up.

The best pair in the world is "Smile and Cry". They will not meet each other at a time. If they meet, that is the best moment of the life.....!

When a cyclone stirkes... Huge trees get uprooted, but the simple grass survives. Be noble and humble like the grass. Simple but strong.

Life is not about the people who act true in your presence. It is about the people who remain true in your absence. Keep them safe in your Heart.

One thing we need to learn from life is that getting 'UPSET' will not help. Instead getting 'UP' to 'SET' the things right will Help.

Success in life will create crowd behind you.

Loneliness in life will create space around you. But though times in life will create the true person in YOU.

Our HOPE should be like our HAIR AND NAILS. No matter how many times they get CUT. They never STOP GROWING.

If the Road is beautiful then, worry about the destination, but if the destination is beautiful, then don't worry about the road.

When you are in ANGER, you are just 1 letter short in DANGER. While you are GOOD to others, you are 1 letter more than GOD.

Never hold your head high with pride and ego, even the winner of a Gold Medal gets his medal only when he bows his head down.

Life never seems to be the way we want it, but we live it the best way we can. There is no perfect life, but we can fill it with perfect moments.

Life is like a Badminton Match. If you want to win Serve Well and Return Well and do remember that the game starts with LOVE ALL.

Everyone wants HAPPINESS. No one wants PAIN. But you can't have a RAINBOW without a LITTLE RAIN.

Family, Health, Friends and Spirit: These things donot come with price tag, but when we lose them, we realise the cost.

We are very good Lawyers for our mistakes. Very good Judges for others mistakes.

Never try to maintain Relations in your Life. Just try to maintain Life in your Relations.

EYES express FEELINGS better than words

TOUCH shows CARE more than words but

WORDS when properly used can catch the EYES and TOUCH the heart.

Worries are like Moon. One day will increase, one day will decrease, other day may not be seen, so don't worry for anything always be cool.

Hardest moment is not when you lose something & tears come out of your eyes, but it's when you lose something and still manage to smile.

Our life begins with our CRY,

Our life ends with CRY,

Try to utilise this gap with laugh as much as possible in between these cries.

How beautifully GOD keeps on adding one more day in our life!! Not only because you need it...because someone else need you every day.

A Good Relation does not depend on how good Understanding we have... But it depends on how we avoid Misunderstanding.

We categorise experiences as Success or Failure, Good or Bad, Positive or Negative, Favorable or Unfavorable, This or That....

But in reality, experiences have no negative connotation. Every experience simply offers you a learning opportunity

If you are Depressed or if you are Confused or if you are Hurt then don't worry. Go in front of the mirror, YOU will find the best person who will solve all your problems.

A "Broken Trust" can be best described as **Melted Chocolate**.
No matter how hard you try to freeze it, it will never return in its true shape.

To become learned, each day add something. To become enlightened, each day drop something.

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

There are many things in life that will catch your eye, but only a few will catch your heart.... Pursue those.

The single finger which wipes out tears during our failure is much better than the ten fingers which comes together to clap for our victory.