

**The Introduction of Knowledge(Gyaan) :**  
If Any One Time Any type of Soul are Difference  
Takes from Soul of Self then It's Knowledge  
Reaches the Climax.

## The Knowledge(Gyaan) :



Any Positive, Truth and Good Work and Act(Karma)  
is not Going Unsuccessful.



Don't Forget Righteous, Duty/Arrearages of Self  
and Truth in False/Wrong Fashion and Show.



Truth is Unbreakable, Unchangeable, Unselfish for  
Always/Forever and for  
Endless/Finishless/Infinite/Timeless/Unending.



Don't Keep Violent Weapon Any were.



Never Take Judgment for Goodness, Take Always  
Judgment for Truth Because, Sometimes  
Goodness are Also can Disturb and Finish to Truth  
OR Positivity.



The Good, Truth and Positive Atmospheres OR  
Positive Regimen of Self are Make Genuine Soul of  
Self and Make Genuine Thought of Self so Never  
Stay in Bad, Wong and Negative Atmospheres OR  
Regimen of Self But, Stay in Good, Truth and  
Positive Atmospheres OR Positive Regimen of Self  
for Always/Forever and for  
Endless/Finishless/Infinite/Timeless/Unending.



First Protect to Self's Soul and after Protect to Any  
Other Soul, This is Truth Righteous for Always.





The Genuine Good Person are Never Say  
Evil/Rascal/Scamp to Evil/Rascal/Scamp Persons  
But, The Genuine Good Person are Make Genuine  
Good Person to Evil/Rascal/Scamp Persons.



Never Kill to Any Soul, The Murder is Biggest  
Crime More then Rape so, Never Kill Any type of  
Soul(Aatmaa).



The Cosiness is not Phantasm But, The Cosiness  
is the Best and Compatible Term of Soul.



Never Keep Negative Vision on Any Soul, on Any Work, on Any Act, on Any Thing and on Any Observation Because, The Negative Vision are Give Wrong Judgment and Imagery for Always, Keep Positive Vision on Any Soul, on Any Work, on Any Act, on Any Thing and on Any Observation Because, The Positive Vision are Give Truth Judgment and Imagery for Always/Forever.



Never Do Jealousy after Seen Other's Good Situation Because, The Jealousy is Make Sad and Criminal to Soul of Self so Never Do Jealousy after Seen Other's Good Situation.



We are so Difficult, We can Give OR Say Advice Easily to Other, But That Advice We can not Follow, Always/Forever First Follow Advice It Self and then Give Advice to Other.



Never Stay OR Happen Sad after Seen Good  
Situation of Other Soul.



Never Keep Enchantment/Eascination/Endearment  
/Disenchant/Delusion of Predominancy/Mandatary  
by Flam, Wrong Relation, Wrong Fashion, Wrong  
Show Because, The Enchantment/Eascinatio  
/Endearment/Disenchant/Delusion of  
Predominancy/Mandatary by Flam, Wrong Relation,  
Wrong Fashion, Wrong Show is Starting of  
Collapse/Regress/Retrogress.





If We can not Do Any type of Positive OR Good OR Help for Any Country after then Never Do Collaborate for Any Country Because, The Collaborate Soul are can Never Stay in Position and Happy.



Every Religion are Born from Mind, Every Religion are Shine from Plosive, Every Religion are Intromission in Anguish, Reminiscence are Premier in Every Religion, Intelligence are Best in Every Religion, That are Abstract of Every Religion.



Never Subjugated of Angriness, Never Do  
Angriness, Protect to Self from Angriness in Any  
Situation Because, Clever OR Intelligent Soul are  
not Strong Greater then Angriness.



Make Our Rules Like a Stone, Never Make Our Rules Like a Water, Because The Water is Take Shape in Any type of Vessel OR in Any type of Situation But, The Stone is not Take Any type of Shape in Any type of Vessel OR in Any type of Situation Because, The Stone is Strong means Make Our Rules Strong and Unbreakable, Never Make Rule without Strength.



Never See Emotion OR Feeling of Any Soul in Any Work OR in Any Act But, Always See Work OR Act of Any Soul, Because The Emotion OR Feeling are can not Change OR Effect in Any Thing OR in Any Field But, The Work OR Act are can Change OR Effect in Any Thing OR in Any Field, so Always/Forever See Work OR Act of Any Soul.



If Any Soul are not Get Wish OR Moment Instant then Until That Soul not Get It's Wish OR Moment Completely till then Moment by Moment The Positions and Problems are Increase of Supreme Soul of Universe and Adherents of Universe so If We are loss Any thing, We are Feel Sad, We are Resist Any Sad then Never Take and Keep Any type of Tensions.



If We did Any Blame OR Wrong Act OR Bad Act then That Blame OR Wrong Act OR Bad Act are can not Stay Hide for Long Times, Our Every Blame OR Wrong Act OR Bad Act are Come Outside at One Destiny so Never Do Any Blame OR Wrong Act OR Bad Act at Any time, Any Space and Any Where.



Never Condone of Any Thing with Any Soul  
Because, If We are did Condone Any time of Any  
Thing then We are Catch Wrong Habit of Condone  
of Any Thing then We can Victim of Unrighteous  
OR of Untruth OR of of Wrong so Never Condone  
of Any Thing with Any Soul.





If We are Do Treatment of Any Soul then Do Treatment with Truth Emotion and Lovable Emotion of Self Because The Soul Requires Very Trust and Love at Poor Health OR Poor Situation OR Bad Situation of Self so Never Do Treatment with Forcefully.



Must Never Kill Any Being. Minute Creatures Such as Lice, Bugs, Insects, etc. Should not be Harmed Intentionally. Animals Such as Goats, Deer, Rabbits, Fish OR Other Any type of Animals etc. Should Never be Killed, Even for the Purpose of Religious Sacrifice OR Ceremony.

Non-Violence(The Ideology of Ahinsa) is the Essence of All Scriptures and Thus Its Violation is Unethical in Every Respect.

The Killing of Another Person is Forbidden, Even for the Attainment of Wealth,  
Women/Woman/Female/Girl/Lady OR Sovereignty.



Eating Meat is Strictly Prohibited Under Any Circumstances. An Offering to a Deity, or the Remnants of a Ceremonial Sacrifice Should Never be Consumed If It Comprises of Meat OR Alcoholic Ingredients.



The Mutilation of Your Own or Another's Body Must Never Occur, Even If It is Intended as Atonement to Your Own Unworthy Actions, or In Revenge of Another Person's Shameful Deeds. This Kind of Disfigurement is Still not Allowed If It Occurs Whilst in a State of Uncontrolled Excitement or Anger.



Stealing Even the Smallest of Items, Such as Fuel (Wood) or Flowers is not Allowed Even If It is Intended for Some Religion-Related Purpose.



The Fulfilment of One's Own Selfish Aims OR Aspirations are no Excuse for Making False Accusations or Defaming Another's Character. The Use of Such Offensive Language is Prohibited.



The Consecrated Offering(Naivedya) from a Deity to Whom Meat or Alcoholic Offerings are Made, or Where Animals Such as Any type of Animal are Ceremonially Sacrificed, Should not be Eaten and Should not be Believe OR Follow that Deities.



Must Never Ignore the Duties that Would be Expected of a Person of Their Own Class of Religious Standing. They Should Never Adopt the Rituals of Another Religion or Any Other Heretical or Self-Fabricated Ideology.





Must Never Make a Statement that Could Cause Harm to Them, or Cause the Humiliation of Another, Even If It is the Precise Truth. They Must Sever Associations with People Who Show no Appreciation of Their Good Actions. Bribes Must Never Be Accepted.



Must Never Insult the Following Persons; One's Guru, Those Held by Society in High Esteem or High Social Standing, Learned Scholars, or Someone Who is Armed with a Weapon.



No Action Should be Taken without Clear Prior Thought and Rationale About the Consequences of that Deed. However, Religion-Based Duties Should be Performed Immediately, without Hesitation. Any Knowledge that has been Gained Should be Conveyed to Others, so They May Also Benefit. Should Remain in Association with Hermit/Sage/Saint.



When Visiting One's Guru, Deity or The King, One Must Never Go Empty-Handed. Care Must be Taken to Ensure that One Does not Commit Any Act, Which Could Breach the Trust of Others. Praising Oneself or One's Own Actions Should be Avoided.



May Follow the Examples of Great Individuals in History, But Only If Their Actions have Adhered to Righteous. No Irreligious OR Unworthy Acts that These Historical Figures May have Conducted Should be Emulated OR Used as an Example to Justify One's Own Disobedience of Righteous.



Care Must be Taken Never to Expose Another Person's Secret or Private Affairs. Should Ensure that Others are Given Due Respect and Propriety, Depending on Their Individual Merits. They Should not All be Considered Equal.



Men/Man/Male/Boy/Gent Gruhastha Should Never Stay in Solitude with Their Young Mother/Step Mother, Sister/Step Sister OR Daughter/Step Daughter, Except If this is Absolutely Unavoidable. They Must Never Give Away Their Wife to Another Person for Any Reason.



Every Unregular OR Harmless Soul are  
Civilize/Improve/Refine/Reform It's Self by 5(Five)  
Way, First If Any Soul want Show OR Present Good  
OR Positive to It's Self, Second If Any Soul want  
Any type of Illusion, Third If Any Soul are Convert  
by Any Accidental Reason from Decision of It's Self,  
Fourth If Any Soul Fall in Love, Five If Any Soul are  
Convert by Given Knowledge of Other Positive Soul  
OR Given Positive Atmosphere by Other Soul.





If Any time Any Soul are Get Problem from Positive Splendid/Majestic Act OR Work of Self then Do Again and Again That Positive Splendid/Majestic Act OR Work Because That is Killer Policy and High Dangerous Pain Giver to Unrighteous Soul so If Any time Any Soul are Get Problem from Positive Splendid/Majestic Act OR Work of Self then Do Again and Again.



If Any Soul are Weak OR Wrong OR Unrighteous Enforcer OR Other Any type of Soul then Never Do Condemnation of That Weak OR of That Wrong OR of That Unrighteous Enforcer OR of Other Any type of Soul Because, If We Do Condemnation of Weak OR of Wrong OR of Unrighteous Enforcer OR of Other Any type of Soul then We can Also Get Condemnation of Self from That Weak OR from That Wrong OR from That Unrighteous Enforcer OR from Other Any type of Soul so Never Do Condemnation of Weak OR of Wrong OR of Unrighteous Enforcer OR of Other Any type of Soul.



The Cosiness is not Phantasm But, The Cosiness  
is the Best and Compatible Term of Soul so,  
Always and Forever Stay in Cosiness.



Never Do Good of Other Soul and Never Help of Other Soul in Forcefully, If Our Self want Do Something Good of Other Soul and Help of Other Soul with Decision of Self then Do Good of Other Soul and Help of Other Soul But, If Our Self Don't want Do Good of Any Other Soul then Never Do Good of Other Soul and Never Help of Other Soul.



Never Stay without Open Wisdom Eye of Self But,  
Stay with Open Wisdom Eye of Self for Always and  
For Endless/Finishless/Timeless/Unending  
Because, Stay without Open Wisdom Eye of Self is  
Make Awry/Deformed/Disfigured/Distorted/Garbled  
/Malformed/Perverted and Harmless to Self But,  
Stay with Open Wisdom Eye of Self is Make  
Splendid Soul, Truth Soul, Good Sacrament ful  
Soul, Positive Sacrament ful Soul, Good Virtue ful  
Soul, Positive Virtue ful Soul, Harmful Soul of Self  
so Never Stay without Open Wisdom Eye of Self  
But, Stay with Open Wisdom Eye of Self for Always  
and for Endless/Finishless/Timeless/Unending.



And so Just When We Think that Resources are Dwindling, We Find New Resources that can Achieve the Same Things.

Nothing is Limited—not Resources or Anything Else. It is Only Limited in the Human Mind. When We Open Our Minds to the Unlimited Creative Power, We will Call Forth Abundance and See and Experience a Whole New World.



There's Enough for Everyone. If You Believe It, If You can See It, If You Act from It, It'll Show Up for You. That's the Truth.



Instead of Focusing on the World's Problems, Give  
Your Attention and Energy to Trust, Love,  
Abundance, Education, and Peace.





You have the Ability to Tap Into the Unlimited  
Supply Through Your Thoughts and Feelings and  
Bring It Into Your Experience.



Laughter Attracts Joy, Releases Negativity, and  
Leads to Miraculous Cures.



Treat Yourself with Love and Respect, and You will  
Attract People Who Show You Love and Respect.



“Ninety-Nine Percent of Who You are is Invisible  
and Untouchable.”



You are Spirit in the Flesh. You are Eternal Time Expressing Itself as You. You are All Power. You are All Wisdom. You are All Intelligence. You are Perfection. You are Magnificence. You are the Creator.



"All Power is from within and Therefore Under Our Control."



You are the Only One Who can Create the Time You Deserve. As You Deliberately Focus on What You want, as You Begin to Radiate Good Feelings, the Law/Rule of Attraction will Respond. All You have to Do is Make a Start, and as You Do, You will Unleash the Magic.



The Beautiful Thing About the Law/Rule of Attraction is That You can Begin Where You are, and You can Begin to Think "Real Thinking," and You can Begin to Generate within Yourself a Feeling Tone of Harmony and Happiness.





You can Break Yourself free from Your Hereditary Patterns, Cultural Codes, Social Beliefs, and Prove Once and for All that the Power within You is Greater than The Power within The World.



A Shortcut to Manifesting Your Desires is to See  
What You want as Absolute Fact.



Your Power is in Your Thoughts, so Stay Aware. In Other Words, "Remember to Remember."



Joy, Love, Freedom, Happiness, Laughter. That's What It is. And If You Just Experience Joy Sitting There and Meditating for An Hour, by Golly, Do That. If You Experience Joy Eating a Salami Sandwich, then Do That!



Do the Things that You Love and That Bring You Joy. If You Don't Know What Brings You Joy, Ask the Question, "What is My Joy?" And as You Find It and Commit Yourself to It, to Joy, the Law/Rule of Attraction will Pour an Avalanche of Joyful Things, People, Circumstances, Events and Opportunities Into Your Present, All Because You are Radiating Joy.



Anything that Makes You Feel Good is Always  
Going to be Drawing in More.

You are Reading this Book Right Now. It's You That  
Drew this Into Your Present, and It's Your Choice  
Whether You want to Take It and Utilize It, If It  
Feels Good. If It Doesn't Feel Good, then Let It Go.  
Find Something That Feels Good, that Resonates  
with Your Heart.



You will Live in a Different Reality, a Different Life.  
And People will Look at You and Say, "What Do  
You Do Different from Me?" Well, the Only Thing  
That is Different is That You Work with The Secret.

And then You can Do and have and be Things That  
People Once Said That's Impossible for You to Do  
and have and be.



As We Let Go of All Thoughts of Limitation, and Know That We are Unlimited, We will Experience the

Endless/Finishless/Limitless/Timeless/Unending Magnificence of Humankind, Expressed Through Sport, Health, Art, Technology, Science, and Every Single Field of Creation.





The Secret is within You. The More You Use the Power within You, the More You will Draw It to You. You will Reach a Point Where You won't Need to Practice Anymore, Because You will Be the Power, You will be the Perfection, You will Be the Wisdom, You will Be the Intelligence, You will Be the Love, You will Be the Joy.



Every Single Thing You've Been Through, Every Single Moment that You've Come Through, Were to All Prepare You for this Moment Right Now. Imagine What You can Do from this Day Forward with What You Now Know.



The Only Thing You Need to Do is Feel Good Now.



Now That You have Learned the Knowledge of This  
Scripture, What You Do with It is Up to You.  
Whatever You Choose is Right. The Power is All  
Yours.



You can have, Do, or be Anything You want.



Everything that's Coming Into Your Present You are Attracting Into Your Present. And It's Attracted to You by Virtue of the Images You're Holding in Your Mind. It's What You're Thinking. Whatever is Going on in Your Mind You are Attracting to You.



Our Job as Humans is To Hold on to the Thoughts  
of What We want, Make It Absolutely Clear in Our  
Minds What We want.



See Yourself Living in Abundance and You will  
Attract It. It Works Every Time, with Every Person.





When You're Feeling Good You're Putting Yourself  
in the Frequency of What You want.



The Definition of the Perfect Weight is the Weight That Feels Good for You. No One Else's Opinion Counts. It is the Weight That Feels Good for You.



Once You Begin to Understand and Truly Master Your Thoughts and Feelings, That's When You See How You Create Your Own Reality. That's Where Your Freedom is, That's Where All Your Power is.



To Know What You're Thinking, Ask Yourself How You are Feeling. Emotions are Valuable Tools That Instantly Tell Us What We are Thinking.



“That a Men/Man/Male/Boy/Gent can Change Himself... and Master His Own Destiny is the Conclusion of Every Mind Who is Wide-Awake to the Power of Right Thought.”



When You want to Change Your Circumstances,  
You Must First Change Your Thinking.



Every Men/Man/Male/Boy/Gent Knows That When His Wife is Appreciating Him for the Little Things That He Does, What Does He want to Do? He wants to Do More. It's Always About Appreciation. It Pulls Things in. It Attracts Support.



The Reason Visualization is so Powerful is Because as You Create Pictures in Your Mind of Seeing Yourself with What It is You want, You are Generating Thoughts and Feelings of having It Now. Visualization is Simply Powerfully Focused Thought in Pictures, and It Causes Equally Powerful Feelings.





“Nothing can Prevent Your Picture from Coming  
Into Concrete form Except the Same Power Which  
Gave It Birth—Yourself.”



Decide What You want. Believe You can have It.  
Believe You Deserve It and Believe It's Possible for  
You.



Joy Attracts More Joy. Happiness Attracts More Happiness. Peace Attracts More Peace. Gratitude Attracts More Gratitude. Kindness Attracts More Kindness. Love Attracts More Love. Your Job is an Inside One. To Change Your World, All You have to Do is Change the Way You Feel Inside. How Easy is That?



Never Try to Compel Others to Change; Leave Them free to Change Naturally and Orderly Because, They want to; and They will want to When They Find That Your Change was Worthwhile.

“To Inspire in Others a Desire to Change for the Better is Truly Noble; But This You can Do Only by Leaving Them Alone, and Becoming More Noble Yourself.”



You Create Through Your Thoughts and Feelings,  
and No One But You can Think Your Thoughts or  
Feel Your Feelings.



When You are Just Beginning to Deliberately Manage the Frequency of Your Being (Through Your Thoughts and Feelings), You May Find There are Some Ups and Downs, and That You are Jumping from One Frequency to Another. This Stage is so Short, and in No Time at All You will Begin to Stabilize on a Higher Frequency, and then a Higher Frequency, Forever Climbing Higher and Higher.



Think Good Thoughts.

Speak Good Words.

Take Good Actions.

Three Steps That will Bring More to You than You  
can Ever Imagine.



A Vision Board is a Tool to Help You Create the Image in Your Mind of What You want. As You Look at the Vision Board, You are Imprinting the Picture of Your Desire in Your Mind. As You Focus on Your Vision Board, It Stimulates Your Senses and Evokes a Positive Feeling within You. Then You have the Two Elements of Creation – Your Mind and Your Feelings –Working in Full Force.





"No One is More Cherished in this World than  
Someone Who Lightens the Burden of Another."



There is No Force of Hate. Hate is Simply the Absence of Love, Just as Darkness is the Absence of Light. Poverty is the Absence of Abundance, Sickness is the Absence of Health, and Sadness is the Absence of Joy. All Negativity is Simply the Absence of Something Positive. This is Very, Very Good to Know.



If You Find Fault with Another, then You Just Brought Others Finding Fault with You. If You Judge Another, then You Just Brought Judgment to You. And If You Appreciate Others, You will Bring Appreciation to You. You have to Make the Quality Dominant in You First, Before You can Attract It in Your Outside World.



Observe What Comes to You Easily and Think  
About What You Did for That Thing to Come Easily.

Know Yourself, and You will Become a Master of  
the Law/Rule of Attraction.



Our Natural State of Being is Joy. It Takes so Much Energy to Think Negative Thoughts, to Speak Negative Words, and to Feel Miserable. The Easy Path is Good Thoughts, Good Words, and Good Deeds.

Take the Easy Path.



Become Aware of Your Feelings so When You are not Feeling Good You can Stop and Change the Way You Feel. And How Do You Do That? You Think Thoughts That Make You Feel Good.



In Every Word You Use, There is a Power Germ  
Which Expands and Projects Itself in the Direction  
Your Word Indicates, and Ultimately Develops Into  
Physical Expression.



When You can Command Your Mind to be Still and have It Obey Your Command, Just Imagine the Power You will have to Create What You want.





"Everything has Its Origin in the Mind, and That Which You Seek Outwardly, You Already Possess. No One can Think a Thought in the Future. Your Thought of a Thing Constitutes Its Origin."



Our Natural State is Joy, and You Know That, Because When You are in the Opposite State You Feel Bad. So If Joy is What You Truly are, can You See That It Takes Much More Energy for You to Generate Negativity than It Does to be Naturally Joyful?



As You Hear Your Words and Realize That You are  
Saying Something You Do not want, Switch  
Immediately and Rephrase Your Sentence with the  
Words of What You want.



Our Highest Power is Love, and It is One Thing Each of Us has an Unlimited Amount of. How Much Love Do You Give to Others in One Day? Each Day We have an Opportunity to Set Out with this Great, Unlimited Power in Our Possession, and Pour It Over Every Person and Circumstance.

Love is Appreciating, Complimenting, Feeling Gratitude, and Speaking Good Words to Others.

We have so Much Love to Give, and the More That We Give, the More We Receive.



Get on to the Frequency of Good with Your Thoughts and Words. Firstly You will Feel Good, and Secondly You will be on the Frequency of Receiving More Good.



To Transform the Negative Into Positive, First Look for the Good and Positive Things in the Situation. There is Good in Every Single Situation, and as You Look for the Good Things the Law/Rule of Attraction Must Present Them to You.



“We are What We Think. All That We are Arises  
with Our Thoughts. With Our Thoughts, We Make  
Our World.”



Remove Your Personal Investment of Fear from What You Don't want to Happen, and Now Use That Powerful Energy and Direct It to What You want.

No Matter What You have Been Thinking or Feeling, Your Power to Create Something New is NOW.





Negative Thoughts and Negative Emotions Need Your Attention and Focus to Stay Alive. They cannot Survive without Your Attention to Them. If You Ignore Them and Refuse to Give Them Any Attention, You are Taking the Life Out of Them and They will be Eliminated.



Who is the Captain of Your Ship? You Know That If No One is Steering a Ship then That Ship will be Battered About in the Seas and Crash Into Rocks. Think of Your Body as a Ship and Your Mind as the Engine, and You as the Captain of Your Ship!

Take Charge of Your Ship so That You can Use the Power of Your Engine to Steer the Ship to the Destination You want.



You can Give Warm Embraces to Those You Love.  
And You can Give Appreciation and  
Encouragement to Everyone.

There are so Many Opportunities for You to Give  
and Thereby Open the Door to Receiving.



When You Reach the Highest Levels of Gratitude,  
Every Thought You Think, Every Word You Speak,  
and Every Action You Take Comes Out of Pure  
Goodness.



Here is a Description of Who You Really are:

I AM Whole.

I AM Perfect.

I AM Strong.

I AM Powerful.

I AM Loving.

I AM Harmonious.

I AM Happy.

Got Any Work to Do?



Think Kind Thoughts. Speak Words of Kindness.  
Act with Kindness. Make Kindness Your State of  
Being in Thoughts, Words, and Actions.



You are the Only One Who can Strengthen Your will. The Changes You See will be in Exact Proportion to How Much You Commit to Doing Them.



“The Positive Mind is Always in Harmony with Itself, While the Negative Mind is Always Out of Harmony, and Thereby Loses the Greater Part of Its Power.... In the Positive Mind, All the Actions of the Mental System are Working in Harmony and are Being Fully Directed Toward the Object in View, While in the Negative Mind, Those Same Actions are Scattered, Restless, Nervous, Disturbed, Moving Here and There, Sometimes Under Direction, But Most of the Time not. That the One Should Invariably Succeed is Therefore Just as Evident as That the Other Should Invariably Fail.”





Do Your Best to Make Sure That Every Single  
Person You Meet has a Better Day Because They  
Saw You.



Focus on the Wonderful Things About You, and When Your Mind Starts to Criticize Any Part of You, Stamp Out Those Thoughts. Stop Them Immediately and Switch Your Mind to the Good Things About You. If You Focus on the Good Things About You, You will Attract an Abundance of the Good Things.

Be Kind to Yourself, Because You Deserve It!



“First Keep the Peace within Yourself, then You can Also Bring Peace to Others.”



Every Positive Step That You Take is Transforming Your Being. With the Consistent Use of Your will and Steady Determined Practice of What You have Learned, You will be Amazed at How Fast Transformation Takes Place. Transformation of Your Being Brings a Peace and a Joy That is Indescribable. You have to Experience It to Know It, But Once You Do, You will Never Go Back.



Remember the Three Wise Monkeys?

See No Evil.

Hear No Evil.

Speak No Evil.

That Means: See No Negativity, Hear No  
Negativity, Speak No Negativity.

Those Three Monkeys Were Definitely Wise!



Observe a Person's Car, and You will Learn Something About Its Owner. The Cars That are Sparkling Clean are Evidence That Their Owners Appreciate Them. The Cars That are Very Dirty and Messy are not Being Appreciated. One Person is Attracting Even Better Cars. The Other is Attracting Lesser Cars.

Appreciation for the Things You have is Using the Law/Rule of Attraction Intelligently.



“The Men/Man/Male/Boy/Gent Who Never Weakens When Things are Against Him will Grow Stronger and Stronger Until All Things will Delight to be for Him. He will Finally have All the Strength He May Desire or Need. Be Always Strong and You will Always be Stronger.”



There is Great Power in Your Words, Because  
They are Thoughts That You have Given Additional  
Energy to. Be Aware of What You are Saying.  
Watch Your Words. It is a Spectacular Moment  
When You Catch Your Unwanted Words  
Midstream, Because It Means You are Becoming  
More Conscious and Aware. Yes!





The Perfect Melody is This: Good Thoughts, Good Words, and Good Actions.



There is No Limit to How High You can Increase Your Frequency, Because There is No Limit to the Good Thoughts You can Think, or the Good Words You can Speak, or the Acts of Kindness That You can Perform.



The Way to have Complete Control of the Law/Rule is to have Complete Control of Yourself. Control Your Thoughts and Emotions, and You will Become the Master of the Law/Rule of Attraction Because, You have Become the Master of Yourself.



“Our Destiny is not Mapped Out for Us by Some Exterior Power; We Map It Out for Ourselves. What We Think and Do in the Present Determines What Shall Happen to Us in the Future.



The Truth will Set You free. All the Pain and Suffering in the World has Come from People not Knowing the immutable Cosmic Laws/Rules of the Universe. The Principles within The Secret Were Given to Each Person to Prove the Cosmic Law/Rule for Themselves. Prove It to Yourself, and the Truth will Set You free.



The Principles of the Law/.Rule of Attraction are a Powerful Tool to Summon the Healing Power within Us, and can be Used as an Aid in Total Harmony with All of the Wonderful Medical Procedures That are Available Today.

Remember That If There Were No Healing Power within Us, Nothing Could be Healed.



Remember to Remember Means Remember to be Aware. Remember to be Aware in this Moment Right Now. Being Aware is Seeing Everything Around You, Hearing Everything Around You, Feeling Everything around You, and Being Completely Focused on What You are Doing Right Now.



Happiness is a State of Being, and Comes from the Inside of You. By the Law/Rule of Attraction You Must Become on the Inside What You want on the Outside.





We are an Exact Microcosm – or Mini-Version – of the Universe, and When We Know Ourselves, We Know the Entire Universe.

“Know Thyself.”



To Create a Beautiful Future, Make as Many of Your Thoughts as Possible Good Ones, Speak Good and Kind Words, and Make Sure Your Actions Come from Goodness.

Your Future Depends Upon It.



If Somebody Says Something Negative to You, Do not React. You have to Get Yourself to a Point Where You can Stay Calm and Peaceful Inside No Matter What Negative Things Happen on the Outside.

When You can Maintain Peace and Joy within You Despite Any Situation on the Outside, You have Become the Master of Everything.



A Feeling of Peace in Your Body and Mind is Your Aim, Because That Frequency Puts You on a Frequency of Harmony with the Universe.



We are Intelligent Enough to Trade in An Old Car When It is not Serving Its Purpose Anymore. We Hand Over the Old Car and We Take Possession of a Newer Model and Continue Our Journey in Our New Car.

The Greater Part of You is Also Intelligent Enough to Trade in the Vehicle of Your Body When It is not Serving Its Purpose Anymore, Update to a Newer, Better Model, and Continue on Your Journey in the New Vehicle. Human Bodies and Cars are Vehicles and You are the Eternal Driver.

Energy cannot be Created or Destroyed – It Just Changes form.



As You Think, Speak, and Act Through Higher Thoughts of Love, Compassion, and Goodness, Your Frequency Goes Higher and Higher.



Every Good Thought You Think, Every Good Word You Speak, Every Good Emotion You Feel, and Every Act of Kindness You Perform, is Lifting the Frequency of Your Being to New Heights. And as You Begin to Raise Your Frequency, a New Time and a New World will Reveal Themselves to You.



Make a Commitment to Yourself to Control Your Thoughts. When You Gain Control of Your Mind, You will be the Master of You.





“I Believe That the Men/Man/Male/Boy/Gent Who Understands the Use of Thought-Force can Make of Himself Practically What He will.

“I Believe That not Only is One’s Body Subject to the Control of the Mind, But That, Also, One May Change Environment, ‘Luck,’ Circumstances, by Positive Thought Taking the Place of Negative.”



With Wisdom Comes Strength, Courage, Knowing,  
and an Ever-Increasing Peace.



“I am able to Succeed in Anything That I Decide to Do.”

This is the Absolute Truth, But the Point is, Do You Believe It?



Get Yourself on to the Appreciation Frequency, and the Law/Rule of Attraction can Surround You Only with People Who are in a Positive State.



There is No Excuse not to Give Two Minutes Today  
to Intend Your Tomorrow.



Never Do Angriness Opposite Angry Soul But, Stay Peace and Cool Opposite Angry Soul Because, Peace ness and Coolness is Very Powerful More then Angriness and Peace ness & Coolness is Also Killer to Angriness so Never Stay Angry Opposite Angry Soul But, Always Stay Peace and Cool Opposite Angry Soul.



Nothing and Never Any thing Above Morality  
Follower Soul, Righteous Follower Soul and Truth  
Follower Soul for Always and for  
Endless/Finishless/Timeless/Unending.



Never Stay Dependent on Any type of Soul, But, Stay Dependent on Truth ness of Self and on Truth Because, If Any Soul are Dependent on Other Any type of Soul then That is Act of Foolish Soul[Which Soul are Reveal to Any type of Animal(Which Animal have Position/Posture of Sleep OR of Stand with Near Which Address want to Reveal) for Indicate the Address of Something] of That Soul But, If Any Soul are Stay Dependent on Truth ness of Self and on Truth then That Soul are Stay Safe, Secure, Problem free, Independent, Self Dependent so Never Stay Dependent on Any type of Soul, But, Stay Dependent on Truth ness of Self and on Truth for Always/Forever and for Endless/Finishless/Infinite/Timeless/Unending.





If Any Time We are Suffer False/Wrong Activity OR Term by Any type of Soul then Keep Grudge Compulsory on That Soul[We are Suffer False/Wrong Activity OR Term by Which Soul] Unless We are not Do Equal-Equal Calculation of[Suffer Which False/Wrong Activity OR Term] Revenge for Always/Forever.



If Any Soul are Say OR Teach Good OR Positive  
Philosophy OR Sentence OR Thing OR Word OR  
Quote then Never Do Insult OR Pok Fun of It's  
Good OR Positive Philosophy OR Sentence OR  
Thing OR Word OR Quote But, Try to Learn to That  
Good OR Positive Philosophy OR Sentence OR  
Thing OR Word OR Quote for Always/Forever.



If Any Soul are Do Cheat OR Negative Behavior with Any Other Soul then That Soul are Souvenir(Nishaani) of Atheist(Naastik) Soul and Do Remorse(Paschaataap) are Very Important by That Soul on Base of Act(Karma) of That Soul.



If Any Time Any Soul are Give Any type of Minacity/Threat[of Beat OR of Other Any type of Minacity/Threat(Dhamki)] to Self after then Never Fight with That Soul OR Never Give Any type of Bad Word to That Soul.



Fix in Our Self, If Our Self are Right then Our Self will Never Get Un success in Any type of Positive Mission of Self Because, If Any Moment OR Term Any Soul are Right then Any type of Little Preserver are can not Do Harm(with Negativity) to That Soul But, If Any Soul are False/Wrong then Any type of Little Preserver are can Do Harm by Any type of Politics so Fix in Our Self, If Any Moment OR Term Our Self are Right then Our Self will Never Get Un success in Any type of Positive Mission of Self for Always/Forever and for Endless/Finishless/Timeless/Unending.



The Soul are can Change to Virtue(Gun) of Self  
But, The Soul can not Change to Habitude(Prakruti)  
of Self for Always/Forever, so If Our Soul are  
Different OR Negative then Stay Distinct(Alag)  
without Disturbing Other Soul for Always/Forever.



If Any Soul are Do Lethal Attack on Family of Self then Beat OR Kill to That Soul are Great Blame. By the Way If Someone are Beat Fetch/Slap to Our Self so We Should not Cut It's Legs OR Cut It's Hands in Return But, Should Answer(Javaab) with a Beat Fetch/Slap to That Soul, In Exactly the Same Way If Any Soul are Do Lethal Attack on Family of Self so be Careful from That Soul and It Should be Handed Over the Law/Rule OR It Should Shift to Another Space.

If Any Sentence OR Word is Written ["If Any Soul are Do Lethal Attack on Family of Self then Beat OR Kill to That Soul"] in Any Book so That Book Makes the Soul Criminal Along with Teaching Iniquity, Leads Our Tendency Towards False/Wrong Direction and Washes Our Brain, That is Why We Should Abandon not Reading Such Books and Should be Thrown Away !

so If Any Moment OR Any Time Any Soul are Do Lethal Attack on Family of Self then Never Beat OR Kill to That Soul But, be Careful from That Soul and It Should be Handed Over the Law/Rule OR It

Should Shift to Another Space for Always/Forever  
and for  
Endless/Finishless/Infinite/Timeless/Unending.





No Matter How Bad Our Emotion(Bhaavna) OR Finite(Niyat) of Soul May be But, We Should Do Act and Work Well, There is No Act OR Work with Emotion(Bhaavna) OR Finite(Niyat) But, Our Decision To Do Our Act OR Work Leads to Act OR Work.



Self-Respect can Make the Soul Slowly Become  
Lonely and Negative so Never Keep Self-Respect  
with Any type of Soul.



If Any Soul are Do Negative Mistake then Give Excuse OR Do Kind on That Soul are Create and will Create Problem of Soul of Self and of Other so If Any Soul are Do Negative Mistake then Never Give Excuse OR Do Kind on That Soul.



The Intellect of the Soul can be Vindictive and Fatal from Take Over & Over Test of That Soul, That is Why We Should Test the Nature and Quality of the Soul Only, If We Do not Test the Nature and Quality of the Soul, then We Also have to Suffer the Negative Consequences, That is Why We Should Never be Tempted by Any Soul.



The Intellect of the Soul can be Vindictive and Fatal from Take Over & Over Test of That Soul, That is Why We Should Test the Nature and Quality of the Soul Only, If We Do not Test the Nature and Quality of the Soul, then We Also have to Suffer the Negative Consequences, That is Why We Should Never be Tempted by Any Soul.



If Our Self have No Anytype of Goodness OR  
Intelligency OR Positivity OR Talent then Never  
Emerge Fault(Dosh) OR Give Problem to Other  
Any type of Soul.



It is False/Wrong and Unrighteous to Get OR Take Credit for Any Act OR Work Done by Any Other Soul, If Any Soul are Did Any type of Positive Act OR Work then We Need It's Praise and Respect.



In the Ego the Soul Loses Its Own Happiness and Coolness, The Ego Takes the Soul in Any False/Wrong Direction and in the End, the Soul Loses Itself.

That is Why the Soul Should not have Arrogance Under Any Circumstances.





To Make Fun of Any Guyanese Soul is to Comment on It's Words or It's Own Worst Enemy But, It is the Best Friend of the Soul to Take Complete Knowledge of the Same Guinea Soul & Implement It It'sself and It Only Removes All the Troubles of One's Own Soul.



Garland/Ingeminate(Maalaa Japna) of Any type of Soul are Act OR Activity OR Work of Weak(Nirbal) Soul and of Soul(Who are not Self Dependent and Who are Dependent on Other Soul) so Never Garland/Ingeminate(Maalaa Japna) of Any type of Soul for Always/Forever and for Endless/Finishless/Infinite/Timeless/Unending.



Anger Creates Violence in the Mind, That is Why  
the Soul Should Never be Angry.



If There is Any Other Soul/Spirit Reason in the Soul Becoming Spoiled or Negative, Even When the Time Comes, the Soul That is Created Due to That has to Suffer.

That is Why We Never Make the Mistake of Destroying Any Soul or Making It Negative as Well, There Should not be Any Reason to Spoil Any Soul OR Make It Negative.



You have an Unlimited Ability to Think and Talk  
About What You Love, and so You have an  
Unlimited Ability to Bring Everything Good to You !



The Better You Feel, Like When You Feel Joyful,  
the More Love You Give Out. And the More Love  
You Give, the More You Receive.



All the Things You Love want You! Currencies want You. Health wants You. Happiness wants You.



You are Never Left in Any Doubt About the  
Frequency You're on Because Your Frequency is  
Always/Forever Exactly Whatever You're Feeling !  
You can Change Your Frequency at Any Time by  
Changing How You Feel.





"Holding on to Anger is Like Grasping a Hot Coal with the Intent of Throwing It at Someone Else; You are the One Getting Burned."



Whatever You're Imagining Must not Harm Another Person. Imagining Something That Brings Harm to Another Person Comes not from Love But from a Lack of Love.



"Whenever You Permit Yourself to Think What Persons, Things, Conditions, or Circumstances May Suggest, You are not Following What You want to Think. You are not Following Your Own Desires But Borrowed Desires. Use Your Imagination in Determining What You want to Think or Do."



"Through Your Ability to Think and Feel, You have  
Dominion Over All Creation."



That the Greater Part of Our Happiness or Misery  
Depends Upon Our Dispositions, and not Upon Our  
Circumstances.



It's Through Feeling Sadness That You Know How Good It Feels to be Happy.



"There is a World within - a World of Thought and Feeling and Power; of Light and Beauty, and Although Invisible, Its Forces are Mighty."



To Lighten Up About Bad Feelings, Imagine Bad Feelings as Wild Horses You Climb on. If You Climbed on Them You can Climb off Them, too' You can Choose to Get off That Horse as Fast as You Jumped on to It.





If You Meet Someone Who has Qualities You Wish You had, Love Those Qualities and Feel Good About Those Qualities in That Person.



“See No Evil - Hear No Evil - Speak No Evil.”



"Clarity of Mind Means Clarity of Passion, too; This is Why a Great and Clear Mind Loves Ardently and Sees Distinctly What It Loves."



Every Time You Feel Grateful You are Giving Love,  
and Whatever You Give, You Receive. Whether  
You're Giving Thanks to a Person or Feeling  
Grateful.



"If We will be Quiet and Ready Enough, We Shall Find Compensation in Every Disappointment."



It Doesn't Matter How Far Away Your Dream Seems to You. It is Closer to You than Anything in Your Life, Because All the Power to Bring Your Dream to You is Inside You !

"Everything is Possible for the Person Who Believes."



Make a Conscientious Effort to Notice as Many Things Around You That You Love, as Much as You can Each Day.



Gratitude is the Bridge from Negative Feelings to  
Harnessing the Force of Love !





"True Genius without Heart is a Thing of Naught  
-for not Great Understanding Alone, not Intelligence  
Alone, Nor Both Together Make Genius. Love!  
Love! Love! That is the Soul of Genius."



Giving Love to Other People Does not Mean You Let People Walk All Over You or Abuse You in Any Way, Because That's not Giving Love Either. Allowing Another Person to Use You Doesn't Help That Person, and It Surely Doesn't Help You.



If You can't Love the Good in Someone or  
Something, Simply Turn Away.



The World is Your Catalogue, and When You  
Understand the Power of Your Love.



To Put It Frankly, We Need to be Mindful of not  
Sticking Our Nose in Other People's  
Business/Matter, Because Their Business/Matter  
will Get Stuck on Our Nose !



A Soul Who is Master of It's Self can End a Sorrow  
as It can Invent a Pleasure.



With Every Single Person You Come Into Contact,  
You are Either Giving Love or You're not. And  
Based on What You Give, That is What You  
Receive.



Look for the Things You Love in a Relationship  
More than You Notice Negative Things and It will  
Appear as If Something Incredible has Happened to  
the Other Person.





The More You Give Love and Feel Good, the More Magnetic Your Field Becomes and the More It Expands, Drawing Everything and Everyone You Love to You !



"For as Soul Thinketh in It's Heart, so is It."



Keep Your Mind as Much as You can from Dwelling  
on Your Ailment.



The Happier You are, the More Beautiful You will be. And More than Anything Else, You will See the Proof That Beauty Comes from Love When People are Drawn to You Wherever You Go.



“Certainly, Knowledge is a Lock and Its Key is the Question.”



When You Ask a Question, You are Giving a Question, and You Must Receive the Answer! But You have to be Alert and Aware to See or Hear the Answers to Your Questions. You". May Receive the Answer Through Reading Something, Hearing Something, or Dreaming Something. Sometimes Suddenly You will Just Know the Answer to Your Question. But You will Always/Forever Receive the Answer !



You have so Much Energy/Power in the World  
Because You have so Much Love You can Give.



“You Reap What You Sow,” and “You Get What You Give.”





“If You Take Any Activity, Any Art, Any Discipline,  
Any Skill - Take It and Push It as Far as It will Go,  
Push It Beyond Where It has Ever Been Before,  
Push It to the Wildest Edges of Edges, then You  
Force It Into the Realm of Magic.”



If You Really Mean It When You Say Thank You, the Other Person will Feel It, and You will not Only have Made Another Person Feel Really Good, But Your Gratitude will Fill You with an Indescribable Happiness.



“People Who Wait for a Magic Wand Fail to See  
That They ARE the Magic Wand.”



Negative Science is the Greatest Enemy of the Soul and Knowledge & Positive Science is the Greatest Friend of the Soul Because, Safety, Security & Own Peace in Following Knowledge & Positive Science But, Following Negative Science Increases OR Produce Contrast Intelligence so Never Follow Negative Science But, Follow Knowledge & Positive Science for Always/Forever.



We Should Never Insist on Anything False/Wrong But, We Should Always/Forever Insist on the Right Thing Because, the Insistence of False/Wrong Always/Forever Causes Trouble for Us But, The Stubbornness of the Right Thing Always/Forever Creates Happiness and Peace for Us so We Should Never Insist on Anything False/Wrong But, We Should Always/Forever Insist on the Right Thing for Always/Forever and for Endless/Finishless/Timeless/Unending.



We Should Never Let the Ego in Our Nature, As Soon as the Ego Enters in the Nature of the Soul That Soul Forgets Truth or Falsehood, Policy or Diplomacy and Everything Else to Destroy Its Own Destruction. Ego Makes the Soul Silly/Turkey/Witless(Naasamaj), Abnormal & Contrary, That is Why It is Better for the Soul to Avoid having Any Kind of Ego for Always/Forever.



If Any Moment Any type of Person OR Soul are Try for To Fear OR for To Strike/Swap by Any type of Bad/Negative Word OR Bad/Negative Behavior OR Weapon then We Should Never Use Profanity OR Abuse OR Any Kind of Weapon in Front of Us to Show Our Bravery But, Abusive OR Use Profanity OR Any Weapon of Any Kind Should be Prevented from Braving the Front Person or Soul and There Should be No Crime or Any Kind of Crime from Us, Taking Care of That Person OR Soul Should be Avoided Because, Our Image and Virtue are Spoiled by Saying Bad Word OR Being Abused and Blame, Incidents Like Crime & Violence can Occur If Any Weapon is Used, This is the Reason That Our Soul has to Face Many Troubles, That is Why We Should Always/Forever Refrain from Attacking Any Kind of Person OR Soul.



When Gentle Souls Meet Each Other, They Treat Each Other with Love, Peace and Respect But, When Evil Souls/Spirits Meet Each Other, then They are Full of Jealous Full, Selfish and False/Wrong Behavior.

If We Like Loving, Peaceful and Respectful Atmosphere and Behavior, then We Should Never Come in Contact with the Evil Souls But, Keep OR Make Contact OR Department/Treat with Only Gentle Souls for Always/Forever.





If Our Soul Lacks Virtue OR Any Other Pleasant Conditions then We Should not Try to Bring Down Any Other Quality full or Pleasant Soul and Should not Look at It from the Point of View of Jealous.



Honor Does not Increase Due to False/Wrong  
Pretense OR Negative Show, But Respect is  
Reduced in Sociality.



Never be Lazy in Doing Any type of Important Act OR Work, Laziness can Keep the Soul Deprived of Advance Happiness, Sad or in Trouble and Laziness is Biggest Enemy of Soul so Never be Lazy in Doing Any type of Important Act OR Work.



Our Soul Tries to Become Like It Becomes, That is  
Why the Soul Should Never Enforce and Follow  
Bad OR Negative Thought OR Direction.



Do not Use False/Wrong OR False/Wrong Policy  
OR Negativity To Show Us the Right Path to Any  
Soul Because, A Soul Who Sees Someone the  
Right Way Through Lies That Soul Does not Come  
on the Right Path and at the Same Time That Soul  
Looks at Others with an Unbelievable Glance.



If Any Soul has Made Any Kind of Crime OR Mistake then It is Mandatory/Necessary to Punish It Equal-Equal to It's Misdeed Otherwise, That Soul Does not Stop from Committing Crime OR Mistake Again and Again, But Continues to Commit the Same Crime OR Mistake & Some Souls Who Suffer Punishment Equal to Their Act(Karma), Prevent Themselves from Committing Crime OR Mistake Again and Some Souls Also Enforce OR Follow the Right Path of Righteous(Dharma).



No Matter How Far Ahead the Time is, But We Should Never Violate Our Correct & Positive Laws/Rules & Limits Because, By Changing Our Soul According to Time, We can Violate Our Knowledge, Law/Rule & Limit and Fall into Adverse Situation & Terrible, That is Why We Should Always/Forever Take Care of Our All Knowledge, Laws/Rules and Limits Before Suffering Happiness, Changing Atmosphere, Fascination & Illusion(Maaya) and It Should Suffer Happiness, Fascination and Illusion(Maaya) While Enforcing & Following Our All Knowledge, Laws/Rules & Limits for Always/Forever and for Endless/Finishless/Timeless/Unending.



If We Ever want to Enjoy Any Harm free Happiness then We Should Never Delay Because, If We are Get Late Enjoyment of Happiness then We are Happen Sad OR Unbalanced But, The Soul Becomes Calm and Humble by Enjoying Happiness at the Time of Its Desire, That is Why If One wants to Enjoy Harmless Happiness, then One Should Enjoy It without Delay.





There is a Lot of Difference Between Being Good and Looking Good with Pur Act(Karma), Pretending to Look Good with Our Act(Karma) Does not Make Any Difference in the Soul or in the Soul's Lexes, Rather It is Called Hypocrisy & Bad Virtue But, Image, Impression & Symptoms are Stay Clear & Pure Only by Making One's Own Soul Different, Good & Truth from the Inner Soul so Never False/Wrong Pretending to Look Good with Our Act(Karma) But, Stay Clear & Pure with Inner Soul of Self for Always/Forever and for Endless/Finishless/Timeless/Unending.



If Any type of Weak Soul OR Other Any type of Soul are Do Jelous OR Keep Any type of Negative Vision(Drishti) on Happiness and on Peace ness of Self then Always/Forever Ignite That Soul and Do not Help OR Harm That Soul in Any Way Because, The Soul can Never Get OR Take Genuine Good Peace ness[Who Do Unrighteous with Any type of Soul and Keep Negative Vision(Drishti) on Happiness & on Peace ness of Any type of Soul] That is Why, Seeing One's Happiness OR Peace, One Should Always/Forever Stay Away from the Negatively Observing OR Jealous Soul.



The Soul Must Maintain Its Concentration in Doing Any Positive Act(Karma) OR Work, Any Soul can Maintain Concentration Only by Morality, Positive Policy & Truth(Satya) and Only Through Concentration can One Attain Self Knowledge after Granting the Right Knowledge(Gyaan) Does not Make the Soul Mistaken OR Unhappy, This is Why the Soul Must be Concentration in Doing Any Positive Act(Karma) OR Work.



Any Person Should be Judged by It's Experiences OR Language as Well as by It's Character, Nature & Personality Because, Often the Person Who Speaks Very-Very Sweet Words has to Face Deceit OR Lies so Never Judged by Only Person's Experiences OR Language But, Judged by It's Experiences OR Language as Well as by It's Character, Nature & Personality for Always/Forever and for Endless/Finishless/Timeless/Unending.



The Soul Requires More Accurate Self-Knowledge(Gyaan) than Receiving Knowledge(Gyaan) from Others, It is Also Necessary to Receive Knowledge(Gyaan) from Others But, Before That True Self Knowledge(Gyaan) Comes into Use for Always/Forever and for Endless/Finishless/Timeless/Unending.



There is a Very Difference Between in Make Professional to Self OR Show Professional to Self, Pretending to be Professional is Hypocrisy(Paakhand), The Soul is Said to be Professional & Positive by Its Inner Quality and The Soul Must Remain Professional & Positive Only from Its Inner Qualities for Always/Forever and for Endless/Finishless/Infinite/Timeless/Unending.



A Soul Who Does not Know the Result of Negative Act(Karma) Does not Perform Any Negative Act(Karma) then It is Called the Superior Soul.



Any type of Soul is Sad for 2/Two Reasons, First by Crime OR Mistake of Other Soul and Second by Crime OR Mistake of Self.

If Any type of Sadness is Origin by Crime OR Mistake of Other Soul then That Sadness will Ephemeral/Evanescent/Fleeting(Kshanbhangur) But, If Any type of Sadness is Origin by Crime OR Mistake of Self then Reasons of That Crime OR Mistake are Torture to Self for Always/Forever and for Endless/Finishless/Timeless/Unending so Never Do Origin of Any type of Crime OR Mistake by Self for Always/Forever and Endless/Finishless/Timeless/Unending.





No Service Future Soul Ever has the Feeling of Getting Anything from Others in Return for It's Good Deeds But, Service Prospective Souls Always/Forever Serve without Selfishness.



When Doing Anything Act(Karma) OR Work, One Must have the Desire to Get Result(Fal) or Credit(Shrey), If We Do Any Work to Become Big then It is not False/Wrong But It is Absolutely Right.



We Should Take Care That No Soul Should Get Any Trouble at All While Doing Any Act(Karma) OR Work.



In Lieu of Punishing OR Thrashing Any Animal OR Creature OR Soul Who is Thinking of Sacrificing Any Kind of Animal OR Creature OR Soul, Showing the Right Path to Someone Who is Thinking of Sacrificing Animal OR Creature OR Soul is the Right Thing to Stop from Offering Animal OR Creature OR Soul.



By Applying the Right Knowledge, No One Ever Possesses Any Negative Illusion & Virtue in Our Soul.

This is the Biggest Benefit of Right Knowledge, That is Why We Should Never Forget the Right Knowledge Whenever We have But, It Should Remember and Follow It for Always/Forever and for Endless/Finishless/Timeless/Unending.



Due to the Respect OR Shame of Some Souls,  
That Soul Goes Overpower False/Wrong OR  
Create Danger Situation for Other, That is Why One  
Should Never be Ashamed OR Respectful of Such  
Souls But, It Should Ignore for Always/Forever.



Forced Relation with Others is a Crime Along with Giving Trouble to Others, That is Why If Any Soul Does not want to Keep Relation with Us, It is Good for Us & Other Souls to not Disturb It.

We Should Always/Forever Keep Relation with Our Similar Nature and Soul with Similar Qualities Because, The Happiness, Peace & Well-Being of Our & Other Souls is Only in Keeping with Our Similar Nature and Spirits with Similar Qualities.



We Should Never be Attract OR Jealous OR  
Worried of Others Because, Often Those Who are  
Attract OR Jealous OR Worried About the  
Happiness of Others are Unhappy and Infirm.





To Win Over Any Soul, One Must Win by Resorting to Truth & Positive Policy, Then Whether It is a Soul Negative OR Positive Because, As We Did with Truth & Positive Policy, Always/Forever Remains Stable and Gives Us Peace But, In the End What is Done by Untruth & False/Wrongness Causes Unrest and Suffering for Itself so Never Win by False/Wrong and Negative Policy But, Win by Truth & Positive Policy for Always/Forever and for Endless/Finishless/Timeless/Unending.



Only a Balanced, Harmless, Truth, Peace and Virtuous Soul can Handle Any type of Power(Satta), A Non-Virtuous Self Misuses Power for Self-Interest OR Uses Power to Harass Others OR can Create Any type of Problem for Other Soul so Only a Balanced, Harmless, Truth, Peace and Virtuous Soul can Handle Any type of Power(Satta) for Always/Forever.



One Should Never Grieve for the Progress OR Happiness of a Weak OR Infirm Soul Because, A Weak OR Infirm Soul Remains Stable Until It is Supported by Others and Some Also Make Others Infirm OR Unhappy OR Weak & Simultaneously, Grieving Our Self for the Progress OR Happiness of a Weak OR Infirm Soul is Pleasurable, That is Why One Should Never be Sad OR Upset for the Progress OR Peace of Any Weak OR Infirm Soul for Always/Forever.



It is False/Wrong & Unrighteous to Sing Shoes OR to Perform Act(Karma) OR Its Virtues, That is Why Shoes Should Never Respect with Act(Karma) OR Work & Sing Its Qualities for Always/Forever.



To Give Any Kind of Knowledge OR Learn OR  
Understanding to Any Soul, One Should Use Love,  
Wisdom and Humility More than Our Inner Nature  
for Always/Forever.



Justice is the Same for Every Soul for  
Always/Forever and for  
Endless/Finishless/Timeless/Unending, Be It  
Atheist OR Religious, Be It Negative OR Positive,  
Whether It has a Large Body OR a Subtle Body.



If We have a Feeling of Jealous from Any Soul,  
then We Should Never Keep the Comment OR  
Hete of That Soul Rather, We Should Stay Away  
from That Soul Till We Feel the Jealous of That  
Soul.



If Any Moment OR Anytime OR Anywhere We not  
Get Respect OR Glory from Any type of Soul then  
Never Do Insult of That Soul Because, We have not  
Authority & Right for To Do Forcefully Respect OR  
Glory of Self to Any type of Soul for Always/Forever  
and for  
Endless/Finishless/Infinite/Timeless/Unending.





There are 2/Two Types of Goodness & Good Personality in Every Soul, One's Own Habitude & Nature is Goodness & Good Personality and The Second Goodness & Good Personality is for Others to Show Up & Grow Up to Self in Society But, The Inner Goodness & Good Personality of the Soul is Stable & Truth for Always/Forever and The Second Goodness & Good Personality(Which for Others to Show Up & Grow Up to Self in Society) is Evanescent(Kshanbhangur) & False/Wrong so Never Enforce & Follow Goodness & Good Personality is for Others to Show Up & Grow Up to Self in Society But, Enforce & Follow Goodness & Good Personality from Inner Habitude & Nature of Self for Always/Forever and for Endless/Finishless/Infinite/Timeless/Unending.



We Should Never Do Anything to Create a Craving Inside Any Soul for Always/Forever, It Reduces Our Respect and Fame in the Society.



If Any Depraved Soul has Committed a Crime, It is Legally Mandatory to Punish It at the Same Level as the Crime, If the Guilty Soul is Punished More than the Equivalent of Crime, then It is the Greatest False/Wrongdoing and The Balance of Justice of All the Souls of the Universes Deteriorates.



We Should Never Put Jealousy on Any Soul for  
Always/Forever and for  
Endless/Finishless/Timeless/Unending.



Never Fall Down to Other Soul If We are Falling  
Our Self But, Must Learn to Stand on It Own.



If Our Soul is Separate from the World, then We Should Remain Separate According to the Habitude and Nature of Our Soul While not Giving Trouble to Others for Always/Forever.



Never Keep Any type of Negative Frippery,  
Pageantry and Splurge Like a Pitiabile, Deserving  
Mercy for Always/Forever and for  
Endless/Finishless/Timeless/Unending.



The Hero are not Give Accompaniment to  
Candid/Innocent But, The Hero are Give  
Accompaniment of Righteous, Rightly and Truth so  
Always/Forever Give Accompaniment to Righteous,  
Rightly and Truth Because, The Righteous, Rightly  
and Truth are Deathless and Unbreakable for  
Always/Forever and for  
Endless/Finishless/Timeless/Unending.





Finding Your Calling Doesn't Mean You Must Leave the Job You Now have. It Simply Means You Need to Bring More of Yourself Into Your Work and Focus on the Things You Do Best. It Means You have to Stop Waiting for Other People to Make the Changes You Desire.



“The Successful Person has the Habit of Doing the Things Failures Don’t Like to Do,”



Men/Man/Male/Boy/Gent Come to be Builders, for Instance, by Building, and Harp Players, by Playing the Harp. In the Same Way, by Doing Just Acts We Come to be Just; by Doing Self – Controlled Acts, We Come to be Self – Controlled; and by Doing Brave Acts, We Come to be Brave.”



When You Don't Keep Your Word, You Lose  
Credibility. When You Lose Credibility, You Break  
the Bonds of Trust.



“It is not Enough to be Busy, The Question is What are You so Busy About?”



The Every Act of Listening Your “Ideal Neighbors” will Connect You to Many of the Values and Traits You Respect the Most in People and, in Doing so, Help You to Discover About Yourself as a Person.



Have Patience with Everything That Remains  
Unsolved in Your Heart.



Reconnect to Your Playful Side and Enjoy the Wonders of a Deep Belly Laughter.





We All Travel Different Roads to Our Ultimate  
Destinations.



There Really are No Problems, Only Opportunities  
Waiting to be Recognized as Solutions by the  
Person of Wisdom.



A Good Movie can Restore Your Perspective.



The Real Secret to Getting Things Done is Knowing  
What Things Need to be Left Undone.



“The Means to Gain Happiness is to Throw Out for Oneself Like a Spider in All Directions an Adhesive Web of Love, and to Catch in All That Comes.”



Taking the Time to Truly Understand Another's Point of View Shows That You Value What It has to Say and Care About It's as a Person.



“Wisdom is Knowing What to Do Next, Skill is Knowing How to Do It, and Virtue is Doing It.”



“Knowledge is Power.” Knowledge is not Power.  
Knowledge is Only Potential Power. It Transforms  
Itself Into Actual Power the Moment You Decisively  
Act on It.





The Sign of Deep Moral Authority Appears in the Individual Who Consistently Does What It Ought.



Rather than Savoring form the Achievement of That Goal/Target, Celebrate the Fact That the Process of Reaching Your Destination.



You will Never be able to Eliminate a Weakness You Don't Even Know About. The First Step to Eliminate a Negative Habit is to Become Aware of It. Once You Develop an Awareness About the Behavior You are Trying to Change, You will be Well on Your Way to Replacing It with One That is More Helpful.



As Well That Becoming Aware of a Weakness,  
That is, Paying Attention to It, Also Attracts More  
Solutions Into One's.



Keeping Your Cool in a Moment of Crisis can Save  
You Years of Pain and Anguish.



You Must be Selective in the Books You Read.



We are All Endowed with the Capacity for Genius.



Are You Using the Best within You to Its Fullest Capacity? If not, You are Doing Yourself a Disservice.





If You Know Precisely Where You are Going, It  
Becomes Far Easier to Select Those Activities That  
will Get You There.



Make Things Happen Rather than Waiting for Opportunities to Land in Your Lap (Which Rarely Happens).



You are Only as Rich, Whether Materially or Spiritually, as Your Dreams.



Your Thoughts from Your World. What You Focus on in Your Life Grows, What You Think About Expands and What You Dwell on Determines Your Destiny.



The First Step to Becoming a Happier, More Serene Person is to Manage Your Thoughts and Purify Your Thinking. One of the Best Ways to Begin this Inner Work is to Improve the Quality of Your Personal Environment.



Are You Spending Your Time at Work with Negative People? If So, They will Eventually Make You Negative and Cynical.



The Space You Work in Bright, Colorful and Inspiring? Over the Coming Weeks, Take Steps to Make the Environment You Work and Live in a Better One. You will Quickly Detect Improvements in the Way You Think, Feel and Act.



Greatness Comes from Beginning Something That  
Does not End with You.





Meditation is a Method to Train Your Mind to  
Function the Way It was Designed to Function.



“The People Who Get on in this World are the People Who Get Up and Look for the Circumstances They want, and If They can’t Find Them, Make Them.”



Don't Just Do Things Because Everyone Else Does Them. Do the Things That are Right for You. Being Different for All the Right Reasons is a Wise Way to Live.



The Discipline or Reconnecting to Your Highest  
Priorities, Whether They are Personal, Professional  
or Spiritual, is a Smart One.



We are the Thinkers of Our Thoughts. We can  
Change Our Thoughts If We Choose to Do so.



Just as You are not Your Thoughts, You are not  
Your Moods. You are the Creator of the Moods  
Your Experience, Moods That You can Change in a  
Single Instant.



No Two Minds Ever Come Together in a Soul/Spirit  
of Harmony without, Thereby.



Our Great Human Endowment is the Ability It  
Reframe and Reinterpret a Difficult Circumstance in  
a More Enlightened and Empowering Way.





In Handling Any Problem, We Must have the  
Courage to Assume a Measure of Responsibility.



Who Cares What Others Think When You Know  
That What You are Doing is the Right Thing to Do.



Humankind's Common Instinct for Reality has  
Always/Forever Held the World to be Essentially a  
Theater for Heroism.



That the More You are as a Person, the Lesson  
You Need to Prove Yourself to Others.



Once and for All Stop Being so Hard on Yourself.  
As Long as You Don't Keep Making the Same  
Errors and have the Good Judgment to Let Your  
Past Serve You, You will be on the Right Track.



Effective Recreation then Must Involve Some  
Pursuit That Soothes Your Soul.



Selecting a Steady Stream of Compelling  
Goals/Targets will Liberate the Fullness of Your  
Talents.



The Heights by Great Men/Man/Male/Boy/Gent  
Reached and Kept Were not Attained by Sudden  
Flight.





“Acting as If” Technique is a Highly Effective Way to Modify Your Behavior and Transform Yourself Into the Person You Plan to be.



Shed the Shackles of “Tiny Thinking,” have the Bravery to Dream Big for a Change and Accept That Failure is not an Option for You.



“It is not Because Things are Difficult That We Do not Dare; It is Because We Do not Dare That They are Difficult.”



Everyone Needs a Sanctuary or a “Place of Peace”  
Where They can Go to be Quiet and Still.



Be Creative About Your Personal Decompression Time.



The Value of a Great Quote Does Lie in the Fact  
That It Contains a World of Wisdom.



If You can't Do Good of Any Soul then Don't Do  
Bad of Any Soul and Never Do Good by Force of  
Anyone for Always/Forever and for  
Endless/Finishless/Timeless/Unending.



Do not Harm Others; Love, Compassion, and a Sense of Universal Responsibility are the Sources of Peace and Happiness.





The Whole World, and We Must All, Collectively,  
Take Action to Work for Peace.



You can Produce Compassion, Love. You can  
Change Yourself.



Through Compassion, Through Love, It is Possible to Become a True Human family. Through Love We can have True Happiness, Real Disarmament.



Harming OR Destroying Any Being from the Highest to the Lowest, from a Human to the Tiniest Insect, Must at All Costs be Avoided. The Foundation of All Spiritual Practice is Love.



It is Usually Said That You are Your Own Master.



Many Forms of Compassion are Mixed with Desire  
and Attachment.



All That is Necessary is for Each of us to Develop  
Our Good Human Qualities.



As Human Beings We All want to be Happy and Free from Misery... We have Learned That the Key to Happiness is Inner Peace. The Greatest Obstacles to Inner Peace are Disturbing Emotions Such as Anger and Negative Attachment, Fear and Suspicion, While Love, Compassion, and a Sense of Universal Responsibility are the Sources of Peace and Happiness.





That the Greatest Degree of Inner Tranquility  
Comes from the Development of Love and  
Compassion.



More We Care for the Happiness of Others, the  
Greater is Our Own Sense of Well-Being.



In the Face of Any Real Ethical Challenge, We Must Respond in a Spirit of Humility, Recognizing not Only the Limits of Our Knowledge (Both Collective and Personal) But Also Our Vulnerability to Being Misguided in Context of Such a Rapidly Changing Reality.



With Care and Compassion a Warm Heart and  
Determination, Difficult Things can Change.



All Suffering is Caused by Ignorance.



If You want to Change the World, First Try to  
Improve and Bring About Change within Yourself.



Everything We Do has Some Effect, Some Impact.



Anger are Always/Forever Harmful, and Unless We Train Our Minds and Work to Reduce Their Negative(Nakaaraatmak) Force, They will Continue to Disturb Us and Disrupt Our Attempts to Develop a Calm Mind. Anger are Our Real Enemies.





The Greatest Degree of Inner Tranquility Comes  
from the Development of Love and Compassion.



There is No Way That Negative Actions OR  
Unwholesome Deeds can Result in Joy and  
Happiness.



We can Never Obtain Peace in Our Outer World Until We Make Peace with Ourselves. If You Do not have the Capacity to Love Yourself, then There is Simply No Basis on Which to Build a Sense of Caring Toward Others.



Once You can Develop Some Emotional Engagement[Sagaai] Around a Pursuit, Rather than Simply an Intellectual Engagement, the Excitement Flows and the Energy/Power(Shakti) Explodes.



A Cause to Stand for Unleashes  
Energy/Power[Shakti], No Matter If It's 1/One  
About Creating Incredible Experiences for the  
Men/Man/Male/Boy/Gent and  
Women/Woman/Female/Girl/Lady Who Give You  
Business or 1/One That Involves Saving the World.  
All Remarkable Creations Begin with  
Energy/Power[Shakti]—and Commitment. Resolve  
to be Extraordinary in All That You Do.



Find Your Cause, and then Do Your Work with  
Pride and Love—Love is Such an Incredible Force  
for Good. It's the Most Powerful Thing in the  
Universe/World.



Greatness Comes from Beginning Something That  
Does not End with You.



Balance Success with Significance. What is the Point of Achieving Great Things without having a Great Impact? At the End of Our Lives.





People Who Feel Superb About Themselves  
Generate Superb Results.



If You have Become a Negative Thinker, this is  
Because You have not Cared for Your Mind and  
Taken the Time to Train It to Focus on the Good.

# About Knowledge/The Knowledge



The Best Antidote for Fear[Dar] is  
Knowledge[Gyaan].



Stop Feeding what Doesn't Serve You.



The Best Possible Use of Your Time, Bar None, Lies in Cultivating Your Mind, Heart, Body and Spirit so That You can Bring More Brilliance to this Universe/World. Awakening These 4/Four Dimensions of Your Inner Universe/World is the Best Move You can Make. Outer Greatness is Preceded by Internal Excellence.



As Your Awareness Expands, You will Become Aware of Things You Previously Could Neither See nor Understand. We Don't Know What We Don't Know—Until We Start Looking within. All is Good Here. All That has Unfolded for You is Leading You to a Fantastic Place.



In Our Society, We All too Often Label the Ignorant as Weak. However, Those Who Express Their Lack of Knowledge[Gyaan] and then Seek Instruction Find the Path to Wisdom Before Anyone Else.



Never be Reluctant to Ask Even the Most Basic of Questions.





Understand the Anatomy of Fear. It is Your Own Creation. Most of the Things We are Afraid of Never Even Happen. So Why Let Your Fears Own Our.



All Human Progress, All of the Advancements in the World— Ranging from the Discovery of Fire to the Creation of the Personal Computer—have Come About by People Who had the Courage not to Listen to the Crowd But Do What They Felt was Right, Regardless of the Fact It Provoked Uncertainty and Fear within Them.



You will Never be able to Eliminate a Weakness You Don't Even Know About. The First Step to Eliminating a Negative[Nakaaraatmak] Habit is to Become Aware of It. Once You Develop an Awareness About the Behavior You are Trying to Change, You will be Well on Your Way to Replacing It with One That is More Helpful. Just as Shadows Held Into the Light Dissolve, Weaknesses Brought Into the Light of Self-Awareness Begin to Disappear.



When You Take Steps to Make the Environment  
You Work and Live in a Better 1/One, You will  
Quickly Detect Improvements in the Way You  
Think, Feel and Act.



Balance Head with Heart. Balance Chasing  
Dreams and Making Things Happen with Letting  
Things Happen and Trusting in the Higher Plan.



Just as a Shadow Fades When Brought Into the Sunlight, a Fear Invited Into the Light of Our Human Awareness Begins to Evaporate. Look within. And Resolve to Build a Better You.



More You Send Out, the More You will See Come Back to You. Good Things Always/Forever Happen to People Who Do Good Things.



Live with the Knowledge[Gyaan] That All You are Searching for is Certain to Come If You Prepare for It and Expect It.





Make Plans and Set Goals/Targets. Work Hard and Go for What You Desire.



You will Begin to Know the Universal Truths and Natural Laws/Rules That Govern the Operation of the World. Once You Know These, You can Keep Choosing to Align Yourself with Them.



We Really can Make Our Own Luck a Lot of the Time, and Good Things Generally Do Happen to People Who Do Good Things. But Once You've Done Your Absolute Best, Trust That Whatever Comes is Perfectly Suited for the Growth You Need to Evolve Into Your Best Self.



Do Good and be Good.



Natural Laws/Rules have Governed the Operation of the World Since It Began. They Include Core Principles Such as “have Impeccable Integrity,” “Become the Kindest Person You Know,” “Do Your Best and be Excellent in All You Do,” “be True to Yourself” and “Dream Bravely.” Most of us Know These Principles.



A Moment Does Come When All the New Learning Becomes Wonderfully Integrated within Your Understanding. This is the Beginning of Real Wisdom. Celebrate Your Confusion Because It is Simply a Reflection of Your Growth.



It is Often Difficult to March to Your Own Drumbeat  
and Listen to Your Instincts When the  
Universe/World Around You Pressures You to  
Conform to Its Dictates.



Trying to Make Everything Happen and Force  
Results is Control.





If You want to Improve Your Self and Live with All That You Deserve, You Must Run Your Own Race. It Doesn't Matter What Other People Say About You. What is Important is What You Say to Yourself, Being Comfortable in Your Own Skin. Be True to You. That's a Key Source of Happiness.



Stop Bending to the Demands of Social Pressure at the Expense of Your Uniqueness. When You Study the Lives of the World's Most Successful and Revered People, You will See That They Did not Care What Other People Thought of Them.



Running Your Own Race. Living Your Truth.



Leadership and Personal Success Require That We Become More Thoughtful than Ordinary People. Stop Being Busy Being Busy. Become More Reflective.



The Process by Which We Leave Our Authentic Self and Become People That We are not—by Taking on Beliefs, Values and Behaviors from Those Around us—is Known as Enculturation. And as We Leave Our True Selves, Morphing Into Our Social Selves, a Gap Begins to form. We Leave Our Original Nature and Assume the False/Wrong Mask of Personality.



With Every Move You Make to be Love[Pyaar]  
When Fear[Dar] wants to Own You, You  
Reclaim —and Remember—Your Original Nature.



When We Awaken the Soul/Spirit We Nurture Our  
Highest Self.



The More Deeply We Know Ourselves, the More We can Make Authentic Choices to Make the Leadership Journey Back Home to the Place That We have Always/Forever Known, at Our Core, We have Wanted to be.





Be Aware of the Inner Voices.



Your Wounds can be Turned Into Your Wisdom.  
Your Stumbling Blocks can Become Your Stepping  
Stones If You Choose.



We All Travel Different Roads to Our Ultimate  
Destinations.



Once and for All Stop Being so Hard on Yourself.



Some People Learn from the Errors Others have Made. They are the Wise.



No Hardship Ever Lasts. No Setback is Forever.  
No Misery Lasts an Eternity. It May Seem as  
Though Adversity will Never Go Away as We  
Experience It But That's not the Truth.



Most People Give Up Just Before They Reach Their Dreams. Most People Quit Only Steps Away from Getting Everything They Wanted. Don't Let That Happen to You.



Keeping Your Cool in a Moment of Crisis can Save  
You Years of Pain and Anguish.





Begins within, by having the Self-Discipline to Lead and Know Yourself.



Visionary Leaders Show Their People a Higher,  
More Inspiring Reality When the Rest of the World  
Sees Darkness. And They Lead by Example.



Every Promise You Break, No Matter How Small  
and Seemingly Inconsequential, Steadily Chips  
Away at Your Character.



Success Lies in a Masterful Consistency Around the Fundamentals. The Best Get Better by Staying Wildly Focused on the Simple Principles of Excellence, Principles Such as Treating People Well and Staying True to You.



The Secret of Happiness is Simple: Find Out What You Truly Love to Do and then Direct All of Your Energy Toward Doing It. Once You are Concentrating Your Mental Power and Energy on a Pursuit That You Love, All Your Desires are Fulfilled with Ease and Grace.



The Happiness You are Searching for Comes  
Through Reflecting on the Worthy Aims You are  
Dedicated to Achieving.



If You have the Courage to Respect Your  
Body[Sharir]—the Temple[Mandir] That Houses the  
Person That You are—Personal Mastery will not be  
Far Away.



Better to have a Plan in Place than No Plan at All.  
Planning is a Powerful Act of Personal  
Responsibility.





Maturity as Much About having What You  
Love[Pyaar].



High Minded[World-Class] People Never Leave the Site of a Great Idea without Taking Some Action to Bring It to Life. Ideation without Execution is Nothing More than Delusion.



The Real Secret of Personal Effectiveness is Concentration of Purpose. The Real Secret of Getting Things Done is Knowing What Things Need to Remain Undone. Focus is Central to Success. As Confucius Observed.



All Lasting Inner Change Requires Time[Samay]  
and Effort. Persistence is the Mother of Personal  
Change.



More We Relax and have Fun the More We will have the Chance to Experience True Happiness. Success is Really About the Progressive Achievement of Outcomes That are Important to You.



A Burning Sense of Passion is the Most Potent  
Fuel for Your Dreams.



Let Your Talents See the Light.



Greatness Arrives Once You Refuse to Buy Into  
What Others See as Impossible.





Knowledge[Gyaan] is Only Potential  
Energy/Power[Shakti]. For the  
Energy/Power[Shakti] to be Manifested, It Must be  
Applied.



The More You Ask, the More You Get.



That Time[Samay] Spent Enriching Your Non-Work Hours is Never a Waste. It Makes You Tremendously Efficient During Your Working Hours. Our Biggest Ideas Often Come During Our Most Relaxed Times.



When You Devote Yourself to Excellence in Everything You Do, You Begin to Feel a Greater Sense of Positive[Sakaaraatmak] Pride About the Way You are Conducting Your Days.



Anything less than a Conscious Commitment to  
Extraordinary Personal Performance is an  
Unconscious Commitment to Ordinary Personal  
Performance.



A Golden Thread of a Highly Successful and  
Meaningful Life is Self-Discipline.



Without Self-Discipline, You will not Set Clear Goals/Targets, Manage Your Time Effectively, Treat People Well, Persist Through the Tough Times, Care for Your Health or Think Positive[Sakaaraatmak] Thoughts.



Harness Your Energy to Start Expanding Your  
Dreams. Yes, Expand Your Dreams.





Act as If Failure is Impossible, and Your Success  
will be Assured.



Be Brave, Never be a Prisoner of Your Past.  
Become the Architect of Your Future.



When You Set Big Goals/Targets and Chase Big Dreams, You are Engaging in a Hugely Creative Act. You are Using Your Imagination and Your Abilities to Build Something Wonderful. That's Creativity in Action.



The Best Among are People of Action. Personal Leadership is All About Getting Important Things Done. Results Matter.



Do the Best That You Know How to Do. And then  
Let Go.



Every Act of Courage, Every Act of Goodness and Every Act of Self-Responsibility will have an Immediate Payoff for You: Each Time[Samay] You Act with Love[Pyaar] Rather than Fear[Dar], You Become More of Who You Were Meant to be. Every Time[Samay] You Reach for Your Dreams and Listen to Your Heart, You Remember a Little Bit More of Who You are. And You Gently Transform.



Resolve to Expose Yourself to Influences That  
Help You Become the Person You want to be.



Solitude and Quiet Connect You to Your Creative Source.





Make the Time[Samay] to Think. Get Into the Regular Habit of Introspection. By Looking at What You are Doing and the Thoughts You are Thinking, You Give Yourself a Benchmark for Measuring Improvement.



Laughter is Medicine for the Soul[Aatmaa].



The Irony of Being More Compassionate is That  
the Very Act of Giving to Others Makes You Feel  
Better as Well.



Get to Know Your Deepest and Truest Values. Get to Know Your Preferences and Priorities—not Those That Others have Taught You are the Most Important But Those That You Feel to be of the Highest Value. And Remember To Love[Pyaar] Others You Must First Love[Pyaar] Yourself.



When You Don't Keep Your Word, You Lose Credibility. When You Lose Credibility, You Break the Bonds of Trust. Be a Person of Your Word Rather than Being "All Talk and No Action." Say What You Mean and Mean What You Say. That Simple Practice will have Powerful Results.



Become a Builder of Human Trust. Trust Forms the  
Cornerstone of Every Great Family  
Culture[Sanskriti].



You Plant the Seeds of Friendship, You are Bound  
to Receive a Rich Harvest of Great Friends.



Although Being a Parent is a Great Joy, It is Also a Privilege. We Need to Develop the Skills of Excellent Parents.





There is Something Special About Being in the Presence of a Person Who is Genuinely Humble. Practicing Humility Shows That You Respect Others and Reminds us That There is so Much for us Yet to Learn.



Laughter is the Shortest Distance Between Human  
Hearts.



Most Noble Thing You can Do is to Give to Others.



People Who Hurt Other People have Themselves  
Been Hurt.



When Helping Other People Get to Their Dreams  
is, a Great Gift You Give Yourself.



Really Commit to Becoming a Person Who Lives Life in a Constant State of Gratitude and Positive[Sakaaraatmak] Expectation. Dream Big Dreams, But Also Savor the Place Where You Find Yourself to be at Any Time[Samay]. The Road Really is as Good as the End.



Researchers on Human Happiness Identify  
Compassionate Service to Others as One of the  
Key Characteristics Shared by Many of the World's  
Happiest People.



When We Help Others, the Focus of Our Mind Assumes a Broader Horizon within Which We are able to See Our Own Petty Problems in a More Realistic Proportion.





There is an Inextricable Link Between One's Personal Happiness and Kindness, Compassion, and Caring for Others. And this is a Two-Way Street: Increased Happiness Leads to Greater Compassion, and Increased Compassion Leads to Greater Happiness.

In Other Words, Studies have Found not Only That Happier People Tend to be More Caring and More Willing to Reach Out and Help Others, But That by Deliberately Cultivating Greater Kindness and Compassion, a Person will Experience Increased Happiness.

Happy People Tend to be Kinder and More Compassionate. Practice of Kindness and Compassion is a Powerful Strategy to Increase Personal Happiness.



“When We Speak of this Inner Discipline, It can of Course Involve Many Things, Many Methods. But Generally Speaking, One Begins by Identifying Those Factors Which Lead to Happiness and Those Factors Which Lead to Suffering. Having Done this, One then Sets About Gradually Eliminating Those Factors Which Lead to Suffering and Cultivating Those Which Lead to Happiness. That is the Way.”



Happy People Exhibit a Certain Quality of Openness, a Willingness to Reach Out and Help Others.



We can Take to Work with the “Mind Factor,” to Enhance Our Feelings of Happiness. This is Because Our Moment-to-Moment Happiness is Largely Determined by Our Outlook.



Our Feelings of Contentment are Strongly Influenced by Our Tendency to Compare. When We Compare Our Current Situation to Our Past and Find That We're Better Off, We Feel Happy.



When We Speak of a Calm State of Mind OR Peace of Mind, We Shouldn't Confuse That with a Totally Insensitive, Apathetic State of Mind. Having a Calm or Peaceful State of Mind Doesn't Mean Being Totally Spaced Out or Completely Empty. Peace of Mind or a Calm State of Mind is Rooted in Affection and Compassion. There is a Very High Level of Sensitivity and Feeling There.”

“As Long as There is a Lack of the Inner Discipline That Brings Calmness of Mind, No Matter What External Facilities or Conditions You have, They will Never Give You the Feeling of Joy and Happiness That You are Seeking. On the Other Hand, If You Possess this Inner Quality, a Calmness of Mind, a Degree of Stability within, then Even If You Lack Various External Facilities That You Would Normally Consider Necessary for Happiness, It is Still Possible to Live a Happy and Joyful Life.”



In Identifying One's Mental State as the Prime  
Factor in Achieving Happiness.



“So, the First Step in Seeking Happiness is Learning. We First have to Learn How Negative[Nakaaraatmak] Emotions and Behaviors are Harmful to us and How Positive[Sakaaraatmak] Emotions are Helpful. And We Must Realize How These Negative[Nakaaraatmak] Emotions are not Only Very Bad and Harmful to One Personally. That Kind of Realization Enhances Our Determination to Face and Overcome Them. And then, There is the Realization of the Beneficial Aspects of the Positive[Sakaaraatmak] Emotions and Behaviors. Once We Realize That, We Become Determined to Cherish, Develop, and Increase Those Positive[Sakaaraatmak] Emotions No Matter How Difficult That is. There is a Kind of Spontaneous Willingness from within. So Through this Process of Learning, of Analyzing Which Thoughts and Emotions are Beneficial and Which are Harmful, We Gradually Develop a Firm Determination to Change, Feeling, ‘Now the Secret to My Own Happiness, My Own Good Future, is within My Own Hands. I Must not Miss That Opportunity!’





If You want a Particular Event or Experience to Occur, then the Logical Thing to Do is to Seek and Accumulate the Causes and Conditions That Give Rise to It.

“This is Also the Case with Mental States and Experiences. If You Desire Happiness, You Should Seek the Causes That Give Rise to It, and If You Don’t Desire Suffering, then What You Should Do is to Ensure That the Causes and Conditions That Would Give Rise to It No Longer Arise. An Appreciation of this Causal Principle is Very Important.



Therefore, is to Examine the Variety of Mental States That We Experience. We Need to Clearly Identify Different Mental States and Make a Distinction, Classifying Them According to Whether They Lead to Happiness or not.”



Hatred, Jealousy, Anger, and so on are Harmful.  
We Consider Them Negative[Nakaaraatak] States  
of Mind Because They Destroy Our Mental  
Happiness.



If You Maintain a Feeling of Compassion, Loving Kindness, then Something Automatically Opens Your Inner Door. Through That, You can Communicate Much More Easily with Other People. And That Feeling of Warmth Creates a Kind of Openness. You'll Find That All Human Beings are Just Like You, so You'll be able to Relate to Them More Easily. That Gives You a Soul/Spirit of Friendship. Then There's less Need to Hide Things, and as a Result, Feelings of Fear[Dar], Self-Doubt, and Insecurity are Automatically Dispelled. Also, It Creates a Feeling of Trust from Other People.



e“No Matter What Activity or Practice We are Pursuing, There isn't Anything That isn't Made Easier Through Constant Familiarity and Training. Through Training, We can Change; We can Transform Ourselves. There are Various Methods of Trying to Sustain a Calm Mind When Some Disturbing Event Happens. Through Repeated Practice of These Methods We can Get to the Point Where Some Disturbance May Occur But the Negative[Nakaaraatmak] Effects on Our Mind Remain on the Surface, Like the Waves That May Ripple on the Surface of an Ocean But Don't have Much Effect Deep Down.



All Beings Naturally want to Avoid Suffering and Gain Happiness—That Desire is Innate; It Doesn't have to be Learned.



You Also Need the Ability to Judge the Long Term and Short-Term Consequences of Your Behaviors and Weigh the 2/Two. For Example, in Overcoming Anger, Although Animals May Experience Anger, They cannot Understand That Anger is Destructive. In the Case of Human Beings, However, There is a Different Level, Where You have a Kind of Self-Awareness That Allows You to Reflect and Observe That When Anger Arises, It Hurts You. Therefore, You can Make a Judgment That Anger is Destructive. You Need to be able to Make That Inference.



The Proper Utilization of Our Intelligence and Knowledge[Gyaan] is to Effect Changes from within to Develop a Good Heart.”





These Conflicts aren't Necessarily Because of Human Nature But Rather a Result of the Human Intellect—Unbalanced human Intelligence, Misuse of Our Intelligence, Our Imaginative Faculty.



Our Underlying or Fundamental Nature is  
Gentleness, and Intelligence is a Later  
Development.



If Human Conflicts are Created by Misuse of Human Intelligence, We can Also Utilize Our Intelligence to Find Ways and Means to Overcome These Conflicts. When Human Intelligence and Human Goodness or Affection are Used Together, All Human Actions Become Constructive. When We Combine a Warm Heart with Knowledge and Education, We can Learn to Respect Other's Views and Other's Rights. This Becomes the Basis of a Soul/Spirit of Reconciliation That can be Used to Overcome Aggression and Resolve Our Conflicts."



There's Nothing in Our Neurophysiology That  
Compels us to Act Violently.



Once You Accept the Fact That Compassion is not Something Childish or Sentimental, Once You Realize That Compassion is Something Really Worthwhile, Realize It's Deeper Value, then You Immediately Develop an Attraction Towards It, a Willingness to Cultivate It.

“And Once You Encourage the Thought of Compassion in Your Mind, Once That Thought Becomes Active, then Your Attitude Towards Others Changes Automatically. If You Approach Others with the Thought of Compassion, That will Automatically Reduce Fear[Dar] and Allow an Openness with Other People. It Creates a Positive[Sakaaraatmak], Friendly Atmosphere. With That Attitude, You can Approach a Relationship in Which You, Yourself, Initially Create the Possibility of Receiving Affection or a Positive Response from the Other Person.



Merit is Described as Positive[Sakaaraatmak] Imprints on One's Mind, or "Mental Continuum," That Occur as a Result of Positive[Sakaaraatmak] Actions. Method of Accumulating Merit Kindness, Generosity, Tolerance, and so on and Conscious Restraint from Negative[Nakaaraatmak] Actions Like Killing, Stealing, and Lying.



The Act of Intimacy Occurs Whenever 2/Two  
Individuals Come Into Bodily Contact.



A Willingness to Open Ourselves to Many Others, to Family, Friends, and Even Strangers, Forming Genuine and Deep Bonds Based on Our Common Humanity.





It's Very Important to be Compassionate; But One Effective Means of Teaching Someone How to be More Warm and Compassionate is to Begin by Using Reasoning to Educate the Individual About the Value and Practical Benefits of Compassion, and Also having Them Reflect on How They Feel When Someone is Kind to Them and so on. In a Sense this Primes Them, so There will be More of an Effect as They Proceed in Their Efforts to be More Compassionate.



If We are Programmed to Fall in Love; It Certainly Increases the Odds That We will Mate and Reproduce. Thus, We have Built-in Mechanisms to Help Make That Happen; in Response to Certain Stimuli.



If One is Looking for Lasting Satisfaction in a Relationship, the Foundation of That Relationship Must be Solid.



“Compassion can be Roughly Defined in Terms of a State of Mind That is Nonviolent, Nonharming, and Nonaggressive. It is a Mental Attitude Based on the Wish for Others to be free of Their Suffering and is Associated with a Sense of Commitment, Responsibility, and Respect Towards the Other”.

A Sense to the Word of Its Being a State of Mind That can Include a Wish for Good Things for Oneself.



Rather, Genuine Compassion is Based on the Rationale That All Human Beings have an Innate Desire to be Happy and Overcome Suffering, Just Like Myself. And, Just Like Myself, They have the Natural Right to Fulfill this Fundamental Aspiration. On the Basis of the Recognition of this Equality and Commonality, You Develop a Sense of Affinity and Closeness with Others. With this as a Foundation, You can Feel Compassion Regardless of Whether You View the Other Person as a Friend or an Enemy. It is Based on the Other's Fundamental Rights Rather than Your Own Mental Projection. Upon this Basis, then, You will Generate Love[Prem/Pyaar] and Compassion. That's Genuine Compassion.



There is a Significant Difference Between Your Own Suffering and the Suffering You Might Experience in a Compassionate State in Which You Take Upon Yourself and Share Other People's Suffering—a Qualitative Difference.



The More You Give Others Warmth, the More  
Warmth You Receive.



“In Generating Compassion, You Start by Recognizing That You Do not want Suffering and That You have a Right to have Happiness. This can be Verified or Validated by Your Own Experience. You then Recognize That Other People, Just Like Yourself, Also Do not want to Suffer and That They have a Right to have Happiness. So this Becomes the Basis of Your Beginning to Generate Compassion.





If You Confront Your Problems Rather than Avoid Them, You will be in a Better Position to Deal with Them.



Feelings of Grief and Anxiety are a Natural Human Response to a Loss.



Of Course, the Wish to Get Free of Suffering is the Legitimate Goal/Target of Every Human Being. It is the Corollary of Our Wish to be Happy. Thus It is Entirely Appropriate That We Seek Out the Causes of Our Unhappiness and Do Whatever We can to Alleviate Our Problems.



To a Large Extent, Whether You Suffer Depends on How You Respond to a Given Situation. For Example, Say That You Find Out That Someone is Speaking Badly of You Behind Your Back. If You React to this Knowledge[Gyaan] That Someone is Speaking Badly of You, this Negativity, with a Feeling of Hurt or Anger, then You Yourself Destroy Your Own Peace of Mind. Your Pain is Your Own Personal Creation. On the Other Hand, If You Refrain from Reacting in a Negative[Nakaaraatmak] Way, You Protect Yourself from That Feeling of Hurt, That Feeling of Agony.



What Type of Future will Come About, to a Large Extent, Lies within Our Own Hands in the Present. It will be Determined by the Kind of Initiatives That We Take Now.

“So, Karma Should not be Understood in Terms of a Passive, Static Kind of Force.



If We Carefully Examine Any Given Situation in a Very Unbiased and Honest Way, We will Realize That to a Large Extent We are Also Responsible for the Unfolding of Events.



Every one of us has done some False/Wrong. There are Things We Regret—Things We have Done or Things We Should have Done. Acknowledging Our Wrongdoings with a Genuine Sense of Remorse can Serve to Keep us on the Right Track and Encourage us to Rectify Our Mistakes When Possible and Take Action to Correct Things in the Future. But If We Allow Our Regret to Degenerate Into Excessive Guilt, this Serves No Purpose Other than to be a Relentless Source of Self-Punishment and Self-Induced Suffering.



Bodily Contact, Sharing Emotions, Thoughts, and Exchanging Ideas are All Legitimate Ways of Connecting with Those We Love[Pyaar].





Every Phenomena, Every Event, has Different Aspects. Everything is of a Relative Nature.



With Effort You'll be able to See Many Different  
Angles to a Single Event.



Anger is Like a Fisherman's Hook. It's Very Important for us to Ensure That We are not Caught by this Hook.



A Simultaneous Awareness of the Big Picture as  
Well as Our Individual Circumstances.



When You are Seeking Solutions to Global Problems, You Need to be able to Approach These Problems from the Standpoint of the Individual as Well as from the Level of Society at Large.



Since Weapons are the Greatest Obstacle for  
Development of Mutual Trust.



By Adopting a Flexible, Malleable Approach to Life, We can Maintain Our Composure Even in the Most Restless and Turbulent Conditions. It is Through Our Efforts to Achieve a Flexible Mind That We can Nurture the Resiliency of the Human Soul/Spirit.



Higher Stages of Growth and Development  
Depend on an Underlying Set of Values That can  
Guide us.





The Time[Samay] and Effort We Spend Searching for Meaning in Suffering will Pay Great Rewards When Bad Things Begin to Strike. But in Order to Reap Those Rewards, We Must Begin Our Search for Meaning When Things are Going Well.



Even Those Who Do not Subscribe to a Religious World View May Upon Careful Reflection Find Meaning and Value Behind Their Suffering.



Instead of Moaning About Your Situation, Feeling Sorry for Yourself, and Being Overwhelmed by Anxiety and Worry, You can, in Fact, Save Yourself from Additional Mental Pain and Suffering by Adopting the Right Attitude.



Fear, Anger, Guilt, Loneliness, and Helplessness  
are All Mental Responses.



The Needs of the Many Outweigh the Needs of the  
1/One.



Learning and Education are Important Because They Help One Develop Conviction of the Need to Change and Help Increase One's Commitment. This Conviction to Change then Develops Into Determination. Next, One Transforms Determination Into Action—the Strong Determination to Change Enables One to Make a Sustained Effort to Implement the Actual Changes.



Now, No Matter What Behavior You are Seeking to Change, No Matter What Particular Goal/Target or Action You are Directing Your Efforts Towards, You Need to Start by Developing a Strong Willingness or Wish to Do It. You Need to Generate Great Enthusiasm.



Here, a Sense of Urgency is a Key Factor. This Sense of Urgency is a Powerful Factor in Helping You Overcome Problems. Sense of Urgency can be a Vital Factor in Effecting Change. It can Give us Tremendous Energy.





The Importance of Urgency not Only Applies to Overcoming Problems on a Personal Level, But on a Community and Global Level as Well.



How Much Potential Lies within Our Body[Sharir], How Meaningful It can be, the Good Purposes It can be Used for, the Benefits and Advantages of having a Human form, and so on. And These Discussions are There to Instill a Sense of Confidence and Courage and to Induce a Sense of Commitment to Use Our Human Body[Sharir] in a Positive[Sakaaraatmak] Way.



“Effort” is the Final Factor in Bringing About Change.



Being Very Sensitive and Respectful to the  
Concrete Reality of Your Situation as You Proceed  
on the Path Towards Your Ultimate Goal/Target.



I Still had Nagging Doubts; Although We May  
Certainly Modify Some of Our  
Negative[Nakaaraatmak] Behaviors and Attitudes  
Given Enough Time[Samay] and Effort.



Anger and Other Negative[Nakaaraatmak]  
Emotions are a Natural Part of Our Brain/Mind.  
They Feel That Since These are a Natural Part of  
Our Makeup, There is No Way to Really Change  
These Mental States. But That is False/Wrong.



Through Proper Training We can Gradually Reduce Our Negative Emotions and Increase Positive States of Brain/Mind Such as Love[Pyaar], Compassion, and Forgiveness.



When We Conceptually Relate to Something, We are Capable of Looking at One Phenomenon from Many Different Angles. And the Capacity to See Things from Different Angles is Quite Selective.





When We Seek to Identify and Eliminate Certain Negative[Nakaaraatmak] Aspects of Ourselves or Enhance Positive[Sakaaraatmak] Traits. Because of this Capacity to Adopt a Different Perspective, We can Isolate Parts of Ourselves That We Seek to Eliminate and Do Battle with Them.



Deep Down These Negative[Nakaaraatmak] Emotions have no Valid Foundation. They are Based on Ignorance. On the Other Hand, All the Positive[Sakaaraatmak] Emotions or States of Mind, Such as Love[Pyaar], Compassion, Insight, and so on have a Solid Basis. When the Mind is Experiencing These Positive[Sakaaraatmak] States, There is No Distortion. In Addition, These Positive[Sakaaraatmak] Factors are Grounded in Reality. They can be Verified by Our Own Experience. There is a Kind of Grounding and Rootedness in Reason and Understanding; this is not the Case with Afflictive Emotions Like Anger.



Compassion is Considered a Positive[Sakaaraatmak] Emotion. In Generating Compassion, You Start by Recognizing That You Do not want Suffering and That You have a Right to have Happiness. This can be Verified or Validated by Your Own Experience. You then Recognize That Other People, Just Like Yourself, Also Do not want to Suffer and They have the Right to have Happiness. This Becomes the Basis of Your Beginning to Generate Compassion.



Our Negative[Nakaaraatmak] Emotions can be Rooted Out and Eliminated. This Premise is Based on the Fact That Our Positive[Sakaaraatmak] States of Mind can Act as Antidotes to Our Negative[Nakaaraatmak] Tendencies and Delusory States of Mind. So, the Second Premise is That as You Enhance the Capacity of These Antidotal Factors, the Greater Their Force, the More You will be able to Reduce the Force of the Mental and Emotional Afflictions, the More You will be able to Reduce the Influences and Effects of These Things.



When Talking About Eliminating Negative[Nakaaraatmak] States of Mind, There is One Point That Should be Born in Mind. Within Buddhist Practice, the Cultivation of Certain Specific Positive[Sakaaraatmak] Mental Qualities Such as Patience, Tolerance, Kindness, and so on can Act as Specific Antidotes to Negative[Nakaaraatmak] States of Mind Such as Anger, Hatred, and Attachment. Applying Antidotes Such as Love[Pyaar] and Compassion can Significantly Reduce the Degree or Influence of the Mental and Emotional Affliction.



The Mental and Emotional Afflictions Ultimately can be Eliminated Through Deliberately Cultivating Antidotal Forces Like Love[Pyaar], Compassion, Tolerance, and Forgiveness, and Through Various Practices Such as Meditation.



Whatever Steps, However Small, One can Take  
Toward Learning to Reduce the Influence of the  
Negative[Nakaaraatmak] Emotions can be Very  
Helpful.



Negative[Nakaaraatmak] Mental States are not an Intrinsic Part of Our Minds; They are Transient Obstacles That Obstruct the Expression of Our Underlying Natural State of Joy and Happiness.





Most Traditional Schools of Western  
Psychotherapy Tend to Focus on Adjusting to  
One's Neurosis Rather than a Complete Overhaul  
of One's Entire Outlook.



The Idea That Our Upsetting Emotions and Maladaptive Behaviors are Caused by Distortions in Thinking and Irrational Beliefs.



We can Change Our Emotions and Counteract Negative[Nakaaraatmak] Thoughts by Applying Alternative Ways of Thinking Lends We can Overcome Our Negative[Nakaaraatmak] Mental States Through the Application of the “Antidotes,” or the Corresponding Positive[Sakaaraatmak] Mental States. We can Change the Structure and Function of the Brain by Cultivating New Thoughts, then the Idea That We can Achieve Happiness Through Training of the Mind Seems a Very Real Possibility.



“There are Many Different Kinds of Afflictive or Negative[Nakaaraatmak] Emotions, Such as Conceit, Jealousy, Closed-Mindedness, and so on. But Out of All These, Anger are Considered to be the Greatest Evils Because They are the Greatest Obstacles to Developing Compassion and Altruism, and They Destroy One’s Virtue and Calmness of Mind.



Generally Speaking, Anger Leads to Ill Feeling and Hatred.



We Don't Bother Much About Anger, so It Just Comes. But Once We Develop a Cautious Attitude Towards These Emotions, That Reluctant Attitude Itself can Act as a Preventative Measure Against Anger.



When Such Intense Anger Arises, It Obliterates the Best Part of Your Brain/Mind[Dimaag], Which is the Ability to Judge Between Right and False/Wrong, and the Long-Term and Short-Term Consequences of Your Actions. Your Power of Judgment Becomes Totally Inoperable; It can No Longer Function. It is Almost Like You have Become Insane. So, this Anger Tends to Throw You Into a State of Confusion, Which Just Serves to Make Your Problems and Difficulties so Much Worse.



At the Very Instant When Strong Feelings of Anger or Hatred Arise, No Matter How Hard the Person Tries to Pretend or Adopt a Dignified Pose, It is Very Obvious That the Person's Face Looks Contorted and Ugly. There is a Very Unpleasant Expression, and the Person Gives Out a Very Hostile Vibration. Other People can Sense It. It is Almost as If They can Feel Steam Coming Out of That Person's Body[Sharir].





Anger are the Type of Emotions Which, If You Leave Them Unchecked or Unattended, Tend to Aggravate and Keep on Increasing. If You Simply Get More and More Used to Letting Them Happen and Just Keep Expressing Them, this Usually Results in Their Growth, not Their Reduction. The More You Adopt a Cautious Attitude and Actively Try to Reduce the Level of Their Force, the Better It is.”



When a Situation Does Arise That Makes You Angry, You Should Directly Confront Your Anger and Analyze It. Investigate What Factors have Given Rise to That Particular Instance of Anger or Hatred.



Giving Vent to Anger and Rage has Very Limited Benefits.



When Anger Does Occur, Actively Challenging, Logically Analyzing, and Reappraising the Thoughts That Trigger the Anger can Help Dissipate It.



Since Patience Comes from an Ability to Remain Firm and Steadfast and not be Overwhelmed by the Adverse Situations or Conditions That One Faces, One Should not See Tolerance or Patience as a Sign of Weakness, or Giving in, But Rather as a Sign of Strength, Coming from a Deep Ability to Remain Firm.



As in Most Other Things, There can be  
Positive[Sakaaraatmak] and  
Negative[Nakaaraatmak] Kinds of Patience.



True Tolerance or Patience has a Component or  
Element of Self-Discipline and Restraint.



Begin by Visualizing Someone Whom You Dislike, Someone Who Annoys You, Causes a Lot of Problems for You, or Gets on Your Nerves. Then, Imagine a Scenario in Which the Person Irritates You, or Does Something That Offends You or Annoys You. And, in Your Imagination, When You Visualize this, Let Your Natural Response Follow; Just Let It Flow Naturally. Then See How You Feel, See Whether That Causes the Rate of Your Heartbeat to Go Up, and so on. Examine Whether You are Comfortable or Uncomfortable; See If You Immediately Become More Peaceful or If You Develop an Uncomfortable Mental Feeling. Judge for Yourself; Investigate. So for a Few Minutes Perhaps, Judge, and Experiment. And then at the End of Your Investigation, If You Discover That 'Yes, It is of No Use to Allow That Irritation to Develop. Immediately I Lose My Peace of Mind,' then Say to Yourself, 'In the Future, I will Never Do That.' Develop That Determination. Finally, for the Last Few Time of the Exercise, Place Your Brain/Mind Single-Pointedly Upon That Conclusion



Or Determination. So That's the Meditation.



If the Situation or Problem is Such That It can be Remedied, then There is No Need to Worry About It. In Other Words, If There is a Solution or a Way Out of the Difficulty, then One Needn't be Overwhelmed by It. The Appropriate Action is to Seek Its Solution. It is More Sensible to Spend the Energy Focusing on the Solution Rather than Worrying About the Problem. of Course, Implies Directly Confronting the Problem.



You Just Do the Best You can, and You Don't have  
to Worry About It.



Proper Motivation can be a Sort of Protector,  
Shielding You Against These Feelings of Fear[Dar]  
and Anxiety. Motivation is so Important.



If There is a Solution to the Problem, There is No  
Need to Worry.



The Closer One Gets to Being Motivated by Altruism, the More Fearless One Becomes in the Face of Even Extremely Anxiety-Provoking Circumstances.



The Great Spiritual Practitioners are Those Who have Made a Pledge, or Developed the Determination, to Eradicate All of Their Negative[Nakaaraatmak] States of Mind in Order to Help to Bring Ultimate Happiness to All Sentient Beings. They have this Kind of Vision and Aspiration. This Requires a Tremendous Sense of Self-Confidence. And this Self-Confidence can be Very Important Because It Gives You a Certain Boldness of Mind That Helps You Accomplish Great Goals/Targets. In a Way, this May Seem Like a Kind of Arrogance, Although not in a Negative[Nakaaraatmak] Way. It is Based on Sound Reasons.



“Well, for a Great Spiritual[Aadhyaatmik] Master  
What May Appear on the Surface to be a Form of  
Arrogance May in Fact be a Kind of  
Self-Confidence and Courage.”





Fearless and Honest Self-Appraisal can be a  
Powerful Weapon Against Self-Doubt and Low  
Selfconfidence.



All Human Beings have the Capacity to be Very Determined and to Direct That Strong Sense of Determination in Whatever Direction[Dishaa] They Would Like to Use It.



We have this Marvelous Gift of Human Intelligence and a Capacity to Develop Determination and Use It in Positive[Sakaaraatmak] Ways.



One Way of Strengthening That Mutual  
Respect[Aadar] is Through Closer Contact  
Between Those of Different Religious[Dhaarmik]  
Faiths—Personal Contact.



If You Find Yourself in a Situation in Which You Might be Tempted to Insult Someone, then You Immediately Take Precautions and Restrain Yourself from Doing That. Similarly, If You Encounter a Situation in Which You May Lose Your Temper, Immediately You are Mindful and Say, 'No, this is not the Appropriate Way.' That Actually is a Spiritual Practice. Seen in That Light, You will Always/Forever have Time[Samay].



Some of the Rewards of Faith May be Based on  
Specific Doctrines Unique to a Particular  
Religious[Dhaarmik] Tradition[Paramparaa].



Involvement in Any Religious[Dhaarmik] Group[Samuh] can Create a Feeling of Belonging, Communal Ties, a Caring Connection with Fellow Practitioners. It Offers a Meaningful Framework in Which One can Connect and Relate with Others. And It can Give One a Feeling of Acceptance. Strongly Held Religious[Dhaarmik] Beliefs can Give One a Deep Sense of Purpose.



Regarding Religion[Dharma], If We Believe in Any Religion[Dharma], That's Good. But Even without a Religious[Dhaarmik] Belief, We can Still Manage. In Some Cases, We can Manage Even Better. But That's Our Own Individual Right; If We Wish to Believe, Good! If not, It's All Right.





True Spirituality Should have the Result of Making  
a Person Calmer, Happier, More Peaceful.



If You Go Farther, You Eventually Begin to Recognize the Underlying Nature of the Brain/Mind[Dimaag], the Qualities of 'Clarity' and 'Knowing.'



Normally Our Awareness is Directed Towards  
Physical[Shaaririk] Sensory Experiences and  
Mental Concepts.



We Must Strengthen the Genuine Force of Peace.  
Real Peace—not Just Mere Absence of Violence  
or Absence of War. Peace Must Develop on Mutual  
Trust.



Any type of Soul[Aatmaa] are can Never Create OR Make to Other Any type of Soul[Aatmaa] the Way Our Self wants to be Seen for Always/Forever and for

Endless/Finishless/Infinite/Timeless/Unending, Every Soul[Aatmaa] That wants to Make Itself in a Positive[Sakaaraatmak] Way will Remain as It is for Always/Forever and for

Endless/Finishless/Infinite/Timeless/Unending Because, Any type of Soul[Aatmaa] have Same and Similar Authority and Right for Always/Forever and for

Endless/Finishless/Infinite/Timeless/Unending.



Good Deeds, Merit[Punya] and  
Rectitude[Sadaachaar] are Small as Well as Big,  
Similarly Blame, Misdeeds & Sins are Also Small  
and Big for Always and for  
Endless/Infinite/Limitless/Timeless/Unending.

## The Knowledge(Gyaan) of Men/Man/Male/Boy/Gent :



Every Women/Woman/Female/Girl/Lady are Impress from Positive Personality, from Good Personality, from Positive Styles, from Good Styles, from Positive Expirations, from Good Expirations, from Genuine Intelligent, from Attractiveness and from Smiley Men/Man/Male/Boy/Gent so, Never Keep Negative Personality of Self, Bad Personality of Self, Negative Styles of Self, Bad Styles of Self, Negative Expirations of Self, Bad Expirations of Self, Fake Intelligency of Self, Repulsive and Frown/Sad to Self But, Keep Always Positive Personality of Self, Good Personality of Self, Positive Styles of Self, Good Styles of Self, Positive Expirations of Self, Good Expirations of Self, Genuine Intelligent to Self, Attractive to Self and Smiley to Self.



Good Personality, Good Look, Smart Look,  
Handsome Look of Face of Self, Good Virtue, Good  
Thoughts, Positive Thoughts, Care Taker of Any  
Women/Woman/Female/Girl/Lady, Jealousy less  
are Perfect Qualities for Make One  
Affluent/Enriched Young Men/Man/Male/Boy/Gent  
to Self for Always/Forever.





Never Fulfill a  
Women's/Woman's/Female's/Girl's/Lady's  
False/Wrong Demand OR False/Wrong  
Stubbornness OR False/Wrong Word, If Ever a  
Women/Woman/Female/Girl/Lady Asks OR  
Demand for Something False/Wrong OR Stubborn,  
then She Should Always/Forever Ignore But, No  
Matter How Sad She is But, Never Obeying the  
Women/Woman/Female/Girl/Lady, She Should not  
Obey the Stubbornness of the  
Women/Woman/Female/Girl/Lady.



It is Easy in Solitude to Live after Our Own; But the Great Men/Man/Male/Boy/Gent is He Who in the Midst of the Crowd Keeps with Perfect Sweetness the Independence of Solitude.

## The Knowledge(Gyaan) of Women/Woman/Female/Girl/Lady :



Every Men/Man/Male/Boy/Gent are Impress from Positive Personality, from Good Personality, from Positive Styles, from Good Styles, from Positive Expirations, from Good Expirations, from Genuine Intelligent, from Attractiveness and from Smiley Women/Woman/Female/Girl/Lady so, Never Keep Negative Personality of Self, Bad Personality of Self, Negative Styles of Self, Bad Styles of Self, Negative Expirations of Self, Bad Expirations of Self, Fake Intelligency of Self, Repulsive and Frown/Sad to Self But, Keep Always Positive Personality of Self, Good Personality of Self, Positive Styles of Self, Good Styles of Self, Positive Expirations of Self, Good Expirations of Self, Genuine Intelligent to Self, Attractive to Self and Smiley to Self.



Majority Every Richest Negative and Over Fashionable Young Men/Man/Male/Boy/Gent are Useless and Victim Maker[for Lust of Self] of Women/Woman/Female/Girl/Lady so Never Stay with OR Call to Any Richest Negative and Over Fashionable Young Men/Man/Male/Boy/Gent for Always/Forever.

## The Knowledge(Gyaan) of Unengaged and Unmarried Men/Man/Male/Boy/Gent :



If We Ever Desire to Achieve Physical Pleasure in the Mind or Body, We Should Never Ignore It But, To Achieve That, One Should Take an Enjoyment of Physical Pleasure with Any Unengaged and Unmarried Women/Woman/Female/Girl/Lady Because, If We Ignore the Desire for Physical Pleasure then They Do False/Wrong and Unrighteous with Body of Self.

# The Knowledge(Gyaan) of Unengaged and Unmarried

Women/Woman/Female/Girl/Lady :



If We Ever Desire to Achieve Physical Pleasure in the Mind or Body, We Should Never Ignore It But, To Achieve That, One Should Take an Enjoyment of Physical Pleasure with Any Unengaged and Unmarried Men/Man/Male/Boy/Gent Because, If We Ignore the Desire for Physical Pleasure then They Do False/Wrong and Unrighteous with Body of Self.

## The Knowledge[Gyaan] of Love[Pyaar] :



Love[Pyaar] is What We Need More of in this World. We Must Show Love[Pyaar] to Our Work. We Must Show Love[Pyaar] to Our Surroundings, and Most Importantly, We Must Show Love[Pyaar] to Ourselves. Everything You Do as You Live Out Should Speak of Love[Pyaar].



Underneath It All We Wish Ourselves to be Happy,  
and That is a Profound Kind of Love[Pyaar].



## The Knowledge[Gyaan] of Law/Rule :



Any type of Law Began at the Beginning of Time. It has Always Been and will Always be.



The Law/Rule of Attraction is Always Working,  
Whether You Believe It or Understand It or not.



Any Law/Rule cannot Fail. We Just have to Learn  
How to Use It Correctly.



"The Law/Rule of Love Could be Best Understood  
and Learned Through Little Children."



“This is an Eternal and Fundamental Principle, Inherent in All Things, in Every System of Philosophy, in Every Religion, and in Every Science. There is No Getting Away from the Law of Love.”

## The Knowledge[Gyaan] of Creed/Doxy/Faith/Religion[Dharma] :



The Variety of People Calls for a Variety of Religions[Dharma]. The Purpose of Religion[Dharma] is to Benefit People, and I Think That If We Only had 1/One Religion[Dharma], after a While It Would Cease to Benefit Many People.



Religions[Dharma] are Meant to Nourish the  
Human Soul/Spirit[Aatmaa].



The Sanskrit Word[Shabda] for Religion[Dharma] is "Contain[Dhaaran Karnaa]" and in this Context the Broad Term : Any Disposition OR Sense/Understanding That "Person can Hold" OR can Save a Person from Suffering and Reason of Suffering.





Any type of Soul[Aatmaa] of Universe have No  
Courage of Discontinuous Any type of  
Doxy[Dharma] Apart from/Other than Core  
Soul[Aatmaa] of That Doxy[Dharma], of  
Discontinuous Any Conduct of Any Soul[Aatmaa]  
Apart from/Other than That Enforcer of  
Conduct/Usance, of Make Non Vegetarian to Any  
type of Soul[Aatmaa], of Make Any type of Rapist  
Soul[Aatmaa], of Make Any type of Murder, of  
Make Any type of Soul[Aatmaa] Killer.

## The Knowledge[Gyaan] of Soul[Aatmaa] :



Any type of Soul[Aatmaa] OR Supreme Soul[Aatmaa] of Any where has not Any type of Different Right of Do Any Thing on Any type of Soul[Aatmaa] OR To Do Any Thing by Any type of Soul[Aatmaa] for Always/Forever and for Endless/Finishless/Infinite/Timeless/Unending.



Any type of Soul[Aatmaa] has not Any type of Energy/Power[Shakti] of Destroy  
- to 1/One and Only Infinite ACERE[Which Did First Core/Source of Infinite Soul(Aatmaa) Managements],  
- to Any type of Soul[Aatmaa],  
- to Origin of Did Origin of Any type of Negative[Nakaaraatmak] Mistake,  
- to What has Passed for Always/Forever and for Endless/Finishless/Infinite/Timeless/Unending.



Any type of Supreme Soul[Aatmaa] have No  
Courage of Do

- False/Wrong,
- Unrighteous,
- Untruth Always and for  
Endless/Infinite/Limitless/Timeless/Unending.



If Our Soul[Aatmaa] are Do Many Time[Samay] Repeat to Any type of Act OR Work then That Act OR Work and Method of That Act OR Work are be Habit[Aadat] of Our Soul[Aatmaa] and Also be Proficiency/Skill of Our Soul[Aatmaa] for Always.

## The Knowledge[Gyaan] of Supreme Soul[Aatmaa] :



If Any Supreme Soul(Aatmaa) want To Stop to Any type of Crime OR Criminal Mind of Any type of Criminal OR Criminal Minded Soul(Aatmaa) then Never To Feel Fear of Self to Any type of Criminal OR Criminal Minded Soul(Aatmaa) But, To can Feel Fear of Infinite Laws/Rules of Interuninecte, Souls and Universes/Worlds, Because, If Any Supreme Soul(Aatmaa) are To Feel Fear of Self to Any type of Criminal OR Criminal Minded Soul(Aatmaa) then That is Also Crime, False/Wrong and Illegal from That[Which Supreme Soul(Aatmaa) are To Feel Fear of Self to Any type of Criminal OR Criminal Minded Soul(Aatmaa)] Supreme Soul(Aatmaa) so If Any Supreme Soul(Aatmaa) want To Stop to Any type of Crime OR Criminal Mind of Any type of Criminal OR Criminal Minded Soul(Aatmaa) then Never To Feel Fear of Self to Any type of Criminal OR Criminal Minded Soul(Aatmaa) But, To can Feel Fear of Infinite Laws/Rules of Interuninecte, Souls and

Universes/Worlds.



The Soul(Aatmaa) is Deathless for Always/Forever and for

Endless/Finishless/Infinite/Timeless/Unending,

If Any Soul(Aatmaa) are Create OR Keep OR Make Good OR Positive(Sakaaraatmak) Wish for Other Soul(Aatmaa) OR Self after That Soul(Aatmaa) are Get Defiantly.

The Soul(Aatmaa) have Energy of Do Any type of Positive(Sakaaraatmak) for Always/Forever and for Endless/Finishless/Infinite/Timeless/Unending.





When You Nourish Your Own Mind and Your Own  
Soul/Spirit, You are Really Feeding the  
Soul[Aatmaa] of Life.



Every Single 1/One of Us has a Splintered  
Soul[Aatmaa].

# The Knowledge[Gyaan] of Energy/Power[Shakti] :



We All have the Energy/Power[Shakti] of Thought.  
If you have will Energy/Power(Shakti), then You  
can Do Anything.



Awaken Yourself to the Energy/Power[Shakti] You  
have to Make Things Happen.



The Psychological Forces Driving us to Seek the Feeling of Being in Love are as Compelling as the Biological Forces.

## The Knowledge(Gyaan) of Hermit/Sage/Saint :



If Any Guilty Plead Guilty to a Punishment Equal to  
It's Crime, then It Should be Made Positive by  
Keeping a Pity on It.

## The Knowledge[Gyaan] of Brain/Mind[Dimaag] :



The Brain/Mind[Dimaag] is a Splendid Tool, to be Used for Planning, Patient Reflection and Learning from Past Mistakes so They will not be Repeated.



The Systematic Training of the Brain/Mind[Dimaag]—the Cultivation of Happiness, the Genuine Inner Transformation by Deliberately Selecting and Focusing on Positive[Sakaaraatmak] Mental States and Challenging Negative[Nakaaraatmak] Mental States—is Possible Because of the Very Structure and Function of the Brain/Mind[Dimaag].





A Disciplined Brain/Mind[Dimaag] Leads to  
Happiness and an Undisciplined  
Brain/Mind[Dimaag] Leads to Suffering.



A Supple, Flexible Brain/Mind[Dimaag] Helps us  
Address Our Problems from a Variety of  
Perspectives.



For One Thing, the Brain/Mind[Dimaag] has the Ability to Adopt Different Perspectives Through Which It can Address Various Problems.



Positive[Sakaaraatmak] States of Brain/Mind can  
Act as Direct Antidotes to Negative[Nakaaraatmak]  
States of Brain/Mind.



The Human Brain/Mind[Dimaag] is Equipped with an Elaborate System Designed to Register the Emotions of Fear and Worry. This System Serves an Important Function, The Adaptive Side of Worry is That It Allows us to Anticipate Danger and Take Preventative Action.

## The Knowledge[Gyaan] of Family :



Families of Those with Strong Religious[Dhaarmik] Belief Often have Lower Rates of Delinquency, Alcohol and Drug Abuse, and Ruined Marriages/Weddings[Shaadi].

## The Knowledge(Gyaan) of Husband :



Never Vitiate(Sir Chadhnaa) on Wife of Self  
Because, If Any Husband Do Vitiate(Sir Chadhnaa)  
on Wife of Self then Husband are Do  
Persecution(Atyaachaar/Julm) and Unrighteous on  
Wife of Self so Never Vitiate(Sir Chadhnaa) on Wife  
of Self for Always/Forever and for  
Endless/Finishless/Infinite/Timeless/Unending.



Never To Vitiate(Sir Chadhnaa) on Self to Wife(of Self) Because, If Any Husband To Vitiate(Sir Chadhnaa) on Self to Wife(of Self) then Husband are Suffer Negative and False/Wrong Persecution(Atyaachaar/Julm) and Unrighteous on Self of Wife(of Self) so Never To Vitiate(Sir Chadhnaa) on Self to Wife(of Self) for Always/Forever and for Endless/Finishless/Infinite/Timeless/Unending.



## The Knowledge(Gyaan) of Wife :



Never Vitiate(Sir Chadhnaa) on Husband of Self  
Because, If Any Wife Do Vitiate(Sir Chadhnaa) on  
Husband of Self then Wife are Do  
Persecution(Atyaachaar/Julm) and Unrighteous on  
Husband of Self so Never Vitiate(Sir Chadhnaa) on  
Husband of Self for Always/Forever and for  
Endless/Finishless/Infinite/Timeless/Unending.



Never To Vitiate(Sir Chadhnaa) on Self to Husband(of Self) Because, If Any Wife To Vitiate(Sir Chadhnaa) on Self to Husband(of Self) then Wife are Suffer Negative and False/Wrong Persecution(Atyaachaar/Julm) and Unrighteous on Self of Husband(of Self) so Never To Vitiate(Sir Chadhnaa) on Self to Husband(of Self) for Always/Forever and for Endless/Finishless/Infinite/Timeless/Unending.

## The Knowledge[Gyaan] of Behavior :



Apathy and to Generate Commitment and Enthusiasm to Overcome Negative[Nakaaraatmak] Behaviors OR States of Brain/Mind, Once Again the Most Effective Method, and Perhaps the Only Solution, is to be Constantly Aware of the Destructive Effects of the Negative[Nakaaraatmak] Behavior.



Making a Sustained Effort to Change External Behavior is not Only Helpful in Overcoming Bad Habits But Also can Change Our Underlying Attitudes and Feelings. not Only Do Our Attitudes and Psychological Traits Determine Our Behavior, an Idea That is Commonly Accepted, But Our Behavior can Also Change Our Attitudes.



Repeatedly Engaging in a Positive[Sakaaraatmak]  
Behavior can Eventually Bring About Genuine  
Internal Change.

# The Knowledge[Gyaan] of Choice :



We Always/Forever have Choices as Human Beings.



Each and Every One Our Specific Choices That  
Our Ultimate Destinies are Created.

## The Knowledge[Gyaan] of Word :



Don't Treat Your Words Lightly. They are Powerful and can have Dramatic Consequences. When You Say Anything, Make Certain You Mean It. Say What You Mean and Mean What You Say. Authentic Communication is Powerful. And Rare.



## The Knowledge[Gyaan] of Thought :



We are not Our Thoughts. Instead, We are the Creators of the Thoughts That Flow Through Our Minds and, Given this Fact, We can Change Our Thoughts If We Choose to Do so. Just as You are not Your Thoughts, You are not Your Moods. You are the Creator of the Moods You Experience, Moods That You can Change in a Single Instant.

The Knowledge[Gyaan] of Happy :



Every Being wants Happiness, not Suffering.



Happiness is not Something Readymade. It Comes from Your Own Actions.



In Particular, Genuine Smiles. If These are the Smiles We want, then We Ourselves Must Create the Reasons for Them to Appear.



Happiness is About Cultivating a Greater  
Self-Worth.



Happiness is Our Birth Authority/Right.



If You want Yourself to be Happy Practice  
Compassion.



Wealth, Worldly Satisfaction, Spirituality, and Enlightenment. Together They Embrace the Totality of an Individual's Quest for Happiness.





Now, We are Made to Seek Happiness. And It is Clear That Feel-Nings of Love[Pyaar], Affection, Closeness, and Compassion Bring Happiness. Every One of us has the Basis to be Happy, to Access the Warm and Compassionate States of Mind That Bring Happiness.



Ultimate Happiness Depends on Eliminating Our Negative[Nakaaraatmak] Behaviors and Mental States—Things Like Anger.



Every One of us Sincerely Wishes for His OR Her  
Own Happiness.



Everyone has the Obvious Desire of Happiness.  
Everybody has the Right to be a Happy Person.  
And Everyone has the Right to Overcome  
Suffering. So If Someone is Deriving Happiness or  
Benefit from a Particular Religious[Dhaarmik]  
Tradition[Paramparaa], It Becomes Important to  
Respect the Rights of Others; Thus We Must Learn  
to Respect All These Major Religious[Dhaarmik]  
Traditions[Paramparaa]. That is Clear.

## The Knowledge[Gyaan] of Information[Maahiti] :



By Replacing Distorted Modes of Thinking with Accurate Information[Maahiti], One can Bring About a Change in One's Feelings and Improve One's Mood[Mijaaaj].

The Knowledge[Gyaan] of Select :



Choose/Select to be Optimistic, It Feels Better.

## The Knowledge[Gyaan] of Right :



If You Forget About Others Rights Ultimately You will be Very Lonely.

# The Knowledge[Gyaan] of Success :



Success is About Doing What's Right Rather than What's Easy.





True Success Arrives Once You Live by Your  
Positive[Sakaaraatmak] Philosophy.

# The Knowledge[Gyaan] of Un Success :



Un Success/Failing to Plan Truly is Planning to Fail/Un Success.

The Knowledge[Gyaan] of Learn :



True Learning Comes Only from Personal Experience.

## The Knowledge(Gyaan) of Father/Step Father :



All Tasks Should be Assigned to the Most  
Appropriate Progeny of Self, Having Taken Careful  
Consideration of Their Skills and Abilities.



Keep Same View on Son and Daughter of Self,  
Never See with Different Views to Daughter of Self  
with Comparison to Son of Self Because, Any Soul  
have Same Rights, Independence and Authorities  
so Never Keep Difference between in Son of Self  
and in Daughter of Self.

## The Knowledge(Gyaan) of Mother/Step Mother :



All Tasks Should be Assigned to the Most  
Appropriate Progeny of Self, Having Taken Careful  
Consideration of Their Skills and Abilities.

## The Knowledge(Gyaan) of Uncle :



All Tasks Should be Assigned to the Most Appropriate Nephew OR Niece of Self, Having Taken Careful Consideration of Their Skills and Abilities.

## The Knowledge(Gyaan) of Aunty :



All Tasks Should be Assigned to the Most Appropriate Nephew OR Niece of Self, Having Taken Careful Consideration of Their Skills and Abilities.



## The Knowledge(Gyaan) of Grand Father/Step Grand Father :



All Tasks Should be Assigned to the Most  
Appropriate Grand Son OR Grand Daughter,  
Having Taken Careful Consideration of Their Skills  
and Abilities.

## The Knowledge(Gyaan) of Grand Mother/Step Grand Mother :



All Tasks Should be Assigned to the Most Appropriate Grand Son OR Grand Daughter, Having Taken Careful Consideration of Their Skills and Abilities.

## The Knowledge[Gyaan] of Positive[Sakaaraatmak] :



Kindness and Compassion are Definitely Very  
Positive[Sakaaraatmak]. They are Very Useful.



As You Gradually Build Up the Positive[Sakaaraatmak] Practices, the Negative[Nakaaraatmak] Behaviors are Automatically Diminished. So, Actually the Practice of Dharma is a Constant Battle within, Replacing Previous Negative Conditioning or Habituation with New Positive[Sakaaraatmak] Conditioning.”

# The Knowledge[Gyaan] of Negative[Nakaaraatmak] :



Anger and Hatred are Clearly  
Negative[Nakaaraatmak] Emotions and Ultimately  
Lead to Suffering.

## The Knowledge[Gyaan] of Emotion :



The Emotion/Feeling of Genuine Compassion is Much Stronger, Much Wider; It has a Very Profound Quality. Also, Genuine Love[Pyaar] and Compassion are Much More Stable, More Reliable.



If We Begin with the Simple Act of Regularly Helping Others, for Instance, Even If We Don't Emotion/Feel Particularly Kind or Caring, We May Discover an Inner Transformation is Taking Place, as We Very Gradually Develop Genuine Emotions/Feelings of Compassion.

## The Knowledge[Gyaan] of Goal/Target :



Important Goals/Targets, We Need an Appreciation of the Sense of Urgency.



## The Knowledge[Gyaan] of Compulsory :



In Seeking to Eliminate Anger, the Intentional  
Cultivation of Patience is  
Compulsory/Indispensable.

The Knowledge[Gyaan] of Requirement :



There is No Need to be Fearful of Others.

The Knowledge[Gyaan] of Dream :



All Extraordinary Acts Begin with a Dream.

## The Knowledge[Gyaan] of Method :



Psychological Defenses, Often Unconscious, That Buffer us from Feeling too Much Emotional Pain and Anguish When We are Confronted with Problems.

## The Knowledge[Gyaan] of Position :



Identify and Cultivate Positive[Sakaaraatmak]  
Mental Positions/States; Identify and Eliminate  
Negative[Nakaaraatmak] Mental Positions/States.

## The Knowledge[Gyaan] of Situation :



A Situation/State of Self-Hatred is Even Far More Extreme than Simply Being Discouraged, and this can be Very, Very Dangerous.

## The Knowledge[Gyaan] of Decision :



Decision/Resolve That 'I Shall Never Let Myself Fall Under the Sway of Such Intense Anger, Because If I Do That, I will Lose My Peace of Brain/Mind, Lose My Composure.



Many of the Decisions are Taken on the Basis of Discussions with Various People and not Just Taken Rashly.



## The Knowledge[Gyaan] of Relation :



There is a Second Type of Relationship Which is Also Based on Sexual Attraction[Aakarshan], But in Which the Physical[Shaaririk] Attraction[Aakarshan] is not the Predominant Basis of the Relationship. In this Second Type of Relationship There is an Underlying Appreciation of the Value of the Other Person Based on Your Feeling That the Other Person is Kind, Nice, and Gentle, and You Accord Respect and Dignity to That Other Individual. Any Relationship That is Based on That will be Much More Long Lasting and Reliable. It's More Appropriate. And in Order to Establish That Type of Relationship, It is Crucial to Spend Enough Time to Get to Know Each Other in a Genuine Sense, to Know Each Other's Basic Characteristics.



If 1/One is Seeking to Build a Truly Satisfying Relationship, the Best Way of Bringing this About is to Get to Know the Deeper Nature of the Person and Relate to Her or Him on That Level, Instead of Merely on the Basis of Superficial Characteristics. And in this Type of Relationship There is a Role for Genuine Compassion.



A Sound Relationship Should Include a Sense of Responsibility and Commitment Towards Each Other.



Sexual Attraction[Aakarshan], or Even the Intense Feeling of Falling in Love[Pyaar], May Play a Role in Forming an Initial Bond Between 2/Two People, to Draw Them Together, But Like a Good Epoxy Glue, That Initial Bonding Agent Needs to be Mixed with Other Ingredients Before It will Harden Into a Lasting Bond. In Identifying These Other Ingredients, Basing Our Relationship on the Qualities of Affection, Compassion, and Mutual Respect as Human Beings. Basing a Relationship on These Qualities Enables us to Achieve a Deep and Meaningful Bond not Only with Our Lover or Spouse But Also with Friends, Acquaintances, or Strangers—Virtually Any Human Being. It Opens Up Unlimited Possibilities and Opportunities for Connection.

# The Knowledge[Gyaan] of Authority :



Dare to Tap Into Your Greatness. This is Your Birth Authority/Right.

## The Knowledge[Gyaan] of Speak :



Speaking Your Truth Means Speaking from Your Heart.

## The Knowledge[Gyaan] of Pain :



Now When You Experience Some Physical Pain or Other Problem, of Course at That Moment There is a Feeling of 'Oh! This Suffering is so Bad!' There's a Feeling of Rejection Associated with the Suffering, a Kind of Feeling of 'Oh, I Shouldn't be Experiencing this.'



“The Point That has to be Borne in Mind is That the Reason Why Reflection on Suffering is so Important is Because There is a Possibility of a Way Out; There is an Alternative. There is a Possibility of Freedom from Suffering. By Removing the Causes of Suffering, It is Possible to Attain a State of Liberation, a State free from Suffering.





When You are Aware of Your Pain and Suffering, It Helps You to Develop Your Capacity for Empathy, the Capacity That Allows You to Relate to Other People's Feelings and Suffering.



Physical[Shaaririk] Pain, Which is a Physiological Process, and Suffering, Which is Our Mental and Emotional Response to the Pain.



The Very Unpleasantness of Pain, the Part That We Hate, is What Makes It so Effective in Protecting us and Warning us of Danger and Injury. The Unpleasant Quality of Pain Forces the Entire Human Organism to Attend to the Problem. Although the Body[Sharir] has Automatic Reflexive Movements That form an Outer Layer of Protection and Move us Quickly Away from the Pain, It is the Feeling of Unpleasantness That Galvanizes and Compels the Entire Organism to Attend and Act.



Our Mental Attitude Influences Our Ability to  
Perceive and Endure Pain.



In Developing an Approach to Dealing with Pain,  
We can of Course Work at the Lower Levels of  
Pain Perception, Using the Other Procedures.



There Were Significant Differences Among  
Different Ethnic Groups in Their Ability to Perceive  
and Withstand Pain.



If Our Investigation Into the Meaning and Value of Pain Results in a Change of Attitude About Pain, Our Efforts will not be Wasted.

## The Knowledge[Gyaan] of Pain of Body[Sharir] :



Pain Begins with a Sensory Signal—an Alarm That Goes Off When Nerve Endings are Stimulated by Something That is Sensed as Dangerous. Signals are Sent Through the Spinal Cord to the Base of the Brain. These Signals are then Sorted Out and a Message is Sent to Higher Areas of the Brain Telling of Pain. The Brain then Sorts Through the Prescreened Messages and Decides on a Response.



## The Knowledge[Gyaan] of Effect :



That Actions not Committed will Never Produce an Effect.



Developing Compassion and Altruism has a Positive[Sakaaraatmak] Impact on Our Physical[Shaaririk] and Emotional Health. In 1/One Well-Known Experiment.

# The Knowledge[Gyaan] of Possible[Shakya] :



Be Kind Whenever Possible[Shakya]. It is  
Always/Forever Possible[Shakya].



Sincere Motivation Acts as an Antidote to Reduce Fear[Dar] and Anxiety.

## The Knowledge[Gyaan] of Fear[Dar] :



There are Many Different Types of Fear[Dar]. Some Kinds of Fear[Dar] are Very Genuine, Based on Valid Reasons, Fear of Violence, Then There's Fear[Dar] About the Long-Term Negative[Nakaaraatmak] Consequences of Our Negative[Nakaaraatmak] Actions, Fear[Dar] of Suffering, Fear[Dar] of Our Negative[Nakaaraatmak] Emotions. Right Kinds of Fears[Dar]; having These Kinds of Fears[Dar] Bring us Onto the Right Path, Bring us Closer to Becoming a Warmhearted Person.”

## The Knowledge[Gyaan] of Brave :



Bravery/Courage Allows You to Run Your Own Race. Courage Allows You to Do Whatever You want to Do Because You Know That It is Right. Courage Gives You the Selfcontrol to Persist.

# The Knowledge[Gyaan] of Time[Samay] :



We Need to Help Each Other When We have Difficulties.



Spend Your Time[Samay] Getting to Know Yourself.





Commit Yourself to Managing Your Time More Effectively. Develop a Keen Sense of Awareness About How Important Your Time Really is.



Our Greatest Moments are the Moments/Times We Spend with the People We Love[Pyaar].



We Must Use Every Precious  
Moment/Time[Samay].

## The Knowledge[Gyaan] of True :



Ultimate Nature of Reality—That Acts as an Antidote to All of the Negative[Nakaaraatmak] States of Brain/Mind. It is Similar to Getting Rid of a Poisonous Plant: You can Eliminate the Harmful Effects by Cutting off the Specific Branches and Leaves, or You can Eliminate the Entire Plant by Going to the Root and Uprooting It.



A True Person is the One in Whose Chest the  
Feeling of Love[Pyaar] for All Humanity is Stirring,  
Whose All Work is for the Service of Humanity and  
Let the Helper of Humans Become an Inseparable  
Part of Yourself.



Truth is Only 1/One for Always and for  
Endless/Infinite/Limitless/Timeless/Unending.

Lies can be Many.



True/Truth Always Success for Always and for  
Endless/Infinite/Limitless/Timeless/Unending.



The True are can Only One But Untrue are can Unlimited, The True is Changeless, Deathless, Unbreakable, Unchangeable and Unselfish, The True are can not Change and Break Any Conspiracy, The True are can not Hidden for Long Time so Never Try to Hide to True so Stay True and Keep True to Others.





True can Never be Defeated, If Any Soul are not  
Protect to Truth then That Soul are Also Gets  
Destroyed so Never Stay Untruth But, Stay Truth  
Always and for  
Endless/Infinite/Limitless/Timeless/Unending.



As That Timeless Truth Says, “The Hand That Gives is the Hand That Gathers.”



Nothing Could be Further from the True.

## The Knowledge[Gyaan] of Honest :



“The More Honest You are, the More Open, the less Fear[Dar] You will have, Because There’s No Anxiety About Being Exposed OR Revealed to Others. So, I Think That the More Honest You are, the More Self-Confident You will be ...”



Honest[Imaandaar] Says It Who Gives It's Due to  
the Entitled.

## The Knowledge[Gyaan] of Thing :



Those Things That are Most Important Should  
Never be Sacrificed to Those Things That are the  
Least Important.



Have Your Beautiful Things But Do not be  
Imprisoned by Them. Own Them But Do not Let  
Them Own You.



The Things That Get Scheduled are the Things  
That Get Done.





The Little Things are the Big Things.

The Knowledge[Gyaan] of Thing :



The Only Limits on Your Life are Those That You Set Yourself.

## The Knowledge[Gyaan] of Virtue :



As Long as We are Human Beings, as Long as We are Members of the Human Family, All of us Need Basic Spiritual Values/Virtues. Without These, Human Existence Remains Hard, Very Dry. As a Result, None of us can be a Happy Person and then, Eventually Society will be More Troubled. So, It Becomes Clear That Cultivating These Kinds of Basic Spiritual Values/Virtues Becomes Crucial.



Compassion, Kindness, and so on are the Basic Good Qualities/Virtues of Human Beings, not Just a Matter of Religious[Dhaarmik] Subjects.



“All of the Virtuous States of Brain/Mind[Dimaag]—Compassion, Caring, and so on—These Mental Qualities/Virtues are Genuine Religion[Dharma], or Genuine Spiritual Qualities/Virtues, Because All of These Internal Mental Qualities/Virtues cannot Coexist with Ill Feelings or Negative[Nakaaraatmak] States of Brain/Mind[Dimaag].”

## The Knowledge[Gyaan] of Way :



There are Many Ways/Paths to the Mountaintop of Peace.



Each Individual Should Embark Upon a Spiritual Path.

## The Knowledge[Gyaan] of Nature :



Human Nature is Essentially Compassionate,  
Gentle. That is the Predominant Feature of Human  
Nature.



## The Knowledge[Gyaan] of Stop :



Nothing can Stop a Men/Man/Male/Boy/Gent OR a Women/Woman/Female/Girl/Lady Who Simply Refuses to be Kept Down. Just Make a Decision[Nirnay] from the Center of Your Heart That.

## The Knowledge[Gyaan] of Create :



The Universe are not Created by Any type of Other  
Only One Soul(Aatmaa).

The Universe Created by Supreme Brahmaa and  
Some Genuses.

## The Knowledge[Gyaan] of Benefit :



“There are Always/Forever Different Degrees of Benefit That One Might Receive from Practicing Various Positive[Sakaaraatmak] Methods and Techniques, Depending on One’s Particular Circumstances.”



The Benefits of a Strong Religious[Dhaarmik] Faith  
Sometimes Come About as a Direct Product of  
Certain Specific Doctrines and Beliefs of a  
Particular Tradition[Paramparaa].



All Potential Benefits are Available to Those Who  
Choose to Practice the Teachings of an  
Established Religion[Dharma].

## The Knowledge[Gyaan] of Problem :



If a Problem is Fixable, If a Situation is Such That You can Do Something About It, then There is No Need to Worry. If It's not Fixable, then There is No Help in Worrying. There is No Benefit in Worrying Whatsoever.



If We can Directly Address Our Problem and Focus Our Energies on Finding a Solution, for Instance, the Problem can be Transformed Into a Challenge.



If You have Excessive Expectations without a Proper Foundation, then That Usually Leads to Problems.



## The Knowledge[Gyaan] of Tradition :



Spiritual Traditions Teach Us to Feel Connected with Our Fellow Beings and with the Universe/World We Live in.



Traditionally, It has Been Considered the  
Responsibility of Religion[Dharma] to Prescribe  
What Behaviors are Wholesome and What are not.



Through Closer Contact with Other Traditions You Realize the Positive[Sakaaraatmak] Things About Them.



A Person's Religious Tradition[Paramparaa] May Offer Valuable Assistance in Finding Meaning.



These Different Religious[Dhaarmik]  
Traditions[Paramparaa] will Give Inspiration to  
Millions of Coming Generations.



Each of the World's Major Religious[Dhaarmik] Traditions[Paramparaa] can Offer the Same Opportunities to Help One Achieve a Happy.



Most Spiritual[Aadhyaatmik]  
Traditions[Paramparaa] Include Practices That  
Seek to Quiet the Brain/Mind[Dimaag], to Put us  
More in Touch with Our Deeper  
Spiritual[Aadhyaatmik] Nature.

The Knowledge[Gyaan] of Focus :



Focus Your Best Talents on Your Biggest Opportunities.





Focus on Being Great at What You Do.

## The Knowledge[Gyaan] of Result :



One Could Think in Terms of the Consequences of One's Attitude—Conceit and Arrogance Generally Lead to Negative[Nakaaraatmak] Consequences Whereas a Healthy Self Confidence Leads to More Positive[Sakaaraatmak] Consequences.

The Knowledge[Gyaan] of Make :



Adversity Tends to Make us More Philosophical.

## The Knowledge[Gyaan] of Vision[Drishti] :



Clearly Show That Those Who have a Realistic and Accurate View/Vision[Drishti] of Themselves Tend to Like Themselves Better and have More Confidence than Those with Poor OR Inaccurate Self-Knowledge[Gyaan].

The Knowledge[Gyaan] of Important :



When Embarking on the Path to Change, It is Important to Set Reasonable Expectations.

## The Knowledge[Gyaan] of Prosperous[Samruddh] :



Success on the Outside Means Nothing Unless  
You Also have Success within. There is a Huge  
Difference Between Well-Being and Being Well-off.  
The Person with a Rich Inner Life is the Richest of  
All.

## The Knowledge(Gyaan) of Elder :



Never Learn Fishing[Catch Activity of Fish(Alive Body of Creature of Soul) for Eat OR for Serve for Eat] to Self in Wrong Pomp and in Wrong Game Because, The Fishing[Catch Activity of Fish(Alive Body of Creature of Soul) for Eat OR for Serve for Eat] is Blame, Unrighteous, Negative Violence, Illegal and Negative Act so Never Learn Fishing[Catch Activity of Fish(Alive Body of Creature of Soul) for Eat OR for Serve for Eat] to Self in Wrong Pomp and in Wrong Game.

## The Knowledge(Gyaan) of Praise of Men/Man/Male/Boy/Gent :



If Any Time Any Women/Woman/Female/Girl/Lady are Look Beautiful then Say["You are Looking Beautiful"] to Her, If Any Time Hairs of Head of Body of Any Women/Woman/Female/Girl/Lady are Look Beautiful then Say["Your Hairs are Looking Beautiful"] to Her.



## The Knowledge(Gyaan) of Praise of Women/Woman/Female/Girl/Lady :



If Any Time Any Men/Man/Male/Boy/Gent are Look Handsome then Say["You are Looking Good"] to Him, If Any Time Hairs of Head of Body of Any Men/Man/Male/Boy/Gent are Look Good then Say["Your Hairs are Looking Good"] to Him.

## The Knowledge(Gyaan) of Analysis :



Only 1/One Soul Intelligence Micro Minded, Soul Intelligence, High Minded and Powerful Soul Per 1/One Lakh Soul in this Universe.

Only 1/One Micro Perfect, Truth, Mistake less, Trust Level, Power full, Brave, Soul Intelligence Owner Soul Per 10/Ten Lakh Soul in this Universe. Other All Intelligent Soul are Show, Learn, Presentation from Activities and from Thought of Soul Intelligence Owner Soul.