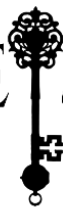


99 SECRETS TO



Deep Fulfilment

TIMELESS WISDOM FOR SOULFUL LIVING
& GRACEFUL AWAKENING

DR KAPOOR CHOUDHARY

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Preface

Life is a continuous journey of challenges and growth. Every one of us experiences moments of joy and sorrow, success and failure. Day after day, we encounter criticism, disappointment, envy, anger, dishonesty, and countless other trials. We all know the realities of life, yet many of us still struggle to discover how to live with lasting peace, fulfillment, and inner contentment.

We are living in what the Indian scriptures describe as Kali Yuga—the Age of Darkness. It is an age in which morality, integrity, and righteousness often seem to decline, while selfishness, materialism, and dishonesty become increasingly visible. Yet, despite these challenges, the human heart continues to seek love, truth, compassion, and faith—the timeless values that give life its deepest meaning.

Pause for a moment and ask yourself honestly:

- Are you truly happy?
- Are you genuinely satisfied?
- Are you living life to its fullest?
- Do you experience lasting peace and joy within?

Take a quiet moment to reflect. Be completely honest with yourself. Look deep into your soul. For most of us, the answers are painfully clear and negative.

Over the past forty years, as a professor of surgery and a dedicated cancer surgeon, I have gained a deeper understanding of life's many dimensions—not only through medicine, but through observing the hopes, fears, relationships, struggles, and

resilience of thousands of patients, families, students, and colleagues.

"Life is the Greatest Teacher". Yet their wisdom becomes truly meaningful only when tested and experienced in the laboratory of everyday life. It is through lived experience that knowledge matures into understanding, which blossoms into wisdom.

Life is a sacred harmony of body, mind, and soul. It blossoms through mindful living, honest soul-searching, and the quiet cultivation of a clear inner vision. There is a profound difference between a busy life and a fulfilled one. One is driven by achievement, distraction, and temporary pleasures; the other is rooted in meaning, presence, and lasting inner joy.

This book is your gentle invitation to return—with courage, simplicity, and awareness—to what truly matters: clarity, presence, compassion, and the quiet work of the heart. *99 Secrets to Deep Fulfilment* offers a distilled, carefully curated collection of timeless wisdom drawn from ancient traditions, personal experience, and practical living.

Each "secret" serves as a small lamp, illuminating practical ways to nurture your relationships, focus your attention, and align your daily life with your inner truth. By meeting pain, fear, and longing with compassion, these insights bridge the gap between ordinary life and soulful awakening.

This is not a quick-fix manual or a program to be "finished." It is a companion to be read slowly and tested in the living laboratory of your own life. Choose one practice to explore for a day, a week, or a lifetime. Observe what shifts, what resists, and what begins to feel more authentic. The goal isn't perfection—it is a deeper harmony between who you truly are and how you live.

The insights on these pages are both practical and profound. They remind us that true presence often requires letting go, that courage is expressed through compassion, and that abundance grows when we learn the art of contentment.

You will find practical guidance alongside timeless parables and reflective prompts, all of which gently remind you to pause. The secrets here are both practical and paradoxical: being present often requires disciplined letting go; courage is frequently tenderness in action; and abundance grows when we practise enough restraint to notice it.

The book honours both the ordinary and the sacred, believing that deep fulfilment is not an escape from the world but a fuller engagement with it. Whether you feel weary, restless, curious, or simply ready for a deeper way of life, these pages are an invitation to reconnect with the wisdom already within you. May they give you the courage to walk your path—one steady, intentional step at a time.

By embracing these principles, you will cultivate a clearer sense of self and foster a resilient spirit—one that finds joy and meaning even in the most ordinary moments.

Approach these pages with an open mind and a sincere quest for truth. I believe you will find in this book the insights your soul has long sought. This is more than a collection of words; it is a map back to yourself.

I have been deeply blessed to spend time in the company of saints and sages. Their presence, humility, and quiet wisdom have shaped my understanding of life in ways words can scarcely express. These pages offer a glimpse of that timeless wisdom.

This book is the fruit of my family and friends' unwavering love and support. I owe a special debt of gratitude to my wife, Sarita, whose quiet strength, patience, and selfless care created the space in which these reflections could take shape. Without her, this book would never have been possible.

My first book, 101 Anubhav Sutra – Kalyug Mein Behtar Jivan Jeene Ke Liye (Hindi), was warmly received by readers. Its practical wisdom for navigating the challenges of modern life continues to inspire many people to greater awareness and inner balance.

With heartfelt gratitude, I thank Blue Rose Publishers for their dedicated support. Their insights and creative guidance were vital to bringing this book to life, helping it evolve into its most refined and resonant form.

Whether you are a young seeker, a seasoned professional, a wise elder, or someone seeking greater meaning at any stage of life, I warmly invite you to read these pages with curiosity and an open heart. I welcome your honest thoughts and reflections; your feedback will help shape future editions so they continue to resonate with every generation.

With a heart full of gratitude, I thank the Almighty and the infinite, loving Universe for the wisdom, strength, and clarity that made this book possible. Every thought, every word, and every reflection in these pages is a humble offering, made possible by Divine grace.

Dr. Kapoor Choudhary

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1. Every morning, we are reborn.

When we arise in the morning, let us think of what a precious privilege it is to be alive—to breathe, think, enjoy, and love.

Marcus Aurelius

- Every day is a gift from God.
- Begin your morning with positive energy and uplifting vibes.
- Let us start the day with gratitude and watch how it unfolds, filled with countless blessings.
- Enjoy every moment, discover yourself, and be happy.

What we do today is the most important.

- The thoughts we nurture in our minds
- The choices we make
- The actions we take
- The attitude we maintain
- The intentions we set

These shape our present and future life, creating our reality.

This makes your day both promising and precious.

2. Embrace the day by waking up early.



Brahma Muhurta, often known as the 'creative hour,' occurs about one and a half hours before sunrise. This period is regarded as auspicious for spiritual activities, including meditation and yoga, and provides numerous mental, spiritual, and physical advantages.

Spiritual and religious practices

Our ancient sages and saints engaged in various spiritual activities, worship, and religious rituals during Brahma Muhurta because the Prana, or vital life force energy, is at its peak. The mind remains calm and peaceful, making this the ideal time for practicing yoga, meditation, spiritual activities, worship, or any other religious practice.

Mother Nature welcomes you in the early morning.

Every morning feels peaceful, with a cool breeze gently touching the skin. Imagine the changing colours of the sunrise and listening to the melodious sounds of birds as lotuses and other flowers bloom to greet a lovely day.

Improve focus and boost productivity.

Finding extra hours in your day improves focus and concentration, allowing you to work more efficiently and productively while minimising distractions. It's a game-changer!

Enhanced mental well-being and awareness.

Early risers tend to be more positive, less hurried, and experience lower stress levels, enabling them to enjoy their work and maintain a sense of tranquility.

Achieving a better work-life balance.

Optimism and self-discipline enable individuals to control their lives better. Waking up early is one of the keys to success for people all around the world.

Improved sleep quality

Early risers tend to retire early, enabling their bodies to adjust to a sleep pattern that enhances sleep quality.

More joyful, happier, and fulfilled

Individuals who wake up early tend to be more content, satisfied, and happier.

Going to bed early and waking up early promotes good health, wealth, and wisdom.

3. Daily affirmations

Daily affirmations, when repeated consistently, can reprogram your subconscious mind and replace negative thoughts with positive ones. Here are some examples of daily affirmations:

- I am a powerful soul.
- I am the best version of myself.
- I am healthy, wealthy, and prosperous.
- I am fit in body, mind, and spirit.
- I am improving myself every day.
- I am financially free and independent.
- I am successful, confident, and powerful.
- I learn and grow from every life experience.
- I am happy and peaceful, no matter the circumstances.
- I am fearless in the face of challenges.”

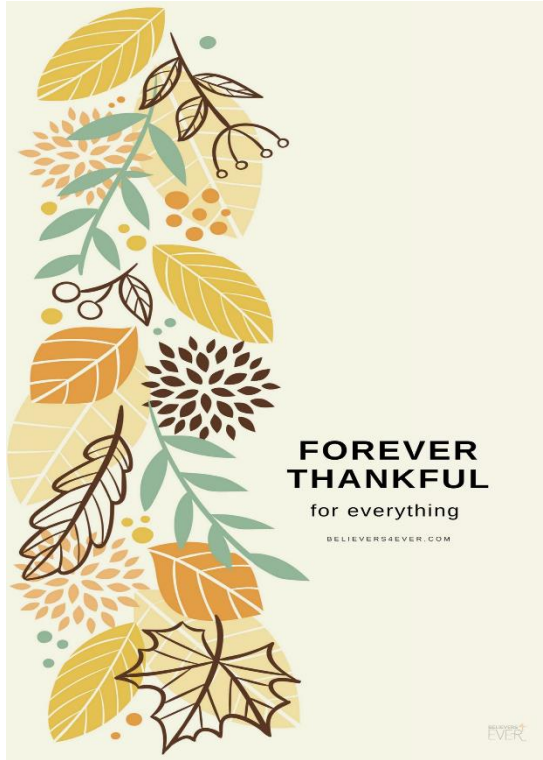
Create affirmations that align with your unique energy and goals

Advantages of Affirmation:

- Improve your quality of life.
- Increase awareness of thought patterns and emotions.
- Foster an optimistic outlook.
- Boost self-confidence and self-esteem.
- Elevate your experience.

Every day, life is enriched by the power of positive daily affirmations.

4. Express your gratitude.



When the heart is filled with gratitude, we naturally attract unexpected blessings and miracles.

I sincerely thank **Almighty God** for blessing me with this wonderful day and for enabling me to pursue and fulfill my purpose in life.

I am thankful to my **parents** for providing me with steadfast love, support, and protection. Their moral guidance and unwavering discipline have touched my core, forging me into a

well-rounded, responsible, and deeply resilient individual. Their quiet sacrifices and steadfast faith fill my heart with gratitude, arming me with strength, integrity, and the fierce determination to face every challenge with courage and unshakeable purpose.

I commend my **teachers** for their vital role in my education and guidance. Their influence has been profound and has greatly shaped my journey.

I am grateful to my **family and friends** who have supported me and stood by me during my most challenging times in life.

I want to express my gratitude to **Mother Nature**, who has introduced me to the beautiful colours of the sunrise, a sense of serenity and calm, fresh air, the music of birds, and much more. I embrace her daily, making my days truly extraordinary.

I am grateful to all the **people** who have supported me at various stages of my life and contributed significantly to shaping my life and career.

5. Your Daily Routine

The secret to success lies in your daily routine.

You will never change your life until you alter something you do daily. Therefore, establishing a strong daily routine is essential. Your choices, thoughts, and actions together create the foundation for your daily success. Plan every day in advance.

An ideal daily routine maintains a balance between productivity, well-being, and rest.

- Waking up early
- Exercising for physical and mental well-being
- Practicing mindfulness, meditation and yoga
- Getting 7-8 hours of sleep
- Eating a healthy, balanced diet
- Body-scanning practice
- Reading every day
- Be curious and learn new things every day
- Step out of your comfort zone.
- Keep a daily journal; record your ideas, thoughts, emotions, and more.
- Focus on one to three key tasks
- Manage your time effectively
- Improve daily
- Limit screens and visual media
- And many more...

It should be adapted to personal needs and goals.

Hard work, consistency, and patience are key to success, but flexibility is also essential.

6. Live in the present moment.

Life is the ultimate truth.

What exists today is the present. Then why should we care for anyone? Why should we fear anyone? When the path is miles long, why cry? Consider the person walking with you. Forget those who are left behind. Hold on to new hopes in every moment. We are a part of God, whose mercy is potent. Life is the truth. What exists today exists now.

We remain lost in the past or get caught up in future worries. In both cases, one remains unhappy. We make many plans and imagine various possibilities. However, the truth is that we have no idea what the future holds; we know nothing, and we cannot know anything. 'Do not live in the past, do not dream of the future, concentrate your mind on the present moment.'

How to forget or substantially lessen the emotional impact of past events in your life. Briefly recall the memory by consciously thinking about it for 10-30 seconds.

Immediately take actions that counter the old emotional learning (e.g., deep relaxation, laughter, a strong positive experience, or a new perspective, such as "I survived and I'm safe now").

Repeat 5-10 times over a few weeks; the old memory becomes overwritten.

Meditation, exercise, sleep, and a daily gratitude practice will slowly erase past emotions.

Jain Tirthankar Lord Mahavir teaches that **I do not remember the past, I do not look into the future, and I never worry or feel**

sad about anything. I live only in the present, so I am always happy and cheerful. There is always a sense of divine joy on my face.

The past is a place to learn, not a place to live.

As Sri Sri Ravi Shankar says, when you are in love and experiencing joy, your mind is in the present.

The present is life. Whatever exists here is just a moment. This moment, this time, this day will never return.

7. Always stay in a meditative state.



A meditative state involves integrating mindfulness into our everyday routines. This helps foster a lasting awareness of the present moment, reduce stress, and improve focus. It redirects the mind towards positivity and clear thinking.

Practice daily mindful meditation: Sit comfortably in a quiet room or natural surroundings. Observe your breath as it flows in and out. Remain non-judgmental throughout the session. Gently redirect your focus if you become distracted.

Integrating meditation into daily activities means living meditatively and turning routines into mindful practices.

Mindful Eating: Sit comfortably, eat slowly, chew thoroughly, and savor each bite's texture, flavor, and aroma. Eat without distractions like phones or conversations. This helps improve digestion and awareness.

Walking Meditation: Walk with ease, feeling your feet connect with the ground, synchronizing your breath with each step. Thich Nhat Hanh's approach emphasizes "**hugging the earth**" with mindfulness.

Single-Tasking: Concentrate on one task at a time, such as reading, focusing on an important goal, or cooking and washing dishes with full attention to water, soap, and movement. Multitasking divides awareness.

Benefits of living in a meditative state: Consistent practice builds emotional resilience. Enhances decision-making through clearer thinking. Achieves flow states in work and creativity. Improves sleep quality. Enhances social communication.

Start practicing to remain in a meditative state as long as you can. **Gradually, you will begin to live effortlessly.**

8. Live every moment in a state of love.

As you awaken your consciousness in the dimension of unconditional love for all, you stop searching for love outside yourself.

As you awaken, you will come to understand that the journey to love isn't about finding "the one" but about becoming the one. Creig Crippen

This is the beginning of a new understanding, a new dream. It is your perception of reality that can change at any time.

Why not use your imagination and emotions to dream of heaven?

You will feel love in everything around you, including yourself, other humans, the trees, the light, the sky, and the earth. This is a state of bliss.

- Imagine that you are content and relishing your life.
- Imagine your life is free from conflict with yourself and others.
- Imagine knowing what you want, what you don't want, and when you want it.
- Imagine living your life free from the fear of being judged by others and without judging others.
- Imagine living your life without fear of taking risks.
- Imagine loving yourself - your body, thoughts, and emotions.

Through imagination, you can live in a state of grace and bliss and experience heaven.

Only love can lead you into that wonderful state of bliss. When you perceive love wherever you go, only then will you realize heaven on earth.

Life will be peaceful and calm when love becomes your way of living.

My choice is to live in the heaven of love. Love everything unconditionally.

9. Just Choose to Be Happy



We want to remain happy, yet we often struggle to identify what brings us happiness. "Happiness is a state of well-being that involves living a meaningful life that provides deep satisfaction."

Life is an experience filled with positive and negative events that evoke emotions related to our subjective well-being and overall satisfaction throughout our journey.

One parameter cannot measure happiness; however, we can consider the following aspects:

- **Objective Pleasure:** This includes tangible factors such as income, health, lifestyle, family, friends, and personal relationships.

- **Subjective Pleasure:** This involves individuals' levels of happiness and the frequency of their positive or negative thoughts.

These parameters provide insight into factors that contribute to an individual's happiness.

Where can you discover happiness in life?

Happiness is within you; stop searching for it outside.

Happiness is like a colorful butterfly; if you chase it, it will fly away, and you may not be able to catch it. However, if you remain still and quiet, it will come and rest with you.

Happiness often comes from within. Choose to embrace happiness consciously.

- Love Yourself First
- Cultivate a Joyful Relationship: Surround yourself with people who nourish your happiness.
- Boost your self-esteem to create a brighter, more confident future.
- Cherish the blessings in your life.
- Cherish and value what truly makes you happy.

Accepting ourselves for who we are is a crucial first step towards attaining true happiness. Only by embracing our authentic selves can we discover genuine contentment.

Self-esteem and confidence are vital for true happiness, significantly shaping our perceptions and experiences.

Radiate the happiness within you and share it with the universe, and you will experience true heaven (happiness) on Earth. Secret by Rodney Burney

- Pursue what brings you joy and happiness.

- Surround yourself with those who bring a smile to your face.
- Laugh as often as you can

Sing as if no one is listening. **Love** as if you've never been hurt.
Dance as if nobody is watching. **Live** as if it were heaven on Earth.

"Be happy and spread happiness to others."

10. How to stay happy and calm?

Someone asked Bhikshu Shri Anand,

"How do you remain so happy and peaceful?"

He responded with a smile.

He who has given up anxiety about his tomorrow and has lost the burden of yesterday is in bliss.

This matter holds significant depth that requires understanding. Where can peace be found, and how?

We search for peace externally, in material possessions and illusions. In reality, peace exists within us; it needs to be sought and explored internally. Seeking peace externally ultimately results in disappointment.

Now the question is, how can one find inner peace?

There are two steps for this.

- Become still
- Become calm

To become still, follow the procedure below: Like the strings of a harp, recognize the vibrations within you; arrange, balance, and stabilize them.

11. Who is the happiest person in the world?

The seven pleasures of life originate from ancient Indian tradition. The seven sources of happiness are:

- Healthy body
- Wealth in the home
- Cooperative and understanding partner
- Accomplished son
- Beautiful home
- A loving relationship between a husband and wife living together.
- True friends.

A healthy person is a person who sleeps soundly without regrets. A person who can laugh freely. A person with financial independence and freedom. A person who makes his parents, spouse, and siblings happy. A person with a few close friends who can support them through both good and bad times. A person who releases bad memories and cherishes the good ones. A person who lacks complexity and keeps life simple. A person who sees human relationships as more than just pleasure. It's sublime.

A person who stays calm and peaceful, despite challenging situations. A person who can travel to experience the vastness of the world and recognize the world as one family.

You will realize one day...

Happiness is always about hope, listening to your heart, and aligning with your passions and desires.

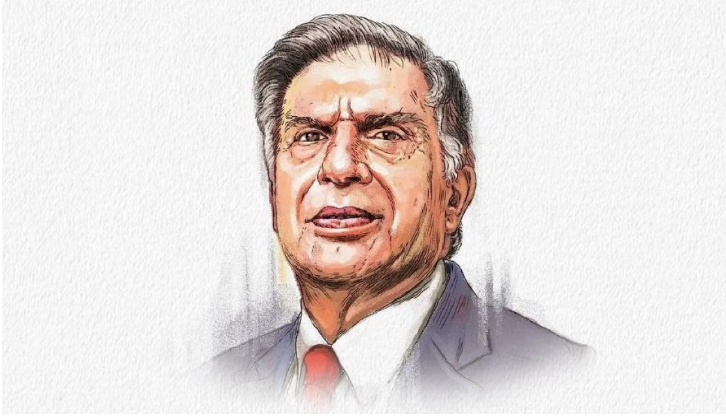
Happiness is always about being kind to yourself and others.

Happiness involves understanding yourself and uncovering your true identity. It begins within you.

Then you will become the happiest person.

12. What is real happiness?

A true story told by Shri Ratan Tata



When billionaire Ratan Tata was asked during an interview,

What do you recall that brings you happiness in life?

He stated that he has experienced four stages of happiness in his life and ultimately came to understand the meaning of happiness. The first stage was to accumulate wealth and resources; however, in this pursuit, I did not find the happiness I desired.

After this, the second phase of collecting valuables began. However, I realized that this effect is temporary.

Then came the third phase of securing the largest steel manufacturing project in India and Asia. However, I still did not find the happiness I had imagined.

In the fourth phase, a friend of mine asked me to buy wheelchairs for about 200 disabled children. Upon my friend's

request, I immediately purchased the wheelchairs. However, my friend insisted that I accompany him to deliver the wheelchairs to the children. I handed over the wheelchairs myself. I noticed a strange glow on the faces of these children. I saw all of them sitting in their wheelchairs, having fun and smiling. I felt genuine happiness within me.

When I decided to leave, a kid grabbed my leg. I bent down and asked, "Do you need anything else?"

This child's answer completely changed my perspective on life: The child said, "I want to remember your face, so that when I meet you in heaven, I can recognize you and thank you once again."

True happiness is found in giving.

13. Small pleasures bring about great happiness.

If we examine the entire day, from waking up in the morning to going to bed at night, we will notice many small joys around us. However, we are so busy with our daily routines that we do not fully experience these delights, and as a result, we miss the chance to enjoy them.

For example, if we wake up early in the morning before sunrise and walk to the terrace of our house or stand on the balcony of our flat, the stunning view of nature we observe is unparalleled.

The peaceful atmosphere of the open sky, the gentle, cool breeze, the chirping of various birds, and the red glow of the soft sun rays spreading across the sky all create an incredibly captivating scene, making one feel that no other scene can bring such joy to one's heart.

This morning hour is enough to keep us energetic throughout the day. But the irony is that most people only wake up after sunrise. By the time the spell is broken, chaos has taken over. Amidst our daily hustle and bustle, we often fail to appreciate the joyful moments of morning pleasures.

In the evening, one can sit by the edge of a lake, river, or pond or on a bench in a garden and enjoy the peaceful , scenic surroundings. The garden's sprawling greenery, the plants heavy with colorful flowers, and the tall trees with their branches all make us feel close to nature and happy.

Watching children and young people jump and play different games is also fun. Having positive conversations with both familiar and unfamiliar people can bring joy and happiness.

Develop the ability to recognize the small joys around you and enjoy small pleasures daily.

14. Smile and Silence.



A smile helps to solve many problems. A smile is the secret ingredient of happiness. Learn to smile through difficulties; it will make you stronger. Start your day with a smile.



Silence is a powerful way to avoid many problems.

Sometimes, you must stay silent because no words can explain what's going on in your mind and heart. Silence is one of the strongest arguments one can present. Work in silence and let your success make noise.

15. Hypnosis of a Smile



A smile on a person's face is a precious ornament. It enhances our personality, and we are generally drawn to people who smile. It is no surprise that we tend to dislike someone who is neutral, serious, or has negative expressions. A smile attracts us because a smile —

- Reflects our mood
- Strengthens our immune system
- Helps regulate our blood pressure
- Gives us a good feeling from within
- Makes us look and feel young forever
- Increases our self-confidence
- Helps us stay positive.

Beyond all this, a smile is the best natural medicine for promoting physical relaxation and easing mental stress.

Remember

- Always keep smiling
- Spread smiles around you.

Try to bring a smile to everyone's face.

Smile for the world.

Never let the world take away your smile.

16. Live your life to the fullest.



You only have one life to live. Live life openly, joyfully, and completely. Make the most of today as if it were your last. Rise above your ego and pride, and completely transform yourself.

Completely forgive everyone who has ever hurt you. Forget those who have caused you trouble or pain. If you have ever wronged someone or caused pain, seek forgiveness. Trust God to handle those who have wronged you.

Life ends every moment; time slips away, so mend your damaged relationships now and heal broken hearts once more.

Cherish every moment of your life.

Stop worrying about what others think or comment about you. Let go of this fear and ignore them. Whatever you do, people will say something. So let them do their job.

Don't worry too much about aging; let it happen naturally. I have seen many older people living actively and enjoying life to the fullest. I have also noticed many young people living in anxiety and depression and with a lack of purpose.

Ignore the boundaries of the world and society if you wish to remain young, even in old age.

Fulfil all your desires wholeheartedly. Embrace your passion. Connect with friends, share your feelings, and savor the night.

Enjoy nature with your family. There are likely many places you have not yet explored. Take your family members to these unique and charming spots. Meet new people in unfamiliar areas, chat with them, and spend quality time together.

Find happiness even when you're alone. Do what you feel like doing. If you want to dance by yourself, go ahead and dance. There's no need for rules; dance as you please. If you feel like dancing to loud music, do it confidently and without regret. Whenever you feel the urge to laugh in a closed room, let your laughter ring out – there's no reason to hold it back! Laugh out loud. If you feel like crying, cry openly when you're alone in a closed room. If you feel like screaming, scream.

Keep an open mind, go with the flow, and continue following your thoughts. Soon, you will see that this is a genuine way of living.

Don't restrict your mind. Don't neglect what your heart tells you. The mind is a flying bird, so fly as freely as you can....

17. Live your own life

It's your life. Don't let others tell you how to live it.

- Live in the present moment.
- Engage in activities that bring you joy.
- Consider life from your own perspective.
- Live your life according to your passions, desires, and choices.
- Accept your flaws, imperfections, and weaknesses.
- Your life is your own. No apologies, no blame, no excuses.
- Let go of everything you no longer need.
- Whatever is truly mine will remain with me.
- Don't hold grudges.
- Do not worry about what others think of you.
- Be interested, be curious, and trust your instincts.
- Be reasonable with your expectations.
- Spend meaningful time with yourself and your loved ones.
- Think positive thoughts, speak kind words, and perform good deeds.

Choose to enjoy your life.

Choose to be happy, calm, and peaceful.

Live your life to the fullest.

Be at peace with yourself.

Love yourself.

Laugh.

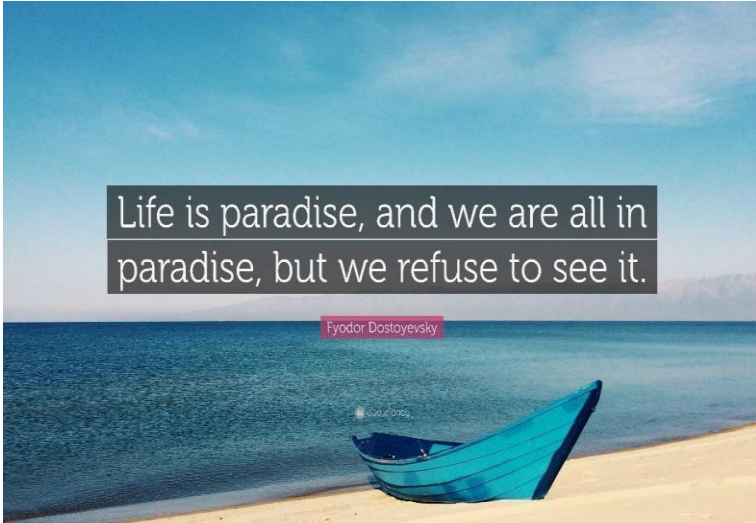
Relax.

Have lots of fun.

It's a journey to love and enjoy at your own speed.

Live your own life! Love without limits. Laugh often, and spread happiness and peace.

18. Create Paradise in Your Life.



Heaven is a place of extraordinary happiness and bliss. Is it a fantasy or a reality? We don't truly know.

Heaven is a profoundly personal experience, where you feel a deep sense of peace and immense blessings.

My idea of heaven is

- Do what brings you joy.
- Enjoy a peaceful life
- Feeling completely satisfied

Living happily and loving others is heaven for the soul. When you are in love, you feel heaven within your heart.

Acharya Chanakya says that

A healthy body, a calm mind, financial independence, modest eyes, love and kindness in the heart, a smile on your face, and gentle, perfect behavior – if you have all these, then you are already in your own heaven.

19. "The Formula for Inner Peace"



- Take charge of yourself
- Change your perspective
- Remove negativity
- Take control of your reactions
- Find alternative solutions
- Remove the situation that hurts you.

This will change your perspective on life, enabling you to approach it in a fresh way.

Restart your business. Reboot your life. Your future depends on it.

This simple yet powerful mantra holds the key to transforming your life.

By controlling your reactions, shifting your mindset, and eliminating toxic thoughts, you can foster a world of peace and progress.

A compelling reminder to focus your attention on your goals and dreams and less on negativity.

What would your life be like if you could remove every negative thought that chases you?

"Dump" or "Delete."

20. Simplicity is the Ultimate Sophistication.



Swami Paramhansa Yogananda says,

"Simplicity is the key to your happiness. Be as simple as you can. You will be surprised to see that your life will become simpler and happier."

Henry David Thoreau also said,

Keep life simple. Don't waste your time on unimportant or useless things. Keep your needs and wants to a minimum and appreciate what you have. Do not disturb your peace of mind by dwelling on the past.

Live a simple life. Simplicity is the ultimate refinement of our personality. It captures the complete essence of life, and it is the genuine treasure for living happily.

What is the foundation of simplicity and ease? In fact, these qualities rely on strong life values, moral character, and a broad outlook towards life.

These qualities make our lives truly comprehensive and complete. Those who live a simple and honest life definitely experience ultimate happiness. If we fully adopt simplicity, we will concentrate only on the things that are necessary or most important to us.

Therefore, always remember these points –

A life that is stress-free, joyful, and comfortable.

Have a clean and satisfying life

Always adhere to good values throughout life.

Always maintain a slow and steady pace in life.

Free yourself from the unconscious bondage of thoughts and beliefs.

Always follow your heart and trust your intuition – it often knows what's best for you.

Maintain balance in life and daily routines.

Always treat everyone equally.

Help others in every possible way.

Remove physical and mental disorders caused by the present digital age whenever possible.

It is very simple to be happy, but it is very difficult to be simple. Rabindranath Tagore

21. LIFE is what you make it.



No one is coming to rescue you. Your life is entirely your responsibility.

The best way to live is to go with the flow, accepting whatever comes into your life without resistance or question.

- Life is an opportunity; embrace it.
- Life is beautiful; appreciate it.
- Life is a challenge; confront it.
- Life is a promise; uphold it.
- Life is a tragedy; face it.
- Life is a song; sing it.
- Life is incredibly precious; do not waste it.
- Life is valuable; fight for it.

22. Life Is a Struggle: A Challenge



From birth to death, every person faces challenges that they must confront. Thus, it is accurate to say that it must be confronted. Life's journey often presents a series of challenges and obstacles, but they make our lives interesting, and overcoming them gives life meaning.

Challenges are God's way of strengthening us mentally, spiritually, and physically. After winning each challenge we face, we become wiser and stronger. Ellen J. Barrier

Challenges in our lives can also serve as catalysts that reveal our hidden potential and strengthen us both mentally and physically.

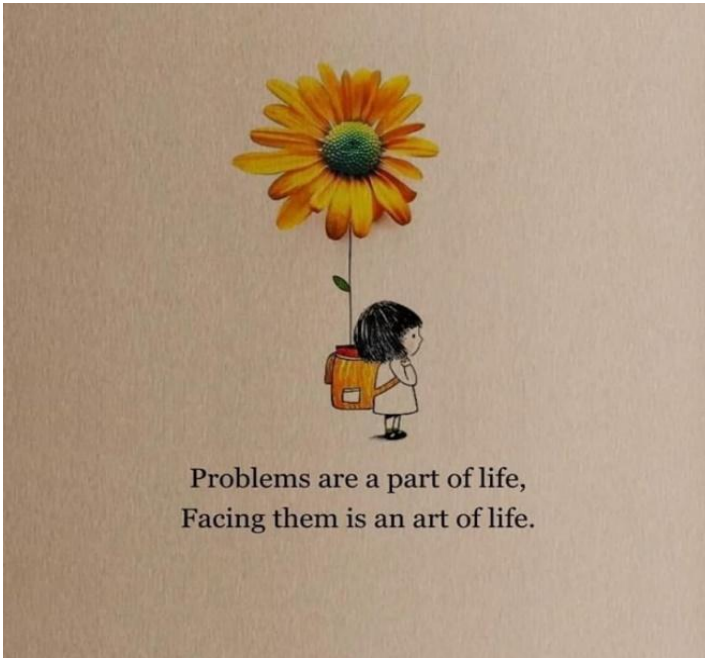
Difficult roads often lead to beautiful destinations.

The important thing is how to face challenges and come out as a winner.

- Look at the patterns in your life and see what challenges you've struggled with.
- Always maintain a positive outlook in your life, as it will help you discover new ways to face challenges.
- Recognize your inner strength and ability to find better ways.
- Resilience: Maintain a positive mindset and persevere through challenges.
- When a challenge arises, persistence is a crucial key to overcoming difficulties.
- Most important: **NEVER GIVE UP**

Life is a struggle, but not for quitters. Embrace each difficulty as a challenge and stay determined to realize your dreams. Remember, after every night, a new morning arrives.

23. Problems Are a Part of Life.



Problems are a part of life, and facing them with a smile is the art of living. Most of life's problems arise from acting without thought or thinking without action. Every problem has a solution. However, we cannot solve a problem with the same thinking we used to create it. We need to change our way of thinking and adopt a different perspective.

When we focus on the problems, we attract more problems. But if we focus on the solution, we will find the solution.

World-renowned scientist Steve Jobs said something significant –

Take life's problems and challenges seriously; think about them. If you can identify them, you have almost found the solution to the problem.

To address the issue, we need to identify the root cause rather than just the symptoms.

Whether the problem is minor or major, if we consider it calmly and exercise discretion and wisdom, most of our issues can be resolved satisfactorily.

When personal or family-related issues occur in relationships, internal conflicts can become so intense that fear and pain surface about their consequences. Often, we see no way to resolve such problems.

This is the challenge of our life and also our true test of patience and wisdom.

In this situation, we have two options and must choose one.

First, bow down to the problem and surrender completely, or accept the problem as a challenge: face it firmly, fight it, and turn this challenge into an opportunity.

There may be three solutions to any problem —

- **Accept it.**
- **Change it,**
- **Leave it.**

Either accept the problem as it is or change it. If you cannot accept or change it, then leave it. **You must never live with the problem.**

24. When I face a crossroads in life...



When I have to choose between two paths at a crossroads in life, one easy and the other challenging.

I always choose the difficult path. Because there are no challenges on the easy path. No struggle. No new experiences and learning. I only learn to compromise or make others compromise. While a difficult path teaches me to face challenges and makes me courageous, it also teaches me to discover new ways, gives me new experiences, makes me mentally strong, makes me confident, and teaches me self-control so that I can become a strong, confident person.

My life is 100% my responsibility.

25. Nothing Is Permanent in Life.



The only certainty about time is that it will change. If we are sad today, we will surely find happiness tomorrow; if we are happy today, we will undoubtedly encounter sadness tomorrow.

दुःखस्य अनन्तरम् सुखम् आयाति, सुखस्यनन्तरम् दुःखम् आयाति।

Dukhasya Anantaram Sukham Aayati,

Sukhasyanantram dukham aayati.

Buddha's wisdom teaches

Nothing in life is permanent. Don't stress yourself too much because the situation will change, regardless of how bad it seems.

Never be proud of time and fate, because they are changeable.

We recognize that change is a fundamental law of the world. Change is evident not only in our bodies but also in our emotions, thoughts, ideas, resolutions, beliefs, desires, concepts, needs, and plans.

People often feel uneasy with changes over time and struggle to adapt. Therefore, understanding these changes is vital.

Nothing lasts forever. So, enjoy yourself to the fullest. Laugh it off. Avoid drama. Take chances and never have regrets.

Those who understand the changes that occur over time and can adapt without becoming unsettled are very fortunate.

Those who surrender their minds and hearts to God and the Guru, accept life's changes, work diligently while engaging their bodies and minds, and maintain purity in their thoughts and feelings are always joyful, filled with happiness, and content.

Everything in life is temporary. Don't stress too much.

26. Nothing is impossible



“If you can dream it, you can do it” –Walt Disney.

We have to do what seems impossible. **To achieve the impossible, we must make extraordinary efforts.** You must confront challenges with the right mindset to discover what is achievable during a difficult situation. The impossible must first be overcome in our thinking; only then can we transform what seems impossible into the possible. Whatever we fear doing in life, or what seems unattainable, if we set it as a major goal, our thoughts will stay focused.

Write your own story – with hard work and perseverance, with loyalty and dedication, with faith and patience.

“Start by doing what’s necessary. Then do what’s possible. And suddenly you are doing the impossible.” St. Francis of Assisi

“Whatever goal you set your mind to and believe in, you can achieve it.” Napoleon Hill

We all possess the power to transform the impossible into the possible. We need to pursue our goals and confront the challenges that arise. We must face them courageously.

Do not fear failure; it teaches us many lessons. Do not give up after failing; do not allow weakness to set in. Instead, learn from it, change your course, seek new possibilities, and try different experiments.

Change your methods but not your path.

Muller's Law of Reality: "If it happens, it is possible."

"Impossible" is just a big word thrown around by small men who find it easier to live in the world they've been given than to explore the power they have to change it. Impossible is not a fact. It's an opinion. Impossible is not a declaration. It's a dare.

Impossible is potential. Impossible is temporary. Impossible is nothing.

27. Don't Resist or React



"Life is 10% what happens to you and 90% how you react to it." Charles R. Swindoll

Most times, a problem is not truly a problem. Our perception of problems occupies our minds and dictates our lives. Therefore, your issue is not the issue; your reaction is the real problem.

You will continue to suffer if you have an emotional reaction to everything that gets said. Warren Buffett emphatically stated, **"If words control you, that means everyone can control you." Breathe and allow the thing to pass."**

Remember, if you are easily offended, you will be easily manipulated.

True power lies in sitting back and observing events with logic. True power is self-restraint.

Life is a series of natural and spontaneous changes. Don't resist or react to life's continuous flow of spontaneous, natural changes; accept them as they are. Resisting only creates sorrow.

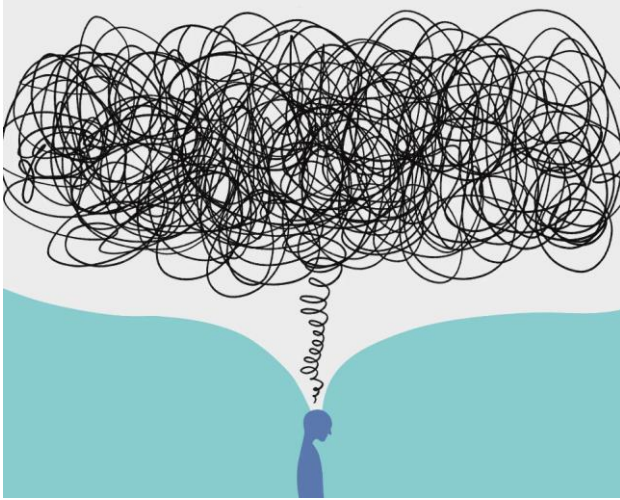
Let reality be reality. **Let things flow naturally forward in whatever way they are.**" Lao Tzu responds but doesn't react. When you respond, you maintain control over your options and choices. The difference between responding and reacting is a choice. "When you react, they are in control; when you respond, you are." — Dr Henry Cloud and Dr John Townsend, 'Boundaries'

Accept life as it is; don't try to force things to happen. You don't swim against the river's current; you go with the flow. You start to live effortlessly, aware of each moment, because you realize that everything is aligned and connected. Our lives are divinely orchestrated. Everything that happens is perfectly aligned with divine forces. Once you begin to believe in a higher power, you realize that control is an illusion. **Don't react—sometimes, it's better to let things be.**

I'm gradually learning that life is better lived when you focus less on what's happening around you and more on what's occurring within you. Therefore, prioritize self-improvement and nurture your inner peace. **Learn to accept life as it comes. When something happens, accept it. When pleasure arrives, accept it. When it fades, accept it. When it evaporates, accept it. And with pain, remain unjudgmental—be a silent witness to everything. This is the most profound secret of all the awakened ones.** Osho:

Non-reaction is the ultimate state of peace.

28. Don't worry, contemplate.



No one in this world is free from worry.

These worries may be

A **wealthy man** is concerned about his pride.

A **man in need** is concerned about his daily meals.

A **businessman** is concerned about his losses.

A **traveler** is worried about his luggage.

A **student** is anxious about his exams.

A **leader** is concerned about this chair.

If we consider it this way, everyone seems to be worried in one way or another. However, the question to ask is whether it is possible to solve a problem just by worrying.

No, certainly not.

The answer to a problem is discovered by contemplating it and taking action. So, what is the purpose of worrying?

A wise man said, "Worrying doesn't take away tomorrow's trouble; it takes away today's peace."

Worry is a slow poison to the human body. We often don't notice it, and worry gradually damages our health. Holding onto worries can cause physical illnesses, and continuous mental stress may lead to severe depression and anxiety sufferers, resulting in serious health problems. Worrying can weaken our morale and impair our thinking ability.

Saint Kabir Das has aptly expressed this in his own words:

“दोहा:

चिंता से चतुराई घटे, दुःख से घटे शरीर।
लोभ किये धन घटे, कह गये दास कबीर॥

"Worry reduces intelligence, sadness weakens the body, and sins deplete wealth," said Saint Kabir.

Worry can be worse than a funeral pyre.

Worry (Chinta-चिंता) said smilingly to Pyre (चित्ता):

- You burn the dead; I burn the living.
- You light it once; I light it again and again.
- You bid farewell to the person; I grasp the person.
- You are linked to death, while I am linked to life.
- You represent the ultimate truth; I am the first truth.

Swami Vivekananda emphasized, "Don't worry, think; give dimension to new thoughts."

Worry consumes us, but contemplation and positive, vibrant thoughts ignite us. Worry does not provide any solutions; it only presents us with problems.

Thinking offers solutions to problems, while worry drives life into darkness. Contemplation guides life towards light.

Constantly worrying drains our energy and clouds our thoughts. As a result, we find it hard to progress in life.

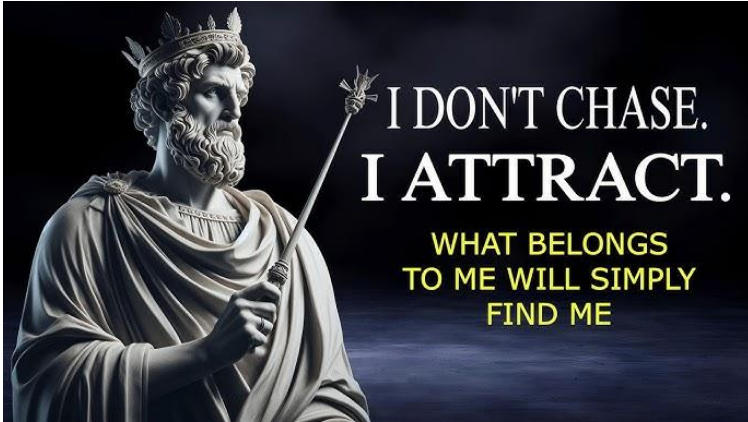
What is necessary is for us to learn how to confront anxiety in order to overcome it. Anxiety must be faced fearlessly. We should remember that those who do not know how to confront and fight anxiety suffer from ongoing physical and mental decline. They cannot live long.

चिंता समम् नास्ति शरीर शोषणम्

Therefore, we should neither worry nor dwell on anything outside our control.

Worry only to the extent necessary to complete our work, but never live in worry.

29. Don't Chase, Attract.



You don't need to chase anything to prove your worth. There's no need to beg for attention, opportunities, or love. This is the moment to recognize what you offer and let the right things come to you.

- You cease to feel the need to justify yourself to those who do not understand you.
- You are not here to prove your value to anyone.
- You let go of the habit of overanalysing everything.
- Your peace matters far more than the opinions of others.
- You respond to efforts, not excuses.
- Trust your instincts.
- You resist the urge to rush timelines.
- You prioritize your energy.

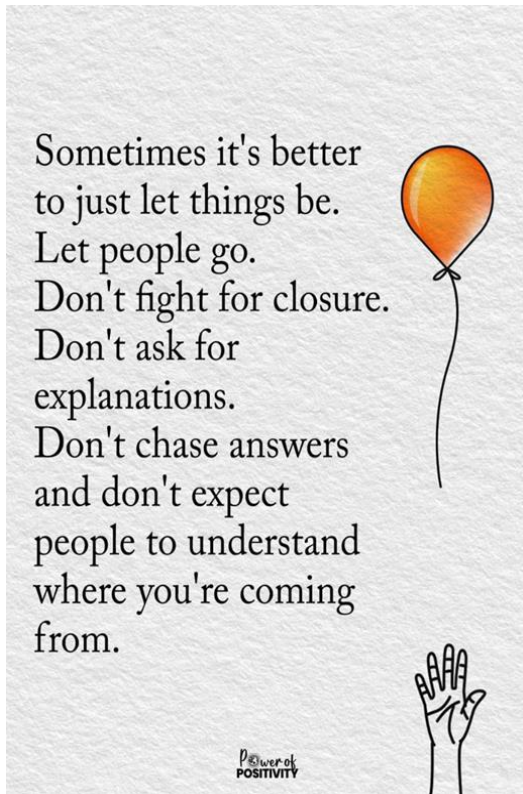
The more confident you feel , the more naturally the right opportunities will be attracted to you.

You're not just pursuing; you're making thoughtful decisions. You're in harmony, and the right experiences will follow naturally.

30. Let Go

One of the most courageous decisions you will make is finally letting go of what hurts your heart and soul.

Brigitte Nicolo



Let go of people who put you down. Let go of fights that will never be solved. Let go of trying to please people who will never see your worth. Let go of things that poison your soul and prevent you from growing healthier.

Let go of comparing yourself to others. Let go of competing with others. Let go of anger, worries, fear, and guilt.

You cannot move forward unless you release and forgive yourself and the situation.

~ Dr Steve Maraboli

How would your life change if you learned to let go of things that have already let go of you?

Let go of relationships long gone, grudges, regrets, and all the “could haves” and “should haves,” as well as ended friendships you’re still holding on to. Free yourself from the weight of a past you cannot change.

One of life's most challenging lessons is to let go, whether it's guilt, anger, loss, or betrayal. Change is never easy. We find it hard to hold on, and equally hard to let go. Letting go does not mean ignoring a situation. Letting go means accepting reality as it is, without fear, resistance, or a struggle for control. You find happiness by letting go of unhappy past events and breaking the cycle of fear and worry.

When people walk away from you, let them go. Your destiny is never connected to anyone who leaves you. It doesn't mean they are bad people; it just means their part in your life is over. -Julia Roberts

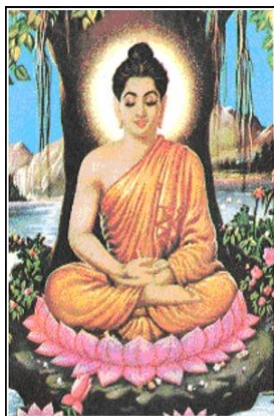
Letting go of past unhappiness and ceasing to dwell on fears and worries empowers you to choose happiness and much more. If it comes, let it. If it goes, let it.

If I let go of who I am, I become who I might be. Lao Tzu

Completely letting go brings complete peace.

One of the happiest moments in life is when you find the courage to let go of what you cannot change.

31. Never believe anything.



Don't blindly believe what I say. Don't believe me because others convince you of my words. Don't believe anything you see, read, or hear from others, whether of authority, religious teachers or texts.

— *Gautama Buddha* —

AZ QUOTES

We read many things in ancient religious texts, hear them from experienced and knowledgeable people, and understand them, but it is not right to believe all of them blindly.

One should not believe in any idea until it is tested with one's own knowledge, consciousness, and intelligence and has been thoroughly examined by applying it to one's own conscience.

After observation and analysis, when we discover something logical, suitable, and beneficial for everyone, we should not only accept it but also firmly adhere to it.

It's best to use our own judgment to decide when and why we should believe any event, detail, or statement in life. Don't follow others; this can impede your spiritual growth.

Albert Einstein stated, "**Blind faith in authority is the greatest enemy of truth.**"

Having an opinion about something is not the same as understanding; it is a limited and flawed perception of the truth.

"Only truth is reality."

If we are unwilling to question everything we believe, we will only know the illusion of lies.

Question everything; trust nothing; assume nothing, but seek only the truth.

The direct experience of truth is possible only when we seek it while being free from theories, beliefs, traditions, notions, and concepts. Once we encounter the truth, we will automatically see God.

Lord Mahavira also said, **"Truth is God."**

According to Anand Bharti,

"God is truth; there may be debate about it, but truth is God; this is absolutely indisputable."

32. Never compare yourself to others.



We often measure success by comparing ourselves to friends, colleagues, or strangers online. Never compare yourself to others. Everyone has their own struggles, their own fights, and the different paths they choose to take to reach where they are. Everyone has their own reason for where they are. But comparison is a silent thief; it diverts attention from your personal growth. The truth:

- It shifts your focus outward — you start chasing someone else's timeline instead of your own.

- It distorts self-esteem – online highlights rarely show the whole picture.
- It hinders genuine progress – time spent comparing is time not spent bettering yourself.
- Your journey has its own pace.

Stop measuring your life against someone else's story – your only real competition is the person you were yesterday.

Focus only on comparing yourself to yourself.

33. Balance of Life



Living a balanced life involves evenly distributing your energy across activities that support you physically, mentally, and emotionally. Life is about balancing what you hold on to and what you release. You need to find a balance between your responsibilities and personal interests. It is crucial to maintain harmony in all aspects of your life.

The key areas in your life where you need to find balance are:

- Health
- Spirituality
- Finance/Wealth
- Livelihood
- Self-growth/Development
- Relationships

- Hobbies/Recreation

Work-life balance: managing your work and personal life effectively

Personal satisfaction: feeling content and at peace with yourself

Well-being: feeling happy, healthy, and productive

Why is it important? Maintaining balance can help reduce stress and boost productivity. It can also contribute to career success and overall well-being.

How can you find balance?

Identify your priorities: Think about which areas of life matter most to you.

Make time for what you love: Engage in activities that bring you happiness, such as hobbies, spending quality time with friends and family, or enjoying outdoor activities in nature.

Avoid digital devices: Stay away from your phone, laptop, and social media.

Practice self-care: Get enough sleep, eat nutritious foods, and exercise regularly.

Reality testing generates solutions, while resilience defines survival. The true magic is in harmonizing these elements—turning surprises into lessons and strengths into your superpower. But can you master the art of balancing these aspects of life?

Maintaining balance in life is only possible when we learn from others while preserving our originality and personal traits. It is essential to remain independent in our thoughts and actions so that our own identity endures and becomes stronger. Prof. Dr Ajay Singh

34. Rules of Money



- Invest in yourself.
- Learn how to invest.
- Money formula: Earn-Save-Spend
- Spend money wisely—don't waste it. Your spending habits decide your financial future.
- Don't borrow money to buy luxuries.
- Create a financial plan and establish your goals.
- Buy assets, not liabilities.
- Invest to create long-term assets.

- Keep your finances well organized and secure.
- Create multiple streams of income
- Learn how money should always work for you.
- Automate your finances.
- Don't chase money, attract it.
- Make money even while you sleep.
- Always maintain an emergency fund.
- Recognize your risk appetite and leverage it to your advantage.
- Take calculated risks for earning and investment.
- Avoid taking loans to invest in the stock market.
- Clear high-interest debts.
- Start planning your retirement early.

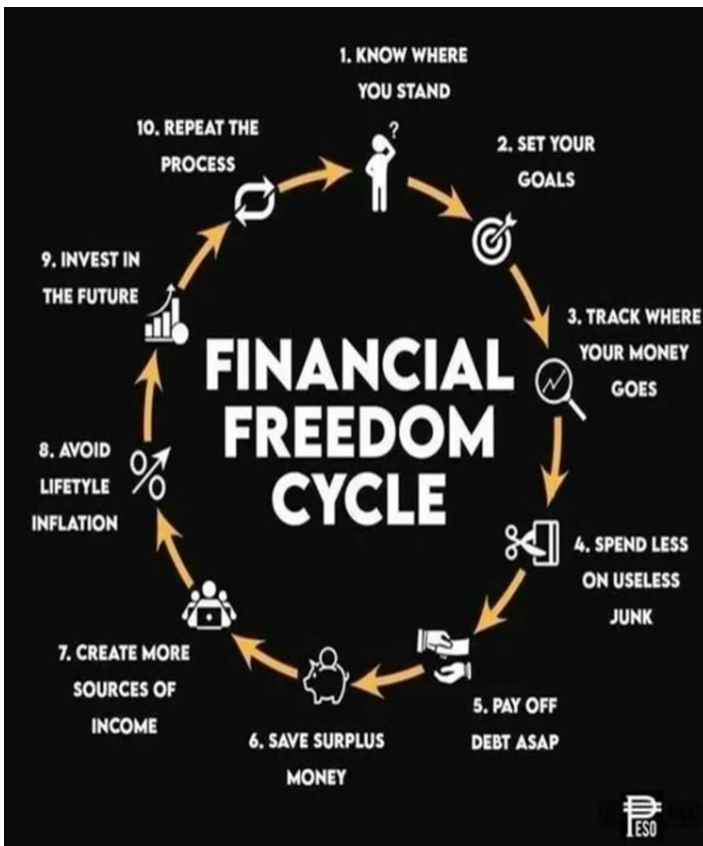
You become wealthy through your mental attitude, not solely through hard work.

Money is one of the few things in this world that can help avoid many problems and bring stability to life.

35. Financial Freedom

Money can't buy happiness, but it can buy freedom, security, and opportunity.

Your ultimate goal is to achieve financial independence.



Being financially comfortable is sufficient. You don't have to be the wealthiest. I'm not after money, but I seek the freedom that wealth can bring. Those are two very different goals.

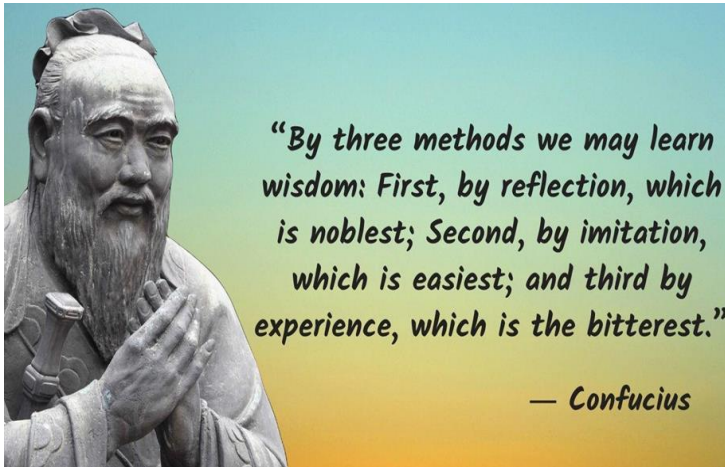
- Freedom to travel around the world
- Work according to my schedule.
- Buy and savor the things you love.
- Spend meaningful moments with family, loved ones, and friends.
- Live a good, comfortable, and peaceful life.

Financial freedom means having the time and resources to pursue passions and dreams, allowing us to live life to the fullest.

Financial freedom does not come by chance; it requires a clear, consistent action plan and determination.

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36. My experience is the best teacher.



When someone asked a great man, "Who is your guru (teacher)?" He replied, "I am my own teacher; I learn from my experiences every day and every moment."

Each day presents a new learning opportunity, and valuable knowledge can be acquired through various experiences and interactions.

- **Learning from our mistakes** is an effective way to improve, but it may not always seem the best approach. Embracing our errors leads to valuable insights and significant growth.

When you make a mistake, admit it, learn from the experience, and ensure you don't repeat it. But we should focus on understanding the causes of our mistakes rather than just the

consequences, as this encourages learning by examining the underlying reasons, which can help prevent future problems.

Anyone who has never made a mistake has never tried anything new. -Albert Einstein

- The second approach involves **learning from the mistakes of others**, which is one of the best ways to grow and succeed.
- **Learning from your experiences** is the most effective approach to personal growth.

This approach is vital for true transformation and growth. Fully embrace it to unlock your potential.

Learning Through Experience

Every experience has its element of "magic." Hermann Hesse:
We can gain valuable insights from our mistakes in several significant ways:

- Reflecting thoughtfully on the experience
- Understanding the specific missteps
- Evaluating our decision-making processes.
- Requesting constructive feedback
- Developing actionable strategies for future success

We must prevent these mistakes from occurring again. Let's devote ourselves to avoiding their repetition and seek ways to improve by learning from past errors.

To build a better future, we need to commit ourselves to making positive changes within.

When exploring ways to learn from others' mistakes, consider the well-known quote by Otto von Bismarck:

"Only a fool learns from his own mistakes; a wise man learns from the mistakes of others."

Acharya Chanakya stated that

It is impossible to live long enough to make every mistake ourselves.

Therefore, by learning from others' mistakes, we can make better decisions and avoid repeating the same errors.

If we genuinely wish to learn from our experiences, we must observe the events that occur each day.

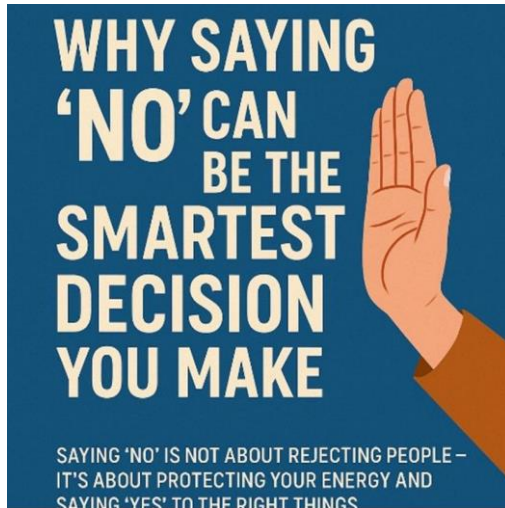
When we approach incidents seriously, we find that each one offers a valuable lesson.

Life Lesson

Every event, person, element of nature, animal, bird, sky, earth, air, sun, and fire can serve as our teacher in some form. All that is needed is awareness, understanding, and profound observation.

37. Master the skill of saying "NO."

"When you say 'yes' to others, you sure as hell cannot say 'no' to yourself." Paulo Coelho



Saying 'no' to someone for anything is also an art. Think carefully before replying to anyone, and then let them know if something is not possible for you. Say 'no' in a way that doesn't upset the other person. You should master the art of saying 'no' without feeling guilty. It is not right to say "yes" to everything out of hesitation, respect, or fear of offending someone—especially when it leads to unnecessary trouble. Be sure to say 'no' to any goal that makes you feel sad and guilty or drains your energy.

"Half the troubles in life are caused by saying 'yes' too quickly and not saying 'no' quickly enough." - Josh Billing.

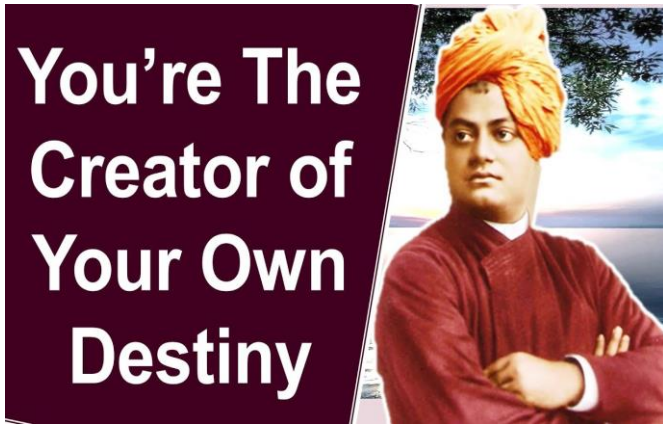
Whenever you face a situation where saying “no” is necessary, adopt a diplomatic approach such as "I would love to help you, but believe me, I am really helpless right now."

If you want better control over your life and your time, you must learn how to say “no” effectively. If you say 'yes' to every opportunity, invitation, and task asked of you, you will soon feel overwhelmed and encounter many problems. You may lose yourself in trying to keep others happy.

Never resort to lies or false excuses. Learn to say 'no' politely without hurting anyone. This will never cause problems in maintaining relationships.

Saying “no” isn't about turning people away—it's about safeguarding your energy and saying “yes” to the right things.

38. You are the creator of your destiny.



Many believe that God decides our fate at birth. However, the truth is that God does not control our destiny. Instead, our thoughts, behaviors, and actions at every stage of life shape our future.

Our internal attitude, habits, and behaviors are automatically formed, shaping our lives and gradually guiding us in that direction.

Man does not determine his destiny. We cultivate our habits, and our habits mold our future. - F. Mathias Alexander.

To manage our habits, we should adopt spirituality. This approach helps us gradually take control of our routines and enhance them.

Then we will be able to control our destiny. This will only be possible when we have gained mastery over our minds and made them our allies.

"If you start living your life consciously, you can write your destiny. "- Sadhguru Jaggi Vasudev.

Lord Krishna says,

I do not determine anyone's fate; everyone shapes their own. Whatever you do today, you will reap the consequences tomorrow. And your fate today is the result of your earlier actions.

39. Your thoughts shape your destiny.



Be mindful of your thoughts; they manifest as words.

Be mindful of your words; they give rise to actions.

Be mindful of your actions; they develop into habits.

Be mindful of your habits; they form your character.

Be mindful of your character; it ultimately shapes your destiny.

Every journey begins within. The way you think creates the narrative you weave for yourself and the world around you. A single thought can act as a powerful compass, guiding your life toward fulfillment and purpose, especially when it addresses the profound questions your soul longs to explore. It is crucial to protect your mind as you would a cherished fortress, as the

ideas and beliefs you nurture within yourself will sculpt the reality you experience. Cultivate thoughts that resonate with your deepest desires and values, as they are the seeds from which a life filled with meaning and joy can flourish.

Through practicing self-discipline, you can take command of your thoughts and emotions, ultimately shaping your destiny. Seize control of your life.

Destiny is not a matter of chance; it is the result of every thought, choice, and moment in which you define who you wish to be. Every journey begins within. The way you think intricately shapes the story you create for yourself and the world around you.

Lord Buddha said, **"All that we are is the result of our thoughts."**

We become what we think. Whatever thoughts arise in our minds begin to manifest in our lives. Our thoughts shape the environment around us and mold our personality. If our thoughts are pure, kind, and positive, our personality will reflect that. Conversely, negative thoughts influence our entire being.

During the nine months of pregnancy, pictures of God, laughing children, and good literary books are kept around the mother to create a religious or spiritual environment. This aims to foster positive, spiritual thoughts in the mother's mind, which directly influence the unborn child's personality. In this process, the personalities of both mother and child are shaped by their thoughts.

The most striking example of this is provided by the renowned playwright Dr. Shankar Shesh in his play "Komal Gandhara." According to him, when Gandhari discovered at the wedding venue that her future husband, Dhritarashtra, was blind, and this fact had been hidden from her, Gandhari, carried away by

negative feelings of vengeance and ego, decided to blindfold herself for life. The result was that all their hundred sons (Kauravas) were born arrogant and with negative thoughts.

The thoughts that have taken root in our minds in the past have shaped our present, and similarly, our future will be shaped by the thoughts we hold now.

Our thoughts shape our personality and our destiny.

If our thoughts are pleasant, we will feel happy. If our thoughts are sad, we will remain miserable. If we harbor fear, we will remain fearful.

With healthy thoughts, we will remain healthy; with unhealthy thoughts, we will remain constantly ill.

Only by focusing on success will we achieve it; otherwise, thoughts of failure will inevitably lead us toward it.

This is the law of nature: whatever we focus on or think about, that thought or idea will manifest in the universe and become visible in our lives.

Therefore, it is rightly said that through our thoughts we can turn our lives into heaven or hell; it all depends on us.

In the Bhagavad Gita, Lord Krishna says, **"He who has conquered his mind, his mind will become his friend; but he who has failed to do so, that is, who has failed to conquer his mind, his mind will become his enemy."**

According to this quote, conquering the mind involves bringing purity, cleanliness, and positivity to thoughts, and this depends on us.

You are what your deep driving desire is. As your desire is, so is your will. As your will is, so is your deed. As your deed is, so is your destiny." – Brihadaranyaka Upanishad

40. Come Out of Your Comfort Zone.



We are taught from childhood not to go out alone; it is dangerous, and not to get into unnecessary trouble—don't do this, don't do that, etc. Fear is ingrained in our minds. Because of this, we are afraid to take risks and struggle to find courage. This is what holds back our progress.

Frogs are also taught from childhood that they should not leave the well, or else they will be caught and killed; there is death outside. The poor frog remains hidden all day through his life,

fearing that if he goes out, he will face struggle. But some frogs tried to understand, using logic, how they would be killed if they went out. Some of them gathered courage and jumped out of the well. When they came out, they saw there was fresh air, light, and the fragrance of flowers. Then they realized that whatever was being told to them for centuries was meant to keep them scared so that they would remain others' slaves out of fear.

One of those frogs decided to climb to the top of the mountain and began moving forward with courage. All the frogs exclaimed that this was impossible, as no one had climbed it to date. "You won't be able to climb." However, the frog reached the top of the mountain. Do you know why? Because he was deaf . When he saw all the frogs making noise, he thought they were all cheering him on.

Most men remain average because comfort seems safe. Stepping outside your comfort zone is one of the most effective ways to boost personal growth, happiness, and success. The moment you accept discomfort as your new normal, your life starts to make real progress in areas such as career, money, fitness, relationships, and confidence.

Accelerates Personal Growth and Learning

Facing new challenges compels you to develop new skills, adjust to unfamiliar situations, and broaden your knowledge and abilities.

Builds Unbreakable Confidence

Every time you face something scary and come out the other side (public speaking, cold approaching, quitting a toxic job, traveling alone), that builds genuine self-confidence.

Opens Doors to New Opportunities and Connections

Leaving your comfort zone exposes you to fresh experiences, people, and environments you wouldn't encounter otherwise.

Improves Mental Health and Resilience

Regularly stepping out helps break ruts, fostering adaptability and psychological strength.

To achieve your goal, remain deaf to negative people and to your own fears and doubts.

41. Cultivate a Charismatic Personality.

If you want to lead a successful and happy life, cultivate your personal charm that instantly attracts. You should contemplate the kind of person you wish to become . Start visualizing that personality and develop habits that help create a charming individual.

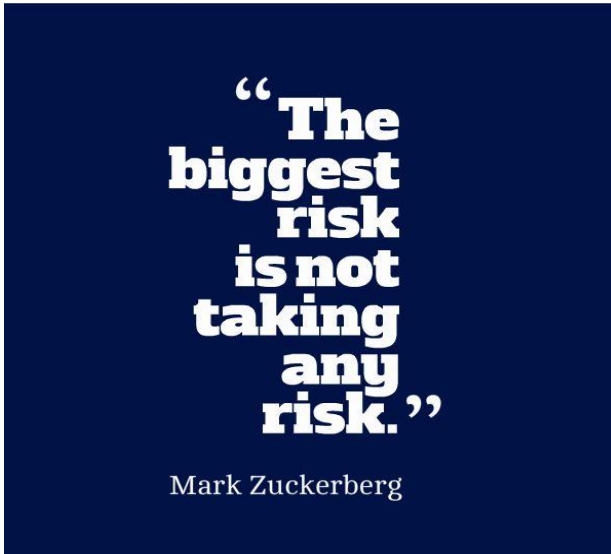


- Develop personal charm that draws others through positive self-image.
- Always wear a neat, clean, well-fitted outfit that suits your personality and is appropriate for the occasion.
- Greet people with a smile and a firm handshake
- Appear warm, welcoming, and full of happiness.
- Your appearance reflects your confidence.

- Adopt confident body language, such as maintaining eye contact, standing tall, and using open gestures.
- Possess strong communication skills, being able to express thoughts clearly and persuasively but politely.
- Understanding and sharing the feelings of others fosters trust and connection.
- Be fully engaged in the conversation, listen carefully , and put the person at ease.
- Always behave maturely.
- Speak less and listen more.

Some of the most charismatic personalities are Mahatma Gandhi, Mother Teresa, Lord Buddha, and Steve Jobs, among others.

42. The Biggest Risk Is Not Taking Risks.



Life is inherently risky, and the future is never as controllable as we are led to believe. Therefore, when life events and sudden changes—even adversity—are thrust upon you, it becomes increasingly difficult to cope if you are risk-averse.

Therefore, it is wiser to accept inherent uncertainty and take some risks with your choices. The risks may not always result in equal benefits, but they will lead to a more interesting and adaptable life.

Take calculated risks.

Taking a risk means evaluating it thoughtfully. What might you lose, and what might you gain?

- You can make informed decisions.
- You can minimize uncertainties.
- You can encourage innovation.
- You can create opportunities.
- You can nurture growth.

The biggest example is the stock market, where one can become a millionaire only if they are willing to take thoughtful risks.

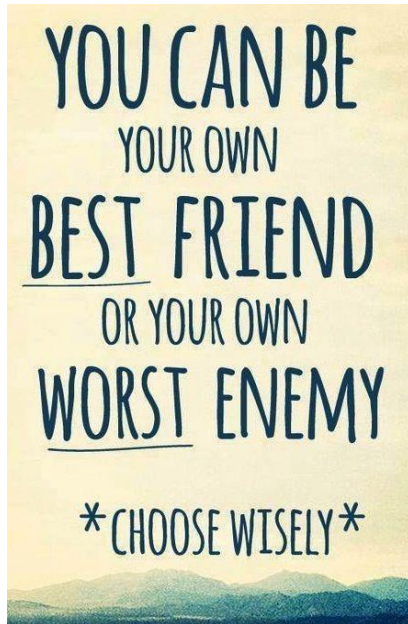
Avoiding risks can be more harmful than taking them.

This idea highlights several key points:

- **Missed opportunities:** Avoiding risks may cause you to miss valuable opportunities for growth, learning, and achievement. Playing it safe can stagnate your personal life, career, or relationships.
- **Fear of Failure:** Fear of failure can often prevent individuals from reaching their goals. However, failure is an essential part of the learning process and can lead to even greater success in the long run.
- **Comfort Zone:** While staying within your comfort zone may seem safe, it can also restrict your potential. Taking risks often means stepping outside this zone, leading to new experiences and fostering personal growth.
- **Regrets:** Many people regret missed opportunities more than those they never took. This highlights the importance of pursuing your dreams rather than letting fear stop you.

In real life, we must take many risks to progress; they are essential to livelihoods, businesses, and life. So, why should we fear taking risks?

43. Who Is Your Greatest Adversary?



You should consider the things that are holding you back from success, creating obstacles, and preventing you from overcoming your laziness (comfort zone). Then you will discover that your greatest enemy is only "you."

You have blocked your way. Who has stopped you?

- Your **weak mindset**
- your **hidden fears**,
- your **needless worries**,
- your **laziness**,

- your **procrastination**,
- your **weak willpower**, etc.

Understand this as an example: No matter how big and dense the clouds are, they cannot block the sunlight. No matter how thick the darkness is or how dark the night appears, its worth is no greater than a single ray of sun. As soon as one ray of the sun appears, the darkness disappears.

"If you want to shine like the sun, first burn like the sun and learn to burn." APJ Abdul Kalam

"If you want to do great work, love what you do." Steve Jobs

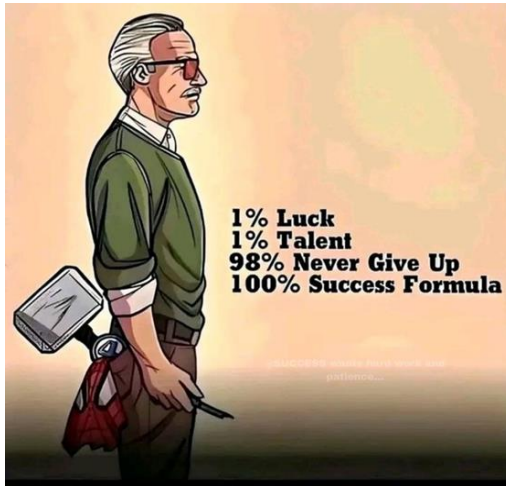
There is a remarkable power within you that understands what to do and knows how to look after you without your help. All you need to do is surrender to it. Surrender your thoughts, mind, and ego to the current that knows the way. It will take care of you better than you can imagine.

To conquer the world, you must first conquer yourself. The person who conquers himself has already conquered the world. You only need to defeat one individual—yourself. Your challenge isn't with anyone outside, but solely with yourself.

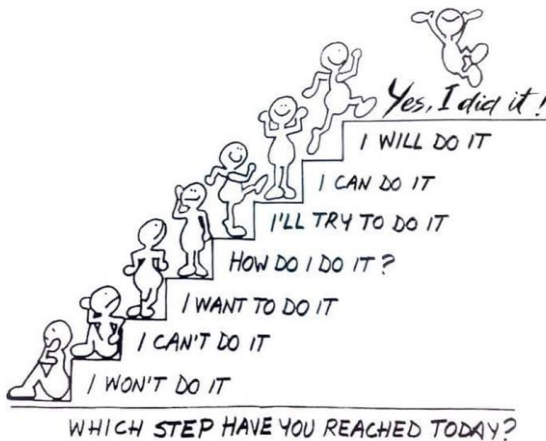
All limitations are self-imposed. Do not be bound by any limitations—be **limitless**.

"You're your own worst enemy and your own best friend."

44. The secret of success in life

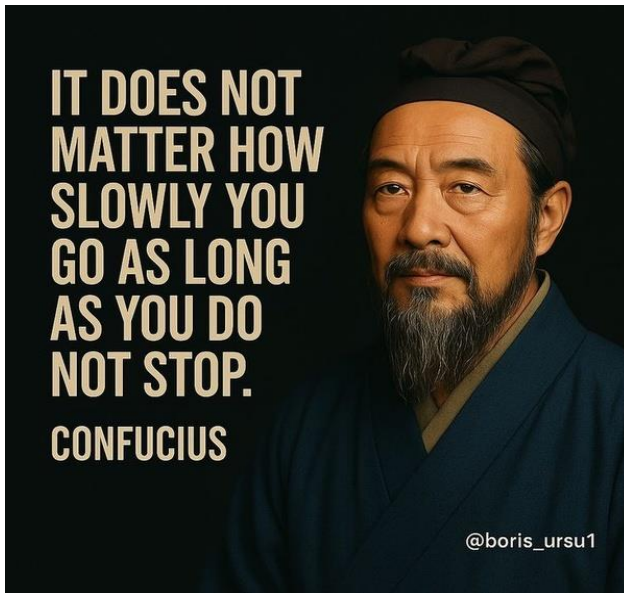


Take up one idea. Make that one idea your life. Think of it. Dream of it. Live on that idea. Let the brain, muscles, nerves, and every part of your body be full of that idea, and leave every other idea alone. **This is the way to success.**



Believe in yourself. Have a clear and achievable goal. Visualize and believe in success in your mind and soul. **The first step is always the hardest.**

- Do it now; never postpone.
- Don't wait for the perfect moment to start.
- Start where you are.
- Begin now with whatever you possess
- Do what you can.
- It's okay to start slow.
- As you move forward, you'll discover new paths.
- Focus on the course of action ahead of you.
- Break your goal into multiple small goals.
- Make small daily progress towards your goal.
- Celebrate even the smallest achievement. This will boost your confidence.
- Self-discipline and consistency will be the key factors.
- Put all your effort and energy into reaching your desired goal.
- Obstacles will appear on your path; learn to manage them effectively.
- You will make mistakes. Always learn from them and never repeat the same one.
- Failure is an essential part of the journey to success. Learn from failure.
- If the plan doesn't succeed, adjust the plan, not the goal.
- Restart, refocus, and reset – as many times as needed.
- What matters is you get up every time – stronger, wiser, and more determined.



Never give up on your goal.

45. Focus on the Process, Not the Outcome.

**Focus on
the
process,
not the
outcome**

Famous verse from Bhagwat Geeta:

कर्मण्येवाधिकारस्ते मा फलेषु कदाचन।

मा कर्मफलहेतुर्भूर्मा ते संगोअस्त्व कर्मणि। —Lord Krishna

You have the right to carry out your prescribed duties, but you are not entitled to the outcomes of your actions.

Focus on the process rather than the outcome. Engage wholeheartedly in each step and let go of any attachment to results. Your achievement depends on how you approach the journey.

We can influence our actions (karma), but our desired outcomes are not always within our control. When we pursue our work solely for a specific result, we may feel despair if we fail to achieve it, which could lead us to doubt the value of persistence and effort.

Not becoming overly attached to the results means concentrating on what we can control—such as the effort we put in, what we set out to achieve, and our mindset.

You have control over your mind, not outside events. Grasp this, and you will find strength—Marcus Aurelius.

Life's Lesson:

Focus on your goal, not the immediate result. Begin with full energy and regularly refocus, but never give up.

We often link our happiness to specific outcomes, especially in personal relationships, without thinking about the other person's feelings. Therefore, focus on yourself and do your best.

Give your best effort and trust that the rest is in God's hands.

46. The Power of Small Continuous Improvement



Adopt a philosophy of small, continuous improvement and become better every day. The “Kaizen” Way of Self-Improvement

Focus on improving yourself each day. Make minor daily improvements that gradually lead to the significant change you desire. It may take months or even years, but progress will come if you concentrate on consistency and refining your actions.

You will experience the power of daily self-improvement through continuous compounding. You already know what you want. Start now and find small ways to make progress.

“A journey of a thousand miles begins with a single step,” Lao Tzu.

Don't seek big or rapid improvements. Focus on small improvements each day. That's the only way true growth happens.

How to Implement Self-Improvement? Begin with Small Steps.

- If you want to start walking in the morning, begin with 5 or 10 minutes and gradually build up your routine.
- If you want to start exercising, you can begin with a workout routine or daily push-ups.
- If you'd like to start meditating, begin with a one-minute breathing exercise and focus on making daily progress.
- If you want happiness in life, start appreciating the small moments.

Similarly, the same improvement approach (the Power of 1% daily enhancement) can be applied to our lives:

- By reading 10 pages a day, you can finish 12 to 18 books in a year.
- Saving \$10 daily adds up to \$3,650 annually.
- Learning a new skill every month leads to 12 skills by the year's end.
- Establishing a weekly routine will improve your life.

Just aim to improve a little more than you did yesterday. There is no excuse for not starting what you want to pursue or achieve.

Yes, improvement happens gradually.

Self-Improvement Strategies.

1. **Planning** – Set your goals for the upcoming days, weeks, or months. Write them down.

2. **Set goals** – Create short-term and long-term goals and establish deadlines to track progress.
3. **Accept challenges**—Stepping outside your comfort zone can help you discover potential you never knew you possessed.
4. **Learn something new**, whether it's a language, music, cooking, or a sport.
5. **Stop complaining**

The 1% Rule: Small Steps, Big Impact

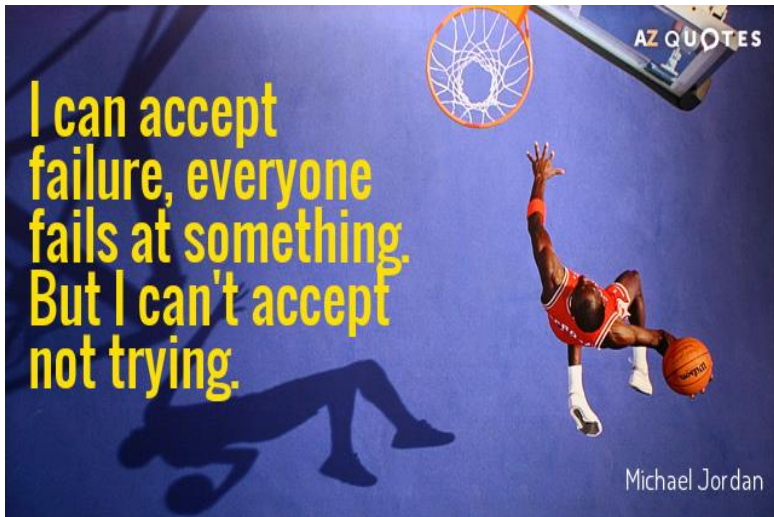
It's a slight shift, almost invisible at first. But over time, those small, consistent improvements compound into something remarkable.

- 1% better communication each day = stronger relationships.
- 1% more focus daily = exponential productivity gains.
- 1% more confidence = new doors opening.

It's not about perfection. It's about progress—steady, intentional, and sustainable.

My aim is not to be better than anyone else, but to be better than I was before.

47. Embrace Failure as a Challenge.



Accept failure: Failing is not wrong; it is a natural part of the learning process.

Accept the mistake and reflect. Instead of blaming yourself, understand what went wrong – whether it was time management, your method of preparation, or lack of effort and confidence.

Embrace constructive feedback: Every failure teaches you something. Keep a diary and write down what happened and why after each failure.

Note: What should you do next? Seek honest feedback from trusted people. This will help you identify your weaknesses and work to improve them.

Don't tie your self-worth to failure: You are not defined by your results. A failure doesn't make you a 'failure.' It's simply an experience.

Turn failure into a challenge? This means we should not be disappointed by our failures; instead, we ought to turn them into a source of energy.

Success takes time. Never give up.

48. Knock on Every Door

This is the best advice I've ever received:

Knock on every door. Some will open, while others will remain closed. The right door will not open until you become the genuine person suitable for it. It was created specifically for you. Open doors represent opportunities that come once in a lifetime. Take advantage of them.

Closed doors are a natural part of life's journey. They will open when you learn to knock on each one. Behind every closed door lies an opportunity for a fresh start. Sometimes, doors that remain closed are not meant for you. Be grateful for closed doors, negative emotions, and unpleasant experiences. They serve as divine protection from people, places, and things that no longer resonate with your soul. They redirect your life journey.

Until God opens another door, trust Him right where you are.

Take advantage of every opportunity in life. Be grateful for closed doors, detours, and roadblocks; they protect you from paths not intended for you.

Sometimes life doesn't unfold the way you want it to. However, the detours, heartbreaks, and closed doors often lead you to something better. It's not a failure; it is redirection that guides you toward the path you were meant to walk.

Life Lesson

Never give up on your dreams, no matter how many closed doors you encounter.

If we can recognize them, the world offers numerous opportunities. This aligns with the universal law: when one door closes, the natural response is to restore balance by opening new ones.

When one door closes, another door opens. But we often look at closed doors for so long that we regretfully fail to see the door that has opened for us. Alexander Graham Bell

49. Create Opportunity



"Opportunity does not waste time with those who are unprepared." – Idowu Koyenikan.

Opportunities don't come from thin air—they're the result of preparation and persistence. You should be aware of a mental shift that brings clarity, especially when validation doesn't come right away. Every day is about moving forward, not by seeking immediate, life-altering changes, but by positioning yourself for the monumental opportunities ahead.

The real question is, will you be ready when those opportunities cross your path? Your skills, growth, and persistence today lay the groundwork for tomorrow's success. Are you putting in the work now for a future you can't yet imagine?

50. Create a List of “What Not to Do”



We often make a "To-Do-List."

From now on, we should also create a list of things we want to avoid. This is an excellent way to simplify our lives. Focus on what truly matters and distinguish what does not. This will enhance our productivity and well-being.

A to-do list concentrates on what you aim to accomplish (goals), while a not-to-do list includes tasks, habits, and behaviors that you should avoid and gradually remove from your life. Be mindful of what not to do.

"If you're having trouble deciding what to do, just focus on what not to do." American entrepreneur Tom Ferris

A to-do list alone will not help you improve, save time, or increase your focus on the goals you want to achieve, such as career success, improving company performance, and planning for the future.

But a 'Not-To-Do' list helps eliminate major distractions, limitations, and doubts in your life. It helps in making better decisions. Identify distractions and obstacles that may hinder you from achieving your goal.

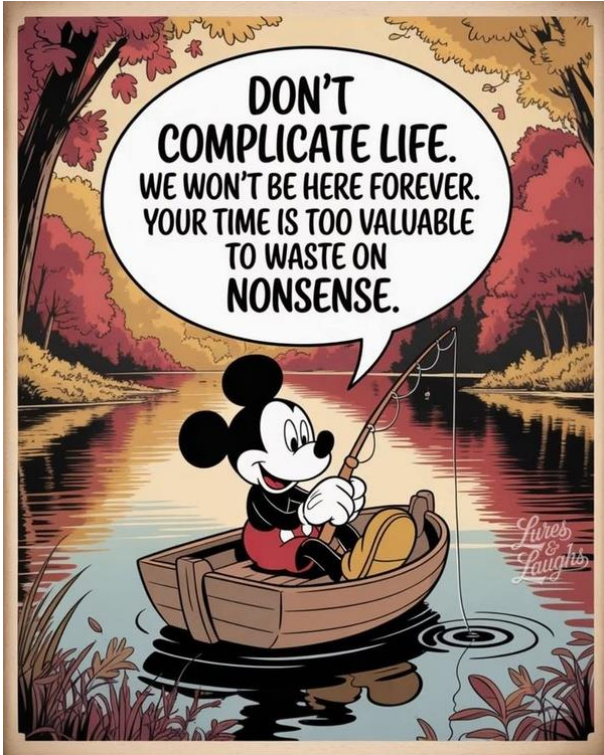
Focus on everything that will help you live a better, more successful, and more satisfied life.

What are we waiting for? Get started and make a list of things you don't want to do. Have fun.

Identify your weaknesses, including laziness, bad habits, poor relationships, carelessness, overreacting to events, dogmatism, unnecessary fears, and more.

The idea is that by removing and managing these habits, we can enhance our well-being and enjoy a happier life. Review these lists regularly and make any necessary adjustments or additions.

51. Don't Make Life Complicated.



- Your most potent weapons are silence and walking away.
- Arguing with a foolish person is pointless.
- Avoid getting involved in trivial matters.
- Don't allow anybody to control you.
- Don't hold grudges against anyone.
- Concentrate on your own affairs.

- Never try to prove your point.
- Don't entangle yourself unnecessarily.
- Choose, don't chase.
- Protect your energy.
- Respect your dignity.
- Value your peace.
- Be genuine

52. Excess of Everything is Bad.

"अति सर्वत्र वर्जयेत्"

Anything in excess of what you need is poison. It could be power, laziness, food, ego, ambition, pride, fear, anger, or anything else.

- Don't trust too much
- Don't love too much
- Don't hope too much

Because when something becomes excessive, it may cause you significant harm.

What harm can "too much" do to you?

- If you overthink, you will be unhappy
- If you talk too much, you will end up lying
- If you love too much, you will be hurt or lost
- If you trust too much, you will be betrayed
- If you care too much, you will be underestimated
- If you sleep too much, you will become lazy
- If you spend too much, you will have no future
- If you expect too much, you will be disappointed

So please don't overdo it because excess can cause you great harm.

53. How to Destroy Your Life?

1. Not believing in yourself
2. Having blind faith in others.
3. Expecting more from others.
4. Procrastination
5. Always having negative thoughts about everything.
6. Wasting time on phone calls, television, and social media apps.
7. Becoming angry over small irrelevant things.
8. Waking up after sunrise and sleeping for long hours.
9. Postponing your goals.
10. Living a mediocre life.
11. Self-sabotaging.
12. Running from your problems.
13. Worrying but not trying to address your weaknesses and flaws.
14. Trying to control everything.
15. Blaming your past and others.
16. Trying to be something you are not.
17. Eating unhygienic fast food regularly.
18. Not maintaining good relations with family and friends.

54. Never Disclose Your Secrets

Some aspects of life are private and profoundly meaningful, and not everything needs to be shared with others. **“Never reveal your secrets to anyone; they can ruin you”**. Chanakya

These secrets should be kept to yourself.

1. Your Struggles

These struggles, especially internal battles like self-doubt or anxiety, are best kept private until you're ready to share, if you choose to. Your strength lies in how you deal with them, not in how many people know about them.

2. Your Dreams and Aspirations

Your goals, ambitions, and future dreams are uniquely yours. While it's essential to seek support, you don't need to share every dream with everyone. Keep your vision personal, as it can help sustain your motivation and protect you from negativity or judgment.

3. Your Past Mistakes

Everyone has a past, and mistakes are part of it. You don't need to explain every mistake or bad decision to others. What matters is how you've grown from them. Your past doesn't define who you are, and some things are better left unsaid, especially if they no longer affect your present life.

4. Your Deepest Fears

Fear is a natural emotion, but your deepest fears, those that truly unsettle you, don't need to be shared with the world. Keeping them to yourself can help you find the courage to face them head-on, without the weight of external judgment or pity.

5. Your Internal Journey

Your growth, evolution, and the lessons you're learning internally do not need to be shared all the time. Sometimes, it's more empowering to keep your inner transformation private. This allows you the space to change at your own pace, without feeling pressured to explain every shift in perspective.

6. Your Happiness.

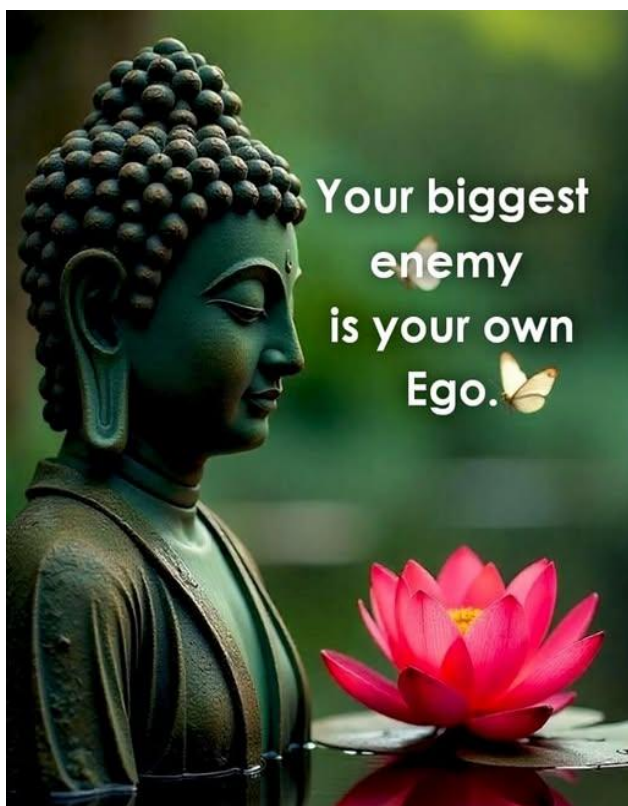
Enjoy your happiness privately. No one needs to know how happy you are. **Your Personal Life – Love Life**

7. Your wealth and financial journey.

People should not be able to understand how you became rich. Keep your losses private, too. Make financial decisions quietly.

Privacy teaches us to be independent and to remain discreet. People won't know your weaknesses, so they will not be able to attack you personally. You can attract peace and tranquillity, free from the world's disturbances.

55. EGO is your greatest enemy.



The ego is your enemy, not your friend. It is often the ego that gives you wounds and hurts you. It is also the ego that makes you violent, angry, jealous, and competitive.

It also continuously compares and makes you feel miserable.
-OSHO

Ego creates a false sense of superiority, which can be the root cause of many problems, both in personal and professional life.

The uncompromising attitude of an egoist can lead to the breakdown of many loving relationships in families, among friends, and in society. An inflated ego often results in arrogance, which hinders cooperation and genuine connection with others. The ego creates unrealistic expectations that ultimately lead to many failures in life. In a loving and affectionate relationship, egoists often become entangled in trivial issues, which can ultimately cause damage and lead to the breakdown of the relationship.

A mind filled with love is your best friend. But a mind filled with ego is your worst enemy. Gauranga Das

A healthy ego is good for health because it provides self-esteem, confidence, and resilience to handle stress and conflict. But an unhealthy ego is dangerous and should be managed by the following:

- You should try to understand the emotions driving your ego.
- Learn to observe your thoughts and actions, and avoid becoming overly attached to your ideas.
- Focus on your work instead of the rewards and fame it might bring.
- Cultivating humility and self-awareness is essential for achieving success.
- Engaging with a community can help move focus from an individualistic, ego-centric outlook towards collective aims.

56. The Fear of Missing Out—FOMO

It is important to remember that you will always be missing something. It's impossible to do everything. Social media can amplify FOMO by constantly exposing us to curated images of other people's lives. Remember that what you see online is often not the whole story.

Fearing missing out is an emotional reaction to the belief that others are living better, more satisfying lives or that essential opportunities are being missed.

The Impact of Fear of Missing Out on Opportunities, e.g.

- In stock market trading, we often fail to buy a stock that has fallen significantly, only to see it rise several times higher later.
- We regret not making quick decisions. Even in life, we miss many opportunities because we hesitate to act immediately.
- We are in love with a girl but cannot tell her because we are waiting for the right moment or feeling hesitant; meanwhile, her marriage is arranged with someone else, and we will regret it for the rest of our lives.
- If you do not accept a good job due to family or any other reason and are unable to join it, you will only feel regret later.
- A quarrel with a friend over a trivial matter and a break in the friendship, but hesitating to apologise at the right

time; in such a situation, a good friend can be lost forever.

- Trust is a vital element. Once trust is lost, it becomes very hard to regain. It is crucial to maintain trust, whether between spouses, friends, or colleagues within a company. Once broken, trust is extremely difficult to rebuild.
- Time is precious. Lost time is irreplaceable. We must understand its value. Whatever we do, whatever decision we make, we must do it today, right now.

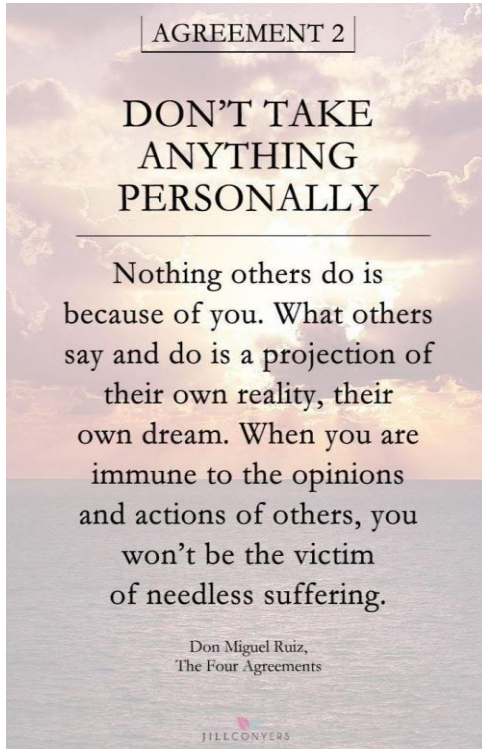
Saint Kabir Das also said,

“काल करे सो आज कर, आज करे सो अब;

पर मैं परलै होएगी, बहुरी करेगो कब."

"What you have to do tomorrow, do it today; what you have to do today, do it now, but I will be another person. When will you do it again?"

57. Don't Take Anything Personally.



A Toltec: The Four Agreements by Don Miguel Ruiz

People's actions, words, and opinions are usually a reflection of their own reality, and this should never be taken as a personal attack on you. Even when a situation feels very personal, or if others insult you directly, it has nothing to do with you. When you take things personally, you feel offended, and your response is to defend your beliefs, which may promote conflict. By not taking things personally, you can prevent hurt feelings

and unnecessary suffering, leading to increased freedom and inner peace.

Remember that people operate from their own unique set of experiences, beliefs, and emotional states. What they say or do is a projection of their internal world, not a judgment on your worth.

When someone says you are not looking good, calls you foolish, or makes other negative remarks, don't take it personally because the truth is that this person is dealing with their own feelings, beliefs, and opinions.

It is important to think about yourself, but don't care what others think about you. I know who I am, and I don't need to be accepted by anyone. This is your problem, not mine. When you don't take things personally, you become less susceptible to emotional "poison" or manipulation from others. This enables you to respond thoughtfully rather than reacting defensively. Constructive criticism from others can serve as an opportunity for growth rather than a personal attack. By remaining objective, you can assess whether there is any truth in what is being said, which can aid your improvement.

If you learn to live fearlessly and love yourself, there is no room for hurtful emotions because you feel good inside. You are living in a state of bliss.

58. Don't Care. What Will People Say?

World-renowned scientist Steve Jobs said, "**Your time is limited; don't waste it living someone else's life.**"

Throughout our lives, before we take any step or undertake any task, we first think, "What will people say?" We act with consideration for the feelings of others, which ultimately hinders us from truly reaching our own goals. Actually, 'what will people say' is a form of phobia that restricts our freedom and negatively affects our resolve. We have only one life to pursue our interests, but this fear prevents us from chasing what we truly desire. We waste our time and energy under the influence of this phobia.

Who are the individuals responsible for triggering this phobia? These are often our own relatives, neighbors, friends, and acquaintances. We interact with them daily, as they are an essential part of our lives, and we can't ignore them. It's because of these people that our dreams, our passions, our desires often remain unfulfilled, and we regret it for the rest of our lives. The correct approach is to do our work as we choose, without concern for what others might think.

People will laugh at us on the first day.

They might mock us on the second day.

After the third day, people will gradually forget it.

So, we should ignore what people say and not be influenced by them. The work that makes us happy, brings satisfaction, and we believe is right for us is the one we should do.

Remember, life belongs to us, not to others, and we must do what we truly want from our hearts.

The thought of "what will people say" and the fear of it have destroyed more dreams than any other thought in the world. If we focus on what people will say or think, we will burn in the fire of regret for the rest of our lives.

59. Never Try to Control Others.

Everyone around the world has their own thoughts, behaviors, and methods of doing things. Each person possesses both good qualities and shortcomings; therefore, no one is perfect.

Everyone has a limit to their thinking, and it is not necessary for two people to think the same way. Often in life, we become confused about why another person does not think as we do or why they do not understand us. We also waste our energy and time worrying about this.

We don't even understand why we seek to control others. Why do we keep attempting, unsuccessfully, to analyze others' behavior and reach conclusions?

One truth we often overlook is that we cannot control others. God did not place us on this earth to manage the actions of others.

Never get upset.

If someone is ignoring us, let them.

If someone is leaving us, let them go.

If someone doesn't listen to us or understand us, let it be.

Adopt the principle of 'whatever is happening, let it happen.'

Don't try to restrain or control others. This will not only free us emotionally but also help us recognize people's true natures. It will also help us accurately assess the other person's feelings towards us.

This way, we'll be able to understand them better. In this manner, we'll be able to choose the best people in life—people we want to be with for life, to be an integral part of our lives.

The best response to someone's negative emotions is to ignore them—no reaction, no response, no conflict. Our true strength lies in letting them be.

60. Eliminate the Three Poisons of Life.

These three poisons are greed, anger, and ignorance—fundamental causes of human suffering that hinder us from achieving enlightenment or true insight.

The first poison is **greed**, which knows no limits. It never ends. When we are influenced by it, the desire for more keeps increasing even after we have achieved our goals, and it never stops.

The second poison is **anger**. We become enraged over even the most minor things and lose control, which not only damages our health (physical and mental) but also harms our relationships with others in all situations. We always regret our behavior later.

The third poison is **ignorance**, which is a form of foolishness. Ignorance is not caused by a lack of common sense or education but by a lack of understanding; specifically, it stems from our failure to comprehend nature truly, the voice of the inner soul, as well as a deficiency in rational thinking.

As long as we allow these three poisons to influence our mind, we will never be able to experience peace in life.

On the contrary, the more we can keep away from these three poisons, the happier and freer we will be able to live life.

61. Human life is the greatest gift from God.

Life is an opportunity to become the best and achieve your fullest potential. Life is a blessing from God, a gift. Life is a destiny planned and scripted by God.

In Hinduism, there are four important goals in life:

Dharma: Righteousness and moral values.

Artha: Wealth, prosperity, and splendor.

Kama: Love, desire, and pleasure.

Moksha: Liberation from the cycle of birth and death.

Life is a journey filled with plans, dreams, desires, feelings, hopes, disappointments, pain, sorrow, and much more. Life is a wonderful learning experience. It all depends on what you choose and how you design your life. Live life to the fullest and make as many incredible memories as possible.

The ultimate goal of a blessed life should be happiness, joy, peace, stability, and satisfaction.

Love, Laugh, Enjoy, and Smile"

62. Your body is the sanctuary of your soul.

I always ask the audience, "Who is your best friend?" They always respond by mentioning their friends' names.

Then I further clarify, "A friend who will remain with you from life to death."

The audience is confused here because they don't have a definite answer.

I remind the audience that **your body is your closest friend, staying with you until the end of your life.**

So, don't neglect your body.

Eat a balanced diet: carbohydrates, protein, fats, and macro- and micronutrients. Locally grown food is best for your body. Limit processed foods, added sugars, salt, and unhealthy fats.

Keep your body fit: that includes a morning walk of at least 30 minutes, moderate-intensity aerobic activity, strength training, swimming, or cycling. Practice good hygiene: Shower or bathe regularly, wash your hands frequently, and brush your teeth twice a day.

Prioritise sound sleep: Aim for 7-9 hours of quality sleep each night. Keep a consistent sleep routine and create a sleep-conducive environment.

Limit or avoid harmful substances: Avoid smoking and excessive alcohol consumption. Do not use prescription drugs in ways other than prescribed.

Maintain a healthy weight: Balance your calorie consumption with your calorie expenditure to maintain a healthy weight.

Reduce sedentary time: Limit your screen time on television and mobile devices.

Manage stress: Find ways to relax and de-stress, such as meditation, deep breathing exercises, or spending time on hobbies you enjoy.

Socialize: Spend time with friends and family who provide emotional support.

Manage your emotions: Understand and manage your feelings. It's okay to take a break or say "no" when you need to.

Practice gratitude: Remind yourself daily of things you are grateful for.

Regular health checkup: Schedule regular health appointments and screenings and get recommended vaccinations.

Monitor your health: Check your blood pressure and other vital signs regularly as advised by your doctor.

Maintain your body as healthy as possible—physically, mentally, and socially.

63. Journey of My Self-Discovery

A challenging path to a fulfilling life



An experiment in my life.

Today, sit comfortably in a quiet, healthy place at home. Close your eyes. Observe your breath (and focus on it). Gradually, your thoughts will diminish. You'll begin to feel peace and well-being.

By remaining silent,

- Ask yourself questions.
- Try to be honest about yourself.
- Don't lie to yourself.
- Slowly, you'll begin to face yourself.
- You will begin to understand yourself.
- Your entire perception will fundamentally change.

As you advance through this experiment, you will probably feel more content and serene inside. You will begin to understand the meaning and purpose of life. As your understanding deepens, you will be able to listen to your inner voice (intuition) and your heart. Through deep observation, you will begin to understand where there is truth and where there is false bondage or obstruction.

Only when you understand your inner blockages well will you be able to remove all your physical, mental, and emotional clutter.

You have now begun to observe everything around you that affects your life. The more we know ourselves, the more we progress. This is what frees us from the illusion of false knowledge.

Develop a logical thinking perspective.

Reflect on what you have and delve into your inner strength, weaknesses, values, thoughts, emotions, desires, and all the mysteries within you.

This will introduce you to new ideas, wisdom, and experience.

Every day, challenge yourself, explore your inner self, connect, think, meditate, and discover new ideas.

Develop self-awareness within your subconscious mind. You have the capacity to focus on yourself and determine if your actions, thoughts, and feelings are in harmony with your core values.

As you grow more self-aware and become able to evaluate yourself, manage your emotions, and align your behavior with your values, you will begin to understand yourself truly.

64. Be Your Own Light

People are so caught up in life's complexities and the allure of the world that they rarely find the chance to look inward and reflect.

To discover your true self, look inward and ask yourself,

Who am I?

What is the purpose of my life?

What is the goal of my life?

What is the passion of my life?

What should I do?

What should I not do?

And so on.

Without knowing all this, how can we develop our own personalities? The issue is how to gather accurate information about ourselves and evaluate it accurately.

To achieve that, you speak with yourself, evaluate your actions, and set your own goals and objectives.

- Be the architect of your own life.
- Visualize yourself carrying out tasks.
- Foster positive thinking.
- Encourage good habits within yourself.
- Strengthen your self-image.

Then, with persistent effort and determination, get started and give your best, making life meaningful.

Recognizing yourself and understanding your inner self are the first steps towards truly knowing who you are.

65. Learn to Listen and Trust Your Intuition.



Intuition is the silent yet powerful voice of your inner self. It connects you with your most authentic self. When you trust your intuition, you can navigate life's journey with more ease, clear-sightedness, and self-assured confidence. Pay close attention to that subtle inner voice that emerges from your gut feelings. It will guide your life towards purpose, fulfillment, and abundance.

The intuitive mind is a sacred gift, and the rational mind is a loyal servant. We have crafted a society that honors this loyal servant but has forgotten the Divine Gift. Albert Einstein

It gives you extra emotional intelligence, which you need to understand the context of the situation.

But you should be willing to listen to your heart.

Learn to listen and, most importantly, trust your intuition.

Don't allow your gut instinct to be polluted by fear, prejudice, and mental clutter. I regularly attempt to strengthen my connection with my intuition through practices such as meditation, spending time in nature, or reflecting on moments when my intuition felt particularly strong. No matter how appealing something looks, if you don't feel right or comfortable, walk away. If something deep inside tells you that a person or situation isn't right, trust your gut instinct. Deep down, you know what you want. Let no one decide that for you. Intuition is real. Vibes are genuine. Energy does not lie. Tune into it. Practice and become a master.

Decision-Making in Uncertainty: When logic alone isn't enough—such as choosing between two job offers, deciding whether to trust someone, or selecting a life partner—love and intuition serve as a tiebreaker.

Reading people and situations with clarity and authenticity.

Creative Problem-Solving: Have you ever experienced a sudden “AHA!” moment while showering or walking? Intuition sparks creative solutions when you're not overthinking. For example, you might instinctively adjust a work project to make it stand out.

Avoid danger and warn of bad news.

Your gut can act like an early warning system. Maybe you pause before crossing a street and prevent an accident. Before you receive bad or sad news, your gut feeling knows that something bad is going to happen. Gut feelings are sensations we all must have experienced through physical signs like warmth on the skin, a queasy feeling in the stomach, or a pounding heart.

You also hold this power! Most people haven't yet tapped into it, often because they are unaware of its existence or haven't experienced the spark of their intuition igniting.

What if you could use your telepathic abilities?

You can feel them better when you slow down and press your "PAUSE" button.

66. Challenge Your Beliefs, Values, and Customs.

We have been taught beliefs, rules, concepts, values, morals, and other systems since childhood by parents, teachers, society, and others. We have been taught what is good and what is bad, what is acceptable and what is not, what to believe and what not to believe. These rules, concepts, beliefs, religion, and moral values already exist in society before we are born and will remain after our death.

We never had the chance to choose any of these things, even though we didn't choose our name and religion. Once we decide to believe, it becomes our faith.

Our belief system is like a law book that governs our minds. There is a system of punishment and rewards in our society. We feel safe to follow them even when society's laws are wrong.

Most of the beliefs we hold in our minds are simply false, and we suffer because we believe in these lies. We are living only to satisfy and be accepted by society. We are prisoners of a society where we lack the freedom to choose what we like, what we desire, and our own passions.

If you want to live a life of joy and fulfillment, you must summon the courage to break free from these fear-based societal laws that hold you captive. It truly means living a life without limits, where endless opportunities for development and personal growth exist.

- Don't seek approval from others.

- Don't bother trying to impress others.
- Don't worry about what other people and society will say.
- Don't conform to social norms that make you feel uncomfortable and unhappy.
- Never compromise on anything for your passion and desire.

Create your own value system aligned with your inner vibes, passions, and authentic beliefs.

This concept of challenging the belief systems is taken from the book **THE FOUR AGREEMENTS** - A Practical Guide to Personal Freedom by DON MIGUEL RUIZ

67. Contentment Brings Satisfaction

There is no greater happiness in this world than being content.

Someone has rightly said, **"A contented life is better than a successful life because people measure success, but only your mind, soul, and heart determine the anguish within you."**

The primary cause of human suffering is the unfulfillment of desires. This is what keeps us restless day and night, cultivating a sense of dissatisfaction in our lives and making us perpetually unhappy.

Live life according to your needs, not your desires, because even beggars' needs are met, but even kings' desires often go unfulfilled.

"He who is not satisfied with what he has cannot be satisfied even with what he desires, for as desires are fulfilled, new desires are born, and they never end." Socrates

A poet succinctly said, **"When you have everything in life, what will you desire? Some unfulfilled desires are what make life worth living."**

If you are content and happy with what you have, you are the wealthiest person in the world.

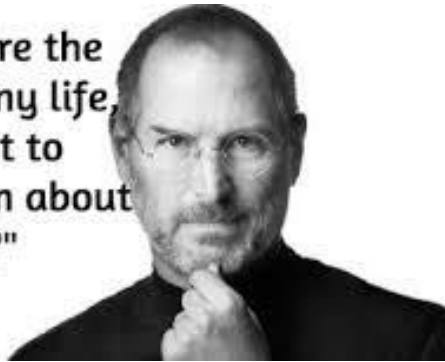
Contentment teaches us to find happiness in every situation.

"When contentment becomes wealth, all wealth becomes dust." Contentment brings peace, which encompasses all happiness.

68. If today is the last day of your life....

"Live as if you were to die tomorrow, and learn as if you were to live forever." -Mahatma Gandhi

"If today were the last day of my life, would I want to do what I am about to do today?"



Steve Jobs was renowned for his extraordinary thinking. In a speech at Stanford University, he said, "In my childhood, I read somewhere that if today is your last day, how will you behave?" This changed his thinking about life. Every morning, when he looked in the mirror, he would ask himself, "If today is my last day, how will I live?" As soon as this thought came, his mind, which was often flying and wandering with countless imaginations, would stop. "This sutra changed his attitude towards life. He stopped giving much importance to success and failure. According to him, **"Death is the best thing that can happen in life."**

The reality is that **"death is not an event that occurs at the end of life; it happens every moment."** Every moment of life brings

us closer to death. "You took a breath, life entered, the next breath was released, and death occurred."

For everything in your life, one day will be the last, and you won't even know when.

Death is the reality that no one can escape, and in this world, you are just a guest.

Sit alone and consider how many people will be affected after your death. Take care only of those who will be impacted, and leave everyone else.

Imagine that you are dead. You have lived your life. Now, with whatever time remains, live it properly.

69. I Believe in the Religion of Humanity.



Religion is a structured system of beliefs and rituals that links its followers to a divine or higher power. All the religions of the world have:

- Beliefs, ideas, and values,
- Mythological, supernatural, and sacred stories,
- Customs and rituals,
- Social organisations or communities

All religions refer to the same God by different names.

- God is referred to as "Paramatma" in Hinduism.
- Jehovah in Christianity,
- Allah in Islam.

All religions state that God created the entire Earth and humanity. No religion is superior or inferior to another.

"Religion does not teach us to hate each other." - Poet Muhammad Iqbal

We all believe in religion, but we do not follow its fundamental principles. Nowadays, religion does not bring people together; it causes division. Politicians exploit it as a political tool to spread hatred among religious groups and communities.

I follow just one religion— "The Religion of Humanity."

By practicing the Dharma of humanity through various religions, the individual completes the evolutionary journey of consciousness and enters the dimension of spirituality, where they transcend their ego and attain liberation through the experience of unity with the universe.

Swami Vivekananda rightly said, **"If you want to be religious, do not enter the door of any organized religion; they do hundreds of times more evil than good because they hinder each individual's personal development."**

Let us stop fighting in the name of religion and God. Let us believe in only one religion: "Religion of Humanity."

Humanity is the greatest faith.

70. Time is Priceless; Spend It Wisely.



Time is free, but it's priceless.

You can't own it, but you can use it.

You can't keep it, but you can spend it.

Once you lose it, you can never get it back.

Time makes us laugh. Time makes us weep. Time teaches us much more. Understanding the importance of time leads to great success in life. Those who lose time will regret it forever.

Time is the only currency that never refunds; spend it wisely.

Only blissful people get time and wisdom together because I have often observed that wisdom is absent when needed, and when wisdom appears, time has already passed.

Someone asked me, 'Who in this world is yours?' I replied with a smile... TIME!! If the time is right, everybody is yours; otherwise... NOBODY.

Time has taught us everything, but never at the right moment when we needed it most.

Life teaches us to make the most of our time, while time reveals the value of our lives. Decisions in life are never wrong, but it takes time to prove them. If you are facing the worst of times, don't be sad because one day, bad times will pass.

The greatest mistake we make in life is believing we have TIME. Kobe Bryant

You never realize how much time you have.

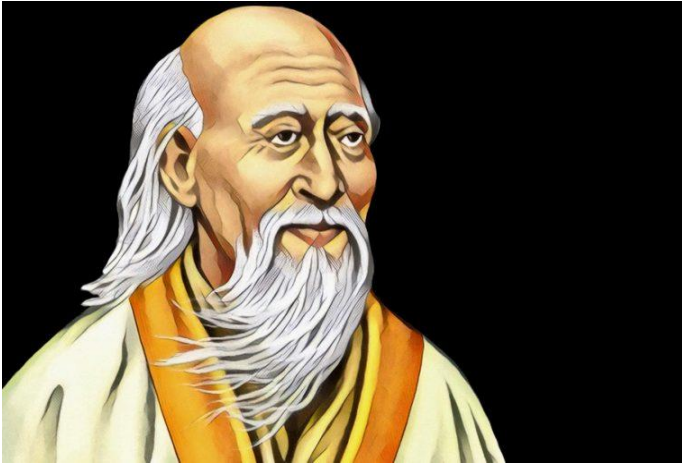
If you waste the present, the future won't wait for you. The best time to start was yesterday. The next best time is today.

Change yourself with time and have the courage to change the time.

71. Teach Your Heart

TEACH
YOUR HEART
TO
ACCEPT
DISAPPOINTMENTS,
REJECTIONS,
INSULTS,
HATE,
AND
DISRESPECT
FROM
PEOPLE YOU LOVE

72. Lao Tzu's Teaching



I have only three things to teach:

Simplicity, Patience, and Compassion.

These are my greatest treasures.

- **Simplicity** in action and thought allows you to revisit the origins of existence.
- **Patience** with both friends and foes, you remain in harmony with the way things are.
- **Compassion:** By showing **kindness** to yourself, you promote harmony among all beings in the world.

73. Decorate Your Home

One late morning, I visited my friend's house and noticed that dust had accumulated on the floor, doors, and walls in his living room. On the dining table, used utensils from the previous dinner remained unwashed. His bedroom was untidy and poorly maintained. Everything was in a state of disorder and complete chaos. I sensed negative vibes everywhere.

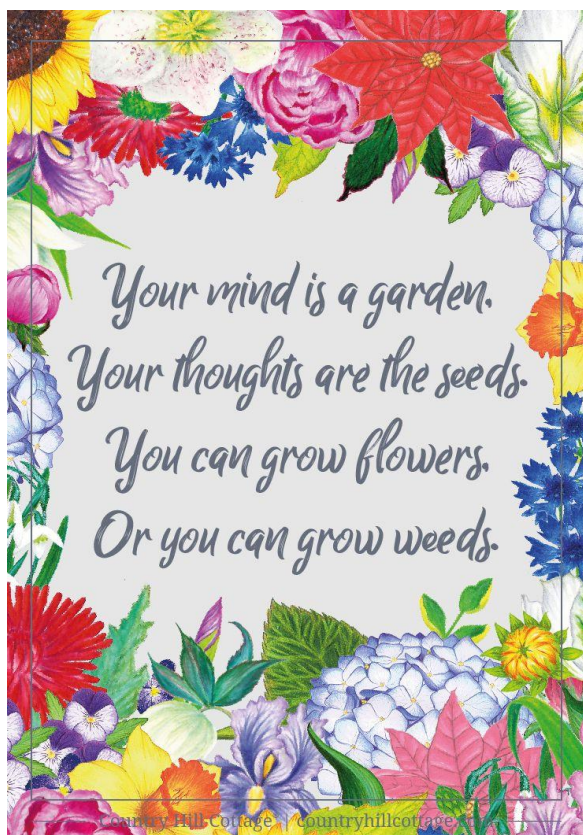
In such a gloomy atmosphere, how could he be happy?

How should I organize my home where I spend most of my leisure time?

- Keep your bed neat and tidy.
- Maintain your home in a clean and lively manner.
- Arrange all items and utensils in their proper places.
- Make your living room beautiful and vibrant.
- Cultivate a garden with lovely, fragrant flowers.
- Make sure sunlight and cool air access every part of your house.

Maintain your home well, where you spend quality time with your loving family, and you will feel happy and at peace.

74. The Mind is a Garden; You are Its Gardener.



Many types of thoughts enter the mind every day. The mind is very fickle; it wanders here and there and never stays in one place. Whatever we think or thoughts that arise in our minds, they all form the basis of our actions. Our past thoughts influence our present, and our thoughts will shape our future.

Lord Buddha said 25 centuries ago:

"What we are is the result of our thoughts."

Our past thoughts shape our present, and our thoughts will mold our future. Positive thoughts fill our minds with appreciation, which brings satisfaction to the soul. By harnessing positive mental power, we can attain success in every aspect of our lives. Negative thoughts, regardless of the circumstances in which they occur, always cause harm—they contribute to physical and mental illnesses.

Our mind is like a garden; whatever we sow in it, we will harvest. If we plant seeds of fragrant flowers, our garden will be filled with the scent of beautiful and enchanting blossoms. If we sow the seeds of juicy fruits, we will get delicious fruits to eat. If we do not sow anything, weeds will grow in the garden of our mind. Therefore, we must neutralize all negative thoughts in our mind, and if they keep recurring, we should dismiss them firmly and close all doors to their entry. As long as we continue to fill our minds with positive thoughts, negativity will naturally fade away.

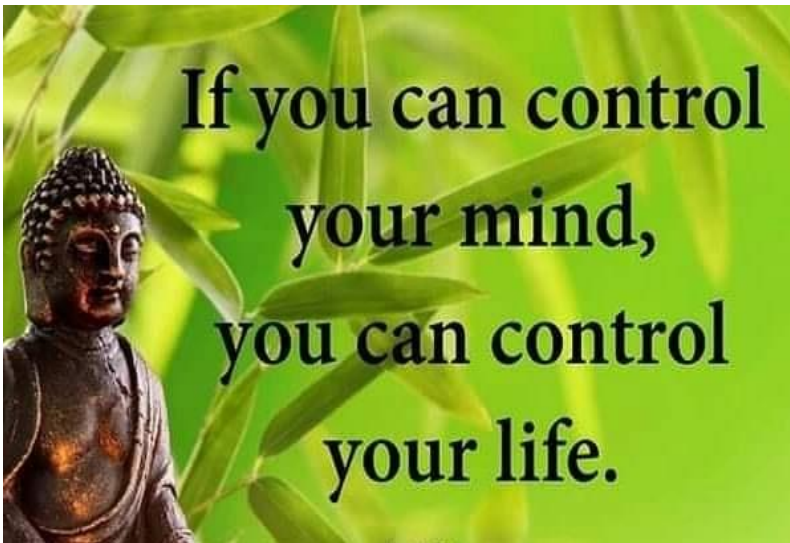
Good feelings, such as love, affection, kindness, and happiness, will naturally arise in our minds, helping us develop a positive outlook on life. As a result, we will give our best in every situation.

Maintaining a positive outlook is a powerful way to enhance your overall well-being and navigate life's challenges with greater resilience and strength.

75. Take Control of Your Mind

The mind is a beautiful servant, but a dangerous master.

-Lord Buddha



We think we live freely, but in truth, our subconscious mind controls us. We are slaves to the subconscious, which truly rules us, even though we believe our conscious thoughts govern us. If you do not take control of your mind, it will take control of you. Avoid becoming a prisoner of your thoughts and emotions.

Bring your unconscious mind into awareness. The moment you master controlling your mind and thoughts, turning them to your advantage, you start to free yourself from the grip of your thoughts and emotions. Once you become consciously aware of them, you are liberated from the control and guidance of your thoughts and emotions.

You all possess power. If you can alter your mindset, you can transform your life. You must take control of your thoughts and your mind. Program your mind to believe in yourself. Please recognize that you have what it takes to achieve greatness and observe greatness manifest in your life. The key to success is overcoming your limited beliefs and aligning yourself with the energy you desire in your life.

Once the mind is in a harmonious state, neither external circumstances nor the environment will affect it, nor will there be any internal disturbance.

“When the mind is weak, the situation is a problem.

When the mind is balanced, the situation is a challenge.

When the mind is strong, the situation becomes an opportunity.” Ratan Tata.

76. Your Mental Health

Remember that your mental health is a priority, your inner peace is essential and your self-care is a necessity.



77. Free Your Mind from Fear.

What is fear?

Why do we fear?

What do we fear?

If we think calmly, fear is mainly imaginary, emotional, and a product of our imagination. In reality, fear is far from reality. We trouble our minds by worrying about the consequences of something that does not exist and about the imaginary effects of imaginary fears. Fear fosters a sense of despair in the mind, stopping us from living our lives comfortably. Sometimes, when we focus on the imagined results of unfounded fears, even a simple life starts to seem complicated.

The elements or causes that we fear the most are:

1. Fear of one's death
2. Fear of losing a loved one
3. Fear of rejection
4. Fear of failure
5. Fear of loneliness
6. Fear of making mistakes
7. Fear of criticism
8. Fear of the unknown (xenophobia)
9. Fear of change, etc.

If you examine the reasons provided here, you will see that our wishes or dislikes do not influence them. We have no control

over them, nor can we change them as we wish. So, anything specific and outside of our control—thinking about it and fearing it—only results in losing the spontaneity and simplicity of life.

What is necessary is that we learn acceptance. We must recognize our feelings accurately. If we correctly identify what our mind feels, face the certain or uncertain events of life, and accept them with happiness, then we can free our lives from fear and live adventurously with ease.

We have only two options before us—first, we either make life difficult by being haunted by imaginary fears and continue with our lives, considering them a burden, or **second**, dismiss these imaginary fears and their supposed consequences from your mind and face each situation with courage, living your life happily. The decision is ours alone.

Someone has very inspiring lines:

“डर मुझे भी लगता है, फासला देखकर,
किंतु बढ़ता गया मैं, रास्ता देखकर;
खुद-ब-खुद मेरे नज़दीक आती गई,
मंज़िल, मेरा हौसला देखकर.”

"I, too, feel scared, seeing the distance, but I keep moving,
seeing the path. The destination came closer to me on its own,
seeing my courage."

If we move beyond uncertain imaginations and bravely carry out our daily tasks, then it is certain that our lives will attain new dimensions of success day by day.

Goswami Tulsidas has said:

“तुलसी भरसो राम के, निर्भय होकर सोय;

अनहोनी होनी नहीं, होनी होय सो होया”

"Tulsi, have faith in Lord Rama; sleep without any fear.

The impossible will not happen; whatever is destined will happen."

Our main problem is that we remain fearful of what might happen or of thinking about it. There is no possibility of change in what is sure to occur. We are too afraid even to accept it. Because we live in fear and do not go beyond acceptance, we are deprived of a natural and simple life.

According to world-famous comedian Charlie Chaplin,

"If you remove fear from your mind, life will become beautiful."

Someone has rightly said, **"Why be afraid of what will happen in life? If nothing happens, you will gain experience."**

Fearlessness is the ultimate joy; when you embrace fearlessness, you are truly free. Otherwise, we remain subject to fear and its imagined consequences.

Accept every situation and live with ease, live fearlessly, and live freely.

78. The Power of Silence in Life



The sign of an intelligent person is knowing when to speak, where to speak, what to say, and when to remain silent.

We can solve most of life's problems ourselves if we learn to stay silent. That is, we become good listeners, stay calm, and quietly listen to others. Being silent does not mean you should never speak; instead, whenever you feel the urge to speak, do so only after carefully considering each word and sentence.

Someone has very rightly remarked that

'A fish that keeps its mouth shut is never caught. '

'When is it appropriate to remain silent?

- **When you are angry**, you lose control over your words and thoughts and later regret your behavior. So, stay silent.
- **When you are in a state of uncertainty**, you should remain silent and listen carefully to the other person's entire statement. This will help us understand their intention, enabling us to make the right decision.
- **When a person shares his feelings**, you should stay silent and listen to him without interrupting.
- **When holding a higher position in the organization**, listen carefully to what your subordinates and employees say, and respond very thoughtfully so that they cannot misinterpret your words or statements.
- **When you are enjoying nature's beauty**, remain quiet and experience the colors, sounds, music, and fragrances present in the natural environment.
- **When you are appreciating the beauty of nature**, enjoy the atmosphere silently. The stunning atmosphere of sunrise and sunset fills us with energy and a sense of peace. Let us appreciate the natural beauty without speaking. The chirping of birds, the air filled with the fragrance of trees and plants, and the sweet sounds heard from afar all combine to give us a supernatural experience, and our minds dance with joy.

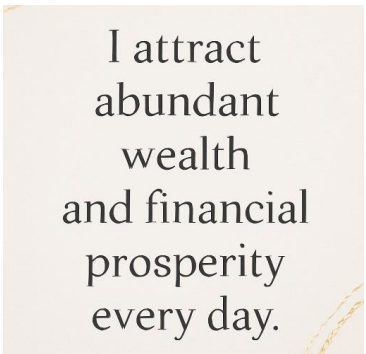
If you sit quietly with your thoughts, you will discover, in that moment, the clarity, purpose, and peace in your life. You are unlocking your inner strengths. As you begin to practice silent reflection, you will notice a remarkable shift in how you approach challenges. Silence becomes your guide.

What will you find?

- **Achieve clarity in decision-making** by managing your impulses and emotions.
- **Assistance with emotional regulation**
- **Enhance your creativity.** The best ideas often emerge during moments of silence, which can enhance your creativity.
- **Strengthen your resilience.**
- **Help in improving your relationships.**
- **Focus more sharply on the task or goal.**

Silent reflection is a revolution of the soul.

79. Adopt a Mindset of Abundance.



I attract
abundant
wealth
and financial
prosperity
every day.

Wealth originates in the mind. It comes from thoughts, not from money. But a person who is rich in thoughts knows how to handle money, earn money, and make money and will rarely experience poverty.

- The truly wealthy in this world do not chase after money.
- The wealthy build wealth quietly and focus on preserving it.
- Those who do not work for money themselves but have their money work for them, doing so around the clock.
- Money can't buy happiness, but it can fix 99% of your problems.
- Take your financial life seriously.
- Money serves as a defense against many challenges.

Source: Rich Dad, Poor Dad: Robert T. Kiyosaki

To build wealth and develop a mindset aligned with financial success, it is essential to shift from a perspective of scarcity or limitation to one of abundance, growth, and opportunity.

Here are 10 powerful mindset shifts that can help you progress towards a more prosperous life:

- **Transform your fixed mindset into a growth mindset**, which is constantly evolving, learning, and improving and is essential for overcoming obstacles and achieving long-term success. Wealthy individuals view challenges as opportunities for growth and improvement.
- **Long-term wealth** is built through wise, disciplined choices that might require sacrifices now for greater rewards later.
- Think big and act even bolder by taking calculated risks. Wealthy individuals realize that great rewards come from bold actions, whether through investing, entrepreneurship, or seizing opportunities.
- **Focus on creating value, not just making money.** Wealth isn't solely about accumulating money—it's about creating value in the marketplace.
- **Learn to utilize** money and resources by harnessing other people's time, money, and expertise to build wealth.
- **Master the art of savvy investing.** Wealthy individuals understand the importance of investing in stocks, real estate, businesses, or other income-generating assets to generate multiple streams of income and accumulate wealth over time.
- **Wealthy people don't fear failure;** they embrace it as a learning opportunity.

- **Surround yourself with people** who are ambitious, successful, and growth-oriented.

Wealthy individuals take full responsibility for their lives, control their financial destiny, and adapt to changing circumstances to find opportunities.

Adopt the "Abundance Mindset" that encourages generosity, collaboration, and the sharing of knowledge—an essential aspect of sustainable wealth-building.

80. Faith in God: Self-interest is prohibited.



If we honestly put our hand on our heart and ask ourselves why we go to temples, we will find that it is for our own selfish ends, to fulfill our desires. We actually have no connection with worship and prayer. We beg God and plead before Him.

'O God! Make me rich!' Help me achieve success in life. Get me a specific position,' etc.

The truth is that we lack genuine faith, devotion, or belief in God. We go to his court solely to fulfill our own desires. This truth becomes all the more bitter when we offer various kinds of bribes to God on our own terms.

"Lord! If you grant my specific wish or accomplish my particular task, I will offer you a golden crown, fine clothes, and build a grand temple for you," among other things.

If understood in the true sense, it would be entirely accurate to say that we have no faith in God, no sense of devotion, and no trust in Him, and we do not even love God. For us, God is merely a means to satisfy our own selfish desires.

If we look around us, we will see that people conduct business in the name of God without any shame. God and religion are openly promoted, and nobody feels embarrassed about it.

Just think, how utterly foolish we are!

We wish to offer 'something' to that God who possesses 'everything'! God gives to us, rather than taking from us. God himself is the master of the "Ashta Siddhis and Nav Nidhis." Whatever we offer with devotion at the feet of God, He distributes it only among His devotees.

That is why God says:

**You do what you want,
and what I wish will happen.**

**You do what I want,
and what you want will happen.**

81. God's plan

**GOD
HAS A PLAN
FOR
YOU.
TRUST
WAIT
AND
BELIEVE**

82. God is My Business Partner.

GOD IS MY
business partner
& PRAYER, MEDITATION,
AND ACTION IS MY
BUSINESS STRATEGY

Angel Richardson

God is my business advisor and mentor. I trust God more than anyone else—my business partners, my financial advisor, and my stakeholders. One of the most wonderful things about making God my business partner is knowing that it is his idea. He is right there beside me, saying, “Let’s do this!” Then he plans my business, guides me, advises me, and warns me about what not to do, taking complete control.

God is my intuition, wisdom, and vision for my life. My values, standards, vision, and goals are aligned with God.

God is the ultimate source of my financial wisdom.

God’s economy differs from ours. His economy is founded on a system of values and principles. The values of ethics, love,

compassion, giving, caring, honesty, integrity, service, and forgiveness will always empower me.

This is my source of blessing, success, and prosperity in every area of life.

83. When Darkness Clouds Hope in Life.

Amidst the storms of life, when darkness seems to obscure every glimmer of hope, the teachings of Lord Krishna provide a guiding light. What does Lord Krishna advise us to do during difficult times? In tough times, worries about consequences can cloud our minds and drain our spirits.

Faith and belief in the Almighty

Krishna reminds us that the future is naturally uncertain and beyond our influence. Instead of succumbing to fear and apprehension, he encourages us to develop faith in the divine order of the universe. By surrendering our concerns to a higher power and focusing on the tasks at hand, we can navigate turbulent times with grace and resilience.

By letting go of the past and embracing the opportunities that lie ahead, we pave the way for a brighter future.

Introspection and self-reflection

Amidst the chaos of adversity, it's easy to lose sight of yourself and your inner journey. However, Krishna underscores the importance of self-reflection as a means to inner transformation and growth. He invites us to delve deep into our hearts, face our fears and insecurities, and cultivate inner peace and clarity.

Through introspection and self-awareness, we can uncover our inherent strengths and tap into our intrinsic potential to

overcome life's challenges. Our response to adversity shapes our destiny.

By avoiding the pitfalls of focusing on the past, worrying about the future, and neglecting self-reflection, we can transcend the limitations of our circumstances and usher in a new dawn of hope and prosperity.

As we navigate life's ups and downs, may we emerge stronger, wiser, and more resilient than ever before.

84. We Qualify for God's Love if....

Sometimes happiness,
sometimes sadness,
sometimes favourable,
sometimes unfavourable,
sometimes respect,
sometimes insult,
sometimes criticism,
sometimes praise,

All these situations keep coming and going, and we remain trapped in them. Most of us believe that to attain the Supreme Being, a lot of effort and hard work are required; one must go into the forest, perform penance, and endure great hardships, and only then can one attain God.

Among all the worldly tasks, this is the easiest.

The idea is that we all have a right to achieve that essence.

Let's have one goal: to achieve that essence. If we awaken a strong desire to attain the imperishable element, we will surely reach it. Swami Ramsukhdas Maharaj

85. Trust in Divine Timing



A divine force perfectly aligns everything that happens in life. Once you start believing in that higher power, you realize that control is an illusion.

"Divine Time" refers to "being at the right place, at the right time."

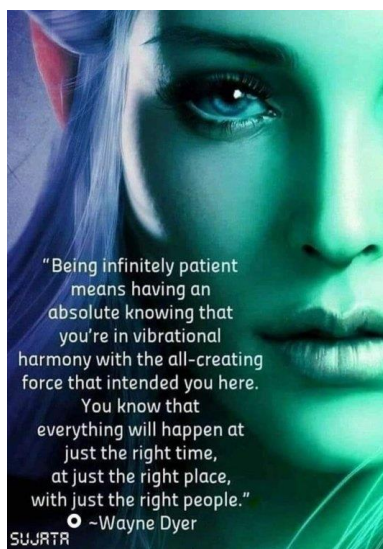
Every event in life occurs at a specific time, which we cannot alter, no matter how much we try, nor can we control its pace, meaning you do not influence it. A question arises in my mind: why do things sometimes not happen as I wish? Then I realize that I don't get things when I want them, but I receive them when I truly need them. This does not mean that you should do nothing and sit on the couch all day.

It simply means, "You accept life as it is, and you don't try to force things to happen. You don't flow against the current of the river (life forces), but you flow with it." **You start to live intuitively, with awareness of each moment because you recognize that everything is interconnected.**

Something might happen right now that makes you feel very upset, but in the future, you will realize that these difficult experiences have made you a stronger person. **So, trust the divine timing of life; nothing in the universe is a coincidence; everything is aligned and connected.**

The universe knows when to reveal hidden opportunities, when to bring souls together, and when to gently guide us towards growth and transformation. Once you start believing in higher powers—God, or whatever you believe in—whatever happens in life is entirely governed by divine forces.

Trusting in divine timing allows us to surrender to life's flow, understanding that everything unfolds in its own divine order, revealing miracles and blessings beyond our imagination.



Divine timing is impeccable—everything will happen at the right moment.

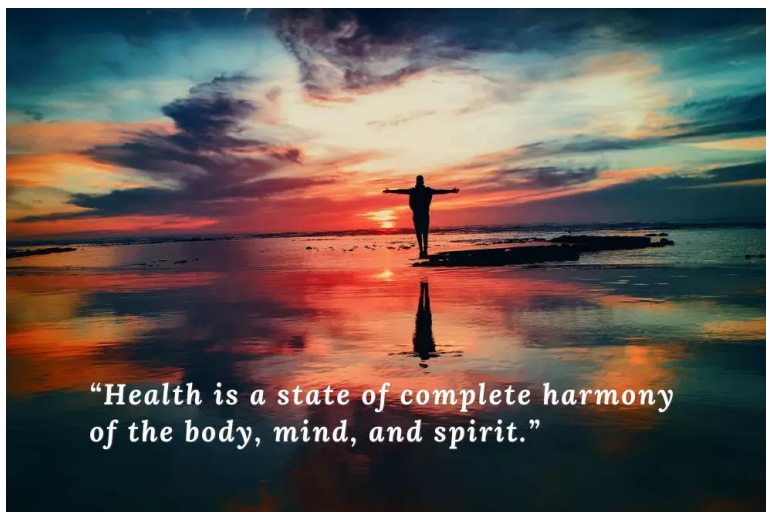
86. Your Diet

Your diet is not just what you eat. It also includes what you observe, what you hear, what you read, and the people you hang out with—all of these as well. Whatever you nourish, emotionally, spiritually, and physically, contributes to keeping your body healthy. Take care of it.

Creates and shapes your life

- The food you eat,
- The books you read,
- The faith and beliefs you hold,
- The media you consume,
- The goals you set,
- The way you use your time,
- The attitude you have,
- The mindset you follow,
- The imagination you have,
- The experiences you have,
- What you say, listen to, and understand,
- The positive thoughts you have,
- The happy and calm states you experience,
- The habits you cultivate,
- The environment you live in,
- The strength of your intuition,
- The people you spend your time with.

87. Spiritual Health



Spiritual health involves freeing one's consciousness from the feeling of being a body or merely a soul and being centered in the "self" to plan one's life and behavior systematically. Soul and spiritual well-being are essential for balancing the physical, mental, and social aspects of oneself, achieved by connecting the soul to a deity, the energy of the universe, or consciousness.

- Reduces stress and blood pressure
- Enhances self-confidence, self-esteem, and self-control.
- Boosts the body's immunity.
- Enhances your relationships and social interactions. Consequently, you continually meet and engage with new people while maintaining strong relationships, which helps you to remain happy and at peace.

Spiritual health is just as important as mental and physical health, as it shapes a person's understanding of their place in the world, their purpose, and the reason for their existence.

Your inner peace and calmness are valuable for a fulfilling life.

88. The Best Doctors in the World:

- Sunrise,
- Rest,
- Diet,
- Exercise,
- Laughter,
- Self-confidence,
- Peace of mind,
- True friends
- Loving family

Maintain them for life and enjoy good health.

89. Listen to your body when it whispers.



As a surgeon, I always tried to teach my patients how to listen to their own bodies. Love your body and always focus on what your body is feeling, and you need to learn to listen. Stop taking your body for granted and abusing it. This is one of the most fantastic health tools you'll ever have

The body has a fantastic mechanism. It will do everything to serve you, even surviving extreme conditions and damage we often subject it to. However, after a certain point, it can't repair itself; all we will do is continue to damage it. Stop the abuse and focus on finding balance in your life instead of taking your body and health for granted.

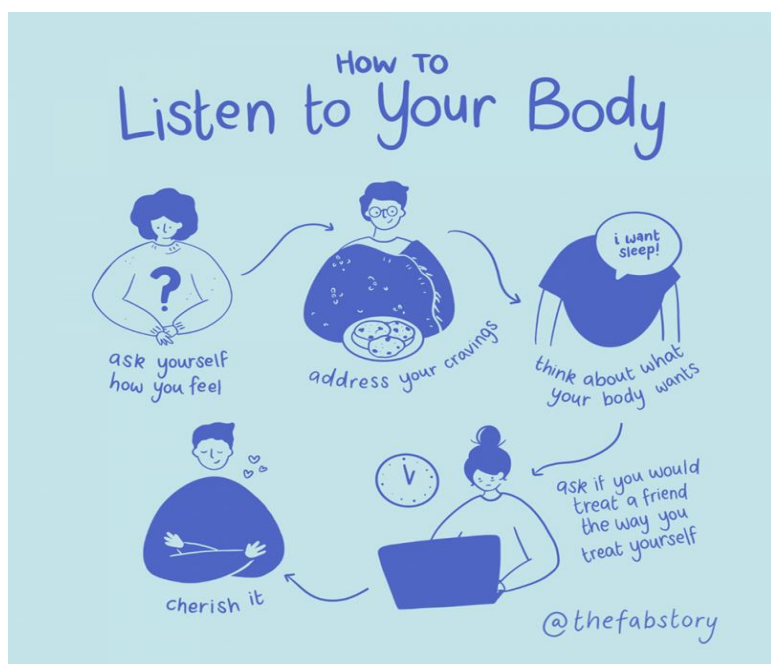
Listening to your body is the answer.

The process of aging depends on how you treat your body. Your age in years may not accurately reflect your actual health and what you consider your true age. Unfortunately, we usually

follow our minds and their desires. Always follow what feels good for your body, rather than letting your mind, concepts, ideologies, or authorities, such as doctors, dictate your actions.

You live in your body 24/7—you should know better than the doctor who sees you only once every few months.

How is your body always talking to you?



When you have "gas" and bloating, it makes us all feel awkward, but it indicates that your food choices are not ideal. We all enjoy the taste of food served at weddings, which is often more fatty and spicy and features a variety of sweets. However, afterwards, we frequently experience discomfort during the night.

When you are exhausted or can't focus or concentrate on your work, your body is signaling that you are living in an "imbalance," which may be personal, social, or financial.

Pain while walking or exercising indicates that something is wrong, whether it's a muscle, bone, or other issue.

Fever is not a disease, but rather a sign of infection and an indicator of the body's immune system functioning.

When there is an infection in the respiratory tract, our noses run, and we sneeze, which indicates that the body is cleansing itself. Diarrhoea also shows that the body is cleansing itself. Breathlessness while climbing stairs is a sign that the heart is working harder to pump blood. Whether it is caused by weight gain or cholesterol, it can only be confirmed through testing.

This can be as restful as when you feel stressed and tired, so you don't get a headache.

Listen to the whisper before it becomes a shout.

You can prevent potential health issues by paying attention to and acting on your body's messages.

90. The best medicine in the world.

The best medicine to maintain health:

Nature is medicine.

Love is medicine.

Laughter is medicine.

Sleep is medicine.

Gratitude is medicine.

Meditation is medicine.

Sunlight is medicine.

Calmness is medicine.

Fasting is medicine.

The Pancha Bhuta are the fundamental elements of the human body.



Earth (bones, muscles, stability).

Water (fluids, circulation, taste).

Fire (metabolism, digestion, vision).

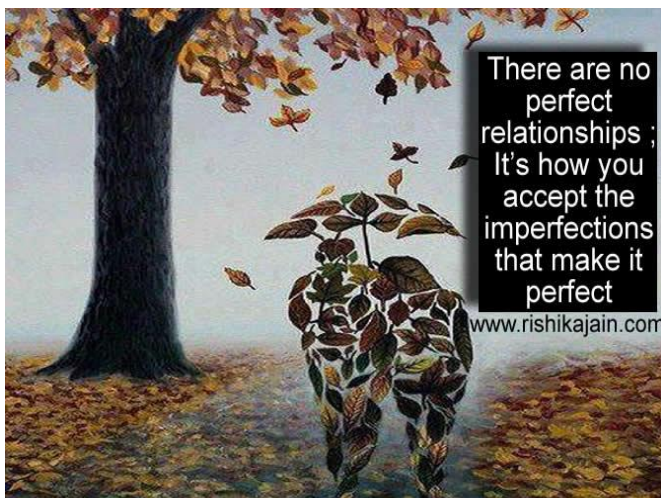
Air (movement, breath, touch).

Ether (space in body, hearing).

Balancing these elements is the key to health.

They are considered the "best medicine" because health is viewed as the perfect equilibrium of these elements, while disease is seen as an imbalance.

91. Searching for the Perfect Relationship



Even if you spend your whole life searching for the perfect relationship between men and women, you will rarely find perfection in personal relationships. The ideal relationship does not exist because nobody is perfect. Each of us has flaws and weaknesses. Instead of focusing on negative personality traits, it is better to accept them and find common ground.

A strong relationship involves embracing similarities while working through differences. We must temper our greedy desires and learn the art of compromise, understanding how to make the relationship work for our advantage.

It will never come easily or naturally; we have to practice to make it happen. And perhaps that's the best way to maintain a relationship.

92. Mantras for Happy Marriage:

Sudha Murthy

- **Acceptance of conflict:** There will always be conflict in marriage. She believes that couples should recognize that disagreements are a regular part of relationships. If a couple claims they never argue, they might not genuinely be married. By recognizing that they will disagree, partners can better manage their differences. This realization fosters flexibility and understanding within the relationship and, consequently, lays the groundwork for effective communication and successful resolution of issues.

- **Peace during disagreements:** She emphasizes the importance of maintaining peace during conflicts. She suggests that when one partner is upset, the other should stay calm. This prevents the situation from escalating, enabling them to discuss issues rationally. Sudha shares her personal experience with her husband, Narayana Murthy, where they remain silent during heated moments—one person expresses their feelings while the other listens patiently. This approach fosters an environment where both partners are heard and understood, promoting healthy resolution.

- **Principle of give and take:** There is a principle of give and take in a relationship. According to her, no couple is perfect. Every husband and wife has their own strengths and weaknesses in the marriage. That's why, in a successful marriage, it's essential to recognize this balance. She states that the two must collaborate, accepting each other's flaws while celebrating their positives. This mutual understanding will

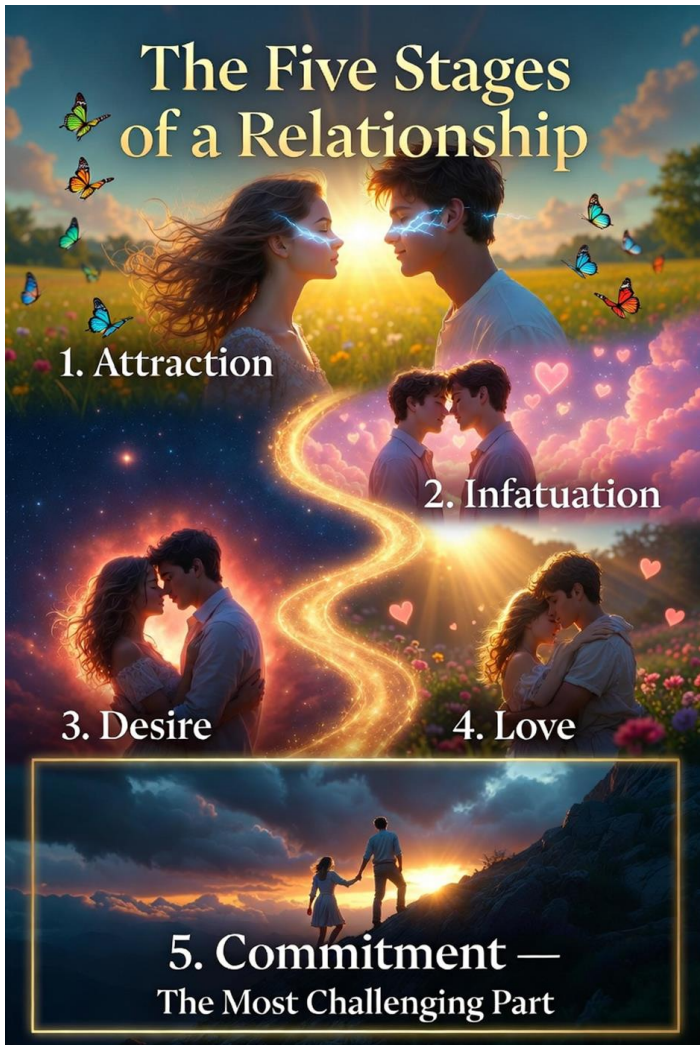
foster a supportive environment for the growth of both individuals.

- **Shared responsibilities:** Sudha Murthy further advocates for shared responsibilities within the household. She urges modern men to support their wives with household chores, particularly in the kitchen. Sharing such tasks can reduce the burden on working women in managing both professional and domestic responsibilities. According to Sudha, when both parties share household responsibilities, they strengthen their bond and promote marriage equality.

- **Don't let ego interfere between the two:** The last mantra addresses the destructive nature of ego in relationships. Sudha Murthy advises couples in an interview with CNBC TV18 to never let pride and ego interfere with their relationship. When ego takes over, misunderstandings and disappointments often follow. The ego tends to take control when couples prioritize their self-esteem over considering each other's feelings and emotions.

Sudha Murthy did not write this article. I have compiled her views from different sources.

93. Five Stages of Relationship



1. Attraction

2. Infatuation

3. Desire

4. Love

All these four stages of a relationship are simple and straightforward.

The most challenging part is the fifth stage:

5. Commitment

94. Don't Become Entangled; Stay Resolved.

If everyone is happy with you, it may indicate you have made many compromises in life. If you are satisfied with everyone, then you have undoubtedly overlooked others' mistakes. We should not focus on what is right or wrong. There is no need to define things as right or wrong in life. Keeping this in mind helps us prevent any conflict. This is a good way for two parties to coexist by identifying common ground.

What is the marriage system? Essentially, marriage is a mutual agreement made between two people with their consent. Under this agreement, both parties may be required to make sacrifices and dedicate themselves to each other, even if one of them is reluctant. The true meaning of agreement is sharing and helping one another. It unites us. Usually, when there is a rift in the relationship, distance is created, the relationship fractures, and it breaks apart. The reason for this is that no party is willing to compromise.

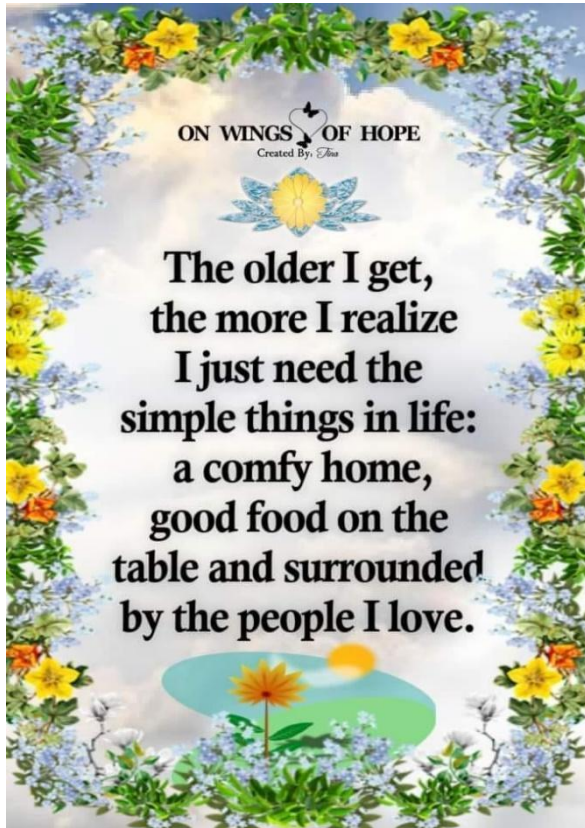
To salvage a relationship, one of the parties must be willing to compromise. It's better to yield slightly than risk the relationship's collapse.

Yes, one should never compromise on one's self-respect and principles. When it comes to self-respect or principles, it would be wrong to bow down. Often, when someone bows, it is seen as a sign of weakness, and others may take advantage of this humility. In such situations, humility should be discarded, and bowing should be avoided.

If bending improves your relationships, then bend.

**But if you have to keep bending repeatedly, then stop. - Sant
Gaur Gopal Das**

95. How to Enjoy Life in Old Age:



- **Independent Living:** Live in your permanent residence to enjoy self-sufficient living. This will give you a sense of independence.
- **Financial Independence:** Maintain control over your financial assets and bank accounts. This is crucial to your future.

- **Avoid expectations:** Don't depend on children's promises to care for you in old age. Their priorities may shift over time, so it's essential to remain self-reliant.
- **Positive friend group:** Surround yourself with a group of people who appreciate and promote your happiness and positive lifestyle.
- **Comparison and expectations:** Avoid comparing yourself to others and refrain from having expectations from anyone. This will help maintain your mental balance and happiness.
- **Do not interfere in the lives of children:** Give children freedom in their lifestyle and decision-making, and you'll enjoy your life.
- **Do not insist on service and respect:** Do not anticipate service or respect from anyone solely because of old age. Earn respect through your actions.
- **Independent thinking:** Listen to others, but base your decisions on your own thoughts and experience. This will help you preserve your autonomy.
- **Pray, not beg:** Never pray to God to ask for something. If you need to ask for anything, only pray for forgiveness or courage.
- **Look after your health:** Schedule regular medical check-ups and consume nutritious food. Do as much work as possible yourself to maintain your health.
- **Stay happy.** Never let life disappoint you; always strive to be satisfied. A positive attitude makes life joyful.
- **Travel:** Take a trip or pilgrimage with your spouse each year. It can alter your perspective on life and renew your energy.

- **Stress-free life:** Avoid conflicts and try to live a stress-free life. There is nothing better than peace and relaxation.
- **The illusion of permanence:** Nothing in life is permanent, neither worries nor problems. Embrace this belief to simplify your life.
- **Pre-planning:** Fulfil your social and family duties before retirement. Remember, you are not truly living until you begin experiencing life to the fullest.

Good luck in bringing happiness and joy to your life.

96. Some of the Greatest Regrets in Old Age



- I wish I could live my life according to my passion and desire, rather than following others' expectations.
- I wish I could express my love to the person I adore deeply.
- I wish I could balance my work and family life better and spend more quality time with my family and loved ones.
- I wish I could spend time with my friends, talk to them, have fun, and enjoy ourselves together.

- I wish I could travel around the world and have a good time.
- I wish I could love myself and spend time alone with myself peacefully.
- I wish I could feel happy with myself; I wish I could trust myself.
- I wish I could start a business and get rich instead of working for someone else.
- I wish I could invest in the stock market and property wisely.
- I wish I could keep my body, mind, and soul healthy.

Ultimately, we regret only the opportunities we failed to seize.

97. Leave Them As You Grow Older.



- If someone does not understand after explaining it once or twice, just leave them.
- When children grow up and start making their own decisions, let them go.
- You get your ideas from a few people; if you don't share your ideas, let it be.

- If, after a certain age, no one asks about you or if someone is saying wrong things about you behind your back, do not take it to heart; ignore them.
- Worrying about the future when you feel you have nothing in your hands? Stop it.
- If there is a significant gap between desire and ability, then have lower expectations of yourself and accept it.
- Everyone's position, stature, pride, and everything else are different, so don't compare; let it go.
- Enjoy your life as you grow older; don't worry about daily expenses, and focus on happiness.
- If there are expectations, there will also be many shocks. To live peacefully, have zero expectations—then let them go.

98. Create your sexual fantasies.

Sex is beneficial for your health.



There are many misconceptions about sex in society that can be addressed by providing accurate information through sex education.

Benefits of Sex

- Sex fosters a sense of connection and intimacy with your partner.
- Sexual bonding does more than make you feel warm and comfortable.

- It actually diminishes anxiety and enhances your overall health.
- It boosts your immunity and also lowers stress levels.
- Having sex also releases a hormone called endorphins, which is beneficial for health.

Sex also works as the best painkiller for our body, which makes our body happy and relaxed. Aging can negatively impact sexual life by reducing emotion, mood, and interest. As people grow older, they often start to neglect sex because they experience emotional changes such as restlessness, stress, and depression. The only proper way to avoid this is to tell your partner what is on your mind at the right time and let them know you're still interested in sex. As testosterone levels decrease in our bodies, we might experience a loss of interest in sex. This is a common issue with aging. It is not necessary to focus solely on orgasm; instead, both of you can also enjoy each other's touch and company.

The need for sex cannot be denied even in old age.

Due to a decrease in the hormone testosterone in our bodies, you may experience an aversion to sex. This is a common issue with increasing age. It is not necessary to focus solely on orgasm; instead, both of you can also enjoy each other's touch and company.

99. You're Never Too Old

YOU'RE NEVER TOO OLD

You're never too old to learn something new,
You're never too old to explore,
You're never too old to have hopes and dreams,
You're never too old to want more,
You're never too old to make a difference,
You're never too old to aim higher,
You're never too old to change the world,
You're never too old to inspire,
You're never too old to share your thoughts,
You're never too old to give,
But mostly, people must realise ...
You're never too old to live.

*Image: 86 year old Super Gran,
Dilys Price, Skydive Swansea
Poem: Clive Blake*



About the Author

Dr Kapoor Choudhary was born in Jalore, Rajasthan, India. He is a distinguished surgeon, educator, author, and motivational thinker with over four decades of dedicated service in medicine, education, and social welfare.

He obtained his Master of Surgery from Dr S. N. Medical College, Jodhpur, and went on to serve as Senior Professor and Head of the Department of Surgery. Throughout his distinguished medical career, he earned widespread respect for his clinical excellence, compassionate patient care, and commitment to surgical education.

Dr Choudhary has held several prestigious professional positions, including serving as an Executive Member of the Indian Society of Surgical Oncology (2012–2014). He has also served as an external examiner for postgraduate M.S. and DNB examinations, contributing significantly to the training and evaluation of future surgeons.

He was awarded the prestigious Travelling Fellowship by the Indian Society of Surgical Gastroenterology, which enabled him to receive advanced training in cancer surgery at Tata Memorial Hospital, Mumbai. He is a lifelong member of several national and international surgical associations and has remained actively involved in advancing surgical education and healthcare.

Beyond his medical profession, Dr Choudhary has devoted himself to humanitarian service. He has organised numerous free medical and cancer detection camps in remote rural areas, bringing quality healthcare to underserved communities. His

interests also extend to education, spirituality, ethical living, and public awareness.

As a creative educator, he produced eleven educational documentary films on medical and historical subjects for the Educational Multimedia Research Centre, Jodhpur. These documentaries were broadcast nationally on national television, helping disseminate knowledge to a wider audience.

Dr Choudhary is the author of the acclaimed Hindi book *101 Anubhav Sutra – Kalyug Mein Behtar Jeevan Jeene Ke Liye*, a practical guide inspired by Indian wisdom and everyday life. Through his writings, lectures, and public outreach, he seeks to inspire people to cultivate wisdom, inner peace, moral strength, and purposeful living.

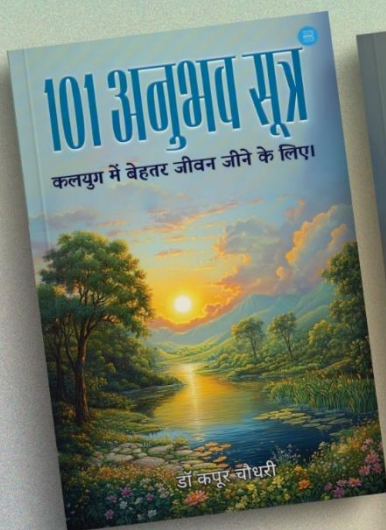
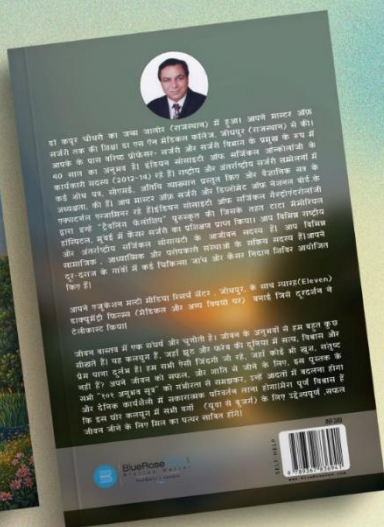
His life reflects an enduring commitment to service, education, compassion, and the well-being of humanity.

"A surgeon by profession, a teacher by passion, and a lifelong student of wisdom and human values."

101 अनुभव सूत्र

कलयुग में बेहतर जीवन जीने के लिए।

डॉ कपूर चौधरी



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STORIES MATTER

Book “101 Anubhav Sutra”:

Kalyug Me Behtar Jivan Jine Ke Liye

This book offers a thoughtful guide to living a meaningful and peaceful life amid the challenges of today's fast-paced, deceptive world. Drawing on personal and professional experience, it presents "101 Life Principles"—powerful insights designed to inspire reflection and transformation. In an era of deception and unrest, the author emphasises the rarity and value of truth, trust, and love. These life lessons aim to help readers, from youth to elders, cultivate purposeful habits and foster positive change in their daily lives. Each principle motivates readers to overcome inner struggles, build resilience, and strive for inner peace. The book blends practical wisdom with philosophical reflections, aiming to serve as a beacon for those seeking a balanced, prosperous, and contented life. It is not merely a self-help book but a manual for personal growth, spiritual awareness, and lifelong fulfilment in the face of modern-day challenges.

Dr Kapoor Choudhary