



### **Unlimited Happiness**

Constantly have a happy face and remain healthy with the nourishment of happiness and full of the treasures of happiness. What more does one need? Your treasures of happiness are unlimited. The more you spend, the more they increase. No matter what happens, whether it is through the state of one's own mind, through other souls or through the elements or atmosphere, I must not lose my happiness. Even if someone insults you or tries to bring you down, remember this, I must remain happy.

## **God And I – The Task We Share (Part 2)**

**Service of others is something which we have been taught right from the time when we were small children** and our parents used to take us to the temple and teach us to put a few rupees from our pocket money into the temple money box. Do you remember the time when your mother gave you five rupees to donate to the school fund for the blind or for the deaf and also when your father bought you a bag full of coins to give each day to the nearby store which was collecting funds for little children with polio or those who were orphans. All this was taught to us when we were small. But, as we grew up, and became busy in our studies and grew into adults, these good giving habits were forgotten and we thought this was not something very important and we have the rest of our lives to do the same. Do you know that in our previous births, in traditional India, as a part of *bhakti*, we all have in total donated lakhs of rupees and ornaments (jewelry) in temples in the name of God, which used to be a fixed tradition and a part of our worship. Of course, we were not equally rich in each birth, but the traditional India in which remembrance of God started, saw kings and queens belonging to different states performing *punya karma* like donation to please God and also to make their own good destiny. That was the old India. And we are talking about a few thousands of years from now as per the knowledge of the world drama.

**The India now and the world in general today have forgotten those old traditions because we became materialistic.** As we all know, the remembrance of God today through different types of worship and the reading of religious books or *shastras* is no longer as popular as it used to be, especially in the modern world. These traditions were followed by our ancestors who were not people different from us but it was us, in our older physical bodies i.e. we as souls, in our previous births.

(To be continued tomorrow ...)

## What are you choosing?

You know the quote:

"Sow an intention and reap a thought  
Sow a thought and reap an action  
Sow an action and reap a habit  
Sow a habit and reap a DESTINY"

By understanding the process, you realize how the choices you make influence your destiny.

The power lies in the realization, that you have a choice.

## Message for the day

**To have courage is to receive multi-fold help.**

**Thought to Ponder:** When I have courage to take a step forward in the right direction, I would find that I receive help. My mind opens up to the various possibilities and opportunities that are available. Also, I start receiving help from people and God too.

**Point to Practice:** Today I will take a step towards the right direction. Once I set my mind on it, I will make a list of all those things that will be a help to me get that. I will also take a thought that I will surely achieve what I set out to achieve. This practice helps me move forward, in spite of the difficulties I might face.