



## Thought for the Day



**Brahma Kumaris**  
**Mount Abu, Rajasthan**



Brahma Kumaris is the largest spiritual organisation in the world led by women. It was the founder, Prajapita Brahma Baba, who chose to put women in front from the very beginning, and it has set Brahma Kumaris apart on the stage of the world's religions and spiritual organisations. Brahma Kumaris has a mission to empower every single individual with spiritual education, which is simple yet very efficient, to accomplish a common goal of establishing a value based society in the world.

Brahma Kumaris offers the foundation course, Rajyoga, a meditation practice combined with spiritual self-knowledge through each of its centres spread across the world.



Rajyoga Meditation is the journey inwards, a journey of self-discovery or, in fact, re-discovery. In Rajyoga Meditation, the soul experiences a connection, or mental link, with the Supreme Soul. The process of establishing this link begins with a journey into one's inner world to discover one's true, spiritual identity.

The process of going within, experiencing oneself as a spiritual being or a divine soul, which is a self-luminous, divine point of energy, and then connecting with the Father, the supreme source of energy and virtues, empowers the self in a long-lasting way.



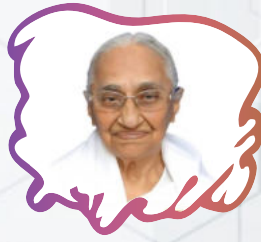
# Blessings from Senior Rajyogis



**Dadi Gulzar ji**

**Administrative Head  
Brahma Kumaris**

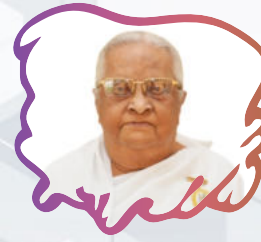
Self-Transformation in us can bring positive change in the world. I congratulate Brahma Kumaris for taking initiatives to spread joy, peace and happiness in an environment filled with anxiety & uncertainty.



**Dadi Ratan Mohini ji**

**Add. Administrative Head  
Brahma Kumaris**

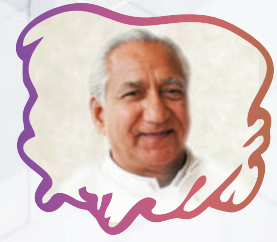
The Retreats/Conferences organized by Brahma Kumaris provide everyone with the necessary 'Applied Spiritual Tools' to help them thrive, not just survive, in the modern times.



**Dadi Ishu ji**

**Joint Administrative Head  
Brahma Kumaris**

Spirituality offers unique and effective solutions to the challenges of emotional, social & physical levels. Brahma Kumaris is doing a great job of giving the message of Rajyoga Meditation & Spiritual Knowledge to all.



**Nirwair Bhai ji**

**Secretary General  
Brahma Kumaris**

Brahma Kumaris employs spiritual tools & principles to create raining courses and modules. Rajyoga meditation is used as a key tool for igniting the spark of self-transformation among the participants.

JAN  
01



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# Remembrance

Loveful & Powerful remembrance  
of God works like chemotherapy.  
Germs of vices remaining in the  
soul get destroyed with such  
remembrance.



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JAN  
02



# *Silence*

The power of silence can bring peace to any situation. In silence we step inside and connect to the original quality of peace and stabilize ourselves.



JAN  
03



# Love

A life without love is life  
without hope and sweetness.  
Love creates and sustains  
human relationship with  
dignity and depth.



JAN  
04



# *Visualization*

Visualization helps us to completely believe in our ability to achieve a desired goal. The efforts made along with the powerful energy of self-belief have a higher probability of success.



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05



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## *Being Happy*

Be so happy hearted  
that the happiness in  
your mind is clearly  
visible on your face.



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JAN  
06



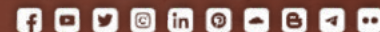
## *Courage*

When we make courage  
our companion in every  
task, we will definitely  
be successful.



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07



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## *Perceptions*

Our thoughts are the foundation of our perceptions. Thoughts of positivity in the form of Self-belief and willpower lead to positive perceptions.



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08



# *Power*

We always have the power to be happy, irrespective of the situation. We need to counsel ourselves and create positive thoughts to feel good.



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09



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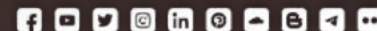


# *Tolerance*

Be tolerant in every  
situation and you will  
continue to experience  
pleasure.



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10



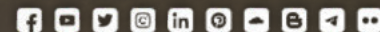
# *Faith*

Faith in the self gives  
us the power to  
face challenges.



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JAN  
**11**



# *Thinking*

Thinking right, thinking  
clean and having integrity  
in our thoughts, words and  
behavior is the easiest  
way to create happiness.



JAN  
12



# *Strong*

When the boat and the  
boatman are strong, even  
storms become a gift.



JAN  
13



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# *Determination*

Difficulties create  
barriers but  
determination  
breaks them.



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14



# *Being Example*

Instead of teaching others  
by telling them, teach by  
example.



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15



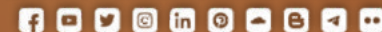
# *Forgiveness*

Forgiveness means  
letting go of pain  
and resentment. It  
empowers the soul.



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# *Happiness*

Happiness is a state of being created while working towards the goal, not a feeling to be experienced after achieving the goal.



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17



# *Honesty*

To be honest to one's real self and to the purpose of a task earns trust and inspires others.



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18



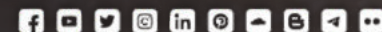
# *Meditation*

Daily meditation and connecting  
with the Supreme Power  
re-emerge our inner power so  
that we can go beyond imitations  
and create a destiny of our choice.



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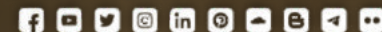


## *Decide*

Instead of wasting time,  
instantly take decision  
and resolve everything.



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20

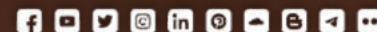


# *Progress*

Use your specialities and  
you will experience  
progress at every step.



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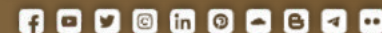


*God*

Man gets and forgets  
but God gives and  
forgives.



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JAN  
22



# *Good Wishes*

To finish our own worries  
and the worries of everyone  
else is to have good wishes  
for everyone.



JAN  
23



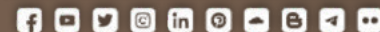
## *Relationship*

In the situation involving another person, compassion, consideration, and sensitivity towards them heal effectively. If we lighten our state of being with these qualities, we value the relationship.

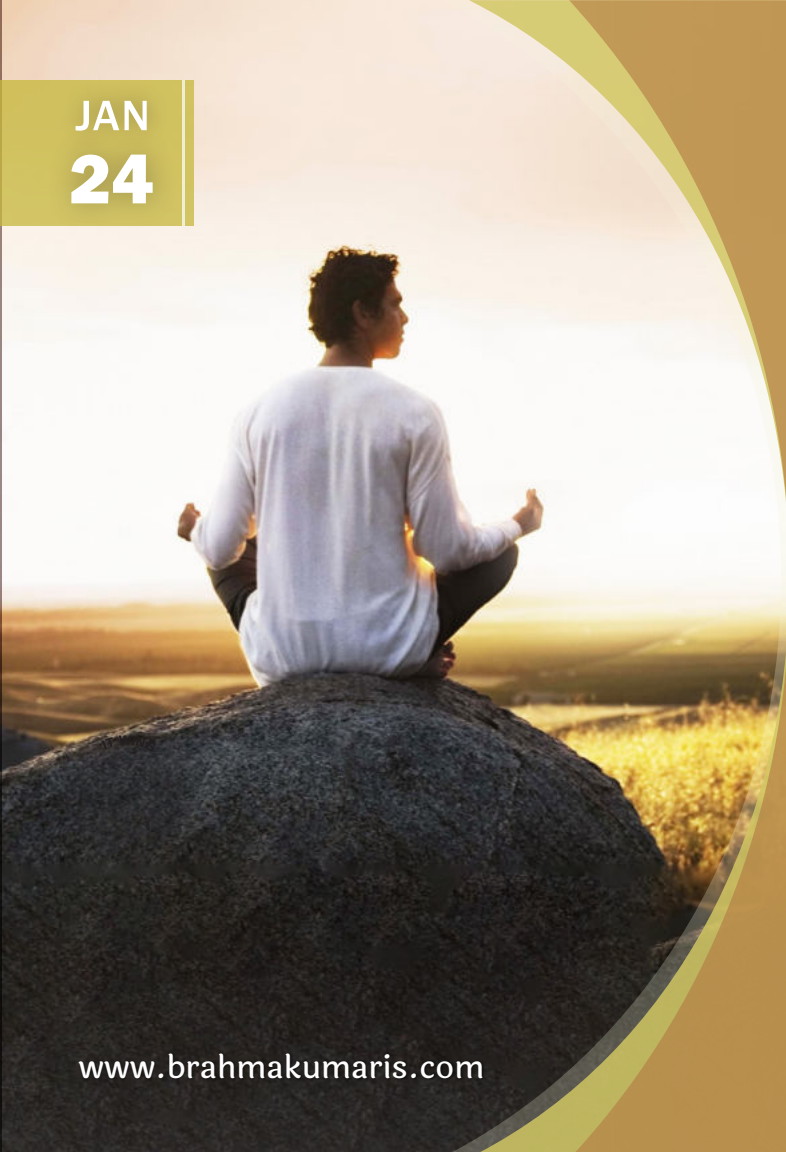


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24



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## *Art of Living*

To keep our mind in  
constant spiritual  
pleasure is the  
art of living.



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25



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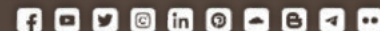


# Success

The one who accumulates  
blessings at each step  
attains success easily.



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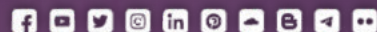


# *Freedom*

Full freedom functions only  
when rights are balanced with  
responsibilities and choice is  
balanced with conscience.



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27

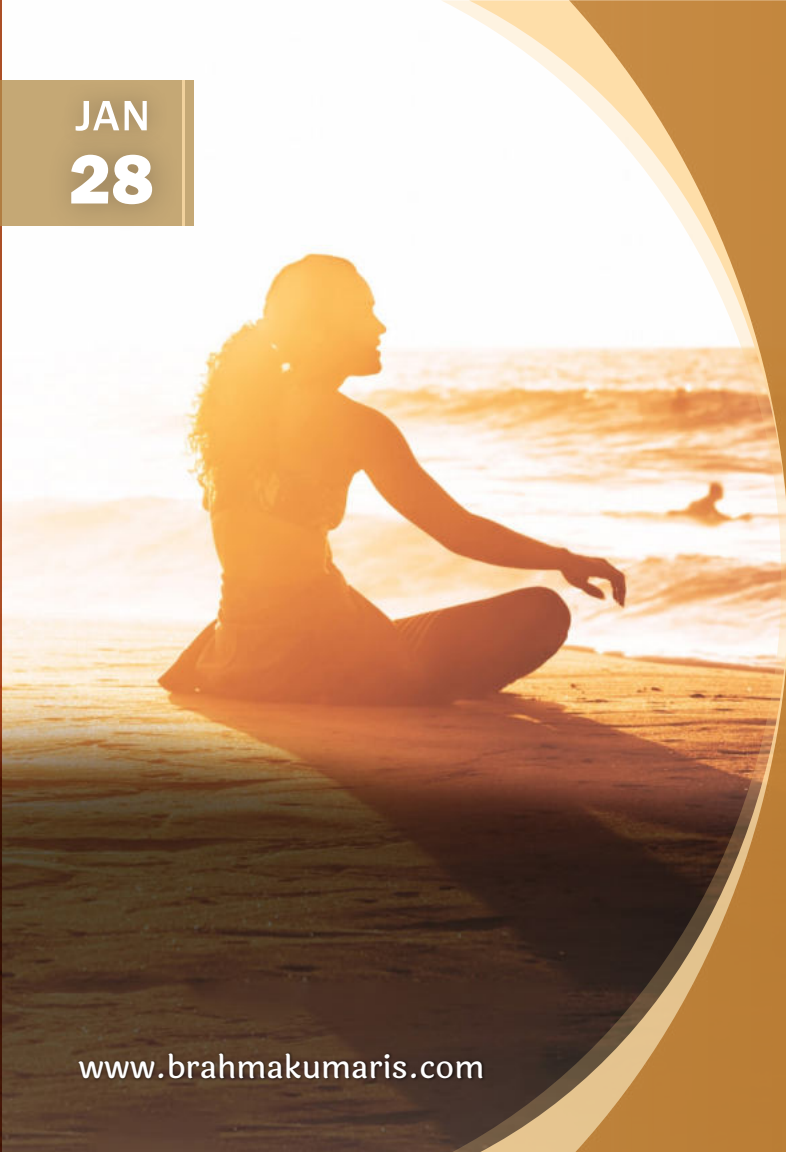


# Faith

Always have faith that whatever is happening, is good and that whatever is going to happen, will be even better.



JAN  
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# *Peace*

The power of peace is the means to extinguish the fire of anger in others.



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29

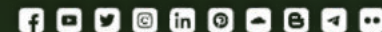


# *Thought*

Thought is more powerful than an automatic rocket. In less than one second, you can go wherever you want, experience closeness to anyone, or adopt whatever state of mind you wish.



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## *Zeal & Enthu*

Constantly maintain your  
zeal and enthusiasm and  
the laziness will finish.



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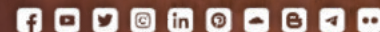


# *Spiritual*

The happiness in your  
behaviour and on your  
face is a sign of a spiritual  
personality.



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FEB  
01



## *Blessings*

Give blessings and receive blessings.  
While giving, we are the first to  
receive the energy. Blessings  
received from others increases the  
soul strength many folds.



FEB  
02



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# *Nourishment*

With the nourishment  
of happiness, remain  
constantly healthy.



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03



# *Responsibility*

When we take personal responsibility for our emotions, we conserve energy and also take responsibility to heal.



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04



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# *Meditation*

Meditation teaches us  
to be in the present  
moment and focus on  
one thing at a time.



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05



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# *Humble*

In order to receive  
everyone's respect, be  
humble hearted.



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06



# *Personality*

Lightness and subtlety  
of the intellect form is  
the most beautiful  
personality.





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07

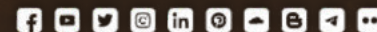


# *Harness*

By consciously choosing the right quality of thoughts, accompanied by powerful visualization, over time, we can train our mind to harness thoughts that will attract more and more goodness and positivity into our lives.



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FEB  
08



*Transformation*  
With a stock of good  
wishes, transform the  
negative into positive.



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09



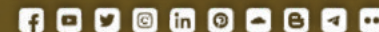
# *Treasure*

Become full of the  
treasure of happiness and  
all other treasures will  
automatically come.



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10



# *Transformation*

A self-transformer is the one who always has good wishes emerged to transform the self and not to seek revenge.



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11



# *Mind*

Our mind has the power to control our physical, emotional and even spiritual wellness. Let us take out some time every day to watch our mind and replace any negative thoughts with pure, positive and happy ones.



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FEB  
12



# *Inspiration*

Those who inspire others  
with their every thought,  
word and deed are  
images of inspiration.



FEB  
13



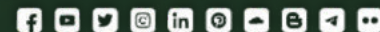
# *Decoration*

Make divinity and  
spirituality the  
decoration of your life.



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14



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# Love

Love is a virtue filled with extremely positive energy. It lays an invisible but strong foundation in our life and is a key source of motivation and inspiration.



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15



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## Success

Success comes to those who make a promise with the self. No matter the number of times they fail, they will always rise with a higher magnitude of courage, preparation and determination.



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16

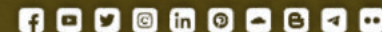


# Peace

Peace is the prominent characteristic of a civilized society and the character of a society can be seen through the collective consciousness of its members.



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17



## *Introspection*

Instead of speaking too much  
and wasting your energy,  
experience an introspection  
and taste its sweetness.



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18



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# *Truth*

When we have the  
power of truth and  
fearlessness, nothing  
can shake us.



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19



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# Peace

We want a world of  
peace. For that we need  
to constantly create  
thoughts of peace.



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20



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## *Coolness*

Cool down the fire  
of anger with the  
powers of humility  
and patience.



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21



## *Response*

Our stress is not caused by rising pressures in professional or personal life. It is caused by responding to life with an emotionally disturbed mind.



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22



# Love

Unconditional love is an energy where we only want to give and not take or expect. It empowers and heals us but never hurts or inflicts pain.





FEB  
23



# *Truthfulness*

The greatness of life is the power of truth. Truthfulness is powerful enough to give us confidence.



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24



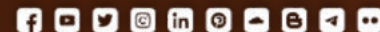
# *Magic*

God-consciousness  
makes troubles  
disappear like magic.



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25



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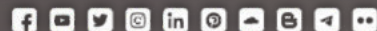


## *Easy*

In order to save yourself  
from any conflict of nature,  
make your intellect, vision  
and words easy.



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26



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# *Silence*

The way to chase  
away all types of  
mental illness is the  
power of silence.



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FEB  
27



# *Attention*

You need to pay attention to the quality of your thoughts. Ask yourself, “do I have pure and positive thoughts for everyone, including myself?”



FEB  
28



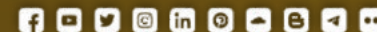
## *Fortune*

Give the experience of  
your fortune of  
happiness through  
your face and activity.



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29

Respect



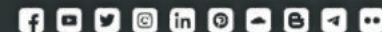
# *Respect*

Those who respect  
everyone become  
ideal images.



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MAR  
01



# *Good Thoughts*

Good thoughts are like  
morning sunbeams.  
They make our life  
shine beautifully.





MAR  
02



# *Visualize*

When we visualize ourselves to have overcome our fears and transformed negative habits, we can see our fears removed and negative habits transformed.



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MAR  
03

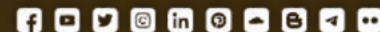


## *Cautious*

Let the past be the past,  
learn a lesson from the  
past and remain cautious  
in the future.



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MAR  
04



# *Spiritual*

**Spirituality nourishes  
the self to discharge all  
roles and responsibilities  
efficiently and optimally.**



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MAR  
05



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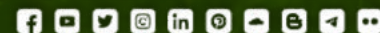


## *Radiate*

Law of attraction does not mean we get what we desire; it actually means we get what we radiate.



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MAR  
06



# *Experience*

Experience is the best teacher.  
Every experience in our life  
teaches us something we need  
to know to move forward.



MAR  
07



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# *Integrity*

To have integrity in our relationships, we need to have Integrity within ourselves. Integrity means our thoughts, words and actions are in harmony.



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MAR  
08

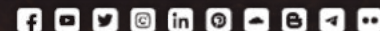


# *Soul Power*

When we think and speak only about our strengths and virtues, we experience our own peace and purity. It increases our soul power.



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*Enthusiasm*

To be free from  
carelessness is  
to be constantly  
enthusiastic.



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MAR  
10



## *Control*

To control oneself is  
to have everything in  
control.



MAR  
11



# *Humility*

One word spoken  
in humility has the  
significance of a  
thousand words.



MAR  
12



# *Love*

The more effort is  
made to love, the  
more love is received.



MAR  
13



## *Qualities*

The original qualities of a soul are peace, happiness, love, bliss, purity, power and wisdom, which undergo a change depending on the actions performed by the soul. Positive actions increase these qualities, and negative actions decrease them.



MAR  
14

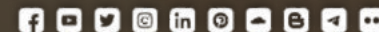


# *Mould*

Those who mould themselves to any situation become worthy of everyone's blessings.



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MAR  
15



# *Remembrance*

To forget your  
troubles, remember  
God.



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MAR  
16

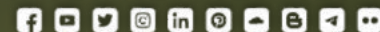


# *Compassion*

We need to practice creating compassion for somebody who is emotionally ill, just like we are compassionate towards the physically ill. Emotional illness can be in the form of their anger, irritation, hurt, jealousy, or fear.



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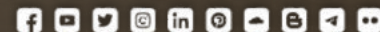


# *Honesty*

Honesty is to speak that  
which is thought and to do  
that which is spoken.



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MAR  
18



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*Cheerful*  
Cheerfulness  
is the beauty  
of face.



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MAR  
19



# *Visualize*

Visualize the best, but accept  
the reality and create only right  
thoughts, irrespective of what  
the outcome is.



MAR  
20



## *Vision*

Those who have a  
positive vision of the self  
are always happy.



MAR  
21



# *Introspection*

Introspection helps me  
to get in touch with my pure,  
original and perfect self.



MAR  
22



# *Create Personality*

Thoughts of great people are royal and beautiful. They don't waste their time by keeping their minds occupied in trivial matters.



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MAR  
23



# *Spiritual Server*

Be a true spiritual server  
and serve everyone with  
love and a true heart.



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MAR  
24



# Truth

The boat of truth may rock, but it will never sink. Truthfulness provides long lasting happiness, contentment, peace and helps one to remain so amidst all problems.



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MAR  
25



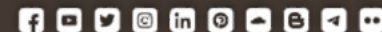
# *Patience*

Patience enables one  
to develop detached  
observation.



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MAR  
26



# *Persistence*

Long lasting happiness  
emerges from working  
persistently towards a  
specific goal.



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MAR  
27



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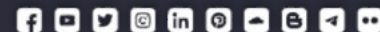


# *Determination*

**Determination means you care about something so much that even when it is really hard, you keep on going.**



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MAR  
28



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## *Easiness*

Internal honesty and  
cleanliness within is  
revealed when there is  
easiness in your nature.



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MAR  
29



## *Companion*

Loneliness comes when I  
forget that God is my  
Supreme Companion.



MAR  
30



IT WING

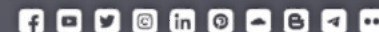
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*Solution*  
Make negative  
reasons into positive  
solutions.



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MAR  
31



# *Compassion*

Practicing compassion  
brings happiness to  
the life.



APR  
01



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# *Pause*

Before beginning any task, let us pause for a moment and observe the quality of our thoughts.

Positive, powerful and happy thoughts will empower us to succeed.



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APR  
02



## *Seeing Self*

Instead of looking at others,  
look at the self and remember:  
Whatever actions I perform, those  
who see me will do the same.



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APR  
03



## *Being Creator*

Spirituality makes it possible  
to shift us from complaining  
about lack of time to  
becoming creators of time.



APR  
04



# *Respect*

Respect is to recognize  
and appreciate  
the unique role of  
everyone.



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APR  
05



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## *Self Control*

Self-control is having  
ability to channel thoughts  
in the right direction.



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APR  
06



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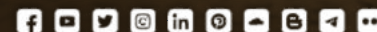


## *Truth*

The sign of someone having  
the power of truth is that  
person will always be  
fearless.



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APR  
07



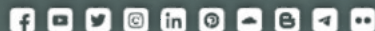
## *Codly Gift*

Storms keep coming in the ocean of life. Storms turn into gifts for you, as the boatman of your spiritual life is God Himself.



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APR  
08



# *Determination*

Determination makes you  
to sit up straight and love  
everything, because it's all  
part of moving forward.



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APR  
09



IT WING



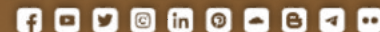
# *Happiness*

Happiness is your special  
treasure; never let go  
of this treasure.



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APR  
**10**



# *Flawless*

Honesty makes for a life of integrity because the inner and outer selves are mirror images. It is as distinct as a flawless diamond which can never be hidden. The worth is visible in one's action.



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APR  
11



# *Responsibility*

Responsibility means accepting credit when things go right and accepting corrections when things go wrong.



APR  
12



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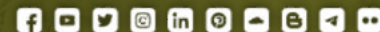


## *Simplicity*

Simplicity is beautiful  
and harmonious.  
Simplicity in life  
leads to peace.



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APR  
13



## *Appreciate*

The beauty of all things  
lies in our ability to  
appreciate them.



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APR  
14



# *Generosity*

Generosity is seeing an opportunity to share what you have and then giving just for the joy of giving.



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APR  
15



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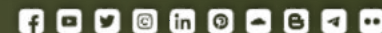


# *Stability*

The power of stability  
can transform any  
situation.



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APR  
16



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## *Forgiveness*

When we forgive someone, we are doing ourselves a favor, because through forgiveness we release all the negative thoughts, emotions and energies that we are holding onto in our anger.



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APR  
17



# Success

Success is achieved  
through determined  
effort.



APR  
18



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## *Harness*

Every thought is an energy which travels and hence it is in the air. A strong, silent mind can receive this energy and decipher the thought. The first step to harness this power is to finish wasteful and negative thoughts.



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APR  
19



# *Detachment*

Detachment is best  
learnt from God, who  
sees everything but  
never stops loving.



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APR  
20



# *Determination*

Determination is  
using will power to do  
something even when  
it isn't easy.



APR  
21



# *Vision*

The vision of seeing  
specialties frees the mind  
from negativity.



APR  
22



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# *Save Mother Earth*

Earth is our Home and we are responsible for our Home. To take responsibility of one's own responsibility is the greatest responsibility.



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APR  
23



## *Good Will*

The will to serve  
others creates  
opportunity.



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24



*Responsibility*  
True responsibility  
brings inner  
lightness and joy.



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APR  
25



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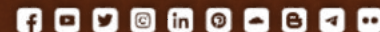


## *Power to Face*

When we learn to face obstacles in life, we can remain positive in all situations of life. Placing the obstacles in proper perspective, we will find that it is not as hard as our minds think it is.



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APR  
26



# Openness

Openness to learning brings progress. We need to keep our mind constantly open to learning in order to experience constant progress.





APR  
27



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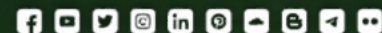


*Understand*

To understand others  
is to be in harmony  
with them.



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APR  
28



# *Celebrate*

Life becomes much different  
when we celebrate every  
moment of it. The more we  
praise and celebrate our life, the  
more there is life to celebrate.



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APR  
29



# *Thinking*

We interact less with others  
but we constantly interact with  
ourselves. The way we think  
about ourselves becomes our  
habitual way of thinking.



APR  
30



*Victory*

Intense effort-makers  
are constantly  
victorious.



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MAY  
01



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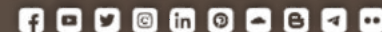


# *Serve*

What we are Doing is the purpose  
of our role, how we are Being  
while we are Doing is our higher  
purpose. Just by taking care of the  
Being, we are Serving the world.



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MAY  
02



# *Charity*

To give happiness to those  
who are unhappy is the  
greatest act of charity.



MAY  
03



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# *Solution*

Instead of trying to break a mountain of problems with the hammer of wasteful thoughts, take a high jump and jump across the mountain.



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MAY  
04



# Weapon

Weapons by themselves  
are not dangerous; it is  
the anger within man  
that is harmful.

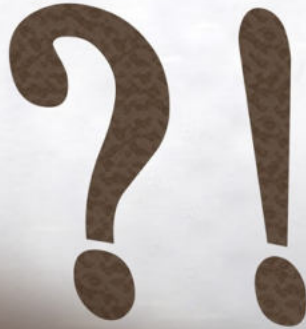


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MAY  
05



## *Full Stop*

To put punctuation marks  
on paper is easy, but can  
you put a full stop to  
waste thoughts?



MAY  
06



## *Unity*

Diversity divides and unity  
brings us into a gathering.  
Gathering brings success and  
division brings defeat.



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MAY  
07



# *Efficiency*

Calmness and tolerance  
act like air-conditioning  
in a room, they increase  
our efficiency.



MAY  
08



# *Forget*

To taste the sweetness  
of life, we must have the  
power to forget the past.



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MAY  
09



## *Celebration*

The meaning of life  
is not celebrating our  
birth; it is celebrating  
every moment of life.



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MAY  
**10**



## *Great Day*

If every morning we can spend a few moments to sort out our thoughts and remember God, our day will be filled with magic.



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MAY  
**11**



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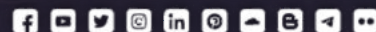


# *Discipline*

A disciplined  
life gives happiness  
as well as success.



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MAY  
12



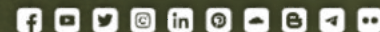
# *Equanimity*

If we allow ourselves to be puffed up by praise and fame, then insult and defamation will destroy us.



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13



# *Meditation*

Meditation is a process by which, through contemplation and relaxation, we can begin to loosen the grip of self-critical thoughts and emotions.



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14



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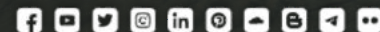


# Hope

To give someone  
hope is to help them  
overcome their  
weakness.



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MAY  
15



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# Happiness

Happiness is not in our accomplishments. It is not to be postponed until our goal is reached. Happiness is in our way of thinking along the way, while working towards the goal.



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MAY  
**16**



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## *Flexible*

To know the art of being  
flexible is to create  
beauty in one's life.



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MAY  
17



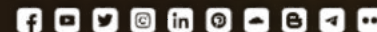
# *Silence*

Power of silence  
dissolves negativity  
and promotes a  
positive attitude.



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MAY  
18



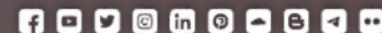
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*Value of Speech*  
Of all the words that  
you speak, how many  
are towards God?



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MAY  
19



## *Experience*

To UNDERSTAND something  
we need knowledge, but to  
FEEL it we need experience.



MAY  
20



IT WING

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## *Freshness*

Create limited thoughts and replace negative thoughts about others with thoughts of their strengths. This keeps the mind fresh.



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MAY  
21



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## *Achieve*

Perform every act  
considering its past and  
future, you will continue  
to achieve success.



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MAY  
22



## *Goodness*

To develop enthusiasm, have faith in the goodness of life, and in the original goodness of the self and others.



MAY  
23



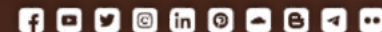
# *Knowledge*

Knowledge is might; with  
the internal weapon of  
knowledge, we can attain  
success in all situations.



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MAY  
24



*Forgiveness*

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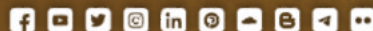


# *Forgiveness*

Forgiveness is getting your thoughts in line with the divine law of harmony.



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MAY  
25



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## *Introspect*

When we introspect our feelings towards anyone whom we consider irritating or intolerable, we realize that it is our perception and expectations making us feel that way about them.



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MAY  
26



# *Fudge*

To judge is to think, to  
arrive at a mental verdict  
or conclusion in your mind.



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MAY  
27



# *Thinking*

The habitual thinking of  
our conscious mind  
establishes deep grooves in  
our subconscious mind.



MAY  
28



## *Life*

The great things of life are  
simple, dynamic and creative.  
They produce well-being  
and happiness.





MAY  
29



# *Happiness*

Happiness is our inner experience of which we are the creators. It is a feeling and is defined by the quality of our thoughts.



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MAY  
30



## *Cooperation*

In the process of world transformation, the time is now for each person to lend a finger of cooperation.



MAY  
**31**



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*Holy*

Be a holy swan and  
transform wasteful  
thoughts, words & deeds  
into powerful ones.



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JUN  
01



# Thankful

The thankful heart is always close to the creative forces of the Universe, causing countless blessings to flow towards it.



JUN  
02



## *Certain*

Do the thing you are  
afraid to do, and the  
death of fear is certain.



JUN  
03



## God's Love

In order to receive the  
key to all treasures, be  
experienced in God's Love.



JUN  
04



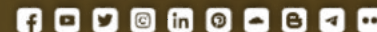
# *Learn*

Try to learn something new  
every moment of the day,  
and you will find your mind  
will always be young.



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JUN  
05



## *Environment*

The environment is both a direct and indirect manifestation of the effect of our thoughts. Positive and powerful thoughts rejuvenate, empower and activate us as well as our environment.





JUN  
06



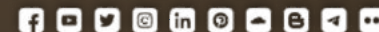
# *Love*

Love is a great power,  
but it takes power  
to have pure love.



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JUN  
07



## *Balance*

Balance of being loveful  
and detached (like a lotus  
flower) gives us experience  
of closeness to God.



JUN  
08



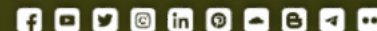
# *Laugh*

Look at your fears; hold them  
up to the light of reason.  
Learn to laugh at your fears.  
This is the best medicine.



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09



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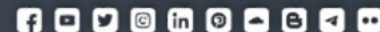


## *Clarity*

Our mind is a mechanism,  
works best when there is  
clarity in it.



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JUN  
10

GIVE  
RESPECT  
EARN  
RESPECT

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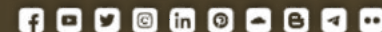


# *Respect*

To know one's own worth and to honor the worth of others is the true way to earn respect. It is an acknowledgement of the inherent worth and innate rights of the individual and the collective.



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JUN  
11



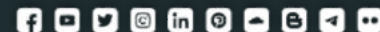
## *Optimism*

Optimism opens a  
door in difficult or  
hopeless situations.



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JUN  
12



## *Enthusiasm*

Enthusiasm is the master key to feel great. It acts like a double energy boost.



JUN  
13



## *Peace*

When the feeling of peace and positivity remains constant, no outside event or other person can interrupt the flow.





JUN  
14



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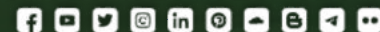


# *Silence*

Power of silence fills  
the soul with clarity  
and righteousness.



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JUN  
15



# *Compassion*

Self-Compassion is about a change in attitude and is linked with greater well-being as well as superior performance outcomes.



JUN  
16



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## *Feeling Great*

Feeling great is about putting our life in order, rather than having a good time or feeling good at any cost.



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JUN  
17

Cooperative



## *Cooperation*

The method to give cooperation is to use the energy of the mind to create vibrations of good wishes and pure feelings for others and for the task.



JUN  
18



## *Cleanse*

Our words have power to  
cleanse our mind of wrong  
ideas and to instill right  
ideas in their place.



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JUN  
19



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## *Comfort*

The warmth and  
comfort of happiness is  
hidden within the self.



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JUN  
20



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## *Companion*

When we keep God as our companion and have good wishes for all, we remain constantly cheerful beyond questions.



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JUN  
21



# *Meditation*

When we practice meditation,  
we develop the ability to  
silence the conscious layer  
of the mind, so scattering of  
our thoughts stops.



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JUN  
22



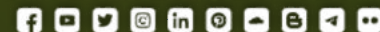
*Be Happy*

A happy person is  
loved by himself and  
everyone.



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JUN  
23



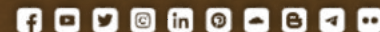
## *Cooperation*

Cooperation requires recognizing the unique role of every individual while maintaining a sincere and positive attitude.



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JUN  
24

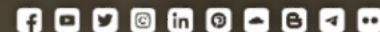


*Donate*  
Donate the  
imperishable  
jewels of knowledge.



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JUN  
25



## *Peace*

Peace should be an  
easier and a natural  
response, irrespective  
of the stimulus.



JUN  
26



## *Independent*

If we become dependent on people's approval for taking decisions in life, we may end up with decisions that are not right for us.



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JUN  
27



# *Silence*

Inculcate the virtue of  
silence in your life and you  
will easily pinpoint and  
remove your weakness.

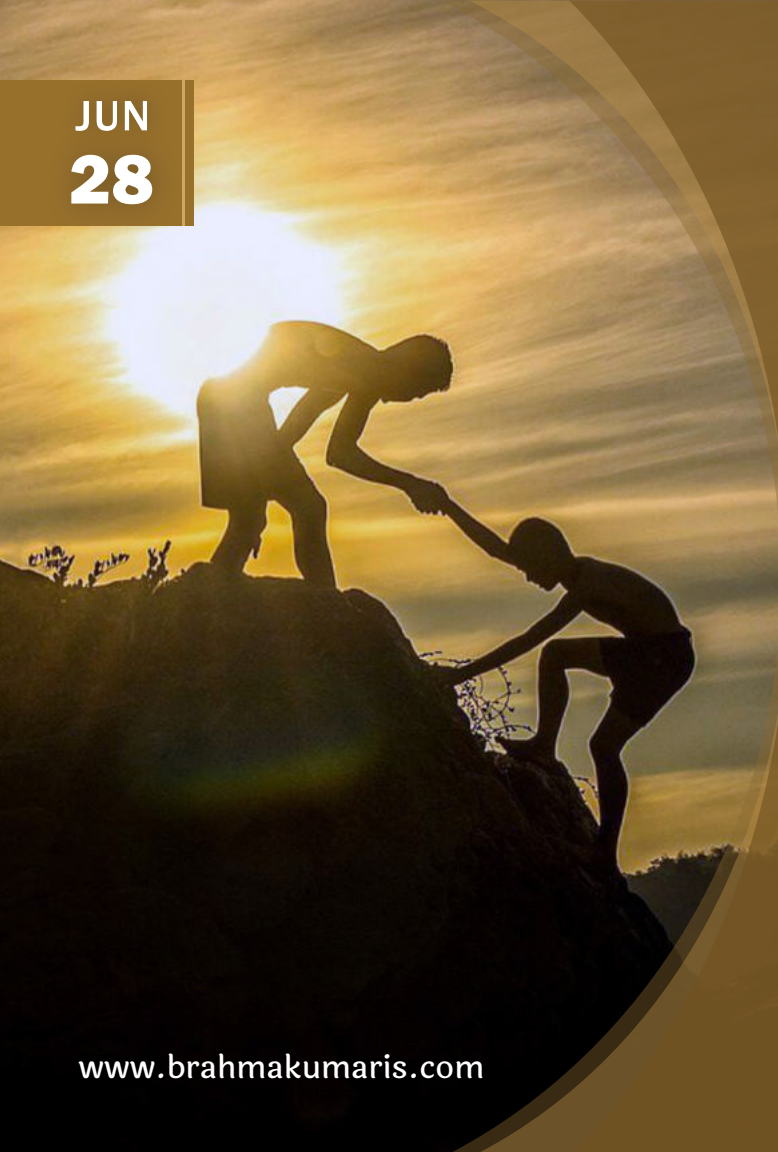


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JUN  
28

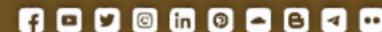


*Service*  
Selfless service  
leads to  
satisfaction.



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JUN  
29



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# *Communication*

Clean communication  
lays the foundation for  
creating and sustaining  
beautiful relationships.



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JUN  
30



# *Meditation*

**Meditation helps us to  
develop a positive attitude  
and respond  
better to situations.**



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JUL  
01



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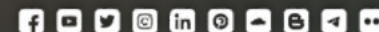


## *Let Go*

To tolerate life's  
inconvenience is to  
let go, be light, make  
others light and move on.



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JUL  
02



## *Light the Lamp*

When the lamp  
of the soul is lighted in  
life, we can easily rise  
above the vices.



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JUL  
03



*Attitude  
is  
Everything!*

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## *Attitude*

Those with the right  
attitude make the best  
contribution.



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JUL  
04



## *Be Positive*

Thoughts create  
destiny, so a positive  
mind attracts positive  
circumstances into life.



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JUL  
05



## *Zeal & Enthu*

Zeal and enthusiasm are the wings on which we can fly over all circumstance and turn mountains into molehills.



JUL  
06



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## *Blessings*

Cultivating the habit  
of blessing rather than  
judging strengthens our  
capacity to give.



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JUL  
07



# Success

Repeated and lasting success requires a positive combination of our state of mind, intelligence, personality traits and skills.





JUL  
08



*Free*

To be free from  
expectations is to  
be free from sorrow.



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JUL  
09



# *Silence*

Silence slows down the mind  
so it creates fewer thoughts  
that are powerful, positive  
and peaceful.



JUL  
10



# *Truth*

Speaking the truth with  
humility and in a sweet manner  
does not make anyone angry  
rather it increases the heartfelt  
respect of others.



JUL  
11



# *Being Powerful*

Whatever is happening,  
is good and whatever will happen,  
will also be good - this powerful  
thought finishes  
the web of weak thoughts.



JUL  
12



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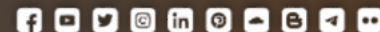


## *Concern*

Complaining depletes our energy because we are thinking about what is not in our control. Complaining means focusing on the problem and concern is focusing on the solution.



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JUL  
13

virtue

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## *Virtues*

A person becomes good human being by filling virtues in the self, looking at virtues in others, donating virtues and discussing virtues.



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JUL  
14



# *Responsibility*

At every situation, taking personal responsibility of our thoughts, words and deeds helps us to respond in a positive way. This is our 'response-ability'.



JUL  
15



# Success

Success is achieved when decisions are arrived at, after listening to, understanding and clarifying things patiently and carefully.





JUL  
16

CONTENTMENT  
IS THE ONLY  
REAL  
WEALTH

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## *Contentment*

While question mark (?)  
increases waste in life,  
full stop (.) is the sign of  
contentment and well-being.



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JUL  
17

# SELF DISCIPLINE



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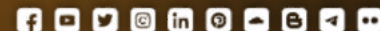


## *Self Discipline*

Self-discipline is self control.  
With discipline you take  
charge of yourself.



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JUL  
18



peace

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*Peace*

Peace gives rest to mind.  
Sometimes rest is the only  
medicine needed.



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JUL  
19



# *Mastery*

To be master over  
thoughts means to control  
and stabilize thoughts  
whenever one wishes.



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JUL  
20

Silence  
is Golden

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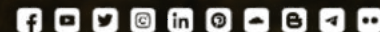


*Silence*

Inculcate the virtue of  
silence in your life and you  
will easily pinpoint and  
remove your weakness.



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JUL  
21



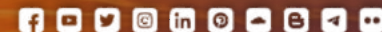
# *Courage*

Courage is required to do anything auspicious and courage comes from truth.



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22



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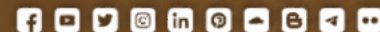


# *Cooperation*

The world becomes  
a happy place with  
the cooperation of  
everyone.



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JUL  
23



## *True Heart*

God is pleased with a true heart. We receive a thousand steps of help from Him when we take one step of courage.





JUL  
24



## *Good Wishes*

Good wishes are that  
magic which makes  
right a spoilt task, and  
spoilt mood.

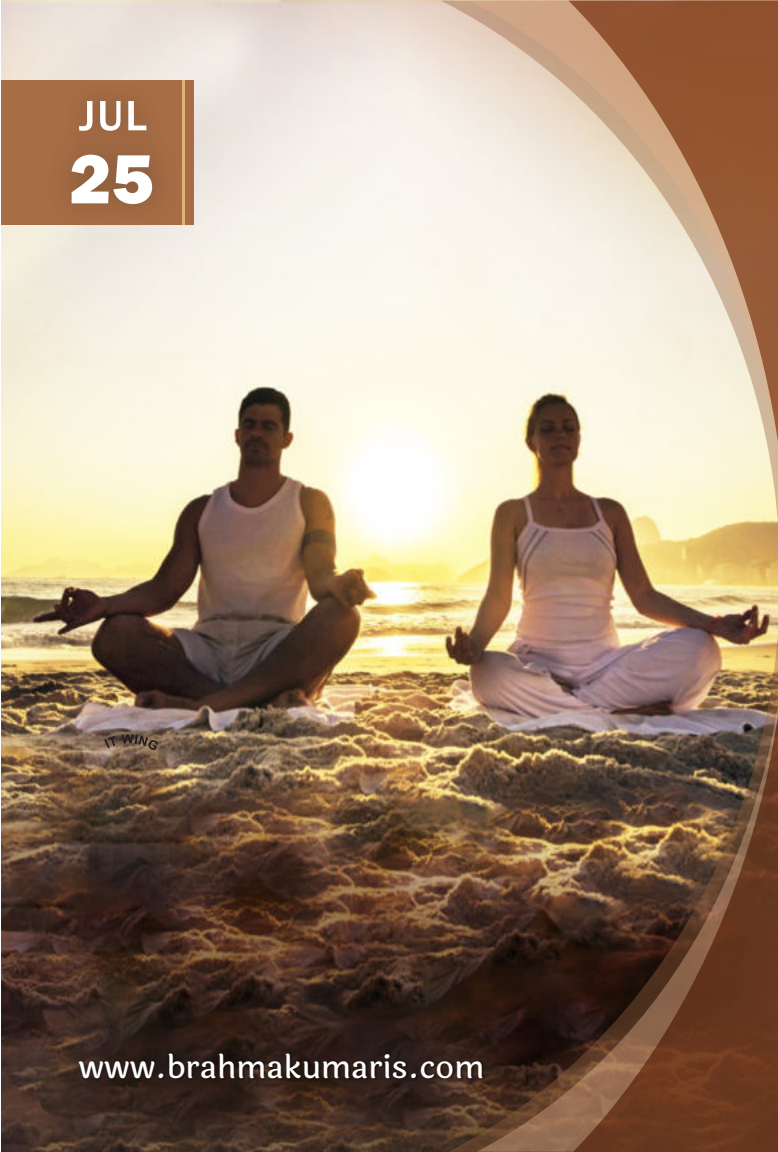


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JUL  
25



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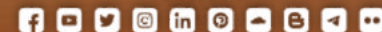


## *Conscience*

The most potent power to  
put an end to internal and  
external wars is the human  
conscience.



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JUL  
26



# Truth

Truth is the imperishable  
essence. We overcome  
falsehood and illusion through  
practicing the power of truth.



JUL  
27



# *Enthusiasm*

Having good wishes for  
everyone fuels our  
enthusiasm.



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JUL  
28



## *Benefactor*

Just as every father wishes only good for his children, God is the constant Benefactor. It's one's own actions that cause sorrows.



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JUL  
29



## *Fly High*

It is difficult to cross a mountain of problems by foot, but it is easy to cross it by flying in an airplane of blessings.



JUL  
30



## *Be Cool*

Getting angry is like grasping a hot coal & throwing it at someone else. It is the self who gets burnt first before the other person.



JUL  
31



# Happiness

Our thoughts create our external world. Positive and concentrated thoughts bring about a world of lasting happiness.





AUG  
01



## *Faith*

You receive help at every step as a result of having this faith that God is yours and you belong to God.



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AUG  
02



# *Be Happy*

To be happy and to make  
others happy is to give  
blessings and receive  
blessings.



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AUG  
03



# *Coordination*

Co-ordination  
awakens the  
feeling of service.



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AUG  
04



# *Self Respect*

It is a subtle thing that  
only those who stay in  
self-respect will be able to  
give respect to others.



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AUG  
05

"The *Truth*  
will make you  
*Free*"



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# Truth

Truth is the ultimate power.  
It provides long lasting  
happiness, contentment, peace  
and helps one to remain so  
amidst all problems.



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AUG  
06

*Humility*

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# *Humility*

Humility is a value that is manifested through acceptance, selflessness and contentment.



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AUG  
07



## *Art of Giving*

In a world where all relationships have accounts of happiness and sorrow, the greatest lesson to be learnt about being happy is:  
“Give happiness and Take happiness, don’t give sorrow and take sorrow”.



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AUG  
08



# *Save Energy*

Speak Less,  
Speak Softly,  
Speak Sweetly  
and Save Energy.



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AUG  
09



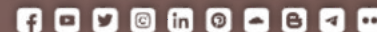
# *Meditation*

Meditation is a personal  
relationship and a  
conversation with God.



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AUG  
**10**



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## *Stay Light*

The mind is an emotional carrier  
bearing the weight of our thoughts.  
If thoughts are fewer and lighter,  
the mind remains light.



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AUG  
**11**



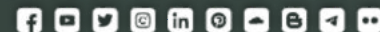
# *Humility*

When one has the virtue of humility, everyone bows down, since everyone bows to those who themselves bow first.



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AUG  
12



## *Vibrations*

Our thoughts become the energy field we carry around, like the perfume we use. People receive our vibrations even before they receive our words and behaviour.



AUG  
13



## *Donate Organs*

Life is caring and sharing. On this eternal soul journey, we move from one lifetime to another and take a new body. Why not donate organs that we cannot carry forward, and save lives?



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14



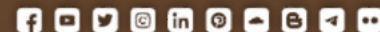
# *Transformation*

Self-transformation  
begins the process of  
world transformation.



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AUG  
15



# *Freedom*

Freedom is when we  
consciously choose our  
thoughts and feelings  
independent of anything  
and anyone outside.



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AUG  
16

GOOD  
is love



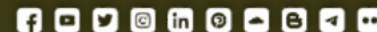
*Love*

To have love for  
God is to love  
humanity.



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AUG  
17



# *Relationship*

The key to healthy relationships is in obeying our consciousness and not doing anything against it.



AUG  
18

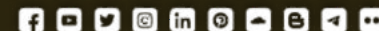


## *Enjoy*

Remember to enjoy the journey of life. Life will bring scenes that are positive and negative, and neither of them stays forever. Even in a negative situation we can be free from anxiety and worry, knowing that it shall pass.



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19

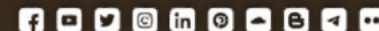


# *Being Fortunate*

Fortunate souls are those who  
receive blessings from the  
hearts of all souls on  
the basis of truth.



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AUG  
20



## *Choice*

People's behavior towards us is an external force and not in our control. The thoughts we create in response to that is an internal energy, which is completely our choice.



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AUG  
21

*negative*  
**THINK**  
*Positive*



## *Thinking*

Think positive about yourself,  
people and situations. Don't be  
critical or judgmental.



AUG  
22



# *Optimism*

Optimism is the key to a better future. And we always have a choice to be optimistic.



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AUG  
23




## *Remain Stable*

Stability is love of equanimity in the midst of adventure. When we master the art of remaining stable even in the most negative situations, we learn to use the treasures hidden within us.



AUG  
24



COMPASSION

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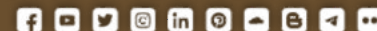


## *Compassion*

Compassion generates love, kindness and support without boundaries; it is something to be felt and experienced individually.



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AUG  
25

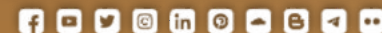


## *Appreciation*

The magic of appreciation can turn negative thoughts into positive. Being appreciative of any given thing simply adds to the quality of the life.



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26



# *Flexible*

With flexibility you are  
willing to change in  
thoughts, words and deeds.



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AUG  
27

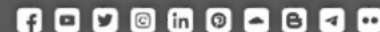


# *Appreciate*

Cultivating the ability  
to appreciate our surroundings  
can enhance our mood and  
help us to maintain a  
positive attitude.



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AUG  
28



## *Safety*

Detachment is a great virtue, it is to remain stable, create our feelings independent of others emotions. It brings emotional safety.



AUG  
29



## *Compassion*

Compassion is a skill that needs to be learnt and practiced. It's a choice we make that love is more important than comfort.



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AUG  
30



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## *Discern*

Discerning our thoughts helps us decide our response to people's behavior. Power to discern will be accurate when we go beneath surface behaviors and see the intensions.



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AUG  
31



# *Balance*

Equanimity means to maintain inner balance in the face of success and failure, riches and impoverishment, praise and blame.



SEP  
01



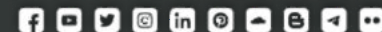
# Stability

The power of stability brings forth the best decision in the most difficult times and brings solution. When we are stable, situations will not influence us, but we will influence them.



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SEP  
02



# Self Respect

Self-respect removes tendencies towards jealousy and comparison. It enables us to have good wishes and pure feelings towards others.



SEP  
03



## *Appreciate*

When we begin to appreciate the world around us, we might even start to see and be thankful for things we may never have normally noticed.



SEP  
04



# *Happy*

Soul is happy in original form. Happiness is our internal creation and can be created irrespective of external factors.



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SEP  
05



# *Fmbibe Knowledge*

When we imbibe the spiritual knowledge imparted by God, the supreme teacher, we transform ourselves into divine souls.



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SEP  
06



# *Independent*

People may not be nice to us, but let us think right, forgive, bless and be nice to them - because we want peace and happiness. How wrong they were is independent of how right we can be.



SEP  
07



## *Importance*

Time cooperates with each person if one chooses to recognize its importance.



SEP  
08



# *Succeed*

Silence brings the  
strength to go on, the  
steadiness to succeed.



SEP  
09



## *Generous*

To be generous hearted and share the gifts of virtues through your face & activity is to have good wishes and pure feelings.





SEP  
10



# *Silence*

When the mind is silent, the intuition is active. Acting in the state of silence brings blissful and fruitful results.



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SEP  
11



## *Understanding*

If we have the spirit of understanding everything in a positive way, we will enjoy each and every moment of life, whether it's pressure or pleasure.



SEP  
12

*and sending you*  
**smiles**  
*and*  
**good wishes**  
*to lift your spirits  
and brighten your day.*

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## Good Wishes

Words filled with good  
wishes bring good  
change in others.



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SEP  
13



# *Powerful*

Make your attitude  
powerful and there  
will automatically  
be growth in work.



SEP  
14



# *Responsibility*

Our thoughts and feelings are our personal responsibility. But we React out of habitual ways of thinking, speaking and behaving, created over years or lifetimes. A little practice helps us pause, see our options, evaluate them and choose a Response.



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SEP  
15

FORGIVE  
■ AS GOD ■  
FORGIVES

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## *Forgive*

Forgiveness means having the power to love unselfishly and freely. Our attitude of forgiveness has the power to transform and inspire others.



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SEP  
16



# *Karma*

Everything happening to us is accurate and beneficial. Accurate because it is according to our karma. Benefits will get revealed later, and even if there is no outward benefit, we come out of the situation emotionally empowered, that is an inner benefit.



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SEP  
17



## *Giving*

It is greater to give a handful of rice with love and honesty than to give a thousand dollars with the desire for name and fame.





SEP  
18



## *Charging*

When every thought, word and action is a product of our spiritual charging, we will experience peace even while working and meeting targets and deadlines.



SEP  
19

SUCCESS



## Success

Where there is faith and victory in the mind, success can be gained. If thoughts are weak, there is defeat.



SEP  
20

BELEEF

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## *Belief*

Our belief systems decide our way of living. We need to experiment with what we learn, in order to change incorrect belief systems.



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SEP  
**21**



## *Radiate*

The universe sends back whatever we radiate. Thinking about peace, happiness, strength, success attracts those qualities into our life.



SEP  
22



## *Feelings*

Each of our external actions form one aspect of life while internal feelings form another aspect. Both are independent of each other.



SEP  
23



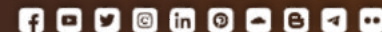
# Help

To help under normal circumstances is a good thing, but helping in times of need fetches multifold blessings.



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SEP  
24



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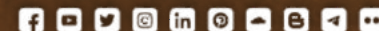


# Wise

The wealth of a rich person  
can be stolen or burnt, but  
the happiness and wisdom  
of the wise remain.



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SEP  
25



## *Energy*

The energy we send out as thoughts, words and actions is our karma; and when the energy returns, it is our destiny.





SEP  
26



IMPOSSIBLE

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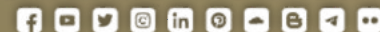


*Possible*

Those who make the  
impossible possible,  
experience success.



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SEP  
27



# *Freedom*

Respect is giving people the space to be themselves, the freedom to think, feel and be their way. It is about accepting them along with their behaviors, ideas and perspectives even when these do not match ours.



SEP  
28



# Unity

Unity is harmony within  
and among individuals in  
the group.

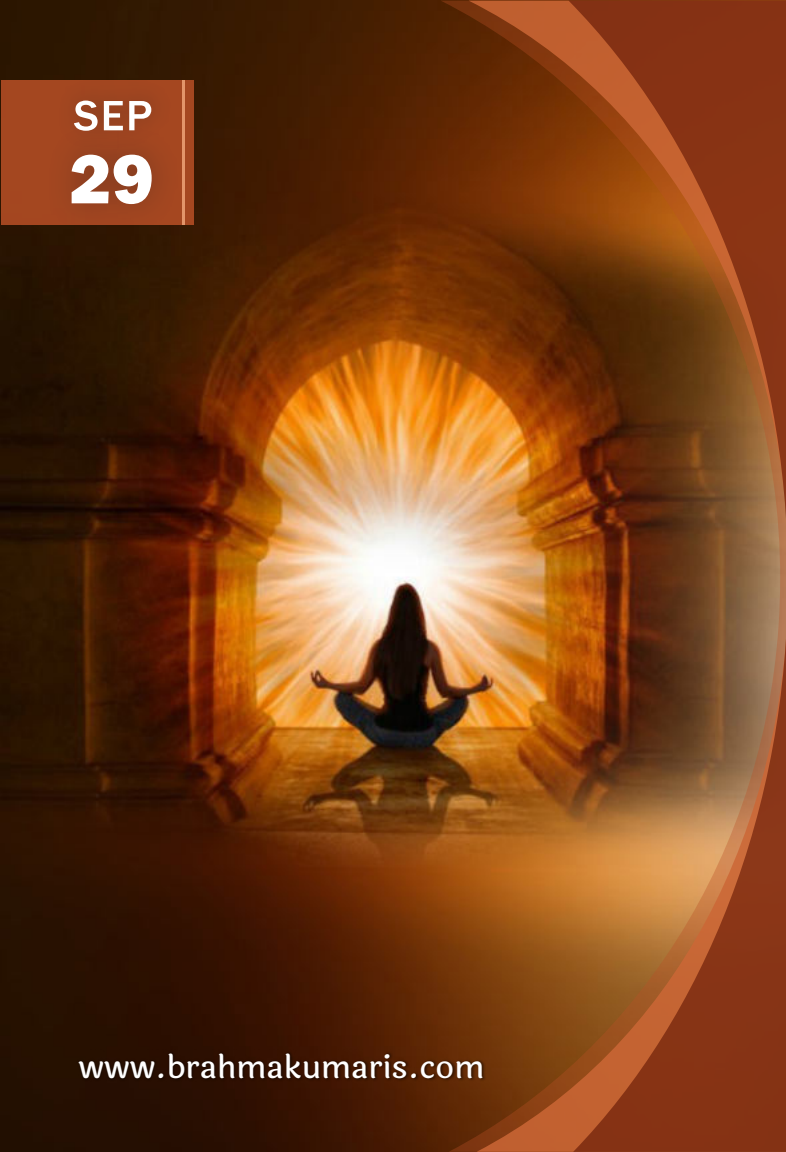


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SEP  
29



# *Meditation*

Meditation increases soul power  
and strengthens our original  
quality of respect, so respecting  
people comes naturally.



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SEP  
30



## *Goodness*

If we talk and share about  
the goodness in a person,  
we can intensify the  
positivity in the person.



OCT  
01



# *Spirituality*

Spirituality teaches that every thought that the mind creates amounts to our karma. Mind is not only where our karma is first created, but is also where 'maximum' karma is created, as our thoughts outnumber our words and actions.



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OCT  
02

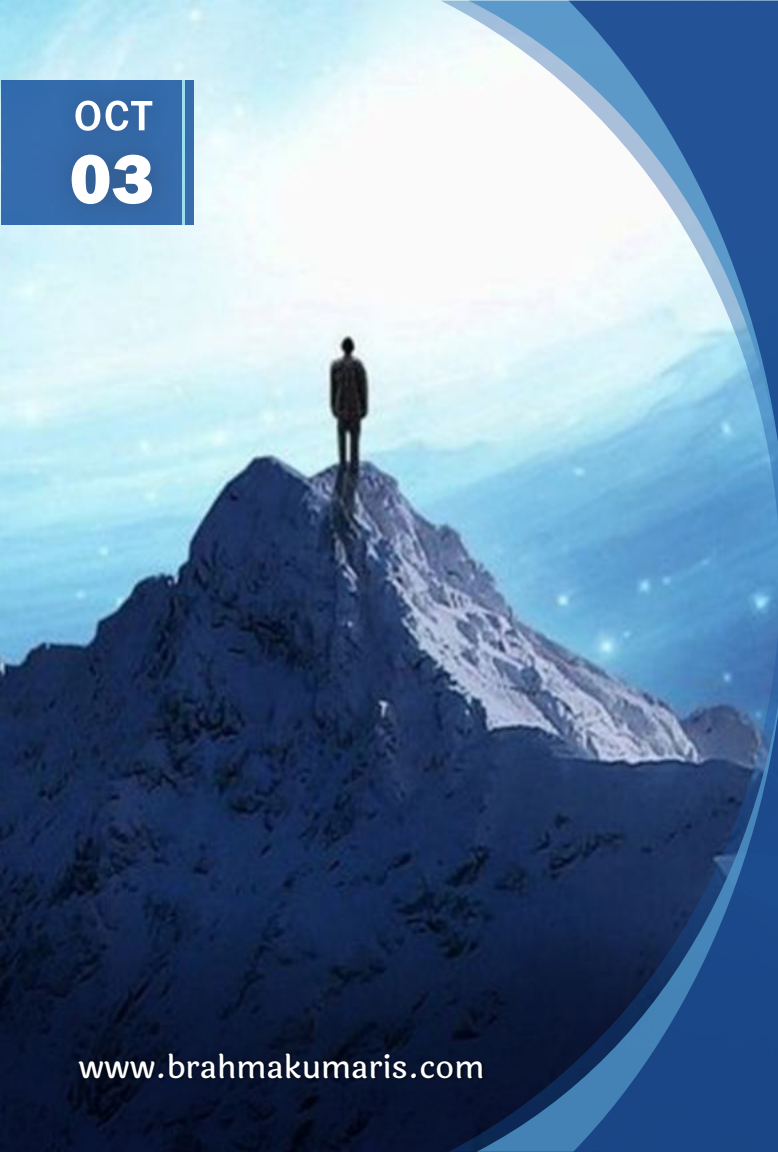


# *Non Violence*

Non-violence does not only mean not to wound physically but also means not to wound with words or thoughts.



OCT  
03



# *Thought Power*

Using the power of thoughts the mind creates four impacts at every moment - it creates our feeling, it affects every cell of our body, it reaches the person about whom we are thinking, and it radiates into the environment.



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OCT  
04



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# Peace

When we are at peace  
with the self, people and  
situations, we tune into a  
frequency of forgiveness.



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OCT  
05

RESPECT

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# *Respect*

When we respect each other's opinion, we become respectable.



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OCT  
06



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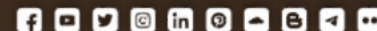


## *Consciousness*

Situation-proofing is a powerful consciousness which is free from question marks and exclamation marks arising about any situation. It gives little or no room for negative or waste thought patterns.



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OCT  
07



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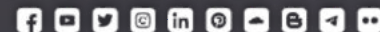


*Strong*

We become strong by  
overcoming difficulties.



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OCT  
08



# Viceless

A good karma needs that the Self does not come under the influence of vices like anger, ego, attachment, greed, hatred, jealousy etc.



OCT  
09



## *Always Happy*

Those who remain beyond  
questions remain constantly  
happy hearted.



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OCT  
10



# Happiness

Happiness is not just about a mood or feeling; it equips us with the power to cross any challenge that comes in our way. It causes our mind, intellect and body to function out of calmness, wisdom and optimism.



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OCT  
11



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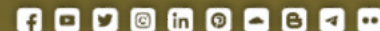


# *Soul Power*

When we exercise our will power and discernment to do what is right for the soul, our karma becomes clean and soul power is automatically enhanced.



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OCT  
12



# *Humanity*

Humanity is quality of being human; it is extending unconditional love to each and every living being on earth.



OCT  
13



# *Patience*

Patience is the companion of wisdom. Patience is being calm and tolerant when difficult things happen.



OCT  
14



## *Strong*

Obstacles come to make us strong. Therefore instead of being afraid of obstacles, overcome them by considering them to be an entertaining game.



OCT  
15



# *Respect*

We believe people respect us and value us for what we have achieved, what we wear and what we possess. But true respect and value is gained for the person we are and for our values.



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OCT  
16



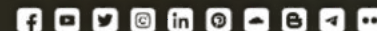
# *Truth*

The power of truth is  
such that we need never  
be concerned about  
proving it.



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OCT  
17



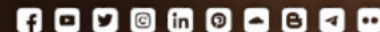
## *Desireless*

Desires are like a shadow. If you try to catch a shadow, it runs ahead of you and if you turn your face away from it, it follows you. Desires don't let us become a good person.



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OCT  
18

LOVE TO  
LEARN



## *Learn*

Instead of being scared  
in sensitive situations,  
learn lessons from them  
and mature yourself.



OCT  
19



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## *Be Fearless*

If we get involved in fears about the future, we shall miss the chances that the present offers us.



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OCT  
20

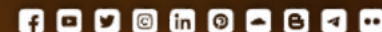


# *Discipline*

Discipline is that bitter medicine which creates balance in life. Being disciplined gives us strength to withstand hardships and difficulties, whether physical, emotional or mental.



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OCT  
21



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# Success

You get success always as  
you put your thoughts into  
action with determination.



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OCT  
22



## *Being Aware*

The mind is our powerful instrument.  
If we take care and live a life of  
awareness and choice then we control  
the mind. If we are unaware then we  
live an automated life and the  
mind starts controlling us.



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OCT  
23



# *Willpower*

Will power is like a muscle,  
the more we use it, the  
stronger it becomes.



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OCT  
24

# Self Respect

When we have strong self-respect, we will be generous in recognizing and encouraging the expression of qualities and specialties in others.



OCT  
25



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## *Let Go*

Love and truthfulness  
help others to change  
themselves, and let go of  
negative tendencies.



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OCT  
26



## *Introversión*

Without introversion, we cannot do anything worthwhile. With it the heart becomes full and the intellect concentrated.



OCT  
27



# *Transformation*

Our personal transformation  
not only benefits us  
or people around us, it  
influences the world.



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OCT  
28



# *Power*

The power of ignorance is  
anger and the power of  
knowledge is peace.



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OCT  
29



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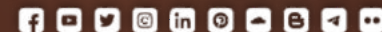


# *Happiness*

Happiness is only possible  
when we are able to accept  
everyone as they are.



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OCT  
30



## *Greatness*

To sit on the throne of  
humility and to wear the  
crown of responsibility is  
greatness.



OCT  
31



# *Being Yourself*

Wanting to be better than others is a never ending race. We will not be happy in this race because there will always be someone ahead of us.



NOV  
01



## Careful

Like we take care of what we speak to others, we need to be careful about how we speak to ourselves. We are constantly listening to our inner conversation.



NOV  
02



# *Optimism*

Optimism is a skill of emotional intelligence, which translates to a better career and greater success in life.



NOV  
03



# *Respect*

When we create a thought that someone is wrong, we are disrespecting them. When we understand that they are different, we are respecting them and their perspective.



NOV  
04



# *Habit*

Thinking, speaking and behaving in the same manner repeatedly becomes a habit, and it soon becomes an automated way of responding.



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NOV  
05



## *Good Wishes*

When our stock of  
good wishes is full,  
a full stop is applied  
to all waste.



NOV  
06



# *Trust*

Trust is having faith. To earn the trust of others, you must become completely selfless and honest.



NOV  
07



## *Appreciate*

Self-criticism depletes our energy. Appreciating and motivating ourselves creates a new, positive self-image.



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NOV  
08



# *Responsibility*

Our first responsibility in any situation is to first take charge of our state of mind because that is the only entity in our control.



NOV  
09

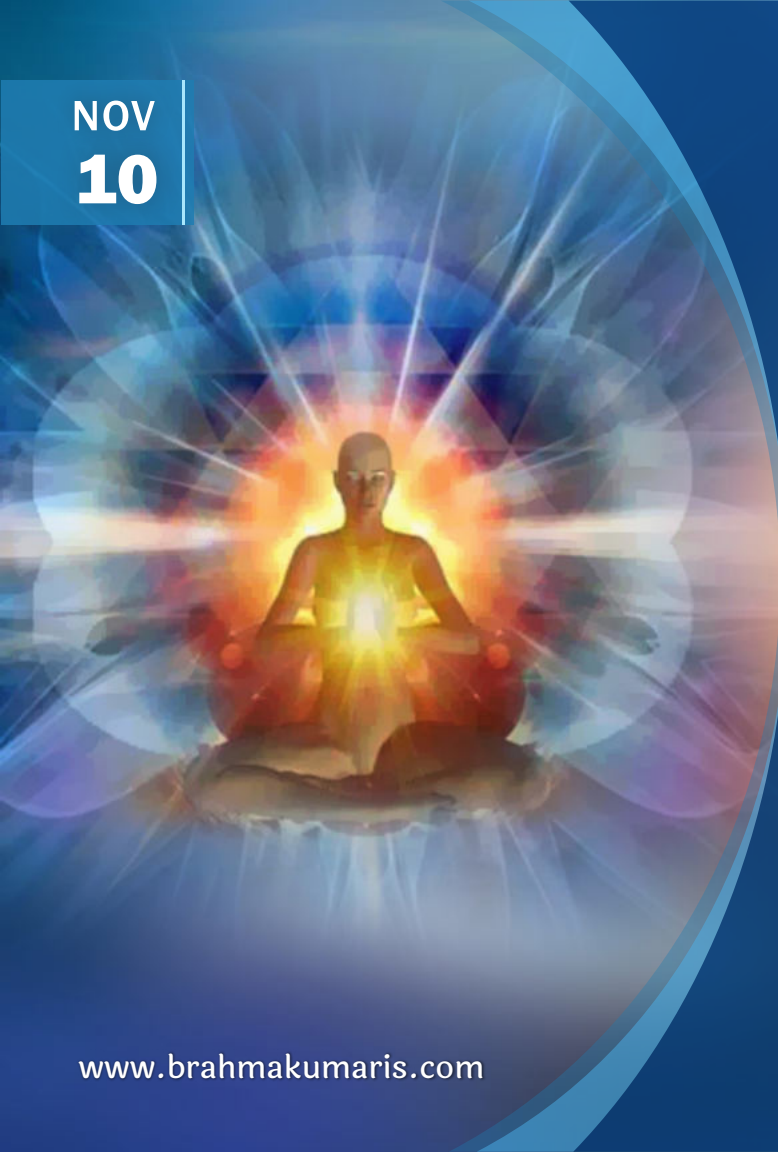


# *Cooperation*

One who cooperates  
receives cooperation.



NOV  
**10**



## *Energy*

Our thoughts and feelings create our energy field. If our energy field is pure and powerful, everyone will get influenced by our pure vibrations. This will help them to emerge their own purity and power.



NOV  
**11**



# *Accept*

Accept the people as they  
are without noting their  
weaknesses.



NOV  
**12**

Simplicity is the  
ultimate sophistication



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# *Simplicity*

Simplicity combines sweetness  
& wisdom. Be simple to be a  
sample for many.



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NOV  
13



# *Responsibility*

The true meaning of responsibility is not just duties to be done, but has more to do with a sense of purpose.



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NOV  
14



# *Merciful*

To be merciful means always remembering only that which is good and beneficial, and never letting go of giving love.



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NOV  
15

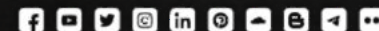


# *Tolerance*

Tolerance is bouncing back even when we are thrown against a very hard wall. It comes from sensing that everything is a riddle and that all things work in cycles, that what is uncomfortable now will soon change.



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NOV  
16



*Stable*

Be stable in your  
original religion of  
peace.



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NOV  
17



# *Vision*

**Our thoughts are the  
basis of our attitude  
and our attitude makes  
our Vision.**



NOV  
18



## *Feel Good*

Blaming people, situations,  
past or the world for how we  
feel is the prime reason for  
depletion of soul power.



NOV  
**19**



## *Stay Light*

Life is about staying light,  
and drawing on God's  
might. Then everything  
becomes right!



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NOV  
20



# *Reality*

To resolve any problem, we only need to create thoughts to match the reality we desire, rather than thinking about the present reality.





NOV  
21



# *Stay True*

A responsible person fulfils  
the assigned duty by  
staying true to the aim.



NOV  
22



## *Act of Giving*

If our hands are always  
giving, always bestowing,  
joy will be ours in death as  
well as life.



NOV  
23



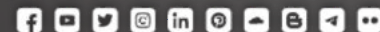
# *Right Thought*

Creating right thoughts  
in the face of challenge not  
just helps us respond strongly  
but also change the situation.



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NOV  
24



# *Love*

Love is acceptance and  
acceptance is respect.



NOV  
25



# *Mould*

Those who mould  
themselves to all  
situations are real gold.



NOV  
26



# *Transparency*

Transparency is about having a clean and clear mind, free from all attachments. If we are transparent, our heart is open and approachable for others.



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NOV  
27



# *Weapon*

When we use the weapon of anger to get our work done, our work gets done but our energy gets depleted. Repeated depletion affects our happiness, health and relationships.



NOV  
28



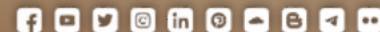
# *Maturity*

Maturity comes naturally with lessons learnt and experiences gained. It leads to a strength that nurtures love, kindness, and compassion.



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NOV  
29



## *Positive Energy*

When honesty and love are in our words and actions, along with the feelings of appreciation and friendship, others draw on this positive energy to fill whatever is lacking in them.



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NOV  
30



# Success

When we have the power of determination, success will become a garland around our neck.



DEC  
01



# *Calmness*

A strong mind brings positivity  
and hence contentment which  
helps us remain calm amidst  
challenges.



DEC  
02



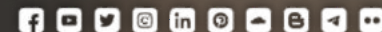
## *Thinkless*

Over-thinking opens the door to ego and spoils our value. When we think a lot, it is as if the head starts to speak without heart.



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DEC  
03

TRUTH



## *Truth*

Truth is self-evident. Truth cannot remain hidden permanently, sooner or later it emerges.



DEC  
04



## *Optimism*

Optimists believe that their own actions result in positive things happening, that they are responsible for their own happiness, and that they can expect more good things to happen in the future.



DEC  
05



# *Maturity*

Maturity cultivates a dignified heart that is disturbed by nothing and no one.



DEC  
06



## *Stay Happy*

To become upset or unhappy about anything or to be in a bad mood is to “put a drop of poison in a pot of nectar”.





DEC  
07



## *Pure Heart*

A pure heart is a clean heart.  
Truth lives in the heart that is  
housed with pure feelings.



DEC  
08



# *Benevolence*

Words convey the sentiments of the heart. Words spoken from the seed of love and respect color the world with sweet vibrations of benevolence.



DEC  
09



## *Feel Great*

Feeling guilty is like sitting in a rocking chair. We rock back and forth emotionally, but it doesn't get us anywhere!



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DEC  
10



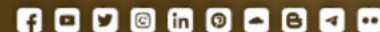
# *Compassion*

Compassion means to refrain from being vindictive, to identify with the person's plight and recognise that it could be your own.



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DEC  
**11**



## *Earn Blessings*

While at work, if we are compassionate towards everyone working with us, if we cooperate with everyone, then we are not only earning money but also earning blessings and good wishes.



DEC  
12



# *Humble*

A humble heart is an honest heart that dances to the beat of happiness with no limits or conditions.



DEC  
13



# Sharing

It is natural to share our resources with others. We need to appreciate the fact that there is joy in sharing the gifts of virtues.



DEC  
14

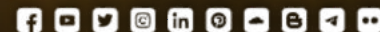


# *Silence*

When the mind is quiet and in silence, the soul can be free from any type of reaction. When there is heaviness inside, we have a reaction. When we remain light, there is no chance for reacting.



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DEC  
15

JUST  
BE  
YOU.

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## *Being True*

Being true to yourself means that you show people who and what you are without exaggerating or trying to be something you are not.



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DEC  
**16**



## *Contentment*

Contentment is the mother of all virtues because it emerges other virtues too. Virtues like Patience, Tolerance, Acceptance, Humility etc. will be emerged when there is contentment.



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DEC  
17



## *Right Attitude*

When we are in a conflict,  
the one factor, which decides  
whether we will damage the  
relationship or heal it,  
is our attitude.

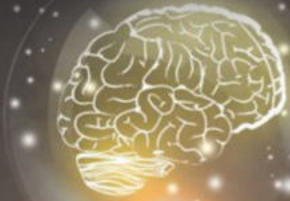


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DEC  
18



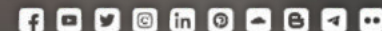
## *Define*

When we judge others,  
we do not define them,  
we define ourselves.



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DEC  
19



# *Love*

Love flows naturally through us if we remove the blockage created by ego, labels, criticism, blame, control, comparison or competition.



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DEC  
20



# *Forgiveness*

Forgiveness of others is  
essential for mental peace  
and radiant health.



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DEC  
21



# *Purity*

Purity in thoughts, words and  
deeds is the beauty of life.  
A fraternal attitude of purity  
is the foundation of peace  
and happiness.



DEC  
22



# *Manage*

Managing stress is all about taking charge of our thoughts, our emotions, our schedule, our environment and the way we deal with the problems.





DEC  
23



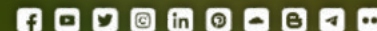
# *Cheerful*

Never become confused,  
always remain cheerful.



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DEC  
24



## *Be Stable*

When we lose control over  
our stable state of mind,  
we shift from our original  
quality of peace.



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DEC  
25



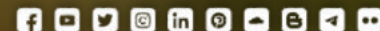
## *Being an Angel*

The presence of the true Christmas spirit in our lives takes us beyond the pressures of materialism into a space of peace, love and joy. Shift from Invoking Angels to Being an Angel.



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DEC  
26



# *Trust*

Trustworthiness is the characteristics or behaviour of one person that inspires positive expectations in another person.



DEC  
27



## *Serve*

We wrongly believe in survival of the fittest. But the purpose of our life is not to Survive, it is to Serve. Everything in nature is for serving others. Our purpose is to serve others with our vibrations of peace and love.



DEC  
28

"HUMBLE"



# *Humble*

When you are humble, you don't consider yourself more important than other people.



DEC  
29

*Quality of  
Thoughts*



## *Quality*

The quality of thoughts we radiate, trigger similar quality of thoughts about us in the other person.



DEC  
30



## *Absolve*

Every time we blame people  
for our reaction, we are  
reaffirming that we are  
weaker than the other person.





DEC  
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ART OF SILENCE

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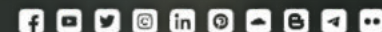


# *Silence*

Silence enables us to become introverted, and introversion enables us to understand the value of silence.



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