

Thought for Today
04.10.2017



To finish a weakness is to finish the last trace of it.

When I work to overcome any of my weaknesses, I feel that I have got rid of it. In spite of that, I find that I have got rid of my weakness only for sometime. In some situations, these weaknesses begin to emerge again and again. When I work on a weakness I need to understand why that particular weakness is working within me. When I recognise the root cause of the weakness working within me, I can overcome it very easily. I then find that the weakness will not emerge again

Total Positive Health

We need to take a deep look at the term 'health'. This means we

must understand what health really is. Aside from general agreement that it is something which should be promoted and maintained, there is no universally accepted definition of health. Many experts refer to some version of the definition offered by the World Health Organization (WHO), which states: "Health is a state of complete physical, mental, and social well being, and not merely an absence of disease or infirmity". Other authorities add a fourth dimension to the definition, suggesting 'spiritual well being' as essential to the true condition of human health. The characteristics of the above dimensions of health (in brief) are generally described as follows:

Physical Health:

A. Balanced dietary habits, a peaceful breath, and sound sleep.

B. Regular activity of bowel and bladder, and smooth, coordinated bodily movements.

C. Resting pulse rate, blood pressure, body weight and exercise tolerance are all within the normal range for the individual's size, age and gender.

D. All the organs of the body function normally.

Message for the day

Faith enables the creation of elevated fortune.

Projection:

Usually there is a tendency to leave things to destiny. When something goes wrong, we blame fate for it. Then we feel the

situation to be totally out of our control, which prevents us from taking responsibility for our own life. And we will not be able to work in any way for bringing about a change and improving the situation.

Solution:

Instead of blaming fate for whatever is happening, we need to take up responsibility for creating our own fortune for the future. When we have faith in ourselves, we will take up responsibility for our own life. We will, then, be able to work at making our each thought beneficial, contributing to our success, making a better future for ourselves.
