



Joe Biden and Hillary Clinton smile at a 2008 Obama rally in Scranton, Pennsylvania.

True Happiness

There is no nourishment like happiness - it's an elixir. There is no sickness like sorrow - it's a poison. The experience of true happiness cures the sickness of sorrow. A cheerful face goes a long way towards making everything better!

Only The Best

The best ornament is Humility.

The richest wealth is Wisdom.

The strongest weapon is Patience.

The best security is Faith.

The best tonic is Laughter

Attaining Success Using The Tool Of Visualization

A study shows that the majority of sportsmen and women, who win at prominent international events, are trained to use the tool of visualization to achieve success. Many months before the actual event, they visualize i.e. they create pictures of success inside their minds that they have already achieved their goal. The same principle of visualization is also used to cure patients from major illnesses including cancer. Patients are taught to visualize their diseased organs free from illnesses or visualize the organs receiving healing energy in some form or the other. **Visualization helps people to have 100% belief in themselves that they will achieve the desired goal. The efforts made with this powerful energy of belief have a greater probability of success than when you make the efforts without believing in what you are doing and without visualizing yourself as achieving your objectives.**

If you think about your failures from the past, you stop believing in yourself, lose your enthusiasm and get frustrated. Visualizing images of a positive future helps you work from the present towards the future, without allowing the past failures to have any negative influence on you. **You visualize yourself as a person, who has already overcome his fears and negative habits, and the fears are removed and the negative habits are transformed.** You see yourself **already** transformed e.g. you say - *I am a soul full of all powers* and **not** - *I am going to or am trying to fill myself with all powers*. The power of that vision and the positive affirmations, combined together, is such that it helps you to bring about a major change in yourself, not just a small change, because you make it easy for your sub-conscious mind that is sleeping to wake up and realize its potential. You stop always expecting the worst and hope for, visualize and believe in the best.

Soul Sustenance

Returning To The Inner Seat Of Mental Comfort And Peace

At the end of a busy and hurry filled and many a times even peaceless day at office, everyone goes home, to do what? Even a housewife, who has had a busy day in the kitchen and with the children, will yearn to do what at the end of the day? Sit, lie down, relax and experience peace. **Just as each one of us returns home or to the comfort of the bedroom at the end of each day; each time we experience any of the various forms of anger in our words or actions or even in our thoughts, sooner or later, we will try to return to what we instinctively and intuitively know is the truth, what is right and good, to the inner seat of our own mental comfort and peace, which is our original and basic *sanskara*, peacelessness being an acquired one.** It's as if we know when we are set on this seat that we have access to our inner power. It's as if we know that we can only be comfortable, powerful, blissful and content when we are first peaceful.

Sitting on this seat also provides us with the ability and the power to influence others. A proof of the fact is that all of us have, sometime or the other, known someone who lived their life peacefully but assertively (not weakly or timidly). They expressed themselves peacefully and interacted with others free of any traces of anger in their personality, and they stayed, more or less, positively peaceful and peacefully positive. We remember that person for much longer than the one who is always finding an excuse to use the weapon of anger when things or people do not go his way or get things or people to be as he would want. **The peaceful nature of another makes a deeper and more lasting impression on our hearts than the angry nature of another.** And when we are in the presence of such a peaceful person, we always allow them into our lives much more and for longer periods of time. In the same way, when we function from our inner seat of mental peace, we are able to influence others and make a lasting impression on others much more.

Message for the day

Obedience takes one towards the right direction.

Expression: Obedience means understanding everything that comes one's way and allowing it to guide life in the right way - because nothing comes without a reason. An obedient mind is able to see the positive aspect and understand why there is that kind of a situation and humbly allows the situation to do its work.

Experience: When I am obedient I am able to remain content and positive. I am not disheartened by low situations but understand that every low situation pushes me upward with greater force. So I enjoy being obedient and easy under all circumstances, yet being powerful within.