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Be yourself, be love, be what you want



Eliminate the word 'should' from your vocabulary. Life cannot be simple if we are still trying to live up to other people's expectations. Or have expectations of what others 'should' do.

Expectations when not met leads to frustrations, irritations and anger. Let all your 'should' be converted to 'could'. Let you be a little more generous towards yourself and others, be more kind and humane.

Remove yourself from negative situations and people. You do get to choose the people you willingly spend your time with or what you spend your time doing. If you always leave a place or people feeling drained, angry, dejected, or violated, then make a new choice. The power of choice is the best power one can have, it stands with tremendous strength leading you to any roads, may it be the road to

happiness or sadness, so choose in wise manner. The power of choice is based on power of thoughts, on your willingness, on your intentions... all this can take you on the journey of pleasure or pain depending on your choice...

If any one has to speak or opine, judge or criticize, it will be mostly negative. Don't take it personally. Most of what others say or do is about them, not you. If you carry that to the next logical step, that also means that much of what you say about others is really about you....mind it carefully...

Choose "true-to-self" over everything else. Whenever you need to make a choice, always take the path that is in harmony with your core values and beliefs.

Make mistakes, learn from them, laugh about them, and move along.

Treat everyone with the same level of respect you would give to yourself.

Be yourself, be love, be anything you wish for.

Be positive, smile, and make it count. Pretend today is going to be great. Do so, and it will be.

You need much less than you think you need to be happy, and you usually have a lot more than you think you have.

As Friedrich Nietzsche so profoundly said, "He who has a why to live for can bear almost any how." Your purpose is your 'why.'

Selflessly helping someone is a super powerful way to feel good inside.

Happiness is valuing what you have and enjoying the people, places, objects and events in your life for what they are

Wishing you happiness always, as it is the first right for human being...wishing you make powerful choices for a better life.....wishing you enjoy your life with better understanding and wisdom...wishing you all have creative skills to create life you want.....

With Divine Guidance

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