

**March 2013**



### Something to know

You have a body. You may like it or hate it but it will be yours for the entire period of time, with you, supporting you till the last minute. Your body is your intuitive machine, listen to it with care and love.

You will learn lessons. You are enrolled in a full time informal school called life. Each day in the school you will have the opportunity to learn lessons. You may like the lessons or think them irrelevant and stupid.

There are no mistakes, only lessons. Growth is the process of life, growth is the process of trials and error, experimentation. The failed experiments are as much a part of the process as the experiment that actually works.

A lesson is repeated until learned. A lesson will be presented to you in various forms till it is learned. When you have learnt it, you can go to the next lesson.

Learning lessons does not end. There is no part of life that does not contain its lessons. If you are alive there are lessons to be learned.

There is no better than "here". When your "there" has become "here" you will simply obtain "there" that will again look better than "here".

Others are merely mirrors of yours. You cannot love or hate something about another person unless it reflects to you something you love or hate about yourself.

What you make up your life is up to you. You have all the tools and resources you need. What you do with them is up to you. The choice is yours.

Your answers to all your questions lie inside you. The answers to life's questions lie inside you. All you need is look within, listen to your own self, trust your inner voice.

When another person makes you suffer, it is because he suffers deeply within himself and his suffering is spilling over. He does not need punishment; he needs help.

Sometimes your joy is the source of your smile, but sometimes your smile can be the source of others' joy.

To be beautiful means to love and accept yourself. You don't need to be loved and accepted by others. You need to accept yourself.

People have hard time letting go off their suffering. Out of a fear of the unknown, they prefer suffering that is familiar.

Life is available in the present moment. Past is a history and future is a mystery. Just live for today and now.

When we are mindful, deeply in touch with the present moment our understanding of what is going on deepens and we begin to be filled with acceptance, peace, joy and love.

The things that are done, it is needless to speak about...things that are past are needless to blame..

Keep your feet on the ground and your thoughts of higher consciousness on the loftiest height.

Experiences are like waves, they come to you on shore of life, drag the sand from beneath your feet, but each wave makes you stand on a new base.

If you ever realized how powerful the thoughts are, you would never think a negative thought.

Pure and unconditional love is a willingness to give without receiving anything in turn. If everyone would practice it all relationships would be loving and the world will be full of love.

***Love you all***

*With Divine Guidance*

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