

## TODAYS TALK-1-ଆଜଣି ଦାତ-୧

<http://suratiundhiyu.wordpress.com/>

We all know TAH MAHAL as a symbol of etrnal love, but the other lesser known FACTS:

- 1- Mumtaz was Shahjahan's 4<sup>th</sup> wife, out of his seven wives(Great)
- 2- Shahjahan killed Mumtaz's husband to marry her(Excellent)
- 3- Mumtaz died in her 14<sup>th</sup> delivery(Wow)
- 4- Shahajanhan then married Mumtaz's sister(Amazing)

Where the HELL is LOVE here, some one please explain!!!!

### Ten Commandments for Peace of Mind

#### 1. Do Not Interfere In Others' Business Unless Asked\*

Most of us create our own problems by interfering too often in others' affairs. We do so because somehow we have convinced ourselves that our way is the best way, our logic is the perfect logic and those who do not conform to our thinking must be criticized and steered to the right direction, our direction. This thinking denies the existence of individuality and consequently the existence of God. God has created each one of us in a unique way. No two human beings can think or act in exactly the same way. All men or women act the way they do because God within them prompts them that way. There is God to look after everything. Why are you bothered? Mind your own business and you will keep your peace.

#### 2. Forgive and Forget

This is the most powerful aid to peace of mind. We often develop ill feelings inside our heart for the person who insults us or harms us. We nurture grievances. This in turn results in loss of sleep, development of stomach ulcers, and high blood pressure. This insult or injury was done once, but nourishing of grievance goes on forever by constantly remembering it. Get over this bad habit. Believe in the justice of God and the doctrine of Karma. Let Him judge the act of the one who insulted you. Life is too short to waste in such trifles. Forgive, Forget, and march on. Love flourishes in giving and forgiving.

#### 3. Do Not Crave For Recognition

This world is full of selfish people. They seldom praise anybody without selfish motives. They may praise you today because you are in power, but no sooner than you are powerless; they will forget your achievement and will start finding faults in you. Why do you wish to kill yourself in striving for their recognition? Their recognition is not worth the aggravation. Do your duties ethically and sincerely and leave the rest to God.

#### 4. Do Not Be Jealous

We all have experienced how jealousy can disturb our peace of mind. You know that you work harder than your colleagues in the office, but sometimes they get promotions; you do not. You started a business several years ago, but you are not as successful as your neighbor whose business is only one year old. There are several examples like these in everyday life. Should you be jealous? No. Remember everybody's life is shaped by his or her previous Karma, which has now become his destiny. If you are destined to be rich, nothing in the world can stop you. If you are not so destined, no one can help you either. Nothing will be gained by blaming others for your misfortune. Jealousy will not get you anywhere; it will only take away your peace of mind.

#### **5. Change Yourself According to the Environment**

If you try to change the environment single-handedly, the chances are you will fail. Instead, change yourself to suit your environment. As you do this, even the environment, which has been unfriendly to you, will mysteriously change and seem congenial and harmonious.

#### **6. Endure What Cannot Be Cured**

This is the best way to turn a disadvantage into an advantage. Every day we face numerous inconveniences, ailments, irritations, and accidents that are beyond our control. If we cannot control them or change them, we must learn to put up with these things. We must learn to endure them cheerfully thinking, "God wills it so, so be it." God's plan is beyond our comprehension. Believe in it and you will gain in terms of patience, inner strength and will power.

#### **7. Do Not Bite Off More Than You Can Chew**

This maxim needs to be remembered constantly. We often tend to take more responsibilities than we are capable of carrying out. This is done to satisfy our ego. Know your limitations. Why take on additional loads that may create more worries? You cannot gain peace of mind by expanding your external activities. Reduce your material engagements and spend time in prayer, introspection and meditation. This will reduce those thoughts in your mind that make you restless. Uncluttered mind will produce greater peace of mind.

#### **8. Meditate Regularly**

Meditation calms the mind and gets rid of disturbing thoughts. This is the highest state of peace of mind. Try and experience it yourself. If you meditate earnestly for half an hour every day, your mind will tend to become peaceful during the remaining twenty-three and half-hours. Your mind will not be easily disturbed as it was before. You would benefit by gradually increasing the period of daily mediation. You may think that this will interfere with your daily work. On the contrary, this will increase your efficiency and you will be able to produce better results in less time.

#### **9. Never Leave the Mind Vacant**

An empty mind is the devil's workshop. All evil actions start in the vacant mind. Keep your mind occupied in something positive, something worthwhile. Actively follow a hobby. Do something that holds your interest. You must decide what you value more: money or peace of mind. Your hobby, like social work or temple work, may not always earn you more money, but you will have a sense of fulfillment and achievement. Even when you are resting physically, occupy yourself in healthy reading or mental chanting of God's name.

#### **10. Do Not Procrastinate and Never Regret**

Do not waste time in protracted wondering "Should I or shouldn't I?" Days, weeks, months, and years may be wasted in that futile mental debating. You can never plan enough because you can never anticipate all future happenings. Always remember, God has His own plan, too for you. Value your time and do the things that need

to be done. It does not matter if you fail the first time. You can learn from your mistakes and succeed the next time.

Sitting back and worrying will lead to nothing. Learn from your mistakes, but do not brood over the past. \*DO NOT REGRET\*. Whatever happened was destined to happen only that way. Take it as the Will of God. You do not have the power to alter the course of God's Will. Why cry over spilt milk?

**ये हे बॉम्बे मेरी जान!**

**Bombay has no bombs and is a harbour not a bay.**

**Churchgate has neither a church nor a gate. It is a railway station.**

**There is no darkness in Andheri.**

**Lalbaag is neither red nor a garden.**

**No king ever stayed at Kings Circle, nor did Queen Victoria stay at Victoria Terminus, nor is there any princess at Princess Street.**

**Lower Parel is at the same level as Parel**

**There are no marines or sailors at Marine Lines.**

**The Mahalaxmi temple is at Haji Ali not at Mahalaxmi.**

**There are no pigs traded at Dukkar bazaar.**

**Teen batti is a junction of 3 roads, not three lamps.**

**Trams used to terminate at Kings Circle not Dadar Tram Terminus (DTT)**

**Breach Candy is not a sweetmeat market, but there is a Hospital.**

**Safed Pool has the dirtiest and blackest water.**

**You cannot buy coal at Kolsa Street.**

**There are no Iron smiths at Lohar chawl.**

**There are no pot makers at Kumbhar wada.**

**Lokhandwala complex is not an Iron and steel market.**

**Null bazaar does not sell taps.**

**You will not find ladyfingers at Bheendi Bazaar.**

**Kalachowki does not have a black Police station.**

**Hanging Gardens are not suspended.**

**Mirchi Gully does not sell chillies. Figs do not grow in Anjir Wadi.**

**Sitafals do not grow in Sitafal Wadi,**

Jackfruits do not grow at Fanaswadi.

But it is true that you may get fleeced at Chor Bazaar!

## **AMCHI MUMBAI**

A City where everything is possible, especially the impossible.

Where telephone bills make a person ill, where a person cannot sleep without a pill.

Where carbon-dioxide is more than oxygen, where the road is considered to be a dustbin,

Where college canteens are full and classes empty, where Adam teasing is also making an entry,

Where a cycle reaches faster than a car, where everyone thinks himself to be a star,

Where sky scrapers overlook the slum, where houses collapse as the monsoon comes,

Where people first act and then think, where there is more water in the pen than ink,

Where the roads see-saw in monsoon, where the beggars become rich soon,

Where the roads are leveled when the minister arrives,

Where college admission means hard cash, where cement is frequently mixed with ash.

This is Mumbai my dear, but don't fear, just cheer, come to Mumbai every year!

## **THINGS TO PROVE YOU'RE A BOMBAYITE**

1. You say 'town' and expect everyone to know that this means south of Churchgate.
- 2 You speak in a dialect of Hindi called 'Bambaiya Hindi', which only Bombayites can understand.
3. Your door has more than three locks.
4. Rs 500 worth of groceries fit in one paper bag.
5. Train timings (9.27, 10.49 etc.) are really important events of life.
6. You spend more time each month travelling than you spend at home.

7. You call an 8' x 10' clustered room a Hall.
8. You're paying Rs 10,000 for a 1 room flat, the size of walk-in closet and you think it's a 'steal.'
9. You have the following sets of friend: school friends, college friends, neighborhood friends, office friends and yes, train friends, a species unique only in Bombay. (REALLY TRUE)
10. Cabbies and bus conductors think you are from Mars if you call the roads by their Indian name, they are more familiar with Warden Road, Peddar Road, and Altamount Road
11. Stock market quotes are the only other thing\* besides cricket which you follow passionately.
12. The first thing that you read in the Times of India is the ' Bombay Times' supplement.
13. You take fashion seriously.
14. You're suspicious of strangers who are actually nice to you.
15. Hookers, beggars and the homeless are invisible.
16. You compare Bombay to New York 's Manhattan instead of any other cities of India.
17. The most frequently used part of your car is the horn.
18. You insist on calling CST as VT, and Sahar and Santacruz airports instead of Chatrapati Shivaji International Airport.
19. You consider eye contact an act of overt aggression.
20. Your idea of personal space is no one actually standing on your toes.
21. Being truly alone makes you nervous.
22. You love wading through knee deep mucky water in the monsoons, and actually call it "romantic".
23. Only in Bombay, you would get Chinese Dosa and Jain Chicken

**Salaam Bombay...**

# Parsis and Sardars

## SALUTE TO ALL PARSIS

No Indian community internalized the civilizing mission of the British as did the Parsis. Only 50,000 remain in Bombay today, mainly in South Bombay, the most disciplined and cultured part of India.

In South Bombay, the cutting of lanes by drivers is punished, jumping a red light is impossible, parking is possible only in allotted areas, roads are clean, service is efficient, the restaurants are unmatched - civilization seems within reach. South Bombay has some of the finest buildings in India, many of them built by Parsis.

The Parsis came to Bombay after Surat's port silted over in the 17th century. Gerald Aungier settled Bombay and gave Parsis land for their Tower of Silence on Malabar Hill in 1672. The Parsis made millions through the early and mid-1800s and they spent much of it on public good.

The Ambanis built Dhirubhai Ambani International School, where fees are Rs. 348,000 (US \$8,000 a year in a country where per capita income is \$ 600 per year) and where the head girl is Mukesh Ambani's daughter.!!!

The Kingfisher Mallyas gilded the insides of the Tirupati temple with gold.

Lakshmi Mittal, the fourth richest man in the world says he's too young to think of charity!! ... He's 57 and worth \$45 billion.

The Birla Family built 3 temples in Hyderabad, Jaipur and Delhi.

Hindu philanthropy means building temples. They do not understand social philanthropy.

The Hindus' lack of enthusiasm for philanthropy is cultural. The Hindu cosmos is Hobbesian and the devotee's relationship with God is transactional. God must be petitioned and placated to swing the universe's blessings towards you and away from someone else.

They believe that society has no role in your advancement and there is no reason to give back to it because it hasn't given you anything in the first place. Two centuries of British education was unable to alter this.

The Parsis, on the other hand, understood that philanthropy - love of mankind - recognizes that we cannot progress alone. That there is such a thing as the common good. They spent as

no Indian community had ever before, on building institutions, making them stand out in a culture whose talent lies in renaming things other people built.

The Parsis built libraries all over India, they built the National Gallery of Art. The Indian Institute of Science was built in 1911 by Jamshedji Nusserwanji Tata, the Tata Institute of Fundamental Research was built by Dr Homi Bhabha, and the Tata Institute of Social Science was built in 1936 by the Sir Dorabji Tata Trust. The Wadias built hospitals, women's colleges and the five great low-income Parsi colonies of Bombay. JJ Hospital and Grant Medical College were founded by Sir Jamsetjee Jejeebhoy.

By 1924, two out of five Indians - whether Hindu, Muslim or Parsi - joining the Indian Civil Services were on TATA scholarships.

They gave Bombay the Jehangir Art Gallery, Sir JJ School of Art, the Taraporevala Aquarium. The National Center for Performing Arts, the only place in India where world-class classical concerts are held is a gift of the Tatas. There are 161 Friends of the Symphony Orchestra of India (SOI) - [www.soimumbai.in](http://www.soimumbai.in) <<http://www.soimumbai.in/>> . 92 of them are Parsis. For an annual fee of Rs 10,000, Friends of the SOI get two tickets to any one recital in the season, they get to shake hands with artistes after the concert and they get to attend music appreciation talks through the year.

The Parsi dominates high culture in Bombay. This means that a concert experience in the city is unlike that in any other part of India. Classical concerts seat as many as two thousand. Zubin Mehta, the most famous Parsi in the world, is Director of the Israel Philharmonic Orchestra since 1969. He conducts the tenor Placido Domingo, the pianist Daniel Barenboim and the soprano Barbara Frittoli. Four concerts are held at the Jamshed Bhabha Opera House and then one at Brabourne Stadium with a capacity of 25,000.

No other city in India has this appetite for classical music and in Bombay this comes from the Parsis. Despite their tiny population, the Parsi presence in a concert hall is above 50 per cent. And they all come. Gorgeous Parsi girls in formal clothes - saris, gowns - children, men and the old. Many have to be helped to their seats. Most of them know the music.

The people who clap between movements, thinking that the 'song' is over, are non-Parsis. Symphony Orchestra of India concerts begin at 7 pm. Once the musicians start, latecomers must wait outside till the movement ends. The end of each movement also signals a fusillade of coughs and groans, held back by doddering Parsis too polite to make a sound while Mendelssohn is being played. No mobile phone ever goes off as is common in cinema halls: his neighbors are aware of the Parsi's insistence of form and his temper. The Parsis were also pioneers of Bombay's Gujarati theatre, which remains the most popular form of live entertainment in Bombay. Any week of the year will see at least a half dozen bedroom comedies, murder mysteries, love stories and plays on assorted themes on stage.

The Parsis were the pioneers of this, writing and acting in the first plays of Bombay. They also built the institutions that supported this. Bombay's first theatre was opened by Parsis in 1846, the Grant Road Theatre, donations from Jamshetjee Jejeebhoy and Framjee Cowasjee making it possible.

Want to add about the generosity about Ratan Tata who did so much about the staff of Taj Hotel during the terrorist attack in Mumbai. Not only that but he also set up camps for all the other victims and their families who suffered during the attack at Bori Bunder.

The Parsi in Bollywood caricature is a comic figure, but always honest, and innocent as Indians believe Parsis generally to be, rightly or wrongly. In the days before modern cars came to India the words 'Parsi-owned' were guaranteed to ensure that a second-hand car listed for sale would get picked up ahead of any others. This is because people are aware of how carefully the Parsi keeps his things. His understanding and enthusiasm of the mechanical separates him from the rest. Most of the automobile magazines in India are owned and edited by Parsis.

The Parsis are a dying community and this means that more Parsis die each year than are born (Symphony concert-goers can also discern the disappearing Parsi from the rising numbers of those who clap between movements).

As the Parsis leave, South Bombay will become like the rest of Bombay - brutish, undisciplined and filthy.

Preserve this race...You are privileged if you have a Parsi Bawa as your friend. He/She is indeed a "Heritage" to be treasured forever.

## **CREDIT TO SARDARS**

We all love Sardar jokes. But do you know that Sikhs are one of the hardest working, prosperous and diversified communities in the world!

My friend told me about the following incident which I wish to share with you. It has had a deep impact on my thinking.

During the last vacation, a few friends came to Delhi. They rented a taxi for local sight-seeing. The driver was an old Sardar and boys being boys, these pals began cracking Sardarji jokes, just to tease the old man. But to their surprise, the fellow remained unperturbed.

At the end of the sight-seeing, they paid the cab hire charges. The Sardar returned the change, but he gave each one of them one rupee extra and said, 'Sons, since morning you have been telling Sardarji jokes. I listened to them all and let me tell you, some of them were



in bad taste. Still, I don't mind coz I know that you are young blood and are yet to see the world. But I have one request. I am giving you one rupee each. Give it to the first Sardar beggar that you come across in this or any other city!!!"

My friend continued, "That one rupee coin is still with me. I couldn't find a single Sardar begging anywhere."

#### **MORAL:**

The secret behind their universal success is their willingness to do any job with utmost dedication and pride. A Sardar will drive a truck or set up a roadside garage or a dhaba, run a fruit juice stall, take up small time carpentry, but he will never beg on the streets

Because Sikhs contribute:

- \* 33% of total income tax
- \* 67% of total charities
- \* 45% of Indian Army
  
- \* 59,000++ Gurudwaras serve LANGAR to 5,900,000+ people every day!

All this when THEY make only 1.4% of the total INDIAN POPULATION.

#### **FIVE RULES TO REMEMBER IN LIFE:**

1. Money cannot buy happiness but its more comfortable to cry in a Mercedes than on a bicycle.
2. Forgive your enemy but remember the bastard's name.
3. Help someone when they are in trouble and they will remember you when they're in trouble again.
4. Many people are alive only because it's illegal to shoot them.
5. Alcohol does not solve any problems, but then again, neither does milk.

#### **Chanakya's Quotes - Worth reading a million times...**

"A person should not be too honest. Straight trees are cut first and honest people are victimized first."

"Even if a snake is not poisonous, it should pretend to be venomous."

"The biggest guru-mantra is: Never share your secrets with anybody! It will destroy you."

"There is some self-interest behind every friendship. There is no Friendship without self-interests. This is a bitter truth."

"Before you start some work, always ask yourself three questions - Why am I doing it, What the results might be and will I be successful. Only when you think deeply and find satisfactory answers to these questions, go ahead."

"As soon as the fear approaches near, attack and destroy it."

"Once you start a working on something, don't be afraid of failure and don't abandon it. People who work sincerely are the happiest."

"The fragrance of flowers spreads only in the direction of the wind. But the goodness of a person spreads in all direction."

"A man is great by deeds, not by birth."

"Treat your kid like a darling for the first five years. For the next five years, scold them. By the time they turn sixteen, treat them like a friend. Your grown up children are your best friends."

"Books are as useful to a stupid person as a mirror is useful to a blind person."

"Education is the best friend. An educated person is respected everywhere. Education beats the beauty and the youth."

## **It was a Sports Stadium.**

Eight Children were standing on the track to participate in a running event.

\* Ready! \* Steady! \* Bang!!!

With the sound of Toy pistol, all eight girls started running.

Hardly had they covered ten to fifteen steps, when one of the smaller girls slipped and fell down, Due to bruises and pain she started crying.

When the other seven girls heard the little girl cry they stopped running, stood for a while and turned back.

Seeing the girl on the track they all ran to help.

One among them bent down, picked her up and kissed her gently and enquired as to how she was. They then lifted the fallen girl pacifying her.

Two of them held her firmly while all seven joined hands together and walked together towards the winning post..... .

There was pin drop silence at the spectator's stand.

Officials were shocked.

Slow claps multiplied to thousands as the spectators stood up in appreciation.

Many eyes were filled with tears and perhaps even God's!

YES! This happened in Hyderabad [INDIA], recently!

The sport was conducted by  
National Institute of Mental Health.

All these special girls had come to participate in this event they were spastic children.

Yes, they were Mentally Challenged.

What did they teach the WORLD?

Teamwork?

Humanity?

Equality among all?

No..... They taught.....

Successful people help others who are slow in learning.....

So that they are not left far behind!

Undoubtedly the best broadcast I have read till date....

## Quality Excellence...

A German once visited a temple under construction where he saw a sculptor making an idol of God. Suddenly he noticed a similar idol lying nearby. Surprised, he asked the sculptor, "Do you need two statues of the same idol?" "No," said the sculptor without looking up, "We need only one, but the first one got damaged at the last stage." The gentleman examined the idol and found no apparent damage. "Where is the damage?" he asked. "There is a scratch on the nose of the idol." said the sculptor, still busy with his work. "Where are you going to install the idol?"

The sculptor replied that it would be installed on a pillar twenty feet high. "If the idol is that far, who is going to know that there is a scratch on the nose?" the gentleman asked. The sculptor stopped his work, looked up at the gentleman, smiled and said, "2 people know it, "Myself and GOD."

The desire to excel is exclusive of the fact whether someone else appreciates it or not.

"Excellence" is a drive from inside, not outside. Excellence is not for someone else to notice but for your own satisfaction and efficiency...

## WHO GETS YOUR SOCIAL SECURITY IF YOU ARE DEAD

As someone, 65 and over, you might want to read this....Not the usual stuff we get, but, does open your eyes some...

KEEP PASSING THIS AROUND UNTIL EVERY ONE HAS READ IT.....

SOMETHING TO THINK ABOUT

THE ONLY THING WRONG WITH THIS CALCULATION IS THEY FORGOT TO FIGURE IN THE PEOPLE WHO DIED BEFORE THEY COLLECTED THEIR SOCIAL SECURITY!!!! WHERE DID THAT MONEY GO????????????

This was sent to me, I am forwarding it because it does touch a nerve in me.

This is another example of what Rick Perry called "TREASON in high places"!!!Get angry and pass this on!

Remember, not only did you contribute to Social Security but your employer did too. It totaled 15% of your income before taxes. If you averaged only \$30K over your working life, that's close to \$220,500.

If you calculate the future value of \$4,500 per year (yours & your employer's contribution) at a simple 5% (less than what the govt. pays on the money that it borrows), after 49 years of working you'd have \$892,919.98.

If you took out only 3% per year, you'd receive \$26,787.60 per year and it would last better than 30 years (until you're 95 if you retire at age 65) and that's with no interest paid on that final amount on deposit! If you bought an annuity and it paid 4% per year, you'd have a lifetime income of \$2,976.40 per month.

The folks in Washington have pulled off a bigger Ponzi scheme than Bernie Madhoff ever had. Entitlement my ass, I paid cash for my social security insurance!!!! Just because they borrowed the money, doesn't make my benefits some kind of charity or handout!!

Congressional benefits ---- free healthcare, outrageous retirement packages, 67 paid holidays, three weeks paid vacation, unlimited paid sick days, now that's welfare, and they have the nerve to call my social security retirement entitlements?

We're "broke" and can't help our own seniors, Veterans, Orphans, Homeless

In the last months we have provided aid to Haiti, Chile, and Turkey. And now Pakistan .....home of bin Laden. Literally, BILLIONS of DOLLARS!!!

Our retired seniors living on a 'fixed income' receive no aid nor do they get any breaks while our government and religious organizations pour Hundreds of Billions of \$\$\$\$'s and Tons of Food to Foreign Countries!

They call Social Security and Medicare an entitlement even though most of us have been paying for it all our working lives and now when it's time for us to collect, the government is running out of money. Why did the government borrow from it in the first place? Imagine if the \*GOVERNMENT\* gave 'US' the same support they give to other countries.

Sad isn't it?

99% of people won't have the fortitude to forward this.

**I'm one of the 1% -- I Just Did**

## **STRANGE FACTS OF OUR WORLD**

American car horns beep in the tone of F.

The king of hearts is the only king without a mustache.

Mosquito repellents don't repel. They hide you. The spray blocks the mosquito's sensors so they don't know you're there.

Apples, not caffeine, are more efficient at waking you up in the morning.

The plastic things on the end of shoelaces are called aglets.

Most dust particles in your house are made from dead skin.

The first owner of the Marlboro company died of lung cancer.

Barbie's full name is Barbara Millicent Roberts.

Betsy Ross is the only real person to ever have been the head on a Pez dispenser.

The citrus soda 7-UP was created in 1929; "7" was selected because the original containers were 7 ounces. "UP" indicated the direction of the bubbles.

No piece of paper can be folded in half more than 7 times.

1 in every 4 Americans has appeared on television.

Oak trees do not produce acorns until they are fifty years of age or older.

A Boeing 747's wingspan is longer than the Wright brothers' first flight.

The albatross drinks sea water. It has a special desalinization apparatus that strains out and excretes all excess salt.

In Clarendon, Texas, there is reportedly a law on the books that lawyers must accept eggs, chickens, or other produce, as well as money, as payment of legal fees.

Cats purr at 26 cycles per second, the same as an idling diesel engine.

A dragonfly flaps its wings 20 to 40 times a second, bees and houseflies 200 times, some mosquitoes 600 times, and a tiny gnat 1,000 times.

Adolf Hitler's mother seriously considered having an abortion but was talked out of it by her doctor.

Marilyn Monroe had six toes.

The first product to have a bar code was Wrigley's gum.

A duck's quack doesn't echo, and no one knows why.

The combination "ough" can be pronounced in nine different ways.

The following sentence contains them all:

"A rough-coated, dough-faced, thoughtful ploughman strode through the streets of Scarborough; after falling into a slough, he coughed and hiccoughed."

Facetious and abstemious contain all the vowels in the correct order, as does arsenious, meaning "containing arsenic."

The United States has never lost a war in which mules were used.

Blueberry Jelly Bellies were created especially for Ronald Reagan.

All porcupines float in water.

Cat's urine glows under a black light.

Non-dairy creamer is flammable.

When opossums are playing 'possum', they are not "playing." They actually pass out from sheer terror

Ivory bar soap floating was a mistake. They had been over-mixing the soap formula causing excess air bubbles that made it float. Customers wrote and told how much they loved that it floated, and it has floated ever since. [It floats in gasoline, too.]

If you could count the number of times a cricket chirps in one minute, divide by 2, add 9 and divide by 2 again, you would have the correct temperature in Celsius degrees

During the Civil War, Robert E. Lee was offered command of the Union Army before he accepted his post with the Confederacy.

Margaret Higgins Sanger, the birth-control pioneer, was one of eleven children.

There are more than 15,000 different varieties of rice.

When a man died in ancient Egypt, the females in his family would smear their heads and faces with mud and wander through the city beating themselves and tearing off their clothes.

Your stomach has to produce a new layer of mucus every two weeks or it will digest itself.

## **A GROUP OF IS CALLED**

A group of unicorns is called a blessing.

Twelve or more cows are known as a "flink."

A group of frogs is called an army.

A group of rhinos is called a crash.

A group of kangaroos is called a mob

A group of whales is called a pod.

A group of ravens is called a murder.

A group of officers is called a mess.

A group of larks is called exaltation.

A group of owls is called a parliament.

## **The Bank Account of Life**

- Imagine there is a bank that credits your account each morning with R86, 400.
- It carries over no balance from day to day.



- Every “evening” deletes whatever part of the balance you failed to use during the day.
- What would you do?
- Draw out every cent, of course!!!!
- Each of us has such a “bank” Its name is TIME
- Every morning, it credits you with 86,400 seconds
- Every night it writes off, as lost, whatever of this you have failed to invest to good purpose
- It carries over no balance
- It allows no overdraft
- Each day it opens a new account for you
- Each night it burns the remains of the day
- If you fail to use the day’s deposits, the loss is yours
- There is no going back. There is no drawing against the “tomorrow.”
- You must live in the present on today’s deposits
- Invest it so as to get from it the utmost in health, happiness, and success!
- The clock is running.
- Make the most of today
- To realize the value of ONE YEAR.... Ask a student who failed a grade
- To realize the value of ONE MONTH.....Ask a mother who gave birth to a premature baby
- To realize the value of ONE WEEK.....Ask the editor of a weekly newspaper
- To realize the value of ONE HOUR.....Ask the lovers who are waiting to meet.
- To realize the value of ONE MINUTE..... Ask a person who missed the train.

- To realize the value of ONE SECOND....Ask a person who just avoided an accident.
- To realize the value of ONE MILLISECOND.....Ask the person who won a silver medal in the Olympics.
- Treasure every moment that you have!
- And treasure it more because you shared it with someone special, special enough to spend your time. And remember that time waits for no one.
- Yesterday is history.
- Tomorrow is mystery.
- Today is a gift.
- **That's why it's called ....the Present!!**

## **BORN BETWEEN 1930-1979? YEP THAT IS US!!!**

No matter what our kids and the new generation think about us,

**WE ARE AWESOME!!!! OUR LIFE IS A LIVING PROOF!!!!**

To Those of Us Born during 1930 - 1979

**TO ALL THE KIDS WHO SURVIVED THE 1930's, 40's, 50's, 60's and 70's!!**

We were put to sleep on our tummies in baby cots covered with bright colored lead-based paints.

We had no child proof lids on medicine bottles, locks on doors or cabinets and when we rode our bikes, we had no caps or helmets on our heads.

As infants & children, we would ride in cars with no car seats, no booster seats, no seat belts, no air bags, bald tires and sometimes no brakes.

Riding in the back of a pick- up truck on a warm day was always a special treat.

We drank water from the garden hose and not from a bottle.

We shared one soft drink with four friends, from one bottle and no one actually died from this.

We had one cup and two to three saucers for everyone to have a sip of tea.

We ate cupcakes and other sweets made with Butter & white sugar but were not over weight.

**WHY?**

Because we were always outside playing....that's why!

We would leave home in the morning, go to school mostly on foot and play all day, as long as we were back when the streetlights came on.

No one was able to reach us all day. There were no cell phones, not even land lines and, we were OKAY.

We would spend hours building our go-carts out of scraps and then ride them down the hill; only to find out we forgot the brakes. After running into the bushes a few times, we learned to solve the problem

We did not have Play stations, Nintendo's and X-boxes. There were no video games, no 150 channels on cable, no video movies or DVD's, no surround-sound or CD's, no cell phones, no personal computers, no Internet and no chat rooms.

**WE HAD FRIENDS and we went outside and found them!**

We fell out of trees, got cut, broke bones and teeth and there were no lawsuits from these accidents.

We would get punishments like caning, spankings with sticks, or just a bare hands and no one would call child services to report abuse.

We rode bikes or walked to a friend's house and knocked on the door or rang the bell, or just walked in and talked to them. Imagine that!!

The idea of a parent bailing us out if we broke the law was unheard of. They actually sided with the law!

These generations have produced some of the best Managers risk-takers, problem solvers and inventors ever.

The past 50 years have been an explosion of innovation and new ideas. What can kids today do besides push buttons?

We had freedom, failures, successes and responsibility, and we learned how to deal with it all.

If YOU are one of them, CONGRATULATIONS!

You might want to share this with others who have had the luck to grow up as kids, before the lawyers and the government regulated so much of our lives for our own good.

While you are at it, forward it to your kids so they will know how brave and lucky their parents were.

## TRUTH ABOUT OUR FEARS

Well-founded and rightly-conceived fears, unlike imagined or ill-founded ones, can often prove to be constructive, given the right understanding and approach.

But the question that would arise is how to distinguish one [Well-founded and rightly-conceived fears] from the other [imagined or ill-founded fears] and also how to come out the better for all these.

The hint on the above issue, as to virtually all aspects of living, is contained in this exhortation (John: 8,32) of the Bible, "And you shall know the truth and the truth shall set you free."

On how to 'know the truth', Swami Satyananda offers this guideline, "Knowledge of truth comes only when you are free of tension."

Indeed, freedom from all such tension-generating afflictions, such as anxieties, self-obsession, ignorance and warped thinking would be necessary to understand the origin, nature and movements concerning all types of fears.

This intelligent approach enables the aspirant to isolate all baseless fears from the genuine ones. He is, thus, naturally freed of needless and retarding afflictions.

Rightly was it said, "An idle mind is a devil's workshop."

Populating one's mind with, and thinking only of, the needful, creative and sublime is that state of 'flow'.

In this state the seeker progresses effortlessly, blessed with the needed wit, wisdom and wherewithal to meet squarely and skillfully all aspects of life - including all fears, right or otherwise.

Fulfilled living is, thus, the key.

And this comes out of discovering and applying in practice 'truths' to live by - those 'truths' that would catapult you from mediocrity to authenticity!

K VIJAYARAGHAVAN, ET Bureau

### Why did U take all this time to come???

"The doctor was called one evening for an urgent surgery. He answered the call, changed his clothes, reached hospital in minutes & went directly to the surgery block. He found the boy's father waiting, in the hall for the doctor.

**On seeing him, the dad yelled: "Why did U take all this time to come? Don't you know that my son's life is in danger? Don't you have any sense of responsibility?"**

"The doctor smiled & said: "I am sorry, I wasn't in the hospital & I came as fast as I could after receiving the call..... And now, I wish you'd calm down so that I can do my work"

**"Calm down?! What if your son was in this room right now, would you calm down? If your own son dies now what will you do??" said the father angrily.**

The doctor smiled again & replied: "I will say what "Job" said in the Holy Bible: "From dust we came & to dust we return, blessed be the name of God". Doctors cannot prolong lives. Go & intercede for your son, we will do our best by God's grace".

**"Giving advises when we're not concerned is so easy" Murmured the father.**

The surgery took some hours, after which the doctor went out happy,

"Thank goodness! Your son is saved!" And without waiting for the father's reply he carried on his way running. "If you have any question, ask the nurse!!"

**"Why is he so arrogant? He couldn't wait some minutes so that I ask about my son's state" Commented the father when seeing the nurse minutes after the doctor left.**

The nurse answered, tears coming down her face:

**"His son died yesterday in a road accident, he was in the burial when we called him for your son's surgery. And now that he saved your son's life, he left running to finish his son's burial.**

**"Never judge anyone..... Because you never know how their life is & what they're going through!!!"**

### A MIRACLE

A little girl went to her bedroom and pulled a glass jelly jar from its hiding place in the closet.

She poured the change out on the floor and counted it carefully. Three times, even the total had to be exactly perfect. No chance here for mistakes. Carefully placing the coins back in the jar and twisting on the cap, she slipped out the back door and made her way 6 blocks to Rexall's Drug Store with the big Red Indian Chief sign above the door.

She waited patiently for the pharmacist to give her some attention, but he was too busy at this moment. Tess twisted her feet to make a scuffing noise. She cleared her throat with the most disgusting sound she could muster. No good finally she took a quarter from her jar and banged it on the glass counter. That did it! 'And what do you want?' the pharmacist asked in an annoyed tone of voice. 'I'm talking to my brother from Chicago whom I haven't seen in ages,' he said without waiting for a reply to his question.

'Well, I want to talk to you about my brother,' Tess answered back in the same annoyed tone. 'He's really; really sick...and I want to buy a miracle.'

'I beg your pardon?' Said the pharmacist.

'His name is Andrew and he has something bad growing inside his head and my Daddy says only a miracle can save him now So how much does a miracle cost?'

'We don't sell miracles here, little girl. I'm sorry but I can't help you,' the pharmacist said, softening a little.

'Listen, I have the money to pay for it. If it isn't enough, I will get the rest. Just tell me how much it costs.'

The pharmacist's brother was a well-dressed man He stooped down and asked the little girl, 'What kind of a miracle does your brother need?'

'I don't know,' Tess replied with her eyes welling up. 'I just know he's really sick and Mommy says he needs an operation. But my Daddy can't pay for it, so I want to use my money.'

'How much do you have?' asked the man from Chicago 'One dollar and eleven cents,' Tess answered barely audibly.

'And it's all the money I have, but I can get some more if I need to.'

'Well, what a coincidence,' smiled the man. 'A dollar and eleven cents---the exact price of a miracle for little brothers. '

He took her money in one hand and with the other hand he grasped her mitten and said 'Take me to where you live. I want to see your brother and meet your parents. Let's see if I have the miracle you need.'

That well-dressed man was Dr. Carlton Armstrong, a surgeon, specializing in neuro-surgery. The operation was completed free of charge and it wasn't long until Andrew was home again and doing well.

Mom and Dad were happily talking about the chain of events that had led them to this place.

'That surgery,' her Mom whispered. 'Was a real miracle. I wonder how much it would have cost?'

Tess smiled. She knew exactly how much a miracle cost. One dollar and eleven cents, plus the faith of a little child.

In our lives, we never know how many miracles we will need.

A miracle is not the suspension of natural law, but the operation of a higher law. I know you'll keep the ball moving! Here it goes. Throw it back to someone who means something to you!

A ball is a circle, no beginning, no end. It keeps us together like our Circle of Friends. But the treasure inside for you to see is the treasure of friendship you've granted to me.

## Nice Story.....

When I was a kid, my mom liked to make breakfast food for dinner every now and then. And I remember one night in particular when she had made breakfast after a long, hard day at work.

On that evening so long ago, my mom placed a plate of eggs, sausage and extremely burned biscuits in front of my dad. I remember waiting to see if anyone noticed! Yet all my dad did was reach for his biscuit, smile at my mom and ask me how my day was at school. I don't remember what I told him that night, but I do remember watching him smear butter and jelly on that biscuit and eat every bite!

When I got up from the table that evening, I remember hearing my mom apologize to my dad for burning the biscuits. And I'll never forget what he said: "Honey, I love burned biscuits."

Later that night, I went to kiss Daddy good night and I asked him if he really liked his biscuits burned. He wrapped me in his arms and said, "Your Momma put in a hard day at work today and she's real tired. And besides - a little burnt biscuit never hurt anyone!"

Life is full of imperfect things.....and imperfect people. I'm not the best at hardly anything, and I forget birthdays and anniversaries just like everyone else. But what I've learned over the years is that learning to accept each other's faults - and choosing to celebrate each

other's differences - is one of the most important keys to creating a healthy, growing, and lasting relationship.

And that's my prayer for you today. That you will learn to take the good, the bad, and the ugly parts of your life and lay them at the feet of God. Because in the end, He's the only One who will be able to give you a relationship where a burnt biscuit isn't a deal-breaker!

We could extend this to any relationship. In fact, understanding is the base of any relationship, be it a husband-wife or parent-child or brother-sister or friendship!

"Don't put the key to your happiness in someone else's pocket - keep it in your own."

So please pass me a biscuit, and yes, the burnt one will do just fine! And PLEASE pass this along to someone who has enriched your life... I just did!\*

## **Beautiful letter written by a father.**

Following is a letter to his son from a renowned Hong Kong TV broadcaster cum Child Psychologist. The words are actually applicable to all of us, young or old, children or parents!

### **I am writing this to you because of 3 reasons**

1. Life, fortune and mishaps are unpredictable; nobody knows how long he lives. Some words are better said early.
2. I am your father, and if I don't tell you these, no one else will.
3. What are written are my own personal bitter experiences that perhaps could save you a lot of unnecessary heartaches?

### **Remember the following as you go through life**

1. Do not bear grudge towards those who are not good to you. No one has the responsibility of treating you well, except your mother and I. To those who are good to you, you have to treasure it and be thankful, and ALSO you have to be cautious, because, everyone has a motive for every move. When a person is good to you, it does not mean he really likes you. You have to be careful; don't hastily regard him as a real friend.
2. No one is indispensable, nothing in the world that you must possess. Once you understand this idea, it would be easier for you to go through life when people around you don't want you anymore, or when you lose what/whom you love most.



3. Life is short. When you waste your life today, tomorrow you would find that life is leaving you. The earlier you treasure your life, the better you enjoy life.

4. Love is but a transient feeling, and this feeling would fade with time and with one's mood. If your so called loved one leaves you, be patient, time will wash away your aches and sadness. Don't over exaggerate the beauty and sweetness of love, and don't over exaggerate the sadness of falling out of love.

5. A lot of successful people did not receive a good education, that does not mean that you can be successful by not studying hard! Whatever knowledge you gain is your weapon in life. One can go from rags to riches, but one has to start from some rags!

6. I do not expect you to financially support me when I am old, neither would I financially support you for whole life. My responsibility as a supporter ends when you are grown up. After that, you decide whether you want to travel in a public transport or in your limousine, whether rich or poor.

7. You honour your words, but don't expect others to be so. You can be good to people, but don't expect people to be good to you. If you don't understand this, you would end up with unnecessary troubles.

8. I have bought lotteries for umpteen years, but I never strike any prize. That shows if you want to be rich, you have to work hard! There is no free lunch!

9. No matter how much time I have with you, let's treasure the time we have together. We do not know if we would meet again in our next life.

**GOD BLESSES YOU Son.**

**LOVE YOU SON**

**DAD**

## **THEY ARE BETTER THAN OUR POLITICIANS**

I want to share with you this lovely story sent by a friend, which I found while rummaging old messages.

It was a Sports Stadium. Eight Children were standing on the track to participate in a running event.

Ready! Steady! Bang!!!

With the sound of Toy pistol, all eight girls started running. Hardly had they covered ten to fifteen steps, when one of the smaller girls slipped and fell down, Due to bruises and pain she started crying. When the other seven girls heard the little girl cry they stopped running, stood for a while and turned back. Seeing the girl on the track they all ran to help.

One among them bent down, picked her up and kissed her gently and enquired as to how she was... They then lifted the fallen girl pacifying her. Two of them held her firmly while all seven joined hands together and walked together towards the winning post..... . There was pin drop silence at the spectator's stand. Officials were shocked. Slow claps multiplied to thousands as the spectators stood up in appreciation. Many eyes were filled with tears and perhaps even God's!

YES! This happened in Hyderabad [INDIA], recently! The sport was conducted by National Institute of Mental Health. All these special girls had come to participate in this event they were spastic children. Yes, they were Mentally Challenged. What did they teach the WORLD? Teamwork? Humanity? Equality among all?? Successful people help others who are slow in learning So that they are not left far behind. This is really a great message... Spread It.! I think we never do this because we have brains!!!

## We Can Endure Relations...

I was sitting on a beach one summer day, watching two children, playing in the sand. They were hard at work building an elaborate sandcastle by the water's edge, with gates and towers and moats and internal passages. Just when they had nearly finished their project, a big wave came along and knocked it down, reducing it to a heap of wet sand. I expected the children to burst into tears, devastated by what had happened to all their hard work. But they surprised me.....

Instead, they ran up the shore away from the water, laughing and holding hands, and sat down to build another castle. I realized that they had taught me an important lesson. All the things in our lives, all the complicated structures we spend so much time and energy creating, are built on sand. Only our relationships to other people endure. Sooner or later, the wave will come along and knock down what we have worked so hard to build up. When that happens, only the person who has somebody's hand to hold will be able to laugh.

## USED vs. LOVED

While a man was polishing his new car, his 4 yr. old son picked up stone and scratched lines on the side of the car. In anger, the man took the child's hand and hit it many times not realizing he was using a wrench.

At the hospital, the child lost all his fingers due to multiple fractures.

When the child saw his father..... With painful eyes he asked, 'Dad when will my fingers grow back?' The man was so hurt and speechless; he went back to his car and kicked it a lot of times.

Devastated by his own actions..... sitting in front of that car he looked at the scratches; the child had written '**LOVE YOU DAD**'. The next day that man committed suicide. . .

Anger and Love have no limits; choose the latter to have a beautiful, lovely life & remember this:

Things are to be used and people are to be loved.

The problem in today's world is that people are used while things are loved.

Let's try always to keep this thought in mind:

**Things are to be used,**

**People are to be loved.**

Watch your thoughts; they become words.

Watch your words; they become actions.

Watch your actions; they become habits.

Watch your habits; they become character;

Watch your character; it becomes your destiny.

**With Lot of LOVE: USED vs. LOVED**

## **How Doctors in the Noble land, that is India, loot**

Most of these observations are either completely or partially true. Corruption has many names, and one of civil society isn't innocent either. Professionals and businessmen of various sorts indulge in unscrupulous practices. I recently had a chat with some doctors, surgeons and owners of nursing homes about the tricks of their trade. Here is what they said

### **40-60% kickbacks for lab tests:**

When a doctor (whether family doctor / general physician, consultant or surgeon) prescribes tests - pathology, radiology, X-rays, MRIs etc. - the laboratory conducting those tests gives commissions. In South and Central Mumbai 40%. In the suburbs north of Bandra a whopping 60 per cent! He probably earns a lot more in this way than the consulting fees that you pay.

### **30-40% for referring to consultants, specialists & surgeons:**

When your friendly GP refers you to a specialist or surgeon, he gets 30-40%.

### **30-40% of total hospital charges:**

If the GP or consultant recommends hospitalization, he will receive kickback from the private nursing home as a percentage of all charges including ICU, bed, nursing care, surgery.

Sink tests. Some tests prescribed by doctors are not needed. They are there to inflate bills and commissions. The pathology lab understands what is unnecessary. These are called "sink tests"; blood, urine, stool samples collected will be thrown.

### **Admitting the patient to "keep him under observation":**

People go to cardiologists feeling unwell and anxious. Most of them aren't really having a heart attack, and cardiologists and family doctors are well aware of this. They admit such safe patients, put them on a saline drip with mild sedation, and send them home after 3-4 days after charging them a fat amount for ICU, bed charges, visiting doctors' fees.

### **ICU minus intensive care:**

Nursing homes all over the suburbs are run by doctor couples or as one-man-shows. In such places, nurses and ward boys are 10th class drop-outs in ill-fitting uniforms and bare feet. These "nurses" sit at the reception counter, give injections and saline drips, perform ECGs, apply dressings and change bandages, and assist in the operation theatre. At night, they even sit outside the Intensive Care Units; there is no resident doctor. In case of a crisis, the doctor - who usually lives in the same building -- will turn up after 20 minutes, after these nurse calls him. Such ICUs admit safe patients to fill up beds. Genuine patients who require emergency care are sent elsewhere to hospitals having a Resident Medical Officer (RMO) round-the-clock.

### **Unnecessary caesarean surgeries and hysterectomies:**

Many surgical procedures are done to keep the cash register ringing. Caesarean deliveries and hysterectomy (removal of uterus) are high on the list. While the woman with labour -pains is screaming and panicking, the obstetrician who gently suggests that caesarean is best seems like an angel sent by God! Menopausal women experience bodily changes that make them nervous and gullible. They can be frightened by words like "and "fibroids" that are in almost every normal woman's radiology reports. When a gynecologist gently suggests womb removal "as a precaution", most women and their husbands agree without a second's thought.

### **Cosmetic surgery advertised through newspapers:**

Liposuction and plastic surgery are not minor procedures. Some are life-threateningly major. But advertisements make them appear as easy as facials and waxing. The Indian medical council has strict rules against such misrepresentation. But nobody is interested in taking action.

### **Indirect kickbacks from doctors to prestigious hospitals:**

To be on the panel of a prestigious hospital, there is give-and-take involved. The hospital expects the doctor to refer many patients for hospital admission. If he fails to send a certain number of patients, he is quietly dumped. And so he likes to admit patients even when there is no need.

**"Emergency surgery" on dead body:** If a surgeon hurriedly wheels your patient from the Intensive Care Unit to the operation theatre, refuses to let you go inside and see him, and wants your signature on the consent form for "an emergency operation to save his life", it is likely that your patient is already dead. The "emergency operation" is for inflating the bill; if you agree for it, the surgeon will come out 15 minutes later and report that your patient died

on the operation table. And then, when you take delivery of the dead body, you will pay OT charges, anaesthesiologist's charges, blah-blah.

**Doctors are humans too. You can't trust them blindly. Please understand the difference.**

### **Young surgeons and old ones:**

The young ones who are setting up nursing home etc. have heavy loans to settle. To pay back the loan, they have to perform as many operations as possible. Also, to build a reputation, they have to perform a large number of operations and develop their skills. So, at first, every case seems fit for cutting. But with age, experience and prosperity, many surgeons lose their taste for cutting, and stop recommending operations.

### **Physicians and Surgeons:**

To a man with a hammer, every problem looks like a nail. Surgeons like to solve medical problems by cutting, just as physicians first seek solutions with drugs. So, if you take your medical problem to a surgeon first, the chances are that you will unnecessarily end up on the operation table. Instead, please go to an ordinary GP first

### **Prof. B. M. Hegde:**

Editor-in-Chief, The Journal of the Science of Healing Outcomes, Chairman, State Health Society's Expert Committee, Govt. of Bihar, Patna. Former Prof. Cardiology, The Middlesex Hospital Medical School, University of London, Affiliate Prof. of Human Health, Northern Colorado University, Retd. Vice Chancellor, Manipal University, "Manjunath" Dr.B.M. Hegde, MD, FRCP, FRCPE, FRCPG, FRCPI, FACC, FAMS. Padma Bhushan Awardee 2010 has written two books on practices among medical practitioners. Everyone should read them.

### **"Diwali Greeting message"**

Lighting The Lamp Within is The Real Diwali, from That Lamp when We Lit Other Lamps it is

Dev Diwali, & If this is Our Pure & Permanent Understanding within Then All Moments Become True Diwali.

The Lamp Within is The Goal & Divo is The Bij Mantra & Diwali is That Spiritual Knowledge Festival.

Diwali Festival is For All, for light, The Opening the Doors within & be in That Supreme Light. Festival Does Not Cease & They Do Not Have Any Edge Bar, Diwali is Also the Festival of Sacrifice & Surrender of Our Lamp to The Divine the Supreme Almighty.

Like The Lit Week (Our Life) Reduces Every Moment but The Size of The Jyoti Remains (Inner Lamp) remains the same Till the End. (Death)

Diwali is celebrated on The No Moon Day (Amavasya- Ignorance) So As To Say That it is FOR "Tamsoma Jyotirgamaya." This Means That It is FOR "us" To Go from Darkness (Avidya- Ignorance) To Light of Truth Condition (Vidya-Real Understanding- Pure Awareness)

The Lamp at Our Doorstep is The Meaning indicating all of "us" To Take Care of Our Footstep towards "Satyam Shivam Sundaram"

"New-year" The Day Following Diwali is NOW The Time for "us" to Introspect & Live in The Light of Diwali. The Lamp of Diwali is Sufficient for Melting Our Ignorance & Our EGO. (Our small identity)

"Tamsoma Jyotirgamaya" Divo (Wick Lamp - Our Life Journey) is Symbol of Our Indian Tradition & Sanskar. Here the Divet (Wick-Our Life) & Divo (Lamp- Our Soul) are No Different BUT they are Indicating Jiva (self) & Shiva (The supreme- Almighty)

Let All of US Realize the Meaning Thus Known To All of US For Better New Year For US & Every One with Diwali Festival Every Day, Every Moment, Now & Here

**"LET US CELEBRATE THE DIWALI IN THIS SPIRIT & REALISE IN THE NEWYEAR"**

OM - ASTU

## **How the Internet Came to Be . . . . .\***

In ancient Israel, it came to pass that a trader by the name of Abraham Com did take unto himself a young wife by the name of Dot. And Dot Com was a comely woman, broad of shoulder and long of leg. Indeed, she was often called Amazon Dot Com.

And she said unto Abraham, her husband, why dost thou travel so far from town to town with thy goods when thou canst trade without ever leaving thy tent?

And Abraham did look at her as though she were several saddle bags short of a camel load, but simply said, "How, dear?

And Dot replied, "I will place drums in all the towns and drums in between to send messages saying what you have for sale, and they will reply telling you who hath the best price. And the sale can be made on the drums and delivery made by Uriah's Pony Stable (UPS).

Abraham thought long and decided he would let Dot have her way with the drums. And the drums rang out and were an immediate success. Abraham sold all the goods he had at the top price, without ever having to move from his tent. To prevent neighboring countries from overhearing what the drums were saying, Dot devised a system that only she and the drummers knew. It was known as Must Send Drum Over Sound (MSDOS), and she also developed a language to transmit ideas and pictures - Hebrew To The People (HTTP).

And the young men did take to Dot Com's trading as doth the greedy horsefly take to camel dung. They were called Nomadic Ecclesiastical Rich Dominican Sybarites, or NERDS.\*

And lo, the land was so feverish with joy at the new riches and the deafening sound of drums that no one noticed that the real riches were going to that enterprising drum dealer, Brother William of Gates, who bought off every drum maker in the land. And indeed did insist on drums to be made that would work only with Brother Gates' drumheads and drumsticks.\*

And Dot did say, "Oh, Abraham, what we have started is being taken over by others." And Abraham looked out over the Bay of Ezekiel, or eBay as it came to be known. He said, "We need a name that reflects what we are."

And Dot replied, "Young Ambitious Hebrew Owner Operators." "YAHOO," said Abraham. And because it was Dot's idea, they named it YAHOO Dot Com.\*

Abraham's cousin, Joshua, being the young Gregarious Energetic Educated Kid (GEEK) that he was, soon started using Dot's drums to locate things around the countryside. It soon became known as God's Own Official Guide to Locating Everything (GOOGLE).\*

That is how it all began. And that's the truth.

## **WHY THE DECLINE OF THE WEST BY PROF.VAIDYANATHAN**

Why the decline of the West is best for us and them By PROF. R.VAIDYANATHAN PROFESSOR OF FINANCE, INDIAN INSTITUTE OF MANAGEMENT, BANGALORE

Ten years ago, America had Steve Jobs, Bob Hope and Johnny Cash. Now it has no Jobs, no Hope and no Cash. Or so the joke goes.

Only, it's no joke. The line is pretty close to reality in the US. The less said about Europe the better. Both the US and Europe are in decline. I was asked by a business channel in 2008 about recovery in the US. I mentioned 40 quarters and after that I was never invited for another discussion.

Recently, another media person asked me the same question and I answered 80 quarters. He was shocked since he was told some sprouts of recovery had been seen in the American economy.

It is important to recognize that the dominance of the West has been there only for last 200-and-odd years. According to Angus Madison's pioneering OECD study, India and China had nearly 50 percent of global GDP as late as the 1820s. Hence India and China are not emerging or rising powers. They are retrieving their original position.

In 1990, the share of the G-7 in world GDP (on a purchasing power parity basis) was 51 percent and that of emerging markets 36 percent. But in 2011, it is the reverse. So the dominant west is a myth, similarly, the crisis.

It is a US-Europe crisis and not a global one. The two wars which were essentially European wars were made out to be world wars with one English leader commenting that we will fight the Germans to the last Indian.

In this economic scenario, countries like India are made to feel as if they are in a crisis. Since the West says there is a crisis, we swallow it hook, line and sinker. But it is not so. At no point of time in the last 20 years has foreign investment direct and portfolio exceeded 10 percent of our domestic investment. Our growth is due to our domestic savings which is again predominately household savings. Our housewives require awards for our growth not any western fund manager.

The crisis faced by the West is primarily because it has forgotten a six-letter word called saving which, again, is the result of forgetting another six letter word called family. The West has nationalized families over the last 60 years. Old age, ill health, single motherhood everything is the responsibility of the state.

When family is a burden and children an encumbrance, society goes for a toss. Household savings have been negative in the US for long. The total debt to GDP ratio is as high as 400 percent in many countries, including UK. Not only that, the West is facing a severe demographic crisis. The population of Europe during the First World War was nearly 25 percent and today it is around 11 percent and expected to become 3 percent in another 20 years. Europe will disappear from the world map unless migrants from Africa and Asia take it over.

The demographic crisis impacts the West in other ways. Social security goes for a toss since people are living longer and not many from below contribute to their pensions through taxes. So the nationalization of families becomes a burden on the state.

European work culture has become worse with even our own Tata complaining about the work ethic of British managers. In France and Italy, the weekend starts on Friday morning



itself. The population has become lazy and state-dependent. In the UK, the situation is worse with drunkenness becoming a common problem. Parents do not have control over children and the Chief Rabbi of the United Hebrew Congregation in London said: There are all signs of arteriosclerosis of a culture and a civilization grown old. I have taken precedence over us and pleasure today over viability tomorrow. (The Times: 8 September).

Married couples make up less than half (45 percent) of all households in the US, say recent data from the Census Bureau. Also there is a huge growth in unmarried couples and single parent families (mostly poor, black women). Society has become dysfunctional or disorganized in the West. The government is trying to be organized. In India, society is organized and government disorganized. Because of disorganized society in the West the state has to take care of families. The market crash is essentially due to the adoption of a model where there is consumption with borrowings and no savings. How long will Asian savings be able to sustain the western spending binge?

According to a recent report in The Wall Street Journal (10 October 2011), nearly half of US households receive government benefits like food stamps, subsidized housing, cash welfare or Medicare or Medicaid (the federal-state health care programme for the poor) or social security.

The US is also a stock market economy where half the households are investors and they have been hit hard by bank and corporate failures. Even now less than 5 percent of our household financial savings goes to the stock market, same in China and Japan.

Declining empires are dangerous. They will try to peddle their failed models to us and we will swallow it since colonial genes are very much present here. You will find more Indians heading global corporations since India is a very large market and one way to capture it is to make Indian sepoy's work for it.

A declining West is best for the rest and also for the West, which needs to rethink its failed models and rework its priorities. For the rest like us the fact that the West has failed will be accepted by us only after some western scholars tell us the same. Till then we will try to imitate them and create more dysfunctional families.

We need to recognize that Big Government and Big Business are twin dangers for average citizens. India faces both and they are two asuras we need to guard against. The Leftists in the National Advisory Council want all families to be nationalized and governed by a Big State and reform marketers of the CII variety want Big Business to flourish under crony capitalism.

Beware of the twin evils since both look upon India as a charity house or as a market and not as an ancient civilization.

## **U.N.O. conducted a survey.**

### **The question was:**

PLEASE GIVE YOUR HONEST OPINION ABOUT THE SHORTAGE OF FOOD IN REST OF THE WORLD?

The survey was a failure because.

In Africa the people didn't know what FOOD was?

In China they did not know what OPINION was?

In Europe they did not know what SHORTAGE was?

Pakistan & India didn't know what HONEST meant?

Australia didn't know what PLEASE was?

And Americans didn't know what 'REST OF THE WORLD' meant!!

## **DATE WITH A WOMAN**

After 21 years of Marriage, my Wife wanted me to take another Woman out to Dinner and a Movie.

She said I Love You but I know this other Woman loves you and would Love to spend some Time with You.

The other Woman that my Wife wanted me to visit was my MOTHER, who has been a Widow for 19 years, but the demands of my Work and my three Children had made it possible to visit her only occasionally.

That night I called to invite her to go out for Dinner and a Movie.

'What's wrong, are you well,' she asked?

My Mother is the type of Woman who suspects that a Late Night Call or a Surprise Invitation is a sign of Bad News.

'I thought that it would be pleasant to be with you,' I responded.

'Just the two of us.'

She thought about it for a moment, and then said, 'I would like that very much.'

That Friday after work, as I drove over to pick her up I was a bit nervous.

When I arrived at her House, I noticed that she too seemed to be Nervous about our Date.

She waited in the Door with her Coat on.

She had curled her Hair and was wearing the Dress that she had worn to celebrate her last Wedding Anniversary.

She smiled from a face that was as radiant as an Angel's.

'I told my Friends that I was going to go out with My Son, and they were impressed, ' She said, as she got into the Car.

'They can't wait to hear about our meeting'.

We went to a Restaurant that, although not Elegant, was very nice and cozy.

My Mother took my Arm as if she were the First Lady.

After we sat down, I had to read the Menu.

Half way through the entries, I lifted my eyes and saw Mom sitting there staring at me.

A Nostalgic Smile was on her Lips.

'It was I who used to have to Read the Menu when you were Small,'

She said, 'then it's Time that you Relax and let me Return the Favor,'

### **I responded.**

During the Dinner, we had an Agreeable Conversation, nothing Extra-ordinary, but catching up on recent Events of each other's Life.

We talked so much that we missed the Movie.

As we arrived at her House later,

She said, 'I'll go out with you again, but only if you let me invite you.' I agreed.

'How was your Dinner Date?' asked My Wife when I got Home.

'Very Nice. Much more so than I could have imagined,' I answered.

A few days later, my Mother died of a Massive Heart Attack.

It happened so suddenly that I didn't have Time to do anything for her.

Sometime later, I received an Envelope with a Copy of a Restaurant Receipt from the same place Mother and I had dined.

An Attached Note Said:

'I paid this Bill in Advance.

I wasn't sure that I could be there; But nevertheless, I paid for Two Plates, One for You and the other for Your Wife.

You will never know what that Night meant for me.

I Love You,

My Son.'

At that moment, I understood the Importance of saying in Time:

'I LOVE YOU!'

And to give our Loved Ones the Time that they deserve.

Nothing in Life is more important than God and you're Family.

Give them the Time they deserve, because these Things cannot be Put Off till 'Some Other Time.'

**Pass This Along To Everyone**

With An Aging Parent,  
To A Child,  
To An Adult,  
To Anyone with a Parent,  
And Most Importantly,  
To Someone You Truly Love

## **AHMAD AND FATIMA COUPLE WITH DISABILITIES**

They got married last year. Ahmad disability of both hands and both feet of Fatima is. The couple with disabilities, but strong in the field of artworks activities.

Two lover Swallow in their nest...

The couple Ahmad 26 and his wife Fatima 25-year-old are disabilities.

They got married last year. Ahmad disability of both hands and both feet of Fatima is. The couple with disabilities, but strong in the field of artworks activities.

**Life is not a matter of milestones, but of moments.**



**Fatima is washing dishes in the kitchen**



Ahmad comb his hair by the foot



Fatima is helping Ahmad to tie his hair



Ahmad ironing clothes

<http://>

<http://>



Ahmed and Fatima watching television and eating Breakfast



Ahmad is brushing



Fatima spraying the perfume on Ahmad's clothes before going out of the house



Fatima and Ahmed in the way of music workshop of rehabilitation nursing sector workshops



Ahmed and his friend practice a piece of music



Ahmed and Fatima at lunch



**Ahmed and Fatima in chat and review their wedding pictures**



**The young and passionate Ahmad Sometimes, speak with the God in solitude**



**Fatima is listening to Ahmad's lovely poem**

**Always enjoy life, no matter how hard it seems!**



When life give you a thousand reasons to cry. Show the world that...  
You have million reasons to SMILE!!!

## MEANING OF LOVE

Where there is trust there will be love.  
Never try to test the true love it's very hard to forget.  
You cannot see the love and touch it.  
Love can only be felled  
Every supreme sacrifice of this world behind it there will be love.  
And we human exist in this world is because of love.

## WHAT CHURCHIL SAID ABOUT INDIA IS TRUE TODAY

"Power will go to the hands of rascals, rogues, freebooters; all Indian leaders will be of low caliber & men of straw. They will have sweet tongues & silly hearts. They will fight amongst themselves for power & India will be lost in political squabbles. A day would come when even air & water would be taxed in India."

[He wrote these 64 years ago]

We are incredible; we have worked very hard and we proved him right....

**Politically incorrect, perhaps but a good question..!**



A young Arab asks his father, "What is that weird hat you are wearing?"

The father said, "Why, it's a 'chechia' because in the desert it protects our heads from the sun."

"And what is this type of clothing that you are wearing?" asked the young man.

"It's a 'djbellah' because in the desert it is very hot and it protects the body." said the father.

The son asked, "And what about those ugly shoes on your feet?"

His father replied, "These are 'babouches", which keep us from burning our feet in the desert."

"So tell me then," added the boy.

"Yes, my son?"

"Why the hell are you living in Bradford, England and still wearing all this shit?"

## The Cab Ride

I arrived at the address and honked the horn. after waiting a few minutes

I walked to the door and knocked.. 'Just a minute', answered a frail, elderly voice. I could hear something being dragged across the floor.

After a long pause, the door opened. A small woman in her 90's stood before me. She was wearing a print dress and a pillbox hat with a veil pinned on it, like somebody out of a 1940's movie.

By her side was a small nylon suitcase. The apartment looked as if no one had lived in it for years. All the furniture was covered with sheets.

There were no clocks on the walls, any knickknacks or utensils on the counters. In the corner was a cardboard box filled with photos and glassware.

'Would you carry my bag out to the car?' she said. I took the suitcase to the cab, and then returned to assist the woman. She took my arm and we walked slowly toward the curb. She kept thanking me for my kindness. 'It's nothing', I told her.. 'I just try to treat my passengers the way I would want my mother to be treated.'

'Oh, you're such a good boy, she said. When we got in the cab, she gave me an address and then asked, 'Could you drive through downtown?'

'It's not the shortest way,' I answered quickly..

'Oh, I don't mind,' she said. 'I'm in no hurry. I'm on my way to a hospice.

I looked in the rear-view mirror. Her eyes were glistening. 'I don't have any family left,' she continued in a soft voice. 'The doctor says I don't have very long.' I quietly reached over and shut off the meter.

'What route would you like me to take?' I asked.

For the next two hours, we drove through the city. She showed me the building where she had once worked as an elevator operator.

We drove through the neighborhood where she and her husband had lived when they were newlyweds she had me pull up in front of a furniture warehouse that had once been a ballroom where she had gone dancing as a girl.

Sometimes she'd ask me to slow in front of a particular building or corner and would sit staring into the darkness, saying nothing.

As the first hint of sun was creasing the horizon, she suddenly said, 'I'm tired. Let's go now'. We drove in silence to the address she had given me. It was a low building, like a small convalescent home, with a driveway that passed under a portico.

Two orderlies came out to the cab as soon as we pulled up. They were solicitous and intent, watching her every move. They must have been expecting her.

I opened the trunk and took the small suitcase to the door. The woman was already seated in a wheelchair.

'How much do I owe you?' She asked, reaching into her purse.

'Nothing,' I said

'You have to make a living,' she answered.

'There are other passengers,' I responded.

Almost without thinking, I bent and gave her a hug. She held onto me tightly.

**'You gave an old woman a little moment of joy,' she said. 'Thank you.'**

I squeezed her hand, and then walked into the dim morning light.. Behind me, a door shut. It was the sound of the closing of a life..

I didn't pick up any more passengers that shift. I drove aimlessly lost in thought. For the rest of that day, I could hardly talk. What if that woman had gotten an angry driver, or one who was impatient to end his shift? What if I had refused to take the run, or had honked once, then driven away?

On a quick review, I don't think that I have done anything more important in my life.

We're conditioned to think that our lives revolve around great moments.

But great moments often catch us unaware-beautifully wrapped in what others may consider a small one.

## **Hands that help are greater than lips that pray**

Being a small place, most of the people of this little township were involved in some way or the other in the running of the famous Mansa Devi Temple of the Goddess.

A tourist wanted to meet his old lady relative who was sick and ailing. She had told him, "When you get off the bus at Mansa Devi, just ask anyone, where the house of Pandit Shiv Kumar is.

He is very famous. Once you get to his house, just climb the stairs from the side access. I live in the flat above his flat. This is a small town and Pandit Shiv Kumar is very famous for he is very learned and he is a great palmist too. You will not face any difficulty in finding the house."

So the tourist alighted from the bus and asked a bystander, "My friend, can you direct me to the house of the famous Pandit Shiv Kumar?"

The man said, "Sorry, I haven't heard of him." He asked another person, "Please help me to locate the house of the famous palmist Pandit Shiv Kumar." This man too shook his head and said, "Don't know who he is."

The sun was right overhead and its burning heat added to his helplessness as he asked person after person about the whereabouts of the so called famous Pandit Shiv Kumar. Eventually he asked a man dressed in a dhoti and wearing a tilak. You seem to be a Brahmin. Do you know where the famous Pandit Shiv Kumar lives?" "Yes, indeed I do. What is the matter?"

The visitor heaved a sigh of relief and said, "Please lead me to his house. I have been asking about him for the last two hours, but no one seems to know him." The Brahmin said, "Alright, I shall take you to his house, but tell me did you really ask a lot of people and they hadn't heard about him?"

"Yes, I did; but no one knew!" said the tourist. "Hmm, why do you want to meet Pandit Shiv Kumar?" asked the Brahmin.

The tourist said, "Ah! Actually I don't want to meet him. I just have to reach his house. You see my aunt Bhagwanti lives in the flat above his."

One of the bystanders heard this and said, "Oh! So you wanted to meet Bhagwanti, did you? So why didn't you say so earlier? Everyone here knows her. Hey friends, don't you know Bhagwanti?"

A couple of people standing around nodded in agreement. The stranger said, "Bhagwanti is the noblest soul in this township. She is always there to help anyone who is in need. Her good nature and helpful disposition is known to all. Unfortunately, she is indisposed since a couple of weeks. Come, I'll guide you to her house." The Brahmin interrupted, "No, No, I'll take this man to her house. Come my friend, come with me."

A few minutes later the Brahmin stood in front of a double story flat and pointed towards it. "This is the house of Pandit Shiv Kumar and the one above is Bhagwanti's." The tourist said, "Thank you very much." He looked on in surprise as the Brahmin took out a key and unlocked the door to the flat below. The Brahmin said haltingly, "I am Pandit Shiv Kumar."

The story tells us that our name and fame relates more to the kind of person we are. If we are able to reach across to people and offer love and compassion, that is more important than being well read or intelligent or holding many degrees.

If you sit back and think about the people who you value most or the people who have touched your life, who would you name?

Cricketers? Politicians? Scientists? Or your family, friends and teachers?

## Mark Tully on Indian Politics

Posted on: April 14, 2011

I was surprised when the Congress party gave me a Padma Shri – I am the only foreign journalist to ever get it. For, in my forty years of political reporting in India, I have always

been a vocal critic of the Nehru dynasty. Someone even called me recently: “a vitriolic British journalist, who in his old age chose to live back in the land he never approved”.

It started with Operation Blue Star. I was one of the few western correspondents who criticized Indira. As I have said since then numerous times, the attack on the Golden Temple and the atrocities that followed the army operations, produced in all sections of the Sikhs a sense of outrage that is hard today to alleviate. I believed then that the large majority of Hindu India, even if politically hostile to Indira Gandhi, openly identified with – and exulted in – her will to overwhelmingly humble a recalcitrant minority.

As everybody knows, Indira Gandhi helped my fame grow even more, by wanting to imprison me during the Emergency she clamped and finally throwing me out of India for a short while. But the result was that the whole of India tuned in, then and thereafter, to my radio’s broadcasts, ‘The Voice of India’, to hear what they thought was ‘accurate’ coverage of events.

When Rajiv Gandhi came to power, I first believed that he was sincerely trying to change the political system, but he quickly gave-up when the old guard would not budge. I criticized him for his foolish adventure in Sri Lanka, although I felt sorry for him when he was blown to pieces by Dhanu, the Tamil Tiger. It is in Kashmir, though that I fought most viciously against his Govt and subsequent Congress ones for its human right abuses on the Kashmiri Muslims of the Valley. The Congress Governments tried indeed several times to censor me and the army even took prisoner my Kashmiri stringer, whom I had to rescue by the skin of his teeth. I am also proud that I was the first one to point out then, that the Indian Government had at that time no proof of the Pakistani involvement in the freedom movement in Kashmir. Thus I always made it a point to start my broadcasts by proclaiming that the Indian Government *accuses* Pakistan of fostering terrorism for that “elections are being held in *Indian-controlled Kashmir*” ...

As I was so popular, all the other foreign journalists used the same parlance to cover Kashmir and they always spoke of the plight of the Muslims, **never of the 400.000 Hindus, who after all were chased out of their ancestral land by sheer terror (I also kept mum about it).**

As for Sonia Gandhi, I did not mind her, when she was Rajiv Gandhi’s wife, but after his death, I watched with dismay as she started stamping her authority on the Congress, which made me say in a series of broadcasts on the Nehru Dynasty: “It’s sad that the Indian National Congress should be completely dependent on one family; the total surrender of a national party to one person is deplorable. You have to ask the question: what claims does Sonia Gandhi have to justify her candidature for prime-ministership? Running a country is far more complicated than running a company. Apprenticeship is required in any profession – more so in politics”. I heard that Sonia Gandhi was unhappy about this broadcast.

Then, after President Abdul Kalam called her to the Raj Bhavan and told her what some of us already knew, namely that for a long time, she had kept both her Italian and Indian passports, which disqualified her to become the Prime Minister of India, she nevertheless became the

Supreme leader of India behind the scenes. It is then that I exclaimed: “the moribund and leaderless Congress party has latched onto Sonia Gandhi, who is Italian by birth and Roman Catholic by baptism”. She never forgave me for that. Yet, today I can say without the shadow of a doubt that when history will be written, the period over which she presided, both over the Congress and India, will be seen as an era of darkness, of immense corruption and of a democracy verging towards autocracy, if not disguised dictatorship, in the hands of a single person, a non-Indian and a Christian like me. Truth will also come out about her being the main recipient for kickbacks from Bofors to 2G, which she uses to buy votes, as the Wikileaks have just shown.

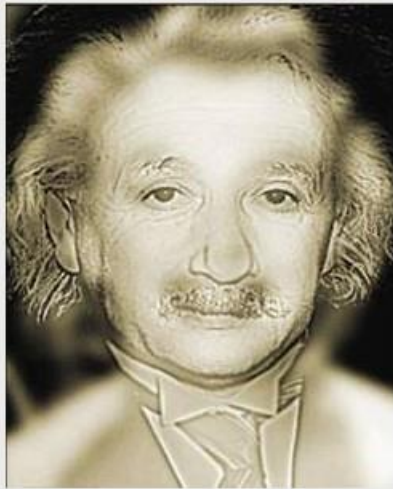
Finally, I am sometimes flabbergasted at the fact that Indians –Hindus, sorry, as most of this country’s intelligentsia is Hindu – seem to love me so much, considering the fact that in my heydays, I considerably ran down the 850 million Hindus of this country, one billion worldwide. I have repented today: I do profoundly believe that India needs to be able to say with pride, “Yes, our civilization has a Hindu base to it.”

The genius of Hinduism, the very reason it has survived so long, is that it does not stand up and fight. It changes and adapts and modernizes and absorbs—that is the scientific and proper way of going about it. I believe that Hinduism may actually prove to be the religion of this millennium, because it can adapt itself to change.

<http://suratiundhiyu.v>

5 meters distance

This is the craziest thing I've seen in a long time.  
For those of you in the 21st century (e.g. blackberry owners), you'll need to look at this on a pc. You also have to get out of your seat and walk away from your computer. People may think you're crazy. But it's well worth it.



When you look at this picture in a closer look you see its? **Albert Einstein.**  
But if you stand? **15 feet away,?**  
It will become? **Marilyn Monroe.**

Give a try

## TOP 5 REGRETS

A Nurse reveals the TOP 5 REGRETS most people make on their Death bed.

There is an IMPORTANT LESSON for all of us here:

For many years I worked in palliative care. My patients were those who had gone home to die. Some incredibly special times were shared. I was with them for the last three to twelve weeks of their lives. People grow a lot when they are faced with their own mortality. I learnt never to underestimate someone's capacity for growth.

Some changes were phenomenal.

Each experienced a variety of emotions, as expected - denial, fear, anger, remorse, more denial and eventually acceptance. Every single patient found their peace before they departed though, every one of them. When questioned about any regrets they had or anything they would do differently, common themes surfaced again and again.

Here are the most common five regrets expressed by them:

1. I wish I'd had the courage to live a life true to Myself - not the life others expected of me.

This was the most common regret of all. When people realize that their life is almost over and look back clearly on it, it is easy to see how many dreams have gone unfulfilled. Most people had not honored even a half of their dreams and had to die knowing that it was due to choices they had made, or not made. It is very important to try and honour at least some of your dreams along the way. From the moment that you lose your health, it is too late.

Health brings a freedom very few realize, until they no longer have it.

2. I wish I hadn't work so hard.

This came from every male patient that I nursed. They missed their children's youth and their partner's companionship. Women also spoke of this regret. But as most were from an older generation. Many of the female patients had not been breadwinners.

All of the men I nursed deeply regretted spending so much of their lives on the treadmill of a work existence. By simplifying your lifestyle and making conscious choices along the way, it is possible to not need the income that you think you do. And by creating more space in your life, you become happier and more open to new opportunities, ones more suited to your new lifestyle.

3. I wish I'd had the courage to express my feelings.

Many people suppressed their feelings in order to keep peace with others. As a result, they settled for a mediocre existence and never became who they were truly capable of becoming. Many developed illnesses relating to the bitterness and resentment they carried as a result. We cannot control the reactions of others. However, although people may initially react when you change the way you are by speaking honestly, in the end it raises the relationship to a whole new and healthier level. Either that or it releases the unhealthy relationship from your life. Either way, you win.

4. I wish I had stayed in touch with my friends.

Often they would not truly realize the full benefits of old friends until their dying weeks and it was not always possible to track them down. Many had become so caught up in their own lives that they had let golden friendships slip by over the years. There were many deep



regrets about not giving friendships the time and effort that they deserved. Everyone misses their friends when they are dying. It is common for anyone in a busy lifestyle to let friendships slip. But when you are faced with your approaching death, the physical details of life fall away. People do want to get their financial affairs in order if possible. But it is not money or status that holds the true importance for them - It is their FRIENDSHIPS !

They want to get things in order more for the benefit of those they love. Usually though, they are too ill and weary to ever manage this task. It is all comes down to love and relationships in the end. Friendships -

That is all that remains in the final weeks, love and relationships.

5. I wish that I had allowed myself be Happier.

This is a surprisingly common one. Many did not realize, until the end that happiness is a choice.

They had stayed stuck in old patterns and habits. The so-called 'comfort' of familiarity overflowed into their emotions, as well as their physical lives. Fear of change had them pretending to others, and to their selves, that they were content. When deep within, they longed to laugh properly and have silliness in their life again.

When you are on your deathbed, what others think of you is a long way from your mind. How wonderful to be able to let go and smile again, long before you are dying.

Life is a CHOICE. It is YOUR life. Choose consciously, Choose wisely, Choose honestly. Choose HAPPINESS!

**Then, you will have NO REGRETS!**

**Think about it.**