

**A lovely lesson for life.**

**A student asks a teacher: What is love?**

**The teacher said: in order to answer your question, you have to go to the paddy field and choose the biggest paddy and come back. But the rule is: you can go through a row only once and cannot turn back to pick.**

**The student went to the field, and thru first row, he saw one big paddy, but he wonders... may be there is a bigger one later. Then he saw another bigger one... but may be there is an even bigger one waiting for me!**

**Later, when he finished more than half of the paddy field, he realized that the paddy is not as big as the previous one he saw, he knew he had missed the biggest ones, and he regretted. So, he ended up going back to the teacher with empty hands.**

**The teacher told him, this is love... you keep looking for a better one, but you realize, you have already missed the right person.**

**The student asked: What is marriage then?**

**The teacher said: In order to answer your question, you have to go to the corn field and choose the biggest corn and come back. But the rule is: you can go through them only once and cannot turn back to pick.**

**The student went to the corn field, this time he was careful not to repeat the previous mistakes, when he reached the middle of the field, he picked one medium corn that he felt satisfied with, and came back to the teacher.**

**The teacher told him, this time you bring back a corn... you look for one that is just nice, and you have faith and believe this is the best one you can get... this is marriage!**

**Be courteous to all, but intimate with few, and let those few be well tried before you give them your confidence.**

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**"OM"**

**All Arabic copies of the Koran have the mysterious figure 786 imprinted on them . No Arabic scholar has**

been able to determine the choice of this particular number as divine. It is an established fact that Muhammad was illiterate therefore it is obvious that he would not be able to differentiate numbers from letters. This "magical" number is none other than the Vedic holy letter "OM" written in Sanskrit (Refer to figure 2). Anyone who knows Sanskrit can try reading the symbol for "OM" backwards in the Arabic way and magically the numbers 786 will appear! Muslims simply do not realise that this special number is nothing more than the holiest of Vedic symbols, misread.

Figure 2.

Read from right to left this figure of OM represents the numbers 786

Look at this symbol of Om in a mirror and you can make out the Devnagari (Sanskrit-Hindi) numerals 7-8-6

Maybe its right, look at this:

This is the Devnagari (Sanskrit-Hindi) Numerals :

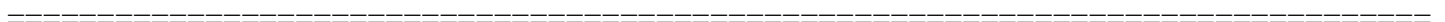
This is the mirror image of OM:

Read from top – 7, slightly off 8 and then, 6

Jai Hind.



०	१	२	३	४	५	६	७	८	९	१०
0	1	2	3	4	5	6	7	8	9	10



# Subject: 5 Ways To Stay Focused On Your Goals

No matter how excited you are about your business, with so many distractions and things that may be going on in your life, you can easily find yourself losing focus on your goals and what you want to accomplish. Below you will find 5 things that will help you stay focused on your goals.

## FINISH WHAT YOU STARTED

You probably have heard the saying, "So many things to do and not enough time to do them." Even though that may be true, you still have to complete them all, especially if these things help you to reach your goals. To make it easier for you, just take 1 thing you have to do and complete that task until it is done. When it is done, you will feel a sense of accomplishment and it will motivate you to move on to your next task.

## ORGANIZE TO MAKE THINGS EASY AND SIMPLE

Take a moment to put things in order. If people write to you or send you orders in the mail, make 3 piles. Put the letters that need to be answered right away in the 1st pile. Letters that can be answered at a later date you can put in the 2<sup>nd</sup> pile and letters that have orders in them; you can put in the 3rd pile. Doing things like this in other areas of your life will help you keep things in priority and keep you focused on your goals.

## CHANGE THE WAY YOU LOOK AT THINGS

If you find yourself at times having a negative attitude, you must realize that the way you look at things can make all the difference when it comes to reaching your goals. Even when obstacles stand in your way, maintaining a positive attitude, not a negative one and knowing that things can and will get better, will help you stay on track in reaching your goals.

## UNDERSTAND GOALS WILL TAKE TIME TO REACH

Everything in life, if it is worth it, will take time. This goes for the goals you set for yourself. When you set goals, you should set 2 types of goals. A short term goal such as 6 months and also a long range goal, such as 3 years. You must realize that you are not going to reach your long term goals in 2 weeks. Whatever your goals may be, only through hard work, determination and keeping yourself focused, this is the way you will eventually reach your goals.

## STUDY AND READ ARTICLES ON MOTIVATION

Reading articles, books or even listening to cassette tapes on motivation is a must if you want to keep yourself focused on your goals. Many successful people will tell you that even when they wanted to give up and throw in the towel, a paragraph in a book or something a motivational speaker said put them back on the right track and helped them reach their goals. So if you want to stay focused on your goals, take these 5 points and put them into action today.

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## USEFUL TIPS FOR LIFE:

**ONE.** Give people more than they expect and do it cheerfully.

**TWO.** Marry a man/woman you love to talk to. As you get older, their conversational skills will be as important as any other.

**THREE.** Don't believe all you hear, spend all you have or sleep all you want.

**FOUR.** When you say, "I love you," mean it.

**FIVE.** When you say, "I'm sorry," look the person in the eye.

**SIX.** Be engaged at least six months before you get married.

**SEVEN.** Believe in love at first sight.

**EIGHT.** Never laugh at anyone's dream. People who don't have dreams don't have much.

**NINE.** Love deeply and passionately. You might get hurt but it's the only way to live life completely.

**TEN..** In disagreements, fight fairly. No name calling.

**ELEVEN.** Don't judge people by their relatives.

**TWELVE.** Talk slowly but think quickly.

**THIRTEEN.** When someone asks you a question you don't want to answer, smile and ask, "Why do you want to know?"

**FOURTEEN.** Remember that great love and great achievements involve great risk.

**FIFTEEN.** Say "bless you" when you hear someone sneeze.

**SIXTEEN. When you lose, don't lose the lesson**

**SEVENTEEN. Remember the three R's: Respect for self; Respect for others; and responsibility for all your actions.**

**EIGHTEEN. Don't let a little dispute injure a great friendship.**

**NINETEEN. When you realize you've made a mistake, take immediate steps to correct it.**

**TWENTY. Smile when picking up the phone. The caller will hear it in your voice.**

**TWENTY-ONE. Spend some time alone.**

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## **A Mail from a frustrated victim of chain mails:**

**I wanted to thank all my friends and family who have forwarded chain letters to me in 2003 & 2004 & 2005 & 2006**

**Because of your kindness:**

- \* I stopped drinking Coca Cola after I found out that it's good for removing toilet stains.**
- \* I stopped going to the movies for fear of sitting on a needle infected with AIDS.**
- \* I smell like a wet dog since I stopped using deodorants because they cause cancer.**
- \* I don't leave my car in the parking lot or any other place and sometimes. I even have to walk about 7 blocks for fear that someone will drug me with a perfume sample and try to rob me.**
- \* I also stopped answering the phone for fear that they may ask me to dial a stupid number and then I get a phone bill from with calls to Uganda, Singapore and Tokyo.**
- \* I also stopped drinking anything out of a can for fear that I will get sick from the rat feces and urine.**
- \* When I go to parties, I don't look at any girl, no matter how cool she is, for fear that she will take me to a hotel, drug me, then take my kidneys and leave me taking a nap in a bathtub full of ice.**
- \* I also donated all my savings to the charitable trust. A sick girl that was about to die in the hospital about 7,000 times. (Poor girl! she's been 7 since 1993...)**
- ! \* I went bankrupt from bounced checks that I made expecting the \$15,000 that Microsoft and AOL were supposed to send me when I participated in their special e-mail program would arrive soon.**
- \* My free Nokia phone never arrived and neither did the free passes for a paid vacation to Disneyland .**
- \* Still open to help someone from Bulgaria who wants to use my account to transfer his uncle property of some hundred millions \$.**

**\* Made some hundred wishes before forwarding those Ganesh Vandana, Tirupathi Balaji pics etc... now most of those 'Wishes' are already married (to someone else)**

A story tells that two friends were walking through the desert. During some point of the journey they had an argument, and one friend slapped the other one in the face.

The one who got slapped was hurt, but without saying anything, wrote in the sand:

**TODAY MY BEST FRIEND  
SLAPPED ME IN THE FACE.**

They kept on walking until they found an oasis, where they decided to take a bath. The one who had been slapped got stuck in the mire and started drowning, but the friend saved him. After he recovered from the near drowning, he wrote on a stone:

**TODAY MY BEST FRIEND SAVED MY LIFE.**

The friend who had slapped and saved his best friend asked him, "After I hurt you, you wrote in the sand and now, you write on a stone, why?" The other friend replied "When someone hurts us we should write it down in sand where winds of forgiveness can erase it away. But, when someone does something good for us, we must engrave it in stone where no wind can ever erase it."

**LEARN TO WRITE YOUR HURTS IN THE SAND  
AND TO CARVE YOUR BENEFITS IN STONE.**

They say it takes a minute to find a special person, an hour to appreciate them, a day to love them, but then an entire life to forget them.

Send this phrase to the people you'll never forget. It's a short message to let them know that you'll never forget them.

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**Do not value the THINGS you have in your life..  
But value WHO you have in your life!**

## **Subject: DR A P J Abdul Kalaam's Speech in Hyderabad**

**This is one of most inspiring mails that I have ever read.....**

**Please pass it to as many Indians as u can.(If you want to )**

**.....something worth pondering over .....**

**As desired by the President of India, this paper is for circulation.  
Thanks President's Office The President of India**

### **DR A P J Abdul Kalaam's Speech in Hyderabad**

**"I have three visions for India. In 3000 Years of our history, people from all over the world have come and invaded us, captured our lands, conquered our minds.**

**From Alexander on wards. The Greeks, the Turks, the Moguls, the Portuguese, the British, the French, the Dutch, all of them came and looted us, took over what was ours. Yet we have not done this to any other nation.**

**We have not conquered anyone.**

**We have not grabbed their land, their culture, and their history and tried to enforce our way of life on them. Why?  
Because we respect the  
freedom of others.**

**That is why my first vision is that of FREEDOM. I believe that India got its first vis!**

**ion of this in 1857, when we started the war of independence. It is this freedom that we must protect and nurture and build on.**

**If we are not free, no one will respect us.**

**My second vision for India is DEVELOPMENT. For fifty years we have been a developing nation. It is time we see ourselves as a developed nation. We are among top 5 nations of the world in terms of GDP. We have 10 percent growth rate in most areas. Our poverty levels are falling. Our achievements are being globally recognized**

today.

Yet we lack the self-confidence to see ourselves as a developed nation, self-reliant and self-assured. Isn't this incorrect?

I have a third vision. India must stand up to the world.

Because I

believe that, unless India stands up to the world, no one will respect us. Only STRENGTH respects strength. We must be strong not only as a military power but also as an economic power. Both must go hand-in-hand. My good fortune was to have worked with thr!  
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great minds. Dr. Vikram Sarabhai of the Dept of space, Professor Satish Dhawan, who succeeded him and Dr Brahm Prakash, father of nuclear material. I was lucky to have worked with all three of them closely and consider this the great opportunity of my life.

I see four milestones in my career: Twenty years I spent in ISRO. I was given the opportunity to be the project director for India's first satellite launch vehicle, SLV3.

The one that launched Rohini.

These years played a very important role in my life of Scientist.

After my ISRO years, I joined DRDO and got a chance to be the part of India's guided missile program. It was my second bliss when Agni met its mission requirements in 1994. The Dept of Atomic Energy and DRDO had this tremendous partnership in the recent nuclear tests, on May 11 and 13. This was the third bliss.

The joy of participating with my team in these nuclear tests and proving to the world that India can make it, that we ! are no longer a developing nation but one of them. It made me feel very proud as an Indian.

The fact that we have now developed for Agni a re-entry structure, for which we have developed this new material. A very light material called carbon-carbon.

One day an orthopedic surgeon from Nizam Institute of Medical Sciences visited my laboratory. He lifted the material and found it so light that he took me to his hospital and showed me his patients. There were these little girls and boys with heavy metallic calipers weighing over three Kg. each, dragging their feet around.

He said to me: Please remove the pain of my patients.

In three weeks, we made these Floor reaction Orthosis 300-gram calipers and took them to the orthopedic center. The children didn't believe their eyes. From dragging around a three kg. load on their



legs, they could now move around. Their parents had tears in their eyes.

That was my fourth bliss!

Why is the media here so ! negative?

Why are we in India so embarrassed to recognize our own strengths, our achievements? We are such a great nation. We have so many amazing success stories but we refuse to acknowledge them.

Why?

We are the first in milk production.

We are number one in Remote sensing satellites.

We are the second largest producer of wheat.

We are the second largest producer of rice.

Look at Dr Sudarshan, he has transferred the tribal village into a self-sustaining, self-driving unit.

There are millions of such achievements but our media is only obsessed in the bad news and failures and disasters.

I was in Tel Aviv once and I was reading the Israeli newspaper. It was the day after a lot of attacks and bombardments and deaths had taken place. The Hamas had struck. But the front page of the newspaper had the picture of a Jewish gentleman who in five years had transformed his desert into an orchid and a granary. It was this! inspiring picture that everyone woke up to. The gory details of killings, bombardments, deaths, were inside in the newspaper, buried among other news.

In India we only read about death, sickness, terrorism, crime.

Why are we so NEGATIVE?

Another question: Why are we, as a nation so obsessed with foreign things? We want foreign TVs, we want foreign shirts. We want foreign technology. Why this obsession with everything imported. Do we not realize that self-respect comes with self-reliance?

I was in Hyderabad giving this lecture, when a 14 year old girl asked

me for my autograph. I asked her what her goal in life is.  
She replied: I want to live in a developed India.

For her, you and I will have to build this developed India

You must proclaim. India is not an under-developed nation; it is a highly developed nation.

Do you have 10 minutes? Allow me to come back with a vengeance.

Got 10 minutes for your country? If yes!  
, then read; otherwise, choice is yours. YOU say that our government is inefficient.

YOU say that our laws are too old.

YOU say that the municipality does not pick up the garbage.

YOU say that the phones don't work, the railways are a joke, The airline is the worst in the world, mails never reach their destination.

YOU say that our country has been fed to the dogs and is the absolute pits. YOU say, say and say. What do YOU do about it?

Take a person on his way to Singapore. Give him a name-YOURS. Give him a face - YOURS. YOU walk out of the airport and you are at your International best. In Singapore you don't throw cigarette butts on the roads or eat in the stores. YOU are as proud of their Underground links as they are. You pay \$5 (approx Rs 60) to drive through Orchard Road (equivalent of Mahim Causeway or Pedder Road) between 5 PM and 8 PM.

YOU come back to the parking lot to punch your parking ticket if you have over stayed in a restaurant or a shopping mall irrespective of your status identity.

In Singapore you don't say anything, DO YOU?

YOU wouldn't dare to eat in public during Ramadan, in Dubai.

YOU would not dare to go out without your head covered in Jeddah. YOU would not dare to buy an employee of the telephone exchange in London at 10 pounds (Rs 650) a month to, "see to it that my STD and ISD calls are billed to someone else."

YOU would not dare to speed beyond 55 mph (88 km/h) in Washington and

then tell the traffic cop, "Jaanta hai main kaun hoon (Do you know who I am?). I am so and so's son. Take your two bucks and get lost."

YOU wouldn't chuck an empty coconut shell anywhere other than the garbage pail on the beaches in Australia and New Zealand.

Why don't YOU spit Paan on the streets of Tokyo?

Why don't YOU use examination jockeys or buy fake certificates in Boston???

We are still talking of the same YOU.

YOU who can respect and conform to a foreign system in other countries but cannot in your own. You who will throw papers and cigarettes on the road the moment you touch Indian ground. If you can be an involved and appreciative citizen in an alien country, why cannot you be the same here in India?

Once in an interview, the famous Ex-municipal commissioner of Bombay, Mr Tinaikar, had a point to make. "Rich people's dogs are walked on the streets to leave their affluent droppings all over the place," he said. "And then the same people turn around to criticize and blame the authorities for inefficiency and dirty pavements. What do they expect the officers to do? Go down with a broom every time their dog feels the pressure in his bowels? In America every dog owner has to clean up after his pet has done the job. Same in Japan. Will the Indian citizen do that here?" He's right.

We go to the polls to choose a government and after that forfeit all responsibility. We sit back ! wanting to be pampered and expect the government to do everything for us whilst our contribution is totally negative.

We expect the government to clean up but we are not going to stop chucking garbage all over the place nor are we going to stop to pick up a stray piece of paper and throw it in the bin. We expect the railways to provide clean bathrooms but we are not going to learn the proper use of bathrooms. We want Indian Airlines and Air India to provide the best of food and toiletries but we are not going to stop pilfering at the least opportunity.

This applies even to the staff who is known not to pass on the service to the public. When it comes to burning social issues like those related to women, dowry, girl child! and others, we make loud

drawing room protestations and continue to do the reverse at home. Our excuse? "It's the whole system which has to change, how will it matter if I alone forego my sons' rights to a dowry." So who's going to change !

the system? What does a system consist of? Very conveniently for us it consists of our neighbours, other households, other cities, other communities and the government.

But definitely not me and YOU.

When it comes to us actually making a positive contribution to the system we lock ourselves along with our families into a safe cocoon and

look into the distance at countries far away and wait for a Mr Clean to come along & work miracles for us with a majestic sweep of his hand or we leave the country and run away.

Like lazy cowards hounded by our fears we run to America to bask in their glory and praise their system. When New York becomes insecure we run to England. When England experiences unemployment, we take the next flight out to the Gulf. When the Gulf is war struck, we demand to be rescued and brought home by the Indian government. Everybody is out to abuse and rape the country. Nobody thinks of feeding the system. Our conscience is mortgaged to! money.

Dear Indians, The article is highly thought inductive, calls for a great deal of introspection and pricks one's conscience too....

I am echoing J F Kennedy's words to his fellow Americans to relate to Indians????

"ASK WHAT WE CAN DO FOR INDIA AND DO WHAT HAS TO BE DONE TO MAKE INDIA WHAT AMERICA AND OTHER WESTERN COUNTRIES ARE TODAY"

Lets do what India needs from us.

Forward this mail to each Indian for a change instead of sending Jokes or junk mails. Thank you,

Dr Abdul Kalaam

(PRESIDENT OF INDIA)

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Abraham Lincoln was elected to Congress in 1846.  
John F. Kennedy was elected to Congress in 1946.

Abraham Lincoln was elected President in 1860.

**John F. Kennedy was elected President in 1960.**

**Both were particularly concerned with civil rights.  
Both wives lost a child while living in the WhiteHouse.**

**Both Presidents were shot on a Friday.  
Both Presidents were shot in the head.**

**Now it gets really weird.**

**Lincoln's secretary was named Kennedy.  
Kennedy's Secretary was named Lincoln.**

**Both were assassinated by Southerners.  
Both were succeeded by Southerners named Johnson.**

**Andrew Johnson, who succeeded Lincoln, was born in 1808  
Lyndon Johnson, who succeeded Kennedy, was born in 1908**

**John Wilkes Booth, who assassinated Lincoln, was born 1839  
Lee Harvey Oswald, who assassinated Kennedy, was born 1939**

**Both assassins were known by their three names.  
Both names are composed of fifteen letters.**

**Now hang on to your seat!**

**Lincoln was shot at the theater named "Ford."  
Kennedy was shot in a car called "Lincoln" made by "Ford."**

**Booth and Oswald were assassinated before their trials.**

**And here's the "kicker":**

**A week before Lincoln was shot, he was in Monroe, Maryland  
A week before Kennedy was shot, he was with Marilyn Monroe.**

**And Lincoln was shot in a theater and the assassin ran to a warehouse.  
Kennedy was shot from a warehouse and the assassin ran to a theater.**

**Creepy, huh? Send this to as many people as you can, because:**

**Hey, this is one history lesson people don't mind reading !!!**

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**TANTRA TOTEM**

## It is Vipul's collection!

**You may not believe in this but the advice is great!  
Read all the way down, you might learn something!!!**

**TWO.**

**Marry a man/woman you love to talk to. As you get older, their conversational skills will be as important as any other.**

**THREE.**

**Don't believe all you hear, spend all you have or sleep all you want.**

**FOUR.**

**When you say, "I love you", mean it.**

**FIVE.**

**When you say, "I'm sorry", look the person in the eye.**

**SIX.**

**Be engaged at least six months before you get married.**

**SEVEN.**

**Believe in love at first sight.**

**EIGHT.**

**Never laugh at anyone's dreams. People who don't have dreams don't have much.**

**NINE.**

**Love deeply and passionately. You might get hurt but it's the only way to live life completely.**

**TEN.**

**In disagreements, fight fairly. Please No name calling.**

**ELEVEN.**

**Don't judge people by their relatives.**

**TWELVE.**

**Talk slowly but think quickly.**

**THIRTEEN.**

**When someone asks you a question you don't want to answer, smile and ask, "Why do you want to know?"**

**FOURTEEN.**

**Remember that great love and great achievements involve great risk.**

**FIFTEEN.**

Say "bless you" when you hear someone sneeze.

SIXTEEN.

When you lose, don't lose the lesson.

SEVENTEEN.

Remember the three R's:

Respect for self;

Respect for others;

Responsibility for all your actions.

EIGHTEEN.

Don't let a little dispute injure a great friendship.

NINETEEN.

When you realize you've made a mistake, take immediate steps to correct it.

TWENTY.

Smile when picking up the phone. The caller will hear it in your voice.

TWENTY ONE.

Spend some time alone.

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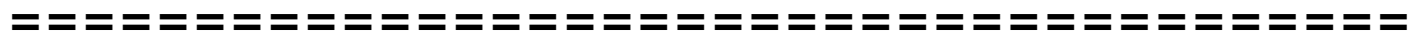
Make a Mind which never minds.....

Make a Heart which never hurts.....

Make a Touch which never pains.....and

Make a "RELATION" which never "ENDS"

Vipul Desai



## Amazing Love Story

He met her on a party. She was so outstanding, many guys chasing after her, while he so normal, nobody paid attention to him. At the end of the party, he invited her to have coffee with him, she was surprised, but due to being polite, she promised. They sat in a nice coffee shop, he was too nervous to say anything, she felt uncomfortable, she thought, please, let me go home..... suddenly he asked the waiter. "would you please give me some salt? I'd like to put it in my coffee."

Everybody stared at him, so strange! His face turned red, but still, he put the salt in his coffee and drank it. She asked him curiously; why you have this hobby? He replied: "when I was a little boy, I was living near the

sea, I like playing in the sea, I could feel the taste of the sea, just like the taste of the salty coffee. Now every time I have the salty coffee, I always think of my childhood, think of my hometown, I miss my hometown so much, I miss my parents who are still living there". While saying that tears filled his eyes. She was deeply touched.

That's his true feeling, from the bottom of his heart. A man who can tell out his homesickness, he must be a man who loves home, cares about home, has responsibility of home. Then she also started to speak, spoke about her faraway hometown, her childhood, her family. That was a really nice talk, also a beautiful beginning of their story.

They continued to date. She found that actually he was a man who meets all her demands; he had tolerance, was kind hearted, warm, careful. He was such a good person but she almost missed him! Thanks to his salty coffee!

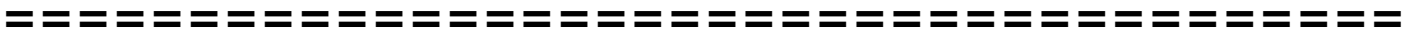
Then the story was just like every beautiful love story , the princess married to the prince, then they were living the happy life... And, every time she made coffee for him, she put some salt in the coffee, as she knew that's the way he liked it.

After 40 years, he passed away, left her a letter which said:

"My dearest, please forgive me, forgive my whole life lie. This was the only lie I said to you---the salty coffee. Remember the first time we dated? I was so nervous at that time, actually I wanted some sugar, but I said salt It was hard for me to change so I just went ahead. I never thought that could be the start of our communication! I tried to tell you the truth many times in my life, but I was too afraid to do that, as I have promised not to lie to you for anything.. Now I'm dying, I afraid of nothing so I tell you the truth: I don't like the salty coffee, what a strange bad taste.. But I have had the salty coffee for my whole life! Since I knew you, I never feel sorry for anything I do for you. Having you with me is my biggest happiness for my whole life. If I can live for the second time, still want to know you and have you for my whole life, even though I have to drink the salty coffee again".

Her tears made the letter totally wet. Someday, someone asked her: what's the taste of salty coffee? It's sweet. She replied.

Love is not 2 forget but 2 forgive, not 2 c but 2 understand, not 2 hear but 2 listen, not 2 let go but 2 HOLD ON !!!! Don't ever leave the one you love for the one you like, because the one you like will leave you for the one they love.



## Marriage problems.

Two men, one American and an Indian were sitting in a bar drinking shot after shot. The Indian man said to the American, You know my parents are forcing me to get married to this so called homely girl from a village whom I haven't even met once. We call this arranged marriage. I don't want to marry a woman whom I don't love...I told them that openly and now have a hell lot of family problems." The American said, "Talking



about love Marriages...I'll tell you my story.

I married a widow whom I deeply loved and dated for 3 years. "After a couple of years, my father fell in love with my step-daughter and so my father became my son-in-law and I became my father's father-in-law. My daughter is my mother and my wife my grandmother. More problems occurred when I had a son. My son is my father's brother and so he my uncle. Situations turned worse when my father had a son. Now my father's son i.e. my brother is my grandson. Ultimately, I have become my own grand father and I am my own grandson. And you say you have family problems..

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## Anger is nothing but a brief Madness!

A matchstick has a head made from powdered chemical. Just strike it against the side of the box and the stick bursts into flame. Aren't we, at times, behaving in a similar fashion? Let a small thing go against our wishes and see what happens!

Anger is a brief madness, said someone. Or slow poison. According to experts, anger could adversely affect intellect, veins and intestines, work efficiency, digestive system, cholesterol levels, and cause or compound hypertension, sinus, heart and liver problems, to name a few. In other words, anger has a toxic effect on the mind and body.

Some effective ways to curb anger are:

1. Handle situations maturely: Many a time, we allow things of little importance to over-power us. We very easily lose our temper over insignificant matters. No matter if you overslept, the food tastes awful, the newspaper vendor is late... don't lose your cool. Patience and prudence will help you deal with the situation in a constructive manner.

Socrates was always surrounded by his disciples, and this would be a source of continuous irritation to his wife. One day she called Socrates. She called him twice, thrice but Socrates was completely engrossed in discussing a metaphysical subject with his disciples. On this, she ran out of patience. What next? The anger, bottled up for long, just burst. She took a bucket full of water and turned it upside down on Socrates's head. The disciples became highly agitated.

But do you know what Socrates's reaction was? He smiled and calmly said: "I have come to know only today that thundering clouds sometimes rain as well". With these words, he not only toned down the anger but also made his wife realize her mistake.

2. Self-analysis (introspection): Whenever something angers you, sit by yourself and contemplate. Introspect, find out what made you lose your temper. Recall those circumstances and turn them over in your mind. You would definitely realize your irrational conduct and regret your behavior. Pythagoras commented, "Anger starts from stupidity and ends at repentance".

3. Delayed response/reaction: Try to stretch, to the extent possible, the time gap before you react. Whenever you get a feeling that the other person's behavior could ignite anger in you, immediately move out of that place. If that is not possible, then try changing the topic of discussion. Never commit the blunder of reacting immediately.

After some time, when your anger subsides, then respond to the situation. You would then be able to pick apt words to express yourself thereby behaving in a wise manner. Aristotle says: "It is very easy for anybody to get angry. But getting angry at the right time, in right degree, at the right person, for the right reason, and in the right manner is neither easy nor is it in everyone's scope or frame of capabilities".

To fully control anger, a perfect and unfailing remedy is Know-ledge of Self. When a Satguru bestows upon an individual the Atman Gyan, He reveals to him the technique to contemplate upon the eternal Name (the Primordial Vibration) present within him. This contemplation not only helps in controlling anger, but also serves as the best means to attaining victory over all the vices dwelling inside a human being.

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## BEAUTIFUL SENTENCES:

NEVER CRY FOR ANY RELATIONSHIP IN LIFE  
BECAUSE THE ONE FOR WHOM YOU CRY  
DOES NOT DESERVE YOUR TEARS  
AND THE ONE WHO DESERVES  
WILL NEVER LET YOU CRY.....

TREAT EVERYONE WITH POLITENESS  
EVEN THOSE WHO ARE RUDE TO YOU,  
NOT BECAUSE THEY ARE NOT NICE  
BUT BECAUSE YOU ARE NICE.....

NEVER SEARCH YOUR HAPPINESS IN OTHERS  
WHICH WILL MAKE YOU FEEL ALONE,  
RATHER SEARCH IT IN YOURSELF  
YOU WILL FEEL HAPPY  
EVEN IF YOU ARE LEFT ALONE.....

ALWAYS HAVE A POSITIVE ATTITUDE IN LIFE.  
THERE IS SOMETHING POSITIVE  
IN EVERY PERSON.  
EVEN A STOPPED WATCH  
IS RIGHT TWICE A DAY.....

HAPPINESS ALWAYS LOOKS SMALL

WHEN WE HOLD IT IN OUR HANDS.  
 BUT WHEN WE LEARN TO SHARE IT,  
 WE REALIZE  
 HOW BIG AND PRECIOUS IT IS!.....

## Blood Group Tells Personality

	<b>BLOOD GROUP O</b>	<b>BLOOD GROUP A</b>	<b>BLOOD GROUP B</b>	<b>BLOOD GROUP AB</b>	
<i>In a nutshell</i>	Cannot stand people who hide the truth	Pessimistic and too sensitive	Cannot take orders easily	Romantic and sentimental	
<i>Basic Behavior</i>	Make objectives clear	Careful about decision-making	Make decisions fast	Extremely practical	
	Possess great deal of confidence	Make things clear in black and white	Can be flexible	Excellent in analyses	
	Honest, optimistic and energetic	Care too much about social rules and standards	Do not care about rules	Give fair criticisms	
			Respect scientific and practical findings	Cannot decide when it comes to important issues	
<i>Tolerance</i>	Strength and endurance depend on their aim	High tolerance for physical or repetitive work	Maintain the longest interest in what they do	Try to be hard-working	
	Give up easily if they find the job meaningless	Cannot take changes easily	Seem impatient	Tend to be impatient	
		Lose interest in a hobby easily	Dislike repetitious work		
<i>How do they see their future and past?</i>	Positive about the past, thus do not regret about the past	Try hard to forget the past	Hard to forget recent affairs, but able to forget past and memories	Sentimental about the past	
	Seek financial stability for the future	Pessimistic about the future		More concern about the immediate problems than anything else	
<i>How do they express their emotions?</i>	Usually stable and calm	Able to display cool outlook even though angry	Expressive	Sentimental	
	Sensitive towards sincerity	Short-tempered	Cool and objective	Usually cool and steady, but can get upset with an immediate, unsolved problem	

	<b>Give frank, direct opinions</b>	<b>Take longer to heal a broken heart</b>	<b>Although joke a lot, could actually be very shy</b>	<b>Can get moody easily</b>
		<b>Sensitive to others' opinions</b>	<b>Change moods like the weather</b>	
			<b>Cannot stop complaining when they are upset</b>	
<i>How do they work?</i>	<b>Ability to concentrate vary from time to time, depending on aim</b>	<b>Perfectionist</b>	<b>Creative and possess new ideas</b>	<b>Able to handle a wide scope of jobs</b>
	<b>Mostly prefer to lead</b>	<b>Handle one thing at a time</b>	<b>Cannot differentiate between work and hobby</b>	<b>Value hard work</b>
	<b>Can overlook details</b>	<b>Work a line between work and personal affairs</b>	<b>Cannot take orders</b>	<b>Quick in understanding</b>
		<b>Highly responsible</b>	<b>Do not hesitate to introduce innovative changes and are not worried about their criticisms</b>	<b>Not highly responsible and unable to follow-up on a project until its completion</b>
		<b>Tend to choose hobbies which help them release stress</b>		<b>Tend to be artistic in approach</b>

**Did You Know?**

<b>Blood type and Rh</b>	<b>How many people have it?</b>
<b>O +</b>	<b>40 %</b>
<b>O -</b>	<b>7 %</b>
<b>A +</b>	<b>34 %</b>
<b>A -</b>	<b>6 %</b>
<b>B +</b>	<b>8 %</b>
<b>B -</b>	<b>1 %</b>
<b>AB +</b>	<b>3 %</b>
<b>AB -</b>	<b>1 %</b>

**MOST IMPORTANT INFO NOW:**

**You Can Receive**

<b>If Your Type Is</b>	<b>O-</b>	<b>O+</b>	<b>B-</b>	<b>B+</b>	<b>A-</b>	<b>A+</b>	<b>AB-</b>	<b>AB+</b>
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AB+	YES	YES	YES	YES	YES	YES	YES	YES
AB-	YES		YES		YES	YES		
A+	YES	YES			YES	YES		
A-	YES				YES			
B+	YES	YES	YES	YES				
B-	YES		YES					
O+	YES	YES						

## Chanakya's Quotes - Worth Learning

1. "A person should not be too honest. Straight trees are cut first and Honest people are screwed first."
2. "Even if a snake is not poisonous, it should pretend to be venomous."
3. "The biggest guru-mantra is: Never share your secrets with anybody. If you cannot keep secret with you, do not expect that other will keep it. ! It will destroy you."
4. "There is some self-interest behind every friendship. There is no Friendship without self-interests. This is a bitter truth.
5. "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.
6. "As soon as the fear approaches near, attack and destroy it."
7. "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."
8. "The fragrance of flowers spreads only in the direction of the wind. But the goodness of a person spreads in all direction."
9. "A man is great by deeds, not by birth."
10. "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."
11. "Education is the best friend. An educated person is respected everywhere. Education beats the beauty and the youth.

## Control of Desires

1. You all know a horse. It stands for instability. It keeps on moving some part or the other of its body all the time. Then, how is the rider able to control such a horse? He puts a blinker for its eyes and a bridle (a piece of iron) in its mouth held by the reins. Even a strong and powerful horse will come under control thereby.

- 2 Similarly, when man is able to keep his tongue under his control, half of his problems will get eliminated. That's the reason, why the ancients practiced silence (Mounam). They never indulged in meaningless practices. Every activity or task of theirs had an inner significance. Silence helps you to control the mind, which in turn leads to conquer desires and finally confers happiness.
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## Death and Dying

Once we are born, there is nothing more certain - among all the uncertainties of life - than death. Yet, when it comes knocking at our door, or the doors of our near and dear ones, we are often caught by surprise and thrown into a whirlpool of confusion and sorrow. Why does this event, as inevitable as the morning light, cast a shadow of darkness all around? While, traditionally, people of all nations rely on the revelations of their seers and prophets to clear the confusion regarding death, a tinge of wonder and timidity ferment in the hearts of even the most faithful. Death, shrouded in mystery, forever the burden of poets and philosophers, scriptures and dogma, has nothing to do with oblivion or loss; indeed, for those endowed with right understanding and a keen aspiration to know what death is, the once foreboding door of death opens to the eternal glory of immortality and bliss.

Sri Maharshi was born into that world of eternal Reality through the womb of death, during a brief, intense experience in his seventeenth year. From then on, he was established in the realization of his true Self and the illusion of death died forever. Here, as recorded in Talks with Sri Ramana Maharshi, are a few words he spoke, from the depth of his experience, on death and dying. Mourning is not the index of true love. It betrays love of the object, of its shape only. That is not love. True love is shown by the certainty that the object of love is in the Self and that it can never become non-existent. There will be no pain if the physical outlook is given up and if the person exists as the Self. There is neither death nor birth. That which is born is only the body. The body is the creation of the ego. But the ego is not ordinarily perceived without the body. It is always identified with the body.

If a man considers he is born he cannot avoid the fear of death. Let him find out if he has been born or if the Self has any birth. He will discover that the Self always exists, that the body which is born resolves itself into thought and that the emergence of thought is the root of all mischief. Find where from thoughts emerge. Then you will abide in the ever-present inmost Self and be free from the idea of birth or the fear of death. Recall the state of sleep. Were you aware of anything happening? If the son or the world be real, should they not be present with you in sleep? You cannot deny your existence in sleep. Nor can you deny you were happy then. You are now the same person speaking and raising doubts. You are not happy according to you. But you were happy in sleep. What has transpired in the meantime that happiness of sleep has broken down? It is the rise of the ego. That is the new arrival in the jagrat (waking) state. There was no ego in sleep.

The birth of the ego is called the birth of the person. There is no other kind of birth. Whatever is born, is bound to die. Kill the ego: there is no fear of recurring death for what is once dead. The Self remains even after the death of the ego. That is Bliss - that is immortality. Training the mind helps one to bear sorrows and bereavements with courage. But the loss of one's offspring is said to be the worst of all grief. Still it is true; pain on such occasions can be assuaged by association with the wise.

The shock of the fear of death drove my mind inwards and I said to myself mentally, without actually framing the words: 'Now that death has come; what does it mean? What is it that is dying? This body dies, but with the death of the body am I dead? Is the body I? The body dies but the Spirit that transcends it cannot be touched by death. That means I am the deathless Spirit.' All this was not dull thought; it flashed through me vividly as living truth which I perceived directly. From that moment onwards the 'I' or Self focused attention on itself by a powerful fascination. Fear of death had vanished once and for all. Absorption in the Self continued unbroken from that time on.

(Contributed by Source: The Maharshi, May-June 1991, pub. Ramanashram)

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## Differences between Men and Women

### First Men:

1. All men are extremely busy.
2. Although they are so busy, they still have time for women.
3. Although they have time for women, they don't really care for them.
4. Although they don't really care for them, they always have one Around.
5. Although they always have one around them, they always try their Luck with others.
6. Although they try their luck with others, they get really pis..d off If the women leaves them.
7. Although the women leaves them they still don't learn from their Mistakes and still try their luck with others !

### Now Women:

1. The most important thing for a woman is financial security.
  2. Although this is so important, they still go out and buy expensive Clothes.
  3. Although they always buy expensive clothes, they never have something to wear.
  4. Although they never have something to wear, they always dress Beautifully.
  5. Although they always dress beautifully, their clothes are always just? An old rag".
  6. Although their clothes are always "just an old rag", they still Expect you to compliment them.
  7. Although they expect you to compliment them, when you do, they don't Believe you.
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## Essence of Bhagwath Gita!

Why are you unnecessarily worrying?

Whom do you fear?

Who can you kill?

Soul is not born, nor does it die.

What has happened has happened for the best.

What is happening is happening for the best

What will happen, will happen for the best.

Do not brood over the past.

Do not worry about the future.

The present is on.

What have you lost that you are weeping?

What have you brought that you have lost?

What have you made that has been destroyed?

You brought nothing.

What you have, you received it from here,

What was given, was given here.

What you took you took from the universe.

You have come empty handed, and shall go empty handed.

What is yours today belonged to somebody else in the past

And will belong to somebody else in the future.

You think it is yours and you are deeply engrossed in it.

This attachment is the cause of all your sorrow.

<http://suratiundhiyu.wordpress.com>

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## Everything Happens For The Good

There was once a King who had a wise advisor. The advisor followed the King everywhere, and his favorite advice was, "Everything happens for the good". One day the King went



hunting and had a little accident. He shot an arrow at his own foot and was injured. He asked the advisor what he thought about the accident, to which the advisor replied, "Everything happens for the good". This time the King was really upset and ordered for his advisor to be put in prison. The King asked his advisor, "Now, what do you think?" The advisor again replied, "Everything happens for the good". So the advisor remained in prison.

The King later went on a hunting trip, this time without the advisor. The King was then captured by some cannibals. He was taken to the cannibals' camp where he was to be the evening meal for the cannibals. Before putting him into the cooking pot he was thoroughly inspected. The cannibals saw the wound on the King's foot and decided to throw him back into the jungle. According to the cannibals' tradition, they would not eat anything that was imperfect. As a result the King was spared. The King suddenly realized what his advisor said was true. The advisor also escaped death because had he not been in prison, he would have followed the King on the hunting trip, and would have ended up in the cooking pot.

## Success Principles

It is true that everything in life happens for a purpose, and always for our own good. If you think about it, all our past experiences actually happened to bring us to where we are today, and it is always for the good. All the past experiences makes us a better person. So, whatever challenges that we may face today, consider it happening to bring us to the next level.

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# The story of an Indian Software Engineer

## ONE BEDROOM FLAT: AN INDIAN SOFTWARE ENGINEER'S LIFE

### A Bitter Reality

As the dream of most parents I had acquired a degree in Software Engineer and joined a company based in USA , the land of braves and opportunity. When I arrived in the USA , it was as if a dream had come true.

Here at last I was in the place where I want to be. I decided I would be staying in this country for about Five years in which time I would have earned enough money to settle down in India.

My father was a government employee and after his retirement, the only asset he could acquire was a decent one bedroom flat. I wanted to do something more than him. I started feeling homesick and lonely as the time passed. I used to call home and speak to my parents every week using cheap international phone cards. Two years passed, two years of Burgers at McDonald's and pizzas and discos and 2 years watching the foreign exchange rate getting happy whenever the Rupee value went down.

Finally I decided to get married. Told my parents that I have only 10 days of holidays and everything must be done within these 10 days. I got my ticket booked in the cheapest flight. Was jubilant and was actually

enjoying hopping for gifts for all my friends back home. If I miss anyone then there will be talks. After reaching home I spent home one week going through all the photographs of girls and as the time was getting shorter I was forced to select one candidate. In-laws told me, to my surprise, that I would have to get married in 2-3 days, as I will not get anymore holidays. After the marriage, it was time to return to USA , after giving some money to my parents and telling the neighbors to look after them, we returned to USA .

My wife enjoyed this country for about two months and then she started feeling lonely. The frequency of calling India increased to twice in a week sometimes 3 times a week. Our savings started diminishing. After two more years we started to have kids. Two lovely kids, a boy and a girl, were gifted to us by the almighty. Every time I spoke to my parents, they asked me to come to India so that they can see their grand-children. Every year I decide to go to India . But part work part monetary conditions prevented it.

Years went by and visiting India was a distant dream. Then suddenly one day I got a message that my parents were seriously sick. I tried but I couldn't get any holidays and thus could not go to India . The next message I got was my parents passed away and as there was no one to do the last rights the society members had done whatever they could. I was depressed. My parents passed away without seeing their grand children.

After couple more years passed away, much to my children's dislike and my wife's joy we returned to India to settle down. I started to look for a suitable property, but to my dismay my savings were short and the property prices had gone up during all these years. I had to return to the USA . My wife refused to come back with me and my children refused to stay in India . My 2 children and I returned to USA after promising my wifel would be back for good after two years.

Time passed by, my daughter decided to get married to an American and my son was happy living in USA . I decided that had enough and wound-up every thing and returned to India . I had just enough money to buy a decent 2 bedroom flat in a well-developed locality. Now I am 60 years old and the only time I go out of the flat is for the routine visit to the nearby temple. My faithful wife has also left me and gone to the holy abode.

Sometimes I wondered was it worth all this? My father, even after staying in India , had a house to his name and I too have the same nothing more. I lost my parents and children for just ONE EXTRA BEDROOM.

Looking out from the window I see a lot of children dancing. This damned cable TV has spoiled our new generation and these children are losing their values and culture because of it. I get occasional cards from my children asking I am alright. Well at least they remember me. Now perhaps after I die it will be the neighbors again who will be performing my last rights, God Bless them. But the question still remains 'was all this worth it?'

