




I DON'T LOOK BACK.

YOU'RE NOT
GOING THAT WAY.

Collection of Inspirational Stories & Poems by
M/s. PARADISE PACKAGING PVT.LTD



Simple Way to Happiness
Part -III

Collection of Inspirational Stories & Poems

Dear Reader,

*We create our own world by our own thoughts and thus
we make our own heaven and our own hell.*

*Thoughts are the food for the mind. A new good thought
everyday is a fresh food and it will provide necessary
nutrition to keep mind healthy.*

*These books will make us think. Sometimes they will
stimulate laughter and sometimes they will bring tears
but they will always inspire us.*

*These books will help us to communicate better; enjoy life
more and achieve greater success with happiness.*

We shall appreciate your comments and suggestions.

Is this Cup
Half Empty ?



Or is this Cup
Half Full ?

**It is amazing how our life can change
with positive thinking**

For example,

God is N - O - W - H - E - R - E

One can read as **God is N O / W H E R E.**

Or

One can read as **God is N O W / H E R E!**

When we change our Thinking
We change our Beliefs.

When we change our Beliefs
We change our Expectations.

When we change our Expectations
We change our Attitudes.

When we change our Attitudes
We change our Behavior.

When we change our Behavior
We change our Performance.

When we change our Performance
We change our life.

THIS IS SIMPLE WAY TO HAPPINESS



BOOK IS THE
BOUQUET
FULL OF LIFE



A little boy asked his grandpa, **"What's the value of life?"** The grandpa gave him one stone and said, "Find out the value of this stone, but don't sell it."

The boy took the stone to an Orange Seller and asked him what its cost would be. The Orange Seller saw the shiny stone and said, "You can take 12 oranges and give me the stone."

He went ahead and found a vegetable seller. "What could be the value of this stone?" The seller saw the shiny stone and said, "Take one sack of potatoes and give me the stone."

Further ahead, he went into a jewelry shop and asked the value of the stone. The jeweler saw the stone under a lens and said, "I'll give you 1 million for this stone." The boy apologized and said he can't sell the stone.

Further ahead, the boy saw a precious stone's shop and asked the value of this stone. When the precious stone's seller saw the big ruby, he lay down a red cloth and put the ruby on it. Then he walked in circles around the ruby and bent down and touched his head in front of the ruby and he said. "From where did you bring this priceless ruby from? This is priceless stone."

Stunned and confused, the boy returned to the grandpa and told him what had happened. "Now tell me what is the value of life, grandpa?" Grandpa said, "The answers you got from the Orange Seller, the Vegetable Seller, the Jeweler & the Precious Stone's Seller explain the value of our life..."

We are precious stone, even priceless, but people will value us based on their financial status, their level of information, their belief, their motive, their ambition, and their risk taking ability. Let us respect our self. Don't sell our self cheap. We are Unique. No one can replace us. We are priceless.

Simple Way
To
Happiness

PART - III

*"We are richer today
if
we have laughed, given and forgiven"*

*May the "**Simple Way to Happiness**"
bring us closer to one another.
from:*

SIMPLE WAY TO HAPPINESS

PART - VII

“A Small library of Big thoughts.”

Collection of Inspirational stories and poems
from Internet / Spiritual Books and Sat - sang.

Inspirer and Guiding force -
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A PICTURE OF PEACE

Once upon a time, there was a King who offered a prize to the artist who would paint the best picture of Peace. Many artists tried. The King looked at all the pictures, but there were only two pictures which he really liked and he had to choose between them.

One picture was of a calm lake. The lake was a perfect mirror, as it was surrounded by peaceful towering mountains. Overhead was a blue sky with fluffy white clouds. No noise. No trouble. It was a pleasure to see such a painting which was a perfect picture of Peace.

The other picture had mountains too. But they were rugged and bare. Above was an angry sky from which rain fell with lightening. Down the side of the mountain, tumbled a foaming waterfall. Behind the waterfall there was a tiny bush, growing in a crack in the rock. In the bush a mother bird had built her nest. This did not look peaceful at all.

Which picture do you think won the prize? And why?

Let us check with the answers, only after we have tried to come up with our own answer.

Answer on page No. 5

It is choice - not chance that determines our destiny.

God always gives his best to those who leave the choice to him.

**NO GOD - NO PEACE
KNOW GOD - KNOW PEACE**

PRAYER

A voyaging ship was wrecked during a storm at sea and only two of the men on it were able to swim to a small deserted island. The two survivors, not knowing what to do, agreed that they had no alternative but to pray God. However, to find out whose prayer was more powerful, they agreed to divide the territory between them and stayed on opposite side of the island.

The first man prayed for food. The next morning he saw a fruit-bearing tree on his side of the land and was able to eat its fruit. The other man's parcel of land remained barren.

After a few days, the first man felt lonely and he decided to pray for a wife. The next day, another ship was wrecked and the only survivor was a woman who swam to his side of the island. On the other side of the island the second man had nothing. Soon the first man prayed for a house, clothes, and more food. The next day like magic all of these were delivered to him. The second man however still had nothing.

Finally, the first man prayed for a ship, so that he and his wife could leave the island. In the morning, he found a ship docked at his side on the island. He boarded the ship with his wife and decided to leave the second man on the island. He considered the other man unworthy to receive God's blessings, since none of his payers were answered.

As the ship was about to leave, the first man heard a thundering voice from heaven. "Why are you leaving your friend on the island?"

"My blessings are mine, since I was the one who prayed for them," the first man replied. "His prayers were all unanswered and so he does not deserve anything."

The voice rebuked him. "You are mistaken, he had only one prayer which I answered." "Tell me" the first man asked the voice "What did he pray for that I should owe him anything?"

He prayed that "May all your prayers be answered."

QUOTABLE QUOTES

Our success may not be the fruits of our prayers alone. Many times, we remain unaware of the fact, that the prayers made by others and their blessings help us to succeed.

When we pray for others selflessly, without any expectation, they are always answered.

POWER OF HOLDING HANDS

On a summer day, two children, a boy and a girl were playing in the sand on a beach. They were hard at work, building an elaborate sand castle by the water edge with gates and towers 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. It was expected that the children would burst into tears, devastated by what had happened to all their hard work. But to everyone's surprise, instead they ran up to the shore away from the water, laughing and holding hands, and sat down again to build another castle. They had taught everyone a very important lesson.

We spend so much time and energy creating things all our lives which may suddenly be destroyed like the castle built on sand. But when difficulties come, only the person who has somebody's hand to hold will be able to laugh.

KEEP COURAGE

A wealthy man decided to go on a safari to Africa. He took his fierce Alsatian dog along for company. As they were passing through the jungle, the dog suddenly started chasing butterflies and before long he discovered that he was lost. As he wandered in the forest, he noticed a leopard heading rapidly in his direction with the obvious intention of having lunch.

The dog thought, "Boy, I am in deep trouble now." He noticed some bones on the ground close by, and immediately settled down to chew on the bones with his back to the approaching leopard.

Just as the leopard was about to leap, the dog exclaimed loudly, "Man, that was a delicious leopard. I wonder if there are any more around here?"

The leopard was about to pounce but on hearing this he traced back his steps in fright and disappeared in the woods. "Phew," said the leopard. "That was close. That dog nearly had me."

Meanwhile a monkey who was watching the whole scene from a nearby tree, figured he can put this knowledge to good use and trade it for protection from leopard. So, off he went. But the dog saw him heading after the leopard with great speed, and figured that monkey was up to something.

The monkey soon caught up with the leopard, spilled the beans and struck a deal for himself with the leopard. The leopard was furious at being made a fool of and said "Here monkey, hop on my back and see what's going to happen to that cunning canine."

The dog saw the leopard coming with the monkey on his back, and thought, "What am I going to do now?" Instead of running away, the dog sat down with his back to his attackers pretending he has not seen them. And as they got close enough to hear him, the dog said loudly, "Where's that monkey. I just can never trust him. I sent him off half an hour ago to bring me another leopard, and he's still not back!!!"

On hearing this Leopard pounced on the monkey, killed him and disappeared in to the jungle.

QUOTABLE QUOTES

The person who spilled the beans is finally the loser.

Let us keep cool and be balanced when we are in trouble, so that we can think properly and act intelligently.

It is the hour of the trial that makes men great and not the hour of triumph.

Nothing is over until the moment we stop trying. Let us take each moment, give it our best and we will be Winner.

Answer :- Picture of peace

The King chose the second picture and explained that, "In the midst of rock and rainfall mother bird was at peace in her nest. Peace does not mean to be in a place where there is no noise, no trouble, or no hard work. Peace means to be in the midst of turbulence and still be calm. That is the real meaning of peace."

AN INDIAN

An Indian walks in a bank in New York City and inquires for the loan facility counter.

On meeting the officer, he tells him that he is going to India, on a business trip for two weeks and needs to borrow \$5,000.

The bank officer tells him that the bank will need security for the loan, so the Indian hands over the keys of a new Ferrari parked on the street in front of the bank.

He produces the title and everything is checked out.

The loan officer agrees to accept the car as collateral for the loan.

The bank's president and its officers all enjoy a good laugh at the Indian for using a \$2,50,000 Ferrari as collateral against a \$5,000 loan.

An employee of the bank then drives the Ferrari into the bank's underground garage and parks it there.

Two weeks later, the Indian returns, repays the \$5,000 and the interest, which comes to \$35.41

The loan officer said, "Sir, we appreciate that you gave us an opportunity to serve you and in future we will always be willing to serve you, however we are a little puzzled. While you were away, we checked and found that you are a millionaire."

What puzzles us is, why would you bother to borrow \$5,000?"

The Indian replies: "Where else in New York City can I park my car for two weeks that too very safely and only for \$35.41 and still expect it to get back when I return."

Person who laughs last laughs best.

BOSS

A junior manager, a senior manager and their boss are on their way to a meeting. On their way through a park, they come across a wonder lamp. They rub the lamp and a gene appears. The gene says "*Normally, one is granted three wishes but as you are three, I will allow one wish each.*"

To this, Junior Manager shouted eagerly, "*I want the first wish. I want to be in the Bahamas on a fast boat and have no worries.*" Puff, and he was gone.

Now the senior manager could not keep quiet and shouted "*I want to be in Florida with beautiful ladies, plenty of food and cocktails.*" Puff, and he was also gone.

Now it was boss, who calmly said, "*I want these two back in the office within 5 minutes.*"

Wise man speaks when others have exhausted their words.

WHICH ARE THE REAL SEVEN WONDERS OF THE WORLD?

A group of students were asked to list which they thought were the Seven Wonders of the World. Though there was some disagreement, the following got the most votes:

1. **Egypt's Great Pyramids**
2. **Taj Mahal**
3. **Grand Canyon**
4. **Panama Canal**
5. **Empire State Building**
6. **St. Peter's Basilica**
7. **China's Great Wall**

While gathering the votes, the teacher noted that one quiet student hadn't turned in his paper yet. Teacher asked the student, if he was having trouble with his list.

The student replied, "*Yes, a little. I couldn't quite make up my mind because there were so many.*"

The teacher said, "*Well, tell us what you have written and maybe we can help.*"

The student hesitated and then read, "*I think the Seven Wonders of the World are*":

1. **To touch**
2. **To taste**
3. **To see**
4. **To hear**

He hesitated a little, and then added...

- 5. To feel**
- 6. To laugh**
- 7. and To love**

The room was full of silence and one could have heard even a pin drop. Gradually, everyone stood up and began cheering and applauding the student. These things which we overlook as simple and "ordinary" are truly wondrous.



QUOTABLE QUOTES

The best ability one can possess is the ability to learn to laugh at himself.

When one will not, two cannot quarrel.

Let us not wrestle with pigs, we get dirty and they enjoy it.

An apology is a good way to have the last word. The injured party more than compensation, needs to be healed. Apology is friendship preserver.

As long we don't forgive others, they will occupy rent free space in our mind.

The weak can never forgive. Forgiveness is the attribute of the strong.

GOD IS AT THE WINDOW !

There was a little boy visiting his grandparents on their farm. He was given a slingshot to play within the woods. He practiced in the woods, but he could never hit the target. Getting a little discouraged, he headed back to dinner. As he was walking back, he saw Grandma's pet duck. Just out of impulse, he let the slingshot fly, which hit the duck in the head, and killed.

He was shocked and grieved.

In panic, he hid the dead duck in the wood pile, only to see his sister watching. Sally had seen it all, but she said nothing.

After lunch the next day Grandma said, "*Sally, let's wash the dishes.*" But Sally said, "*Grandma, Johnny told me he wanted to help in the kitchen.*"

Then she whispered to him, "*Remember the duck.*" So Johnny did the dishes.

Later that day, Grandpa asked if the children wanted to go fishing and Grandma said, "*I am sorry but I need Sally to help me make supper.*" Sally just smiled and said, "*Well that's all right because Johnny told me he wanted to help.*"

She whispered again, "*Remember the duck?*"

So Sally went for fishing and Johnny stayed to help.

After several days of Johnny doing what Sally wanted, he finally couldn't stand it any longer. He came to Grandma and confessed that he had killed the duck.

Grandma knelt down, gave him a hug, and said,
*"Sweetheart, I know. You see, I was standing at the
window and I saw the whole thing. But because I love
you, I forgave you, I was just wondering how long you
would let Sally make a slave of you."*

Whatever is our past, whatever mistakes we have
committed, we need to know that God is standing at
the window and he is watching our every action.

God is just wondering how long we will let our secrets
make slave of us.

God loves us and we are forgiven. Let us go ahead and
make the differences in our life today itself.

God gives us ...

Enough happiness, to keep us sweet
 Enough sorrows, to keep us human
Enough Hope, to keep us happy
 Enough failure, to keep us strong
Enough Success, to keep us humble
 Enough Friends, to give us comfort
Enough Wealth, to meet our needs
 Enough Enthusiasm, to look forward
Enough Faith, to banish depression
 Enough determination, to make each day
 a better day than yesterday

God is at the window

PAPPA AND MUMMY'S LOVE

When we were 1 year old, they fed us and bathed us. We thanked them by crying all night long.

When we were 3 years old, they made all our meals with love. We thanked them by tossing our plate on the floor.

When we were 6 years old, they walked us to School. We thanked them by screaming. "*I'm not going!*"

When we were 12 years old, they warned us not to watch too much TV shows. We thanked them by waiting until they left the house.

When we were 14, they paid for a week away at summer camp. We thanked them by forgetting to write a single letter and forgetting to give them a call.

When we were 15, they came home from work looking for a hug. We thanked them by having our room locked with loud music on.

When we were 18, they cried at our high school graduation. We thanked them by staying out partying until dawn and asking for a mobile phone.

When we were 19, they paid for our college tuition, drove us to Campus, and carried our bags. We thanked them by saying good-bye outside the campus so that we wouldn't be embarrassed in front of our friends.

When we were 21, they gave some advice and suggested certain careers for our future. We thanked them by not listening and saying "*I know what I have to do.*"

When we were 22, they hugged us at our college graduation. We thanked them by saying whether they could pay for trip to foreign location.

When we were 24, they met our fiancé and asked about our plans for the future. We thanked them by glaring and growling "*Muuuhh-ther, please.*"

When we were 25, they helped to pay for our wedding, and they cried and told us how deeply they loved us. We thanked them by moving halfway across the country with their money.

When we were 30, they called to give us advice on the baby. We thanked them by telling them, "*Things are different now.*"

When we were 40, they called up to remind us of a relative's birth day. We thanked them by saying we were "*really busy right now.*"

When was the last time we hugged our parents and said "Thank you for the love and care you've given me, I love you very much".

When was the last time we bought a present for our parents outside their birthday?

If they are still around, let us never forget to love them more than ever

we only have
One Mother
and
One Father
in our life time

No man is rich enough to buy back his past.

GRANDMA'S CAKE

A little boy was telling his Grandma about his troubles at school with friends and how everything was going wrong.

Meanwhile, Grandma was baking a cake. She asked her grandson if he would like some, which of course he likes.

"Here, have some cooking oil."

"Yuck " says the boy.

"How about cream? "

"No Grandma!"

"Would you like some flour then? Or may be baking soda? "

"Grandma, those are all bad in taste!"

To which Grandma replies: *"Yes, all those things seem bad all by themselves"* but when they are put together in the right way, they make a wonderful delicious cake!

God works the same way. Many times we wonder why he makes us go through such bad and difficult times. But God knows why. We just have to trust Him. And when He puts all things in His order, eventually everything will work for good.

**Two of the greatest gifts that parents can give
children are roots and wings.**

TO CHILDREN WITH LOVE FROM PARENTS

My dear child,
We can guide you ...
We gave you life,
but we cannot live it for you.
We can give you direction,
but we cannot always be there to lead you.
We can allow you freedom,
but we cannot account for it.
We can teach you right from wrong,
but we cannot always decide for you.
We can offer you advise,
but we cannot accept it for you.
We can teach you to share,
but we cannot make you unselfish.
We can teach you to respect,
but we cannot force you to show honour
We can help you to set goals,
but we cannot achieve them for you.
We can advise you about your friends
but we cannot choose them for you.
We can take you to the Temple
but we cannot make you worship.
We can tell you how to live,
but we cannot give you eternal life.
"We can guide you" Come let us put our best efforts and
we will have the best of everything.

We love you,
Mom and Dad

A GRANDFATHER

An old man went to live with his son, daughter-in-law, and four-year-old grandson. The old man's hands trembled, his eyesight was blurred, and his steps faltered. The family ate together at the table. But the elderly grandfather's shaky hands and failing sight made eating difficult. Peas rolled off his spoon onto the floor. When he grasped for the glass, milk spilled on the tablecloth.

The son and daughter-in-law got irritated with the mess. "*We must do something,*" said the son. "*I've had enough of his spilled milk, noisy eating, and food on the floor.*" So the husband and wife set a small table in the corner. There grandfather ate alone while the rest of the family enjoyed dinner on the table. Since Grandfather had broken few dishes, his food was served in a wooden bowl. Whenever the family glanced at Grandfather's direction, sometimes he had a tear in his eye as he sat alone. Still, the only words the couple had for him were sharp criticism when he dropped a fork or spilled food.

The four-year-old watched it all in silence. One evening before supper, the father noticed his son playing with wood scraps on the floor.

He asked the child sweetly, "*What are you making?*" The child said innocently, "*Oh, I am making a little bowl for You and Mama to eat your food in when I grow up.*" The four-year-old smiled and went back to work.

The words hit them like a dagger and the parents were speechless. Tears rolled down their cheeks. Though no word was uttered, both knew what must be done.

That evening the son took his father's hand and gently led him back to the family table where everybody had their daily meals together.

And for some reason neither son nor his wife seemed to care any longer when a fork dropped, milk spilled or the tablecloth soiled.

Children are remarkably perceptive as every single word or gesture is etched in their memory. If they see us patiently providing a happy home atmosphere for family members, they will imitate that attitude for the rest of their lives. The wise parents should realize that every day the foundation is being laid brick by brick for the future. Children are the Xerox copies of their parents.

QUOTABLE QUOTES

If we do what we should not, we must bear what we would not.

The only way to gain respect is firstly to give it.

The moment we insult someone, we will lose the respect of others.

Anyone can be polite to a king; it takes gentlemen to be polite to an ordinary man.

Let us also learn from the mistakes of others. We cannot make them all by ourselves.

Mistakes are the facts of life. It is the response to mistakes that counts.

Though no one can go back and make a brand new start, any one can start from now and make a brand new end.

TALENT

There was a young man who was ambitious and desirous of taking admission for MBA course in the best university. He was smart enough to get through the written test and was to appear for a personal interview. On taking the interview, the interviewer found this young man to be bright since he could answer all the questions correctly. This made him impatient and he decided to corner the young man. *"Tell me your choice,"* he asked, *"I shall either ask you ten easy questions or ONE real difficult question. Think well before you make up your mind."*

The Young man thought for a while and said *"My choice is ONE real difficult question."*

"Well, good luck to you then, you have made your choice!" and he asked the young man a question. *"What comes first, day or night?"*

The Young man was confused at first, but he thought for a while, and said, *"Its DAY sir!"*

"How?????" asked the surprised interviewer.

"Sorry sir" said the Young man *"You promised me that you will not ask me a second difficult question!"*

This impressed the interviewer and young man's admission for the course was secured.

Doing easily what others find difficult is "**Talent**"
But
Handling difficult situation in cool calm way, with
intelligence is "**Genius**"

A BUSINESSMAN

A Businessman, as a defendant in a lawsuit involving large sums of money was talking to his lawyer, *"If I lose this case, I will be ruined."*

"It's in the judge's hands now," said his lawyer.

"Would it help, if I sent the judge, a box of Mithai?" asked the businessman.

"Oh no! This judge is a man of principles. A stunt like this would prejudice him against you. He might even hold you in contempt of court. In fact, you shouldn't even smile at the judge."

Within the course of time, the judge rendered a decision in favour of the businessman. As the businessmen left the courthouse, he said to his lawyer, *"Thanks for the tip about the Mithai box. It worked!"*

"I'm sure we would have lost the case if you had sent them" said the lawyer. *"But, I did send Mithai Box to the judge"* said the businessman.

"What! You did?" said the lawyer incredulously.

"Yes. That's how we won the case"

"I don't understand" said the lawyer.

"It's easy. I sent the Mithai to the judge, but enclosed our opponent's business card."

Experience mixed with Intelligence will always triumph.

WINNER

In 1944, Emmeline Snively, director of the Blue Book Modeling Agency told an aspiring model "*You'd better learn secretarial work.*" She was none other than Marilyn Monroe.

• • •

In 1954 Jimmy Denny, Manager of the Grand Hotel, fired a singer after one performance. He told him, "*You are no good... son. You ought to go back to driving a truck.*" That singer was Elvis Presley.

• • •

When Thomas Edison invented the light bulb, he tried over 2000 experiments before he got it to work. A young reporter asked him how it felt to fail so many times. He said, "*I never failed once. I invented the light bulb. It just happened to be a 2000 step process.*" Failures are pillars of success.

• • •

The little girl - was born prematurely and her survival was doubtful. When she was 4 years old, she contracted double pneumonia which left her with a paralyzed left leg. At age 9, she removed the metal leg brace she had been dependent on and began to walk without it. By 13 she had developed a rhythmic walk. That same year she decided to become a runner. For the next few years she came last in the races she entered. Everyone told her to quit, but she kept on running. One day she actually won a race. And then another. From then on she won every race she entered. Eventually this little girl Wilma Rudolph, went on to win three Olympic gold medals.

• • •

Walt Disney was fired by a newspaper for lacking ideas. He also went bankrupt several times before he built Disneyland.

• • •

A candidate for a News Broadcaster's post was rejected by officials since his voice was found unsuitable. He was also told that with his long name, he would never be famous.

He succeeded in spite of the problems and not in the absence of problems. That candidate was Amitabh Bachchan.

Winner never quits. The quitter never wins.
Success doesn't mean the absence of failure.
Failure means, we must try harder.

THE LAW OF THE SEED

Let us take a look at an apple tree. There might be five hundred apples on the tree, each with ten seed. That's lot of seeds. We might ask, "*Why would you need so many seeds to grow just a few more trees?*"

Nature has something to teach us here. It is telling us: "*Most seeds never grow. So if we really want to make something happen, we had better try more than once.*"

This means:

We may have to attend twenty interviews to get one job.

We may have to interview forty people to find one good employee.

We may have to talk to fifty people to sell one house, or a car or an idea.

In a nutshell

When we understand the "Law of the Seed," we will not be disappointed. We will stop feeling like victims. Laws of nature are not things to take personally. We just need to understand them and work with them.

Let us never blame others to protect ourselves, and never blame others for our failures. Time has a way of revealing the truth.

LOVE

It was Friday morning and a young executive finally decided to ask his boss for a raise. Before leaving for work, he told his wife what he was about to do. All day long he felt nervous and apprehensive. Finally, in the late afternoon, he summoned courage to approach his employer, and to his delight, the boss agreed for the raise.

The elated husband arrived home. And to his surprise a beautiful table was set with their best crockery and lighted candles. Smelling the aroma of a festive meal, he figured that someone from the office must have called his wife and passed on the message.

Finding her in the kitchen, he eagerly shared the details of his good news. They embraced and danced around the room before sitting down to the wonderful meal which his wife had prepared. Next to his plate, he found an artistically lettered note that read, "*Congratulations, Darling! I knew you'd get the raise! This dinner is to show you how much I love you.*"

Later on his way to the kitchen to help his wife serve dessert, he noticed that a second card had fallen from her pocket. Picking it up from the floor, he read, "*Don't worry about not getting the raise! You deserve it anyway. This dinner is to show how much I love you.*"

This is the way to love someone; success or failure is immaterial.

We never know how to worship until, we know
how to love.
Love is not measured by how we feel but by
how we make the other person feel.

LIFE

A girl and a boy were on a motorcycle, speeding through the night.

They loved each other a lot...

Girl: "*Slow down a little. I'm scared...*"

Boy: "*No, its fun...*"

Girl: "*Please...it's a bit scary...*"

Boy: "*Then say that you love me.*"

Girl: "*Fine... I love you... Can you slow down now?*"

Boy: "*Give me a big hug...*"

The girl gave him a big hug.

Girl: "*Now can you slow down?*"

Boy: "*Can you take off my helmet and put it on you? It's uncomfortable and it's bothering me while I drive.*"

The girl did as told. The very next day, there was a story in the news paper. "*A motorcycle had crashed because its brakes failed.*" There were two people on the motorcycle, of which one died, and the other had survived.

The boy realizing that the brakes were not working and did not want his girl friend to get scared for he loved her very much. He asked her to wear his helmet so that she had better chances to survive the accident. He sacrificed himself.

Life is not measured by the breaths we take, but by the moments that take our breaths away...

PLUMBER

A plumber was hired to restore an old farmhouse. He had a tiring day at work as a flat tire made him lose an hour of work at job, his electric drill quit working and his old truck refused to start. As I drove him back home in the evening, he sat in stony silence.

On reaching his home he invited me to meet his family. As we walked towards the front door, he paused briefly at a small tree, touching the tips of the branches with both hands. I could see, he had undergone an amazing transformation. Now there was smile on his face and he looked cheerful. Upon opening the door, he hugged his two small children and his wife.

After some time, he came to see me off. We passed the tree and my curiosity got the better of me. I asked him about what I had seen him do at the little tree.

"Oh, that's my trouble tree," he replied "I know I can't help having troubles at the job, but one thing is for sure, those troubles do not have a place in the house with my wife and the children. So I just hang them up on the tree every night when I come home and ask God to take care of them. Then in the morning I pick them up again. But the funny thing is," he smiled and said, "when I come out in the morning to pick them up, there aren't nearly as many as I remember hanging them up the night before."

MORAL OF THE STORY

We have to learn the art of living.

When we take our troubles from one place to another place, we are spoiling the pleasure at home and atmosphere at work.

It is our presence that brings meaning to life of people around us. It is the way we touch our loved one's heart that gives the life beautiful meaning.

PUT THE GLASS DOWN

The Professor was giving a lecture to his students on stress management. He raised a glass of water and asked the audience "*How heavy do you think this glass of water is?*"

The students' answers ranged from 300 gms. to 500 gms.

While giving an effective explanation, the Professor said "*It does not matter on the absolute weight. It depends on how long we hold it.*"

If we hold it for a minute, it is OK.

If we hold it for an hour, we will have an ache in our arm.

If we hold it for a day, our arm would go numb or we might have a severe muscle stress and consequently we have to pay a visit to the doctor, for sure!

He further asked "*During this exercise, do you think the weight of the glass would change?*"

"No" they said.

"*Why then the arm should ache and the muscle stressed?*"

One of the students said "*The simple answer would be is to put the glass down, rest for a while before holding it up again.*"

Professor complimented him and said, "*We face similar problems in our life. Hold it for few minutes in our head and they seem OK. Think of them for a long time and they begin to ACHE. Hold it even longer and they begin to PARALYZE. It is important to think of the challenges and problems in our life but EVEN MORE IMPORTANT is to 'put them down' periodically so that we are not stressed. Once we are refreshed, we can carry on and handle any issue or challenge that comes our way.*"

Before we return home from work tonight, let us learn this technique to relax - put down the burden, and go home whistling.

HAPPINESS

A wealthy father once decided to take his son on a trip to the countryside with a purpose to show his son how poor the people can be. They spent a couple of days and nights on the farm of a poor family.

On their return from the trip, the father asked his son, "*How was the trip?*" "*It was great, Dad.*" "*Did you see how poor people can be?*" the father asked. "*Oh Yeah*" said the son. "*So what did you learn from the trip?*" asked the father.

The son answered, "*I saw that we have one dog and they had four. We have a pool that reaches to the middle of our garden and they have a creek that has no end. We have imported lanterns in our garden and they have the stars at night. Our patio reaches to the front yard and they have the whole horizon.*"

The son continued, "*we have a small piece of land to live on and they have fields that go beyond our sight. We have servants who serve us, but they serve others. We buy our food, but they grow theirs. We have walls around our property to protect us; they have friends to protect them.*"

On hearing this, the boy's father was speechless. Then his son concluded, "*The happiest people do not necessarily have the best of everything; they just make the most of everything that comes their way. It is good to have money and the things money can buy, but it is good to check up once a while and make sure that we haven't lost the things money cannot buy which is **love-friendship-happiness.***"

TRUE STORY - WORLD WAR-I

Horror gripped the heart of a soldier as he saw his lifelong friend fall in battle. Caught in a trench with continuous gunfire whizzing over his head, the soldier asked his Captain if he could go out to bring his fallen comrade back. *"You can go"* said the Captain, *"but I don't think it will be worth it. Your friend is probably dead and you may throw your life away."* The Captain's words didn't matter, and the soldier went away.

Miraculously, he managed to reach his friend, hoisted him on to his shoulder and brought him back to their company's trench. As the two of them tumbled in together to the bottom of the trench, the captain checked the wounded soldier, and then looked kindly at his friend. *"I told you it wouldn't be worth it,"* he said. *"Your friend is dead and you are wounded."*

"It was worth it, Sir", said the soldier. *"What do you mean by worth it?"* responded the Captain *"Your friend is dead."* *"Yes Sir"* the soldier answered, *"but it was worth it because when I got to him, he was still alive and I had the satisfaction of hearing him..."* *"Jim... I knew you would come."*

Many times in life, whether a thing is worth doing or not, really depends on how we look at it. Let us take up all our courage and do something our heart tells us to do, so that we may not regret not doing it later in our life.

THE KING'S HIGHWAY

A king once decided to construct a highway for the convenience of the people. After it was completed and before it was opened to the public, the king decided to have a contest. He invited everyone for the participation and he declared that the best traveller would be suitably rewarded.

On the day of the contest, many people took part in the contest. Some of them had fine chariots; some had fine clothing and fancy food to make the trip a luxurious journey. Some wore their sturdiest shoes and ran along the highway on their feet to show their skill. All day they travelled the highway, and when they arrived at the end, most of them complained to the king about a large pile of rocks and debris that had been left almost blocking the road at one point which got in their way and hindered their travel.

At the end of the day, a lone traveller crossed the finish line wearily and walked over to the king. He was tired and dirty, but he addressed the king with great respect and handed him a small box. He said *"I stopped along the way to clear a pile of rocks and debris that was blocking the road. This box was under it. Please have it returned to its rightful owner."*

The king replied, *"You are the rightful owner of this box and it contains gold"* "Oh no," said the traveller, *"It does not belong to me."*

"Oh yes" said the king, *"you've earned this gold, for you won my contest. He who travels the road best is he who makes the road better for those who will follow."*

THIS IS SIMPLE WAY TO HAPPINESS

Person once visited a temple under construction. He saw a sculptor making an idol of God. He noticed a similar idol was 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 "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 work, looked up, smiled and said, "I will know it....."

The desire to excel is exclusive of the fact whether someone else appreciates it or not.... **"Excellence" is a drive from inside, not outside....**

LET US GIFT THE BOOK TO EVERYONE WE L ... O ... V ... E !

BOOK IS THE BOUQUET FULL OF LIFE

HAPPINESS IS NEVER PERFECT UNLESS IT IS SHARED

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When Things Are Beyond Our Control, Here's a recipe for Happiness :

Let us not decide how the **world** *SHOULD* be
Let us not decide how **everyone** *SHOULD* behave.

When the world doesn't follow proper things
Let us not get angry!

That's what happier people do!

We expect that:

Friends	<i>SHOULD</i>	return favours.
People	<i>SHOULD</i>	appreciate us.
Everyone	<i>SHOULD</i>	arrive on time.
People	<i>SHOULD</i>	be honest.
Everyone	<i>SHOULD</i>	remember important things.

These expectations may sound reasonable. But often, these things won't happen! So we end up frustrated and disappointed. Instead, let us have preferences! For things that are beyond our control, let us tell ourselves: "***WE WOULD PREFER "A", BUT IF "B" HAPPENS, ITS OK!"***" This is really a game that we should play in our mind. It is a shift of attitude and it gives us more peace of mind and happiness.

We prefer that people should be polite... but when they are rude, it should not ruin our day. We prefer sunshine... but rain is ok!

It's not what happens to us that determines our happiness. It's how we think and how we act determines our happiness.

In a nutshell

To become happier, we either need to
a) **Change the world, or**
b) **Change our thinking.**

It is easier to change our thinking!

...continuity on last page➤

To,

Date _____

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