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O N L Y P O S I T I V E



**FOLLOW THE JOYS
OF YOUR HEART**



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WHAT DO THE ANGELS WRITE?

Once a man reached heaven. He wanted to see every nook and corner of it. He expressed his desire to God. How could God refuse his devotee's desire? Thus, God sent an angel to escort him.

While the man was moving about with wide-open eyes through the rooms and avenues of heaven, he saw a host of angels writing down something very hastily. He has seen such a sight only in exam halls when the students rush through their answer papers as the bell rang. This writing was even faster.

"What are they writing? Is there some examination going on here?" he enquired.

"Nothing of that sort. They are writing down the petitions raised from the earth! They have to submit all of them before God," the angel answered.

The man was happy to hear that. No prayer of men is unheard before God, he thought.

When they proceeded further, he saw another group of angels. They were writing something very slowly and leisurely.

"These angels must be idle. That is why they are writing so sluggishly" he thought. He shared his thoughts with his escorting angel. Neither did he spare a chance to find fault with angels. "If these angels write so sluggishly, how can the prayers of men reach God? It is because of the idleness of these angels many prayers are unheard and unanswered. And people blame God for it!" he expressed his indignation to the angel.

The angel replied: "This group of angels are not dealing with petitions. They are writing down the gratitude of men and women from the earth. Only very few people express gratitude for the blessings received. That is why the angels are writing slowly!"

This may be a mere story. But, hasn't it got a solid message to convey? We, who are ready to go to any extent to gain what we desire, forget the way we travelled and the persons who helped us, once we have obtained our desire. Often we do not even think about the need of thanking someone who helped us to obtain it.

It is very important to be persons of gratitude. Being grateful is an expression of man's innate goodness. Even though we receive some services because we pay for them, we need to be thankful to them because we needed their service. But, alas! We have turned so ungrateful!

How can we, who forget to thank tangible people whom we often meet, thank the unseen God? Only those who are grateful to men will be thankful to God. Even though you are not able to express your gratitude, at least make sure that you do not cause trouble to them. Be human! Be grateful!

FOLLOW THE JOYS OF YOUR HEART

How much do you live for yourself? How long do you travel for your inner happiness? How long do you follow the joys of your heart without hurting anyone and causing no harm to yourself?

Many men and women think that they must set apart a major share of their happiness for others; these people think that rejoicing for themselves is a sin! This is not a right practice. We need to find time and circumstances for living for ourselves just as we live for others.

They forget to live for themselves as they are deafened by the dictums that praise living for others. How many of you still retain the friendships that you

had during your school days? Do you make a phone call to your old friend? Do you meet your schoolmates once in a while and go with them for a trip? Have you sat alone and watched the rain? Have you sat alone in peace and listened to your favourite song? Have you travelled alone to a place which was once your favourite spot? Didn't you lose your personal joys amidst your attempts to live for your family and to be an exemplary family man or woman? Does your life partner or your children bother about your right to enjoy your personal happiness? How many of them are ready to leave you alone in your own world?



Once you have understood what you need, your life will get a goal. Then you will think about the ways by which you can achieve that goal. You will start trying for it.

It is true that your family gives you great joy and peace. Your life partner is a lovable person. Your children are good-natured. When everything is going well, if you experience a feeling of loss and sadness within your inner being, it means that you have not lived out your personal joys. Only those who live their life well can live for others. Those who do not live their lives happily, pretend to live for others and keep complaining about it.

Each one of us has a life of our own. That life has a purpose and meaning. It is important to find out that meaning. That goal of life need not be fulfilled by living for a hundred years or multiple lives. We must live out that purpose and goal in this life, in the gravity which it deserves.

We should not live the lives of some others that do not suit us. Live our own lives that are a perfect fit. For that, first, you need to understand what you really need. Until I understand what I need, my life will be like a ship without a captain. Once you have understood what you need, your life will get a goal. Then you will think about the ways by which you can achieve that goal. You will start trying for it. Thinking about oneself is not selfishness. It is a sign that we have started working for ourselves.



FORGIVE YOURSELF

Most moral teachings in the world are about forgiving others. 'Forgive those who have wronged against you' – most spiritual advice is in this track. Unfortunately, reminders about forgiving ourselves are scarce.

Every act of forgiveness has a sphere of healing. When we forgive others, it is not they but we are actually healed. Likewise, when we forgive ourselves, we receive healing; we grow. We, who forgive others and beg for their forgiveness, do not forgive ourselves. We do not ask for pardon to ourselves. We do

not give forgiveness to ourselves.

As a result, we live in self-contempt and burn with guilty feeling. We spend our entire lives carrying this burden.

Suppose I did something wrong. It might be in a fit of anger. Or because of my lust. It happened because I am weak. That act might have caused me pain and despair. Otherwise, the victim of my act could be someone else – my friend, parents, life partner, children, siblings, neighbour or even a stranger.

I start burning with a guilty feeling from the moment I realize my fault. "I



Some people never come out of such negative thoughts. It is true that we have done something wrong. We have also realized that it was our mistake.

should not have done that,' 'I should have been more tolerant,' 'I should have loved a little more,' 'I should have done it in a better way,' 'O! It happened to me!' 'What a wretch am I'... Your mind will be laden with such guilty thoughts. Such negative thoughts spread on your mind as a drop of ink spreads on a blotting paper.

Some people never come out of such negative thoughts. It is true that we have done something wrong. We have also realized that it was our mistake. Now, there are two ways to come out of it.

Find out if there is any solution for that act. If it can be solved, if the loss can be restituted, do it. If not, accept it. Accept what is unchangeable or unrepairable. Never enter into a conflict with what has happened. If you do so, it is like an escape – an escape from yourself. Then we are experiencing the comfort of the one living in the prison.

But, what we need to do is to come out of this prison. We are the ones who need the greatest amount of forgiveness. Forgive ourselves for our past mistakes. Why can't you, who is able to forgive others, forgive yourself? If you do not forgive yourself, who else will forgive you?

So, everyone who is living in the painful memories of his/her past sins needs to find healing for himself/herself. No angel will come to heal us; we have to be our own angels.





RED SIGNAL IN MARRIED LIFE

A marital relationship is one of the most beautiful and wonderful relationships in the world. At the same time, it is not an easy journey as well. Each marital relationship has its own challenges and complexities. The success of marital life depends upon how we solve these hurdles and march ahead.

Nevertheless, this is not always so easy. Then, the red signal of marriage flashes. We know what a red signal signifies. It means that vehicles have to stop moving.

But, many couples do not under-

stand the colour changes in their relationships. Let us see the times when the red light flashes.

When the couple stops mutual conversation

They may be living under the same roof. They may be meeting every day. But, there is no talking, no mutual communication. When one of them asks: "Why don't you speak?" the other will retort: "What to speak?" It means that the couple has no topics to share between. They have become strangers

If you are having recourse to extramarital relationships, alcohol, drugs, or pornography, it means that your marital life is in danger.

living under the same roof. They lose interest to share mutually involving subjects like the future of the children, their education, debt, neighbours, relatives, etc. There are couples who do not talk for several days. But, when this cold war of silence extends to weeks and months, the red signal burns bright.

When the couple stops sharing what is in their hearts

When the conversation stops, the opening of hearts also stops. They do not make a conscious effort to explain why they are not talking, which act or word of the partner has hurt him or her, what is vexing him or her etc. Such a

situation when neither of the couple is able to understand each other or console each other is a really pathetic and poignant situation.

Finding goals outside the marital bond:

If you are having recourse to extramarital relationships, alcohol, drugs, or pornography, it means that your marital life is in danger. Leaving home very early, returning home very late, lack of interest to be at home, etc. are signs of a broken marital relationship.

When all the hope for married life is lost

If you begin to feel that your marriage was a foolish decision and act, if you feel that it is impossible to go ahead, if you are unable to see dreams about the future, then you need to understand that red light is flashing in your married life!



A FEW TIPS TO MOVE FORWARD ASSERTIVELY

Do you want to be a happy person? Do you want to be an influential person? Do you want a person who takes good decisions or a good leader? There is only one way for all these: be a person with self-awareness. This is the most essential way to grow your personality.

Self-awareness is a realization of your actions, thoughts, and emotions. A self-aware person can assess himself, control his emotions and improve his behaviour. He can also understand what others think about him. In reality, only a few people succeed in achieving

self-awareness. By improving your self-awareness, you can grow your personality and make necessary changes in your personality.

There are two levels of self-awareness: First one is public self-awareness. And the second one is private self-awareness. Public self-awareness is the awareness about how you appear before others and others' notions about you. Private self-awareness is achieved by introspecting yourself and understanding yourself.

Researchers say that self-awareness is very important. Because, when we



There is nothing wrong with being curious to know what others think about you. So, ask them directly. This will enable you to get a more accurate picture of yourself and will help you to improve if needed.

introspect ourselves, our thoughts and values become clear. We get a clear idea about our behaviour, strength, and weakness. Only self-aware persons can improve relationships and make others happy. When we start looking outside of ourselves, we will be able to understand other people's notions about us.

Now, let us see how to become self-aware persons. Imagine the best version of yourselves. Talk about the achievements we are going to make and about our talents and capabilities. Envision them as being materialized.

Another thing is to ask questions to yourself. For instance, imagine that you are a timid person who is not bold enough to face an audience and talk. Instead of asking why I am not able to talk, ask what I can do to overcome my fear or timidity. Convert negative questions into positive ones. Understand that you have a chance to overcome your problem, and act accordingly.

There is nothing wrong with being curious to know what others think about you. So, ask them directly. This will enable you to get a more accurate picture of yourself and will help you to improve if needed.

It is good to write and keep a note of the problems you are facing, and the ways to overcome them. For instance, write down the biggest challenge you faced on a particular day, the way you overcame it, and the emotion you went through meanwhile. This will indeed help.





THE WORTHY ONES

There are many people who feel inferior while they are in public places and interact with others: other people's job, clothes, physical fitness, beauty, and wealth. 'I'm not right, I'm wrong, I don't have that, I don't have this, this is how I have become...' There are many lamentations of inferiority. Similarly, some people feel they are better than others. Many people think 'I am better than him/her or I am greater than them.' There is no need for the above two thoughts. 'He is as good as I am. I am neither worse nor better than him. I have the same skills as he has, and he has the same skills as me.' We have to come to this kind of thinking and belief.

A sense of inferiority and superiority is unnecessary. On the contrary, there should be self-awareness. People, circumstances, and experiences sometimes try to devalue us. It is because of our shortcomings in their gaze. All we have to do is to fight against such attempts. For that, we must have an appreciation of ourselves. We determine our value, not anyone else. Take the case of a farmer. It is up to him to decide at what price he wants to sell the produce he has produced. He is the one who decides the price of the product. The fee will be added to the toil, pain, and cost he incurred in bringing it to sale. Whether he gets that price is a second matter. But the rel-

Don't give the decision to set your own price to anyone else. You don't have to live by anyone's price. See yourself as the greatest and the most valuable. Only then will you be able to recognize your potential.

evant thing is that he has fixed the price. The same is our case.

We set our prices. There's something special about you that no one else has. There is something in you that no one else can take away from you. It is what makes you yourself. What makes

me who I am is my value. And that's my price. A price that others do not have. Or my value is when everyone else has their value and doesn't. So don't let anyone else fix your value. Don't value yourself according to how others value you. How high is your price? Your price is what you set. If you think that's all you are, then you are all that. If you think you're worth that much, then you're worth that much. Don't give the decision to set your own price to anyone else. You don't have to live by anyone's price. See yourself as the greatest and the most valuable. Only then will you be able to recognize your potential.



WAYS TO BE BETTER

How can I further improve myself? Have you ever thought about it? It is one's personality that makes him endearing to others. It is never based on appearance. It is not based on titles and fame. How do I make myself more attractive to others? How can I be better at it?

Let me share some ideas for this:

Beloving

Being someone who can truly love, understand and express love is important. A loving person will be loved by

all. A person's love can be recognized through sincere interactions. It is not only because love is born, but also to know how to express it. Be prepared to return the love in the way can. To love, to understand love, and to be in love satisfies me and I become better.

Be Loyal

One of the greatest virtues of a person is to maintain loyalty. As social beings, many people must be sharing many things with us. Know what needs to be known and only say what needs to



be said. Keep secrets faithfully. Hearing someone tell you that you're a trustworthy person makes me feel better about myself. Be grateful for what others have done, be it small or big. Be grateful for those things. Have a grateful heart.

Be hardworking

We feel proud of ourselves when we do the assigned responsibilities accurately and neatly. Be willing to work hard. Lazy people can never succeed in life.

Maintain friendships

Good friendships are one of the biggest investments in life. Be impressed

Hearing someone tell you that you're a trustworthy person makes me feel better about myself. Be grateful for what others have done, be it small or big.

with the friendships. Keep good friendships for the rest of your life. Tell me who your friend is, I will say who you are. The friend and we are inextricably linked.

Good routines

Make good routines a part of life. Follow a regular routine for sleeping, waking up, and working on priorities.



DO YOU DO THESE THINGS?



It is important that you take yourself seriously. So it is essential to find some time each day for your mental and physical health, as everyone lives with stress about many things. These conflicts are likely to throw our personal and family lives into crisis at some point. In such a condition, we cannot go far or for long. A vehicle cannot travel far with a flat tire. We are much more precious and superior than a vehicle. So we have to fulfill certain duties and responsibilities towards ourselves. It's about becoming a better me.

- Tell someone what emotions you are going through right now. Better to choose someone to whom you can open your inner world; not your wife or children.
- Stretch every morning for 20 minutes. Take your breaths correctly.
- If you feel so sad that you want to cry, do it! Don't hold back the tears. Just release it. Because you deserve it in your current state of mind.
- Write a letter clarifying who the person is; who has pressured you. To whom you feel extremely angry and disgusted. Tell what exactly happened. After writing, take a deep breath. Destroy the paper later.
- Play with the kids, as one of them.

Listen to a song for some time. Good songs that remind you of the old days you used to love so much.

- Spend at least 20 minutes under sunlight.
- At the end of each day, give thanks for all the good experiences up until that point. Be happy that you have been able to implement good decisions. Analyzing an entire day can change perspectives and give rise to new perspectives
- Re-arrange the room. Sometimes some adjustments can be more fun.
- Listen to a song for sometime. Good songs that remind you of the old days you used to love so much.
- Call a good friend and have a heart-to-heart conversation with him,
- Go for a walk. Choose every route if possible every day
- Avoid screen time at least one hour a day
- Make time for prayer and meditation
- Find a hobby if you don't have one
- Drink more water and eat more fruits and vegetables



ARE YOU AN OVERTHINKING PERSON?

Some people are overthinking persons. If someone asks them why they are thinking too much, they will not have a proper answer. Often, they spend time thinking for non-existent or silly reasons. Not only are they not going to benefit from this overthinking, but it will cause harm to them as well. Psychologists say that overthinking can steal our happiness. Gradually they will lead us to depression and adversely affect our creativity.

Some may doubt if overthinking and anxiety are the same. Actually, both of these are separate things. To a certain extent, anxiety is good. Anxiety helps us to take precautions against some unpleasant things that might happen in the future. For instance, you take a precaution before crossing a road. Here, the focus is not on the fear of being hit by some vehicle, but on the caution we take to avoid danger. This is helpful in our day-to-day life.



We do not have control over things like rain, wind, sunshine, and the like. So, do not overthink things that are not in our control.

Psychologists put forward some useful tips to free ourselves from overthinking habits. Come out of the subject of your obsessive thought. For that, you need to shift your focus to something else. For instance, engage in listening

to songs, cooking, gardening, or something you like to do.

Psychologists say that the Covid pandemic that hit all of us during the past few years has led many to overthinking and irrational fears. Excessive thoughts about our future leave us perturbed and anxious.

Here, we need to tell ourselves: We have no control over circumstances that are not our own making. We do not have control over things like rain, wind, sunshine, and the like. So, do not overthink things that are not in our control.



SOME DANGEROUS THOUGHTS

A general notion exists that thoughts based on 'I' are dangerous. Many people justify this notion on the ground that the root cause of all relationship problems is based on 'I'. But, where does 'I' become a problem? Is 'I' as problematic as everyone thinks?

'I' becomes a problem not because 'I' leave a mark of myself or 'I' live according to my ways, but when I am not able to accept myself or when I get upset over myself. The real problem is not 'I', but your thoughts about 'me'.

'I' am myself. I can laugh and smile only like myself. I can think only like myself. Why should you get upset be-

cause I am myself? Why are you taking all this trouble to make me like you?

If I do not exist, do you exist or do we exist? Everything starts with 'I'. Everything ends in 'I'. I am happy in being myself. I am proud of being myself. Love me as myself, and do not think about what I was or what I could become.

In this world, there is no one like me. Neither there is anyone like you. Yes, I will be myself, always. I am not ready to change myself for you. I am not ready to feel inferior thinking of you. Just I am I, you be you. Let us lighten the world by being me and you. Let us exist as we are.





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