

# OPPAM

ONLY POSITIVE



WHERE IS  
**YOUR**  
HAPPINESS?



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## OPPAM

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# Editorial

PROF ANTONY P JOSEPH  
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# Possibilities in disabilities

There was a stammerer boy. While studying he had to bear the humiliations of his class mates. No doubt he would have been saddened by it. However he overcame those humiliations because he was sure of his inner capabilities and potentials. Years passed. One day his retrospection was thus: In my life what I value most is my stutter. Had I not have that disability just like my brothers I would not have gone to Cambridge for studies. I would not have acquired such deep knowledge in French literature. I would not have been able to write such a volume of books. Can you identify this stammerer? The renowned writer Somerset Maugham.

Every person has some sort of shortfalls or disabilities-physical, financial or social. But if somebody ponder over it he/she may miss to realize the wonderful talents in him/her. Had Somerset Maugham regretted always about his stutter he would not have become such a renowned writer. Just like Somerset, Beethoven and Helen Keller too had disabilities. They were not like the majority of common people. They became famous and had made their own imprint in the history of the world. There are a number of unknown heroes around us who, in spite of the disabilities surprise others with their stunning performances- persons who drive vehicles even while their two arms have been lost, those who do paintings. The blinds who beautifully sing.. It underscores the fact that disabilities doesn't lessen the beauty of your life. Beyond these disabilities always remember that there are wonderful potentials within you. Sometimes we may not realize them because we tend to shrink to our limitations.

Realize your abilities and be courageous to make your life more meaningful and beautiful.

Warm regards  
Prof Antony P Joseph



# Can you read the mind?

All of us including those who are averse to open up their mind do wish one thing- Reading others mind. Is there any method to read the mind? Psychology offers certain indications.

## Body Language

Body Language is the easiest way to reveal what is inside. Body speaks a lot without words often more than with words. Body language is capable of expressing peoples' thoughts and emotions.

Therefore by analyzing the body language you can realize the attitude of others ie, their intimacy, indifference, anger or love for you. The position of others, whether they are standing close to you or not is also a part of the body language.

## Gestures

Gestures help to read other's mind. Speaking with raised hands is an example. Such gestures indicate the authenticity of the topic and the confidence of the speaker.

## Smile

A Genuine smile will make wrinkles around the eyes. When you meet others if you feel the real happiness definitely there will be wrinkles around your eyes. If the smile is fake these wrinkles will be absent.

## Inability to concentrate

Pay attention to other things while speaking, deviate the look form the speaker, looking at the watch, yawning ... if you notice such indications from anybody all these are the signs of their disinterest with yours speech.



# Refine yourself for a better personality

Personal growth and self-improvement are unavoidable in our personal life. All of us aspire for a better life in every day. Even then we may not get a life we wish for. In such a situation we seek the ways to acquire a towering personality. Those who want to develop their personality and those who eye for a better prospect may read the following. **Analyze your thoughts, emotion and behavior**

Self-analysis is very useful for personal growth. Analyze yourself how you respond in each circumstance, your behavior and your thoughts. Continu-

ously assess your strengths, weakness reasons for failure, factors that led to your success etc. Such analysis would help you to find out your failures and the area where you need improvement.

## **For better gains focus on your goals**

You should have a proper understanding of your goals. Frame a clear and well defined means to achieve them. The goals should be such that you are confident to achieve them. Prioritize your dreams. Don't forget that only the continuous and unwavering efforts would lead you to success. Don't give

up your efforts halfway or at the final stages.

### **Be ready to face challenges**

Life is not a cakewalk. Occasionally it may become stony and thorny. A prior knowledge of such a reality will help you for facing the challenges in life. Remember that each and every challenge in life will make you more strong and wise.

### **Give importance to your mental health.**

Self care and mental health are essential for your growth. Keep your mind and body healthy. Do regular exercise and engage in hobbies. While in doubt of your mental health don't hesitate to consult a doctor.

### **Keep positive friendships**

Not only the circumstances but others whom we interact also exert influence upon us. Keep friendship with those who have positive outlook. They should be open minded with sympathy and empathy. Friendship and interaction with such people would be a motivation for us and help us in our personal growth.

### **Widen your horizon**

Do believe that you are unique. Be proud of your abilities and capabilities. Believe that you are blessed to learn new things and find possibilities in adversities. Enjoy yourself your success whether it is small or big. Be open to creative criticism, try to come out at least a small distance from the safe zone.

### **Recognize yourself and be self-sympathetic**

Recognize yourself with kindness and love. Accept your imperfection and shortness. Instead of practicing self-condemnation feel sympathy for yourself.

### **Stick on to your values**

The values one follow decide his/her personality. Don't sacrifice your values. Taking decisions and implementing them should be based on your values. Realize that sometimes what others follow won't be favorable to you. Keeping away from them is the way to make your own identity.

### **Approach the life fruitfully**

The meaning we give to our life is the meaning of our life. What we give to our life will one day or other return to us. Know well that our life has a meaning. Also realize that there are possibilities to illuminate the life of others.

### **Don't abstain from your responsibilities.**

Every person has his/her own duties and responsibilities. Never abstain from them. Taking personal responsibilities means you are going to take the result whether it is good or bad.





# Confidence know it well

**C**onfidence is essential for the success of life. Without confidence people cannot do great deeds or get commendable achievements. How can we understand that a person is confident or not? How can we become self-confident?

The confident ones are ready to take initiatives. They are zealous to materialize things. They won't step back. They

won't escape from responsibilities. With great courage such people would take responsibilities and implement them with their maximum effort and dedication.

The confident ones would focus on their own abilities. They won't think about their inabilities. Since they think only about their abilities they successfully carry out whatever task they

**The confident ones would be ready to acknowledge others. They would be willing to celebrate other's success because they are not jealous. The reason- they are confident of their own abilities.**

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undertake. The confident ones would never seek the attention of others. They don't need it because they get the attention of others naturally and they know that. Have you noticed some people do gimmicks to get the attention of others. The confident ones won't do that. The

confident ones won't be over anxious about their failure or shortcomings. They are ready to acknowledge their falls, and mistakes. They would be careful in avoiding them in the future. They would never blame others for their own failures.

The confident ones would speak with clarity and appropriateness. Their deep knowledge in the topic give them such a clarity. They won't say yes to things which are not certain to them.

The confident ones would be ready to acknowledge others. They would be willing to celebrate other's success because they are not jealous. The reason- they are confident of their own abilities.





# Drop these misconceptions

**W**e acquire certain misconceptions either form our beliefs and concepts or from the influence of others. Dropping these notions forever would fill our heart with happiness and peace. Let us get acquainted with such wrong notions.

**We must make all others happy and satisfied**

If you become the reason for other's

happiness it is good. The happiness derived from sacrificing certain pleasures is definitely valuable. But is it good to sacrifice your own happiness to make others happy? No. Some people take unnecessary burden to get praising words from others. If these burdens are bearable to them then it is ok. But most often some people say yes only from the fear of saying no to make others speak



good of them. After some time the ‘Yes’ would take away their own happiness and peace of mind. Suppose you take a responsibility only to make others happy and you suffer a lot for it you may be subjected to the same exploitation in the future also. Therefore don’t make others happy and contented by compromising your own happiness. Nobody can make all others happy and contented. Self happiness and contentment is what matters.

### **Everything should be perfect**

Everything should be done with utmost perfectness. Some people think so. They are known as the perfectionists. They won’t get happiness in anything. Therefore they would find flaws in everything and become restless. They won’t be ready to appreciate the deeds of others. Remember one thing- perfection is only a concept. There is also beauty in imperfection. Fissure occur in the relationship out of this over perfectionism. Nobody is hundred percent perfect and nothing has acquired hundred percent perfection in this world.

### **It is wrong to love oneself**

Eating the favourite food, wearing the favourite dress and set out a journey alone- At least some of us consider these things as lack of love for spouse or members of the family. Some people say that they won’t drink even a glass of lemon juice from outside or won’t go for a movie alone. For them all these are injustice to the beloved ones. Happiness irrespective of its amount is endear to all especially if this happiness won’t harm anybody or if it won’t lessen the self respect. These times self care is something that must be given its due value. It is not a luxury. Self care is to be considered as only the time spent for nourishing the

physical, mental and emotional health of oneself. Studies prove that through self care life becomes more happy and creative.

### **Failed? That is the end of everything**

It is a wrong notion that once failed you can never succeed in life. Some people live around us with the burden of this notion. People would hesitate to take risk because of this thought. If it fails... this is their worry. Failure is not the end of your life. It is only a step to your growth. These failure in your life would turn into great success one day or other.





# Where is your happiness?

There is a story of some people who are in search of chalk standing atop a chalk hill. This story is relevant for everyone who wish to become happy. Where does the happiness lie? We don't know. Better job, good relationships, social recognition, financial stability, sound health..a number of people think that these are the factors that contribute to happiness. If any of these factors gets

depleted it badly affects our happiness. If the surroundings and others are the deciding factors of your happiness then your happiness will be depended solely on them.

If your happiness is centered around people, their demise or parting ways with them would make your life dull. Similarly if your happiness is depended on circumstances or things you may

**Self love is the seed from which love for life germinates. If you want to have self love you should be filled with happiness. Find out the small happiness within you. Fill your life with those tiny droplets of happiness.**

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tend to become sad once these things are lost. Don't find happiness in your ability, money or beauty. They also are subjected to depletion. In fact where should be our happiness? Who or what should be the reason for our happiness? We ourselves are the custodian of our happiness. For our happiness we don't need to depend on others or the circumstances. They are but only the external factors. You might have noticed the small children holding things tightly. They find happiness in them irrespec-

tive of their value. They won't share these things with others. We should be like these children. Hold the happiness in our life tightly. The reason for our happiness should be are ourselves. Your happiness never depend on any external things. Whatever I have or doesn't have can I find happiness? This is the relevant question. Even in luxury or in penury can I be happy?

Whoever try to steal it won't lose your happiness. Don't think that you can become happy if all the external factors become conducive. Changes are common in the universe. Just like the seasons change, life undergoes changes. Whatever be the circumstance don't lose hope.

Self love is the seed from which love for life germinates. If you want to have self love you should be filled with happiness. Find out the small happiness within you. Fill your life with those tiny droplets of happiness.



# Can we sit idle?

We have heard and read many things for the success-don't waste the time, utilize the time creatively, do hard work etc. Also we have heard about certain people who couldn't succeed in life only out of their laziness. No doubt time is to be utilized effectively. However life will become fruitful and enjoyable only if necessary rest and entertainment are incorporated along with hard work. It is not desirable to engage in work and amass wealth without considering one's own health and happiness. Adequate rest and amuse-

ment are must for both physical as well as mental health. Rest is necessary for evolving better thoughts, making clarity to the thoughts and to ensure creative and effective results. Sleep is the most important among the means of rest. Sleep well or relax. Doing nothing for sometime help to recharge the body and mind. Time spent for taking rest is not a waste of time. That time is a fruitful one because that too is necessary to replenish the mind. Life will become beautiful when enough sleep, rest, entertainment and healthy relations are integrated.



# Change the thoughts, change the world

Change your thoughts and thereby change the world—says the renowned American clergyman and author Norman Vincent Peale. Through this Vincent Peale conveys the idea that one's own thoughts can influence him/her positively or negatively. Most often our thoughts are centered around some external factors or circumstances. We

won't look into ourselves or our own abilities. We won't approach circumstances or opportunities positively. Good thoughts would bring us a successful life.

## **Expect the victory**

Some people always think negatively before doing anything. They would think that it may end in failure. Before



doing anything always be optimistic that you can accomplish it successfully. Good thoughts are the result of belief in one's own abilities.

Once you believe in yourself new ways will be opened onto you. Therefore always be optimistic.

### **Overcome the barriers**

Barriers are to be expected everywhere. If you are going to turn back seeing those hurdles you can't reach your destination. Take a firm decision that you will overcome those barriers. Consider those barriers as just hurdles.

### **Visualize the success**

Studies underscore that visualization power is vital for the success of life. Visualize your dream. Then your dream would come true. From today onwards visualize only your dreams and not the failures.

### **Take continuous effort**

Success may not embrace you in the first attempt itself. Take continuous efforts until you win. Never give up.

### **Prayer is power**

Spirituality is one of the factors that make your life happy and creative. Prayer is the most important mode of spirituality. Those who pray to God have faith in themselves, have dreams and have hope. Therefore if you wish for the prospects in life believe in the power of prayer. Prayer is the key of dawn and the lock of the dusk. Prayer will wash out negative thoughts from our mind.

### **Don't be anxious**

Most of your anxieties are misplaced. They won't do any positive result in you. Moreover your anxieties may exert unnecessary limitations in your life. Never be anxious about your future.



# The key called love

We know the use of key. It is not only for locking but for opening also. We lock the valuable ones- house, ornaments, money, certificates.

What is locked will be opened later-house, almirah, bag.

Special keys are used for highly valued things. Keys are necessities and not luxuries. Keys are essential for exchanging something. Money cannot be locked for ever in rack. If you want to take out a journey money is to be taken from it and kept in the pocket. To open the rack, no doubt its key is needed.

Love also is a key. A key to enter into the hearts of many a people. Love

and sincerity at heart is the key to lock friendships and romance. A key to keep it safe from theft by the undeserved ones.

We can find peace of mind and happiness with the key of love. It also helps to alleviate the hatred.

If we can't enter into the hearts of others, that means we don't possess the required key for that. If the key of love gets rusted it shows that we don't use them. Why do certain jobs, services and charity activities seem to be very laborious? Everything will seem painstaking in the absence of love. Why can't you interact freely or friendly with others?



**Life also is a deposit collection drive-Love. It is a period of time to give, take and share the love. When you love and being loved you feel that you are living. Life will become meaningful only when you give the love.**

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There is dearth of love in your heart. Unless and until your heart is filled with love life will become heavy for you.

Even if there is love in your heart you should learn to give and take it properly. Just like some investments which become double within a period of time

love is an investment which becomes double while you give it to others. Banks conduct deposit collection drive occasionally. Life also is a deposit collection drive-Love. It is a period of time to give, take and share the love. When you love and being loved you feel that you are living. Life will become meaningful only when you give the love.

Keys are to be kept. Never throw away the key, especially the key of love. Who knows when will the bell tolls? Who knows when will the need of a key arise? Don't open your heart unnecessarily because even the undeserved ones may pilfer your love away and may not give it back.





# What can you give to your beloved

**H**ow can I repay his or her love? This is the doubt that arises in the minds of those who are in love.

The greatest gift you can give your loved ones is your presence. Both will benefit from this presence and both will be able to experience happiness.

“As I am with you, so are you with me.” This is the joy of presence.

Think of the inexplicable solace you experience in the presence of those you love when you are ill or grieving the loss of your loved ones. The presence of love has the power of healing, and each moment of presence becomes a miracle.

I am happy with your presence. But

are you happy with my presence? Such a thought is also good. We think the other person likes us because we love that person. We feel safe and happy when we are around the other person because we love that person.

But does our presence make that person happy? Does he or she enjoy our company or not? Some people drive carelessly and hit other people's vehicles. Should we enter into the private space of others just because we love them?

Run away from the presence of those who do not want your presence. At the same time, never shy away from those who really need you.





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