

Lalitchintan



DILERS

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Lalit Pipes & Pipes Ltd.
Well Known Pipe Makers (IBR)

PRODUCT RANGE

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WALL THICKNESS : 5 mm to 65 mm
LENGTH : Double Random Length of 12 meters

**Pipes are manufactured to the following
National / International specifications :**

SPECIFICATION	APPLICATION
IS-3589	: Steel pipes for water, gas and sewage.
API-5L upto X-70 PSL I & PSL II / IS 1978	: Line pipes for transportation of gas, water and oil in the oil and the natural gas industry.
ASTM-A 671	: Pipes for high pressure at low temperatures.
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We are specialized in the manufacturing of **PENSTOCK, DREDGING PIPES, LOW TEMPERATURE** and also **SMALL DIAMETER and HIGH THICKNESS** pipes.

We can also manufacture pipes as per customers specific requirements.

Tonnes of Experience Behind Each Kg.[®]



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*In Memory of Our beloved
Respected Elders.....*

Published by

DILERS

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Lalitchintan

Compilation of thoughts

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Lalitchintan

'Lalitchintan' is a treasure of thoughts

It is said that they are never alone that are accompanied with noble thoughts as these thoughts are the important vitamins to the mind and provide a good brain tonic as a tranquilizer.

This is a collection of the thought provoking ideas of the great learned saints and from the sculpture of all religion.

We strongly believe that these words of wisdom are very effective and give you peace of mind. They make a lot of sense and gives individual a positive way of looking at life to live happily and peacefully.

We wish that the readers of this booklet will be benefitted in their day to day life by its perennial flow of knowledge and wisdom.

DILERS



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- * It is nice to be IMPORTANT, but it is more Important to be NICE.
- * Nothing is more ornamental than COURTESY.
- * Wealth consists not in having great possession but in having few wants.
- * Everybody would be RICH if nobody tries to become RICHER.
- * TEMPER is a valuable possession, do not loose it.
- * Life is too short for Love, where is the time to Hate !
- * Experience increases our Wisdom but does not reduce our Falsity.
- * Not to Progress is to go back.
- * Genius is one percent Inspiration and ninety nine percent Perspiration.
- * We always like those who admire us, but we do not always like those whom we admire !
- * **Work** as if you were to live 100 years but **Pray** as if you were to die tomorrow.
- * Flattery Corrupts both the receiver and the giver.
- * A Man is the product of his thoughts, What he thinks that he becomes.
- * The function of wisdom is to discriminate between good and evil.



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- * If a man deceives me once, shame on him, If he deceives me twice shame on me.
- * Be Good, See Good, Do Good - This is the way to GOD.
- * You cannot help men permanently by doing for them what they could and should do for themselves.
- * Past is Dream, future is Vision, present is Fact.
- * He WHO does Not HOPE to Win has Already LOST.
- * The Time to be Happy is now, the place to be Happy is here.
- * I expect to pass through this world but once. Any good therefore that I can do any kindness that I can show to any fellow creature, let me do it now. For I shall not pass this way again.
- * ANGER is short MADNESS.
- * For every loss GOD will give you something. If only you look for it and work for it.
- * THINK IT OVER - Kindness in words Creates confidence, Kindness in thinking Creates Profoundness, Kindness in giving Creates Love.
- * Coming together is beginning, Keeping together is progress, Working together is success.
- * The failure does not kill you, it is the fear of failure that stops your progress.
- * Only some people seems to have, all the luck in the world and they are the ones who never depends on it.



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- * To help the elder is our duty, to help to our equal is our courtesy, to help less fortunate is nobility.
- * Understand one another, value one another, love one another and live in harmony.
- * Contentment comes not so much from greater wealth as from fewer wants.
- * Attach your wagon to a star.
- * Often the test of courage is not to die but to live.
- * No one can disgrace ourselves but ourselves.
- * There is no such thing as a great talent without great willpower.
- * You shall judge a man by his foes as well as by his friends.
- * Lives of all great men remind us, we can make our lives sublime.
- * An honest man is the noblest work of God.
- * I have been always been a quarter of an hour before time and it has made a man of me.
- * The confidence which we have in ourselves gives birth to much of that which we have in others.
- * They are able, because they think they are able.
- * Simplicity of character is the natural result of profound thoughts.
- * The unreflected life is not worth living.



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- * The best perfection of a religious man is to do common things in a perfect manner.
- * Victory belongs to the most persevering.
- * Do not break customs of your family even though you don't like them.
- * Do make new friends, but do not forget to cherish the joy of old friendship.
- * Do not argue for your right to that extent so as to forget good manners.
- * Behave in the same way as you would expect others to behave with you.
- * Use "Thank You" and "Please" as many times as you can avoid "I" as far as possible.
- * Do not hesitate in admitting your mistakes.
- * Keep an increased margin of 15% in the travel timings.
- * Adjust your expenses to match your income.
- * Do not laugh at someone's dream, he may be correct.
- * See that a small difference of opinion or quarrel does not damage your friendship.
- * If possible give a little more than expected to others and give it happily.
- * Only when it is absolutely necessary, borrow from somebody.



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- * Do not forget your prayers as prayer give you unlimited / unmeasurable courage.
- * If you are likely to reach home late by more than twenty minutes call up your family.
- * Remember that the time spent with your children will never be called wasted time.
- * While talking to anybody keep eye to eye contact.
- * To win a battle, be prepared for the defeat as well.
- * Beware of a person who has nothing to lose.
- * Start a difficult job with complete faith in yourself that you will succeed.
- * If you are told to carry out too many activities learn to say NO with politeness.
- * Do not forget that kindness can make you win all battles in life.
- * Great minds have purpose; others have wishes.
- * The reason there are so few who talk well in public is that there are so few who think in private.
- * The greatest satisfaction in life is not in getting ahead of others, but in getting ahead of ourselves.
- * Wisdom is knowing what to do next; skill is knowing how to do it; and virtue is doing it.
- * You are the cause of everything that happens to you. Be careful what you cause.



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- * To only way to be sure of catching a train is to miss the one before it.
- * Though I am always in haste, I am never in a hurry.
- * **SPEAK TO PEOPLE.** There is nothing so nice as a cheerful word of greeting.
- * **SMILE AT PEOPLE.** It takes 72 muscles to frown, only 14 to smile.
- * **CALL PEOPLE BY NAME.** The sweetest music to anyone's ears is the sound of his own name.
- * **BE FRIENDLY AND HELPFUL.** If you would have friends, be a friend.
- * **BE CORDIAL.** Speak and act as if everything you do is a genuine pleasure.
- * **BE GENUINELY INTERESTED IN PEOPLE.** You can like almost everybody if you try.
- * **BE GENEROUS** with praise - cautious with criticism.
- * **BE CONSIDERATE** with the feelings of others. There are usually three sides to a controversy: yours, the other person's and the right side.
- * **BE ALERT** to give service. What counts most in life is what we do for others.
- * **ADD TO THIS A GOOD SENSE OF HUMOUR,** a big dose of patience and a dash of humility and you will be rewarded many fold.
- * Resting is Rusting.



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- * Never put off till tomorrow what you can do today.
- * The Cost is Long but the quality is remembered forever.
- * Nothing is impossible to the man who doesn't have to do it himself.
- * Lives of all great men remind us, we can make our lives sublime.
- * Always tell yourself : The difference between running a business and running a business is " I "
- * The confidence which we have in ourselves gives birth to much of that which we have in others.
- * If you want to be a success, display enough courage to welcome failures.
- * The crest and the crowing of all good is brotherhood.
- * Management is doing things right; leadership is doing the right things.
- * Kind words can unlock an iron door.
- * Nothing could be more dangerous to the existence of a republic than to introduce religion into politics.
- * Opportunity is missed by most people because it is dressed in overalls looks like work.
- * The greatest gifts you can give your children are the roots of responsibility and the wings of independence.
- * Life is like a mirror - it never reflects more than what we put into it.
- * Vision is the art of seeing invisible things.



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- * After all is said and done, much is said and little is done.
- * There is no cure for birth and death, save to enjoy the interval.
- * The ballot is stronger than the bullet.
- * Two men look out through the same bars: One sees the mud and one the stars.
- * Let me assert my firm belief that the only thing we have to fear is fear itself.
- * I look upon every day to be lost, in which I do not make a new acquaintance.
- * Be nice to people on your way up because you'll meet them on your way down.
- * No one wants the truth, if it is inconvenient.
- * We live in a fantasy world, a world of illusion. The great task in life is to find reality.
- * Life is one long process of getting tired.
- * Take ups and downs with equanimity.
- * He that goes a borrowing, does a sorrowing.
- * Most of the 'Oohs' and 'Aahs' are momentary.
- * Start a positive thoughts factory.
- * Good ideas in and good ideas out - GIGO.
- * Happiness is never perfect until it is shared.



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- * What's in name ? that which we all a rose by any other name would smell as sweet.
- * Let us never negotiate out of fear, but let us never fear to negotiate.
- * Nobody holds a good opinion of a man, who has a low opinion of himself.
- * Laughter is the brush that sweeps away the cobwebs of the heart.
- * Shining is a Disease; Repentance is it's Medicine, and Abstaining from it is it's Cure.
- * LIFE is an Exam, you have to pass it.
LIFE is a Struggle, you have to win it.
LIFE is a Long Path, you have to cover it.
LIFE is a Drama, you have to play it.
LIFE is a Dark Storeroom, you have to search for things.
LIFE is an Endless, you have to make it end.
- * Associate yourself with man of good quality if you esteem your own reputation, for it is better to be alone than in bad company.
- * A happy home is a paradise on the earth.
- * As we grow older and wiser, we talk less and say more.
- * They only live, who live for others.
- * You cannot be anything, if you want to be everything.
- * A minute of thought is worth an hour of talk.
- * If you have to criticise, do it lovingly.



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- * You are young at any age, if you have plan for tomorrow.
- * If you can learn from failures, you can achieve anything in life.
- * Hard work gives profits, idle talk brings only wants.
- * Do your BEST and forget the REST
- * If you want to “Think” spend less time in watching T.V.
- * There is only one pretty child in the world and every mother has it.
- * Don't criticise others, since, this will pollute your own mind.
- * A promise should be made by the heart and remembered by the hand.
- * The undisciplined life is a headache for everybody.
- * The genuine beauty if acquiring knowledge is that you can learn any time.
- * An excuse is worse and more terrible than lie.
- * Grey hair is a sign of age and not necessarily of wisdom.
- * Think like a wise man but communicate in the language of the common man.
- * The world might be improved with less Television and more vision.
- * Work for to-morrow and not wait for to-morrow.
- * Experience is simply the name we gave to our mistakes.



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- * A dog has so many friends, because he wags his tail instead of his tongue.
- * There is only one thing that money won't buy and that's poverty.
- * When you are right no one remembers, when you are wrong no one forgets.
- * Action without Vision just passes the time.
- * The art of life is to know how to enjoy a little and to endure much.
- * If you judge people, you will have no time to love them.
- * Say 'SORRY' at the right moment.
- * Words of "CHINTAN" quench more than a bucket of water.
- * Do a little more each day than you think you possibly can.
- * It is better to be too big for your job, than to have a job that is too big for you.
- * Speaking without thinking is shooting without taking aim.
- * Accept sorrows and failures to enjoy happiness.
- * Agreements get better results than arguments.
- * Many fears are born of fatigue and loneliness.
- * Think, thank and smile.
- * Needs can be met, greed never.



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20 Points Need Your Attention Every Time

- * Develop a personal mission, focus on what you want to be.
- * Plan tomorrow work today.
- * Do not fear about mistakes.
- * Listen twice as much as you speak.
- * Keep balance of mind under any circumstances.
- * Never Compromise against your conscience.
- * Hear both sides before you judge anybody.
- * Be sincere in your attitude.
- * Talk sweetly and softly.
- * Forgive and Forget.
- * Respect the Elder & Courteous with Equals.
- * Do not part with your Temper.
- * Make others feel important.
- * Tongue has power to heal and also to hurt.
- * Think big to become big.
- * Never discourage any one.
- * Wherever there is a shadow, there is a light.
- * Let go your - EGO
- * If you try, you might, but if you Don't you Won't.
- * Error does not become a mistake until you refuse to correct.

**TAKE IT OR LEAVE IT, HERE IS SOMETHING TO DO,
JUST THINK IT OVER, IT IS ALL UP TO YOU!**



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10 Golden Rules to Live Tension Free Life

1. Do not repent for past mistakes, neither worry for future as past is history and future is mystery while present is a gift of God, enjoy every moment.
2. Make no comparisons with others, you are an unique and only one of its kind in the whole universe, maintain your individuality.
3. Always remember that your critics are your best friends, who draw your attention to your weaknesses.
4. Forgive all those who have hurt you and forget that you have forgiven.
5. Do not ever attempt to solve all the problems at one stroke, tackle one problem at a time.
6. Change your outlook towards expected problems, by such outlook, you can come over your sorrows and remain at least happy for the day.
7. The situations which you cannot change accept them, always remember time is the greatest healer.
8. Remove an urge to take revenge, instead forgive, which will reduce your tension and you will feel light.
9. Joy and happiness multiply by sharing so, please share your joy and make others happy.
10. Self introspection "CHINTAN" for five minutes will make you free from all worries as destructive thoughts will not find a place in a quiet mind.

***THERE IS NO PARTNERSHIP IN TENSION,
YOU WILL HAVE TO SHARE ALONE***



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Quality & Excellence can Never be an Accident

- * The difference between failure and success is doing a thing nearly right and doing a thing exactly.
- * It is the determination and commitment to excellence that will enable you to attain the success you seek.
- * Some men dream of worthy accomplishments, while other stay awake and do them.
- * One of the greatest illusions in life is the belief that there will be more time tomorrow than there is today. Do it Today.
- * Why worry ? If you have done the very best you can, worrying won't make it any better.
- * The world expects results, do not tell others, about the labor pains, show them the baby.
- * Unless you try to do something beyond what you have already mastered you will never excel.
- * Many of life's failure are men who did not realise how close they were to success when they gave up.
- * Do not follow where the path may lead, go instead where there is no path, leave a trail.
- * People forget how fast you did a job but they remember how well / bad you did it.
- * The greatest thing in this world is not so much, where we are, but in what direction we are moving.
- * One man has enthusiasm for 30 minutes, another for 30 days but it is the man, who has it for 30 years who makes a success of his life.

- * ***There are four steps to excellence :***
- * PLAN PURPOSELY
- * PREPARE PRAYERFULLY
- * PROCEED POSITIVELY
- * PURCHASE PERSISTENTLY



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FORGET & FORGIVE - EXCUSE NOT ACCUSE

- * Resentment is negative & poisonous, decide to Forget & Forgive.
- * Be the first to forgive to smile and to take the First Step.
- * Forgiveness is the highest form of love.
- * There is nothing so nice as a cheerful greeting.
- * Be alert to give service, what counts most is what we do for others.
- * Anger and resentment hurt only you, they do not touch those you resent.
- * Forgiveness is the kernel of all human relations.
- * Consider your own short coming - It might help you understand the hurt inflicted upon you.
- * Forgiveness will do more towards getting them well than any pills.
- * To err is human, to forgive is divine.
- * People can bring to deeper relations if they forgive each other.
- * We get what we give :
If we give Love, we receive love.
If we give hatred, we receive hatred.
- * No one can make you a bitter person unless you give them the power to do so.
- * At least once a day, empty your mind of fears, hates, regrets, resentment and guilt feeling.

BEWARE: ANGER IS ONE LETTER SHORT DANGER



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THE ART OF LIVING..... (Practice each day)

- * Every day, when you open your eyes in the morning, Thank God for the Precious gift of life for one more day. Say Good Morning to God and he would convert into a Good Day. Also don't forget to do this every day before retiring at night.
- * Thank for what Life has bestowed on you : Blessings, If you compare yourself with others who are not as fortunate as you are in terms of a perfect body, good health, sound mind happy family, high position etc. you would get rid of a habit: Complaining. "I didn't have new shoes; but when I looked across -the other person had no feet".
- * Keep a smiling face and see if you are the one who brings smiles on faces of others. Be Cheerful and learn to laugh Heartily but without hurting anyone.
- * Change is the eternal Law of Life, After the darkest hours of the night, come the dawn. Never give up Hope. Worry is the worst enemy. It saps out all energies. Be creative and convert the challenge into opportunity.
- * Time is most precious. Once lost, it can't be bought at any cost. Success comes to those who use time purposefully. Plan each day carefully and monitor use of time.
- * Think positively and have a constructive approach. Never allow yourself to be overtaken by the dark clouds of depression leading to inaction, anger and hearted. Cultivate tolerance, understanding and love.
- * Health is the most important thing in the life. Don't neglect it or spoil it by our indulgence. Even the best things in the life can't be enjoyed, if your health is lost.



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DO YOU WANT TO BECOME A WINNER ?

- * If you feel others should be helpful, help others when you can, Don't just say - "What can I do for you?" But do it. You would have inner satisfaction and the rewards may come in unknown forms.
- * Have a deep feeling within you that you are not alone. God is with you, at all times, in all places and in all conditions. If you make a relationship with him you will have the most powerful entity with you in the form of a protective father, loving mother or a helpful friend.
- * He is Supreme, controlling in entire universe. Is there anything impossible for him ? Even if you are facing the most difficult challenges in your life, financial losses, calamities, incurable diseases, Turn to him. He would take care of all your problems in his own way. Accept his wisdom:
- * Everyday, spare some time to meet him within yourself. You would feel in New Strength to face life in a better way, with Less stress, more peace and harmony. There would be an improvement in achievements in all walks of the life and living each day.

***IF YOU ARE NOT HAPPY & ENJOY WITH WHAT
YOU HAVE, HOW COULD YOU BE
HAPPIER & ENJOY WITH MORE ?***



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A TO Z WORDS OF WISDOM

Adversity is the touchstone of friendship and introduces a man to himself.

Book is the best friend; the same today and for ever.

Carelessness does more harm than want of knowledge.

Decision should not be final except your decision to live creatively.

Experience is the best of School masters, only the School fees are heavy.

Family that prays together, stays together.

Generosity is the quality of heart and not of mind.

Happiness is one commodity that multiplies by dividing it.

Integrity of men is to be measured by their conduct and not by their professions.

Justice delayed is justice denied.

Knowledge is the only treasure which cannot be stolen.

Laugh and world laugh with you, weep and you weep alone.

Mind is like parachute, it starts working only when it opens out.

Nonviolence is the supreme religion from time immemorial to eternity.

Opportunity comes once, you never get a second chance.



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Patience and perseverance overcome mountains.

Quotations are a parole of literary men all over the world.

Reading is to mind, what exercise is to body.

Self-realization is a first step towards attainment of salvation.

Troubles, like babies, grow larger by nursing.

Unhappiness should serve as a challenge to rise above failures of yesterday.

Virtue itself turns vice, being misapplied.

We never know the worth of water till the well is dry.

X'mas comes once in a year but its joy should remain for whole year.

You are young at any age if you are planning for tomorrow.

Zeal is a bad soldier who fires before the word of Commander.

MAKE YOUR DREAMS TRUE BY FOLLOWING A,B,C,D,

Ambition

Benevolence

Character

Discipline

Emotional

Faithful

Generous

Humanity

Integrity

Joyful

Kindness

Lovable

Manners

Noble

Obedience

Patience

Quick

Religious

Sincere

Trust Worthy

Understanding

Virtue

Wisdom

Xerox

Yoga

Zeal



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THINK IT OVER.....

- * We do not lack resources, what we lack is their proper utilisation.
- * Never preach anything which you cannot practice yourself.
- * Nothing is either good or bad but it depends upon how you look at it.
- * We see faults of others even small as a stone but ignore over own as big as a mountain.
- * This universe is the greatest university.
- * We invite more troubles when we get scared to face them.
- * Thoughtless action & action less thoughts are both useless.
- * You cannot reap Mangoes, if you sow Berries.
- * Those who speak at length, cannot speak at depth.
- * That man is richest; whose pleasure are cheapest.
- * You cannot lose what you do not possess.
- * HURRY, WORRY & CURRY are the main causes of most ailments.
- * We cannot change the world it is better to change our outlook towards it.
- * No one's love is less, our expectations are more.
- * Attachment & prejudice are the only hurdles in the path of liberation.
- * If you cannot get what you like, you must like what you get.
- * The worst 'Heart Disease' is that where there is no sympathy in heart for others.



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- * The court warrant can be refused, but not the death warrant.
- * The world is a museum, where you have a right to see every thing but not to own anything.
- * We often talk about our rights, but hardly talk about our duties.
- * Million dollar Question : Are you killing time or time is killing you ?
- * It is a rough road that leads to the heights of greatness.
- * The weak can never forgive, Forgiveness is the attribute of the strong.
- * You are never a looser until you quite trying.
- * Successful people do not relax in chairs, they relax in work.
- * With virtue you cannot be poor, without virtue you cannot really be rich.
- * Digging for faith is better than jumping to conclusion.
- * Every sunrise is a message of God and sunset is his Signature.
- * Discussion is an exchange of knowledge, Argument is an exchange of Ignorance.
- * An expert is one who knows more & more about less and less.
- * Happiness is in the journey not in the destination.
- * Change yourself and your life will change on its own.

***THERE ARE ONLY TWO PERFECT MEN
(1) DEAD & (2) UNBORN***



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WORDS : 1 TO 10 AND ITS VALUE

- * The most damaging ONE Letter word - 'I' Avoid it.
- * The most satisfying TWO Letter word - 'We' use it.
- * The most possessions THREE Letter word - 'EGO' Remove it.
- * The most acceptable FOUR Letter word - 'LOVE' Value it.
- * The most pleasing FIVE Letter word - 'SMILE' Keep it.
- * The fastest spreading SIX Letter word - 'RUMOUR' Ignore it.
- * The most Envidable SEVEN Letter word - 'SUCCESS' Achieve it.
- * The most nefarious EIGHT Letter word - 'JEALOUSY' Distance it.
- * The most powerful NINE Letter word - 'KNOWLEDGE' Acquire it.
- * The most essential TEN Letter word - 'CONFIDENCE' Develop it.

**TO HANDLE YOURSELF, USE YOUR HEAD,
TO HANDLE OTHERS, USE YOUR HEART**



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REALISE THE VALUE OF TIME....

- * To realise the value of ONE YEAR
Ask a student who has failed his exam.
- * To realise the value of ONE MONTH
Ask a mother who has given birth to a premature baby.
- * To realise the value of ONE WEEK
Ask an editor of a weekly.
- * To realise the value of ONE HOUR
Ask the lovers who are waiting to meet.
- * To realise the value of ONE MINUTE
Ask a person who has missed the train.
- * To realise the value of ONE SECOND
Ask a person who has survived an accident.
- * To realise the value of ONE MILII-SECOND
Ask the person who has won a silver medal.

HUMAN RELATIONS

- * The most important 6 words: ***“I admit I made a mistake”***
- * The most important 5 words: ***“I am proud of you”***
- * The most important 4 words: ***“What is your opinion?”***
- * The most important 3 words: ***“If you please”***
- * The most important 2 words: ***“Thank you”*** is
- * The most important 1 word: ***“We”***
- * And the LEAST important word: ***“I”***



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POSITIVE THINKING ABOUT FAILURE

- * Failure does not mean - You are a failure
It means - You have not succeeded.
- * Failure does not mean - You have accomplished nothing
It means - You have done something.
- * Failure does not mean - You have wasted your time.
It means - You have a reason to start a fresh.
- * Failure does not mean - You should give up
It means - You must try harder.
- * Failure does not mean - You will never make it.
It means - It will take a little longer.
- * Failure does not mean - Falling down
It means - You must not stay down.

DO ALL YOU CAN

DO ALL THE GOOD YOU CAN.
BY ALL THE MEANS YOU CAN.
IN ALL THE WAYS YOU CAN.
IN ALL THE PLACES YOU CAN.
IN ANY MANNER YOU CAN.
AT ALL THE TIMES YOU CAN.
TO ALL THE PEOPLE YOU CAN.
HOWEVER LITTLE YOU CAN.
AS LONG AS EVER YOU CAN.



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TAKE TIME

- Take time to plan your life
It is the source of many blessings
- Take time to think
It is a task for happiness.
- Take time to be friendly
It is the road to openness of mind.
- Take time to honour your parents
It is the promise of long life.
- Take time for the elders
It is the highway to reverence.
- Take time for the sick
It is the share of compassion.
- Take time to work
It is the price of success.
- Take time to play
It is the path to lasting youth.
- Take time to read
It is the foundation of wisdom
- Take time to dream
It is hitching one's wagon to star.
- Take time to love and be loved
It is the privilege of God.
- Take time to laugh
It helps lift life's load.
- Take time for God
It is life's only lasting investment.

Take time for CHINTAN
It is a Food for thoughts



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- * Think there must always be better way.
- * Do it to-day, don't keep it for to-morrow.
- * Positive attitude pays.
- * Do important jobs now, before they become urgent.
- * Do your "SWOT" analysis today (Strength, Weakness, Opportunities and Threats).
- * Manage your time as you manage your money.
- * The key to success is knowing yourself.
- * Every stone can be a stepping stone.
- * The greatest loss is the loss of self confidence.
- * Mistakes are the best teachers.
- * Chasing after the impossible you lose what is possible.
- * You cannot be anything if you want to be everything.
- * Ships are safer in the harbour but they are not meant for that purpose.
- * Some people pay so much attention to their reputation that they lose their character.
- * At the start of your career, what you learn is more important than what your character.
- * The people who make haste are usually saving minutes after having wasted hours.
- * The self made ones have an abundance of opportunities.
- * Hundreds of businessmen have succeeded without M.B.A. but none without common sense.



Lalitchintan

EXPORT - IMPORT (EXIM)

Export our poverty and import prosperity,
Let the nation enjoy richness.

Export the brutal act and Import humanity
Let the nation experience kindness.

Export our diversity and Import unity.
Let the nation enjoy solidarity.

Export our hypocrisy and Import honesty
Let the nation be always genuine.

Export our illiteracy and Import literacy,
Let our nation experience knowledge.

Export our foolishness, Import wisdom,
Let the nation be always wise.

Export the hatred and import affection,
Let the nation be loved by all.

Export the lies and Import truth,
Let all the people be virtuous.

Export all the curses and Import blessings,
Let all the people enjoy happiness.

Export all malpractice, Import Goodness,
Let all the people be truthful.

Export bribery and Import quality,
Let all the people be honest.

LASTLY EXPORT EGO AND IMPORT LOVE.



Lalitchintan

WORK IS WORSHIP

- If a task is set to you, do not sit idle but work.
- If you are devoted to work, feel it real antidote to grief,
- If you are sincere & punctual all prosperity will rush to you.
- If you work with integrity, you are led to self actualisation.
- If you are rich, continue to work till you breathe.
- If you are poor, do not stop and toil the work.
- If health is threatened, keep courage & work.
- If disappointments come, have patience & dare to work.
- If faith falters do not fear & have patience & dare to work.
- If dreams are shattered, wake up & rush to do work.
- If you have burden of liability, do not rest but work.
- If there is peril which ails you, be quite, bear and work.
- If sorrow overwhelms you, be optimist, endure & work.
- If others tender jealousy, be hold, bless them & work.
- If you depend on fortune, you may be mislead, hence work.
- If you have no work, you get confused with doubt & fear.
- If you are without work, your life will become zero.
- If you work with love & zeal you are great.
- If you work with cheer & joy, you are superb.
- If you feel work is worship, you have surety of progress.



Lalitchintan

RECIPE FOR HAPPINESS

Just take a dash of thoughtfulness,
 A speck of kindness, too,
 A teaspoon full of gratefulness,
 And sift them through and through.

Then take a cup of cheerfulness,
 With shortening made from trust,
 A yeast cake filled with faithfulness
 To make a tender crust

Then mix them with some tenderness,
 With thought to understand,
 and you will find your happiness
 Was made by your own hand.

THINK BEFORE YOU DRINK... IT IS...

Acidity	- Agent	Blood	- Boiler
Bones	- Burner	Heart	- Weakener
Teeth	- Dissolver	Gas	- Producer
Poison	- Producer	Kidney	- Damager
Health	- Hazardous	Digestion	- Destroyer
Body	- Breaker	Death	- Developer
Sense	- Sucker	Stomach	- Up setter
Carbon dioxide	- Creator	Brain	- Blaster

Soft Drinks do not have any nutrition value in terms of vitamin.

WHY NOT DRINK?

Milk, Coconut, Butter Milk, Fresh Lemon, Fruit Juice or even plain water and remain healthy.



Lalitchintan

COURAGE

This is my prayer to you, my Lord -

Give me the strength

Lightly to bear-my joys and sorrows

Give me the strength

to make my love

fruitful in service.

Give me the strength

never to disown the poor

or bend my knees

Before insolent might

Give me the strength

to raise my mind

high above daily trifles.

And give me the strength

to surrender my strength

to your will with love

- Rabindranath Tagore



Lalitchintan

7 WAYS FOR 7 DAYS

GOOD POINTS FOR SUCCESS

Concentrate on each point every day and you will find the result at week-end.

GOOD MANNERS:

will make you appreciated
it is the best investment anyone can
make anywhere, any time.

GOOD GROOMING:

means consideration for others
making ourselves attractive to look at
and to be with.

GOOD HUMOUR:

being of good will, good nature,
good disposition and being sympathetically
responsive to others.

GOOD SENSE:

the stabilizing influence
which operates as balance, perspective,
and right judgement.

GOOD HABIT:

something we can never
have too much of; these are the
things that make us shine.

GOOD OUTLOOK:

having optimism and enthusiasm
both are signs of a healthy mind and
an affirmative personality.

GOOD THOUGHTS:

Positive thinking and will to act
it is the small beginning in right direction
can only bring success.



Lalitchintan

TRIPLE "A TO Z" FORMULA

Alive	Alert	Awake
Benevolent	Broad-minded	Bountiful
Cheerful	Courageous	Confident
Determined	Definite	Decisive
Energetic	Enthusiastic	Enlivening
Fearless	Faithful	Friendly
Generous	Gracious	God-Fearing
Humane	Honest	Homely
Imaginative	Inquisitive	Industrious
Just	Joyous	Judicious
Keen	Kind	Knowledgeable
Lively	Lovely	Liberal
Methodic	Majestic	Magnanimous
Natural	Neutral	Noble
Original	Obliging	Observant
Patient	Pleasing	Polite
Qualified	Quick-witted	Quite
Reasonable	Respectable	Responsible
Simple	Strong	Sincere
Tolerant	Thoughtful	Trustworthy
Unassuming	Undaunted	Upright
Virtuous	Vigorous	Vigilant
Warm	Witty	Worthy
Yielding	Youthful	Yourself
Zealous	Zippy	Zestful



Lalitchintan

WINNER vs LOOSER

The Winner is a part of the solution;
The Loser is a part of the problem

The Winner always has a plan;
The Loser always has an excuse.

The Winner says, 'Let me do it for you';
The Loser says, 'That's not my job'.

The Winner sees a green near very sand trap;
The Loser sees a sand trap near every green.

The Winner says, 'It may be difficult';
The Loser says, 'It is impossible'.

The Winner makes commitment;
The Loser makes promise

The Winner has dreams;
The Loser has schemes

The Winner says, "I must do something";
The Loser says, "Something must be done"

The Winner is a part of the team;
The Loser is apart from the team.

The Winner sees the gain;
The Loser sees the pain.

BE A WINNER AND NOT A LOOSER



Lalitchintan

LET US CHECK-UP OURSELVES !!!

because, Sometimes We.....but do not.....

- * We Exist but do not live.
- * We see but do not observe.
- * We hear but do not listen.
- * We touch but do not feel.
- * We talk but do not communicate.
- * We are present but do not attentive.
- * We attend but do not participate.
- * We are religious but do not spiritual.
- * We pray but do not commune with God.
- * We have knowledge but not wisdom.
- * We have time but do not know usage.
- * We study but do not learn.
- * We have Qualification ... but not Qualities.
- * We are busy but not productive.
- * We have authority but not power.
- * We expect help but do not help.
- * We know the price but not the value.
- * We talk of rights but not of duties.
- * We admire respect but do not respect.
- * We think of "Me" but not of "We".
- * We discuss but do not decide.
- * We are "In Piece" but not "in Peace".
- * We want everything but do not give something.
- * We believe but do not trust.
- * We read the above but do not think.
- * **Let us "Think" to check-up ourselves.**



Lalitchintan

IF A CHILD

- * If a child lives with criticism, he learns to condemn.
- * If a child lives with hostility, he learns to fight.
- * If a child lives with fears, he learns to be apprehensive.
- * If a child lives with pity, he learns to feel sorry for himself.
- * If a child lives with jealousy, he learns to feel guilty.
- * If a child lives with encouragement, he learns to be confident.
- * If a child lives with tolerance, he learns to be patient.
- * If a child lives with praise, he learns to be appreciative.
- * If a child lives with acceptance, he learns to love.
- * If a child lives with approval, he learns to like himself.
- * If a child lives with recognition, he learns to have a goal.
- * If a child lives with fairness, he learns what justice is.
- * If a child lives with honesty, he learns what truth is.
- * If a child lives with security, he learns to have faith in himself and those about him.
- * If a child lives with friendliness, he learns that the world is a good place to live.



Lalitchintan

- * People who know little are usually great talkers, while men who know much say little.
- * We should never be afraid of tigers. They soften our hearts, wash our eyes and clear our vision.
- * Show your children love, tenderness, gentleness, patience, & respect & they will treat others likewise.
- * Challenges can be stepping stones or stumbling blocks. It's just a matter of how you view them.
- * Always put worry in its proper place out of your life.
- * Make yourself an honest man & then you may be sure there is one rascal less in the world.
- * Be thankful for what you have, not sad about what you don't have.
- * Where the vision is one year, cultivate flowers.
- * Where the vision is ten years, cultivate trees.
- * Where the vision is eternity, cultivate people.
- * Do not confuse motion & progress, A rocking horse keeps moving but does not make any progress.
- * Great men are not born great, God uses troubles & trials to make them great.
- * Anyone can be polite to a king, it takes a gentleman to be polite to a beggar.
- * The best way to stop smoking is to carry wet matches.
- * Do not delay, Today will be yesterday tomorrow.
- * Never Judge a man by what he says, try and find out why he said it.
- * English law punish vice, the Chinese laws do more, they reward virtue.



Lalitchintan

- * For every minute we are angry, we lose sixty seconds of happiness.
- * There is no cure for birth and death. Enjoy the interval i.e. LIFE.
- * Those who believe that money can do everything, may do everything for money.
- * The one who loose honour is left with nothing.
- * When you handle yourself, use your head, when you handle others, use your heart.
- * Shadows mean that there is a light shining somewhere nearby.
- * They who do their best, rise above the rest.
- * If you keep the weakness of others in mind, they soon become a part of your mind.
- * There is never a wrong time to do the right thing.
- * The first principle of true teaching is that nothing can be taught.
- * Only the one who is not moving has never to ask the way.
- * If you wish success in life; make perseverance your friend, experience your counselor, caution your brother and hope your guardian.
- * You cannot have a better tomorrow if you are thinking about yesterday all the time.
- * Happiness is not having what you want but wanting what you have.



Lalitchintan

WHAT IS THE USE OF ?.....

- * That flower which has no fragrance.
- * That well or river which has no water.
- * That food that does not relieve your hunger.
- * That house which has no roof.
- * That body which has no soul.
- * That life which is not useful to others.
- * That medicine which cannot relieve your agony.
- * That relative who is selfish.
- * That day when you have not done a single noble deed.
- * That business where you never make a profit.
- * That parcel which has no proper address.
- * That cheque which has no signature.
- * That clock that does not show proper time.
- * That path which does not help you to reach your goal.
- * That knowledge by which you cannot attain salvation.
- * That bed which does not induce sleep.
- * That friend who does not help you in need.
- * That prayer where mind is not attentive.
- * That vehicle which has no brakes.
- * That lock which does not have key.
- * That law which has many loopholes.
- * That share certificate of a company that does not exist.
- * That ticket which is outdated.

**THAT 'CHINTAN' THAT DOES NOT
CULMINATE INTO ACTION'**



VALUABLE TIPS

- * God often visit us, but most of the time we are not at home.
- * One reason the dog has so many friends, he wags his tail instead of his tongue.
- * Great minds discuss ideas.
Normal minds discuss events,
Small minds discuss people.
- * The employer generally gets the employees he deserves.
- * The more you speak of yourself, the more you are likely to lie.
- * The best way to make your dreams come true is to wake up and act.
- * Too many people miss the silver lining, because they are expecting gold.
- * Never despair, even the darkest hour has only sixty minutes.
- * A long dispute means that both parties are wrong.
- * Contentment is natural wealth, luxury is artificial poverty.
- * Experience is a comb which nature gives to men when they are bald.
- * The best answer to anger is silence.
- * Everybody wants to live longer but nobody wants to grow old.
- * Courtesy cost nothing yet it buys things that are priceless



Lalitchintan

COMMON CAUSES OF STRESS

External : Death of near & Dear * Loss of Job, Promotion
 * Carelessness * Anger * Heat * Noise * Behaviour
 * Work Pressure

Internal : Expectation Fear * Rigid Thinking * Exaggeration
 * Pessimistic Thinking * Overloaded Schedules.

REMEDIAL MEASURES

No signal form of manning Stress is right for everyone, just not everybody reacts to stress in the same way. One has to find out his methods to reduce stress and not just compare it with others.

Self care Techniques : Deep breath * Exercise
 * Meditation * Yoga * Walk * Increase Tolerance * Relaxation
 * Avoid Comparison, Arguments, Criticism * Adequate Sleep
 * Be Flexible * Change your Attitude

100% REMEDIAL MEASURES FOR STRESS AS PER ITS ALPHABETIC NUMBERS

ALPHABETIC	NUMBERS	
19	S	Stop Worrying
20	T	Take it easy
18	R	React Slowly
5	E	Ever Smiling
19	S	Stay undisturbed
19	S	Stable Mind
<hr/>		
100		

It is surprising that "STRESS" starts after the age of 40 and we are rushing to a Doctor, when we should have become Doctor of our own self !!



STRESS MANAGEMENT - A HOLISTIC APPROACH

STRESS and DEPRESSION are expected to emerge as the second largest global factor contributing towards increase in the number of unproductive years in individual's life. 21st Century will witness a dramatic increase in mental disorders due to tensional life.

Stress is the state of dynamic tensions created when one responds to perceived demands and pressure from outside as well as from within. The thoughts and feelings are translated into body through brain and mind.

STRESS can have powerful negative consequence on Health: Headache * Weakness * Tiredness * High & Low B.P * Diabetes * Chest Pain * Heart Problems * Acidity * Sleep Disorders etc. etc., These can be prevented if proper and timely action is taken. It all depends upon the awareness in life and manage the stress without having negative consequences on health.

Psychological effect on Body : Decrease in Concentration
* Forgetfulness * Indecisiveness * Confusion * Short Temper
* Loss of interest in hobbies and life.

Emotional Effect in Behaviour : Anxiety
* Nervousness * Depression * Frustration * Anger * Impatience
* Crying * Negative Thinking * Irritating Nature * Hopelessness
* Suicidal thoughts.

**STRESS IS NOT NATURAL DISEASE,
IT IS OUR OWN CREATION**



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DO YOU WANT TO BECOME A WINNER ?

- * It is your attitude and not your aptitude that determines your success.
- * A person with a positive attitude is like a fruit of all the seasons.
- * If you are going to change your life, you need to start immediately without wasting anytime.
- * People with negative attitude have a hard time keeping friendship, Job, and relationship.
- * Powerful burning desire is the inward motivating force which is essential in the right direction.
- * The more you think about your goal the more enthusiastic and alert you become.
- * Talk to yourself, Congratulate yourself on your achievements, count your blessings and do not forget that you have unlimited ability.
- * Control of temper, stern discipline, replace hat and revenge with love and friendship, that can make your life a magnificent obsession.
- * Credibility is an essential attribute that is built on the elements of integrity, reliability and commitment.
- * In order to act you must have confidence in yourself. Doubts are destructive but knowledge is the cure of doubts.
- * Control your mind and master your emotions. There is nothing at all in this world that influences you more than your own mind.
- * Communication is one distinctive human characteristic and therefore it must be correct, clear, concise, courteous and complete.

**WINNERS DO NOT DO DIFFERENT THINGS,
THEY DO THINGS DIFFERENTLY**



Lalitchintan

PAST IS HISTORY, FUTURE IS MYSTERY, ONLY PRESENT CAN GIVE VICTORY

- * Whatever I have done in the past was good whatever I will do in the Future perhaps be better but whatever I will do to-day will be the best as I have all power over it.
- * Each days has god moments but the best moment of all is the present moment that I can fill with positive thoughts, thoughts of joy and optimism, thoughts of peace for myself and for others.
- * We always never be happy, to-day is the time to start. Tomorrow or next year are too uncertain, perhaps, by then we will be no more, Hence do not wait for tomorrow seize your opportunity to-day only.
- * To-day is better than yesterday because it is in my control. Tomorrow will have true value only when it becomes today when I hold it in my power.
- * Why not live in climate of optimism ? To live one day at a time is to apply selves to being positive and to live the best that is within us.
- * To live in a positive quality each day is to bring oxygen to our personality, it is to keep away depression and negative thoughts.
- * There is an abundance of love, humour, Joy, relaxation, peace, kindness and tenderness within us, we have to give few moments to realise the same. Why not spare few moments of to-day to experience the same.

LAW OF HAPPINESS: PAST IS PAST... FORGET IT FAST



Lalitchintan

HAPPY IS THE HOME

- * Where joy is shared and sorrow is eased.
- * Where father and mother are respected, loved and obeyed.
- * Where children are loved and attended.
- * Where aged people are respected and cared.
- * Where prayer is said because it linked ourselves with God.

Finally, the art of selfless loving is important to maintain love, peace and happiness in a family.

DO IT NOW, OR IT WOULD BE NEVER

Time is not waiting for anybody. Our journey started with a birth in this world ceaselessly marching towards death without any rest. Whatever good we can do we have to do NOW, be vigilant in garbing the moment of self improvement by self introspection otherwise you will NEVER do it.

“I WILL”

I will think of better ways.
I will develop ways to achieve positive attitude.
I will keep reviewing my goals.
I will accept what I cannot change.
I will starting living., I will relax., I will be happy.
I will enjoy myself., I will be honest to myself.,
I will remain humble
I will put myself in the other person's shoes.



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THE FACT OF HUMAN LIFE !!

God created the donkey and said to him :

“You will be a donkey. You will work untiring from sunrise to sunset caring burdens on your back. You will eat grass you will have no intelligence and you will live 50 years.”

The Donkey answered : “I will be a donkey, but to live 50 years is too much. Give me only 25 years.” God granted his wish.

God created the dog and said to him :

“You will guard the house of man. You will be his best friend. You will eat the scraps that he gives you and you will live 30 years. You will be a dog.”

The Dog answered: “Sir, to live 30 years is too much, give me only 15 years.” God granted his wish.

God created the monkey and said to him :

“You will be a monkey. You will swing from branch to branch for doing tricks. You will be amusing and will live 20 years.”

The monkey answered : “To live 20 years is too much, give me only 10 years.” God granted his wish.

Finally God created man and said to him :

“You will be a man, the only rational creature on the earth. You will use your intelligence to become faster over all the animals. You will dominate the world and you will live 25 years.”

Man responded : “Sir I will be a man but to live only 25 years is very little, give me the 25 years that the donkey refused, the 15 years that the dog do not want and the 10 years the monkey refused.”

God granted man's wish and since then, man lives **25 years as a man** marries and spend another **25 years like a donkey**, working and carrying all the burdens of his family on his back.

Then when his children are grown, he lives **15 years like a dog** taking care of the house and eating whatever is given to him, so that when he is old, he can retire and live **10 years like a monkey**, going from house to house and one son or daughter to another doing tricks to amuse his grandchildren.



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A to F SIX WAY TO LIVE BETTER LIFE

1. **ADJUST TO CHANGE** : Nothing in the world is permanent except change. Many successful persons have experienced failure because they were unable to adjust to changes.
2. **BUILT YOUR CHARACTER**: You are what you think and do. Harbour good thoughts, read good books, mix with good people and do not allow yourself to be part of anything which is opposed by your conscience.
3. **CHEERFULNESS** : Cheerfulness is the most laudable virtues. It gains you the goodwill and friendship of other. It blesses those who practice it and those whom it is bestowed.
4. **DREAM BIG** : If you have no dreams, you will never achieve them ! Dream and Dream Big. Our world is full of opportunities that are waiting to be tapped. You only have to **ACT** to convert your dream into reality.
5. **ENTHUSIASM** : Enthusiasm is a great Asset. No man can do or achieve anything great without it. It is the secret magic that transforms hard work into enjoyable effort. It produces courage and the confidence in the great difficulties.
6. **FORGIVE AND FORGET** : Resentment and Bitterness are bad for your Mind, Body & Soul. When you overlook the faults & mistakes of others, you would come to a point where you will be able to transform him into a friend.

**YOU ARE WHAT YOUR DEEP DRIVING DESIRE IS.
AS YOUR DESIRE IS, SO IS YOUR WILL.
AS YOUR WILL IS, SO IS YOUR DEED.
AS YOUR DEED IS, SO IS YOUR DESTINY.**



Lalitchintan

- * For sound sleep no pillow is as soft as clean conscience.
- * Jealousy arises from a lack of confidence in yourself.
- * One good head is sometimes better than hundred strong hands.
- * Speak ill of no man, but speak all the good you know of everybody.
- * It may be alright to be content with what you have, never with what you are.
- * Misfortune come on wings it still shorter by the careless waste of time.
- * Love is a fruit in season at all times and within the reach of every hand.
- * When one cannot change a situation, better change oneself.
- * Once a word escapes, it cannot be captured.
- * He who know when to stop, runs into no danger.
- * Science is the Discovery of “unknown” which is “objective”.
- * Religion is an awareness towards self and is eternal.
- * The smallest good deed is better than the grandest good intention.
- * Man should give out fragrance like the flowers and shine like the sun.
- * Some people bring happiness wherever they go others bring happiness whenever they go.



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- * The price is what you pay, the value is what you receive.
- * Judge a man by his questions rather than his answers.
- * Take care of the paise and the Rupees will take care of everything.
- * That man is the richest, whose requirements are the cheapest.
- * Crowns do not cure headaches, it may increase !
- * Remember that silence is sometimes the best answer.
- * Best relationship is one, where “Love” is greater than your “NEED” for each other.
- * Love starts with a smile; develops with a kiss and ends with a tear !
- * A great deal of talent is lost for the want of a little courage.
- * “Good deeds” are the best prayer.
- * There is only one rule for being a good talker... “Learn to Listen”.
- * Health is not everything, but everything is nothing without health.
- * Don't criticise plans of others unless you have better one to offer.
- * Change what you can and accept what you cannot change.
- * Don't carry your mistake (and others, too) in your heart for too long.



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- * To be sixty years young is more cheerful than to be twenty years old.
- * “Alarm Clock” is device for people who do not have small children.
- * One good Mother is worth ten thousand school Masters.
- * Everything seems rosy to the optimistic Eye.
- * An ounce of practice is better than tons of the theory.
- * “Plain living and High thinking” should be the motto of life.
- * We love without reason and without reason we hate.
- * If you do not love your own family member, whom you see daily, how can you love God whom you have never seen?
- * Uneasiness lies on the head that wears a crown.
- * It is good to think well, but it is divine to Act well.
- * The Word “IMPOSSIBLE” itself says I : M - Possible.
- * Marriage is the greatest educational Institute on earth.
- * The man buys reputation but the woman pays the price.
- * Every Child comes with message that God is not yet discouraged of man.
- * While going to law, nothing is certain but the expenses.
- * If better is possible, good is not enough.
- * No one tests the depth of river with both feet.



Lalitchintan

- * The greatest satisfaction in life is not in getting ahead of others, but in getting ahead of ourselves.
- * The only disability in life is a bad attitude.
- * If you always give, you will always have.
- * Each generation will reap what former generation has sown.
- * Many people may hear, but few people actually listen.
- * Love never claims, it ever gives.
- * Leaders don't create followers, They create more leaders.
- * Life is simple but we insist on making it complicated.
- * People think love is an emotion. Love is good sense.
- * Smile is the shortest distance between two people.
- * Something rarer than ability is the ability to recognize ability.
- * Markets are dynamic; customer keep changing.
- * You must have goals, but the goals should be achievable.
- * Moderation is advisable.
- * Perfection is paralysis.
- * Action kills the anxiety caused by procrastination.
- * Proper preparation prevents poor performance.



Lalitchintan

- * Like a tree, we each must find a place to grow and branch out.
- * The grandest homage we can pay to truth is to use it.
- * If you don't learn anything from your mistake, there is no sense in making them.
- * Not in time, place circumstance but in the man lies the success.
- * True love begins when nothing is looked for in return.
- * God fills the Universe just as the soul fills body of man.
- * The key to everything is patience. You get the chicken by hatching the egg and not by smashing it.
- * Citizenship consists in the service of the country.
- * The highest exercise of charity is charity towards the uncharitable.
- * As the purse is emptied, the heart is filled.
- * The mind is like a virus in a computer and the intellect is like anti-virus software.
- * Right belief, Right knowledge, right conduct, these constitute the path to liberation.
- * Conquer anger by love and evil by good.
- * Who finds a faithful friend, finds a treasure.
- * Friendship doubles out joy and divides our grief.



Lalitchintan

- * A celebrity is a person who works hard all his life to become well known and then wears dark glasses to avoid being recognized.
- * Ask yourself whether you are happy and you cease to be so.
- * 90% of the things in our lives are right and 10% are wrong.
- * Animals are such agreeable friends - they ask no questions, they pass no criticism.
- * People ask you for criticism, but they want only praise.
- * Some folk are wise and some are otherwise.
- * When sorrows come they come not single piece, But in battalions.
- * The world is a comedy to those that think, a tragedy to those that feel.
- * Nothing matters very much and very few things matter at all.
- * You can fool all the people some of the time and some of the people all the time, but you cannot fool all the people all the time.
- * 90% of the old records and letters are never referred to again.
- * Polished copper is cheaper but makes more impression than crude gold.
- * Youth is a blunder; Manhood a struggle; Old Age a regret.
- * Be generous but not extravagant; be frugal but not miserly.



Lalitchintan

- * It will do no good to get on the right track if you are headed in the wrong direction.
- * The trouble with most of us is that we would rather be ruined by praise than saved by criticism.
- * Better a little fire that warms than a big that burns.
- * Men are like wines, age souring the bad and bettering the good.
- * God made women without a sense of humor so that they could love men instead of laughing at them.
- * Be slow of tongue and quick of eye.
- * Don't tell your troubles to others most of them don't care and the rest are glad of it.
- * Two things indicate weakness - to be silent when it is proper to speak, and to speak when it is proper to be silent.
- * Stand up to be seen. Speak up to be heard. Shut up to be appreciated.
- * Even a fish would stay out of trouble if it kept its mouth closed.
- * Money no longer talks; It just goes without saying.
- * Prayer should be the key of the day and the lock of the night.
- * When you can be brilliant or pleasant, choose pleasant.
- * The world stands upon three things: upon the law, upon worship and upon showing kindness.



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- * It is easy to be brave from a safe distance.
- * Religion should be our steering wheel, not our spare wheel.
- * Do the thing you fear, and fear will disappear.
- * One is not born a genuine; one becomes a genuine.
- * That which is everybody's business is nobody's business.
- * The lowest man is he, whose hand drawn in receiving; the highest man is he, whose hand goes out in giving.
- * Whatever you have, you must either use or lose.
- * I do not love him because he is good, but because he is my little child.
- * Love is the child of freedom, never that of dominion.
- * Better are the blows of a friend than the false kisses of an enemy.
- * People are lonely because they build walls instead of bridges.
- * That which is striking and beautiful is not always good; but that which is good is always beautiful.
- * If you make money your God, it will plague you like the devil.
- * God could not be everywhere, so he made mother.
- * If you make up your mind to do three things, i.e. to work, to save and to learn.... you can rise in this world.



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- * A friend is a person who shows us the way and walks a piece of the road with us.
- * "It is difficult to win a friend in a year. It is easy to lose one in an hour."
- * "A real friend never gets in your way unless you happen to be on the way down."
- * "All the glories of this world are not worth a good friend."
- * The crest and the crowing of all good is brotherhood.
- * "In my friend I find a second self."
- * "Hold a true Friend with both your hands."
- * "If you want an accounting of your worth, count your friends".
- * "The only way to have a friend is to be one".
- * "We cherish our friends not for their ability to amuse us but for our ability to amuse them."
- * "A friend in need is a friend indeed."
- * "Cultivate friends. To have a friend is to make life easier and richer. A friend is a present that you give to yourself. You cannot pick up a friend nor purchase a friend. We cannot compel anyone to be our friend. We have to discover a friend."
- * There is not enough darkness in all the world to put out the light on one small candle.
- * Seek your joy in what you give and not in what you get.



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- * Just as day well spent brings happy sleep, So a life well spent brings happy death.
- * The hands that help are holier than the lips that pray.
- * Put not your trust in money but put your money in Trust.
- * Judge a flower by its looks but not a human being.
- * From listening comes Wisdom and from Speaking Repentance.
- * When you educate a man, you educate an individual but when you educate a woman, you educate a Family.
- * Once the game is over, the King and the Pawn go back into the same box.
- * Love does not keep a record of wrongs.
- * It is easy to drive people, what is hard is to lead them.
- * TO ACT RIGHT, you have to look right and feel right.
- * If you do not make mistakes, it only means you are not trying 100 per cent.
- * Pride is a flower that grows in Devil's garden.
- * If God did not Exist he would have to be Invented.
- * Success or failure may be a matter of chance but to be good is within your command.
- * Doing what you like is FREEDOM, Liking what you do is HAPPINESS, Doing what is right is EFFECTIVENESS.



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- * Don't do anything which someone else can do for you.
- * Better to Light one Candle than to curse the darkness.
- * I believe in loyalty, for if I am not true to others, I cannot be true to myself.
- * The great pleasure in life is doing what people say you cannot do.
- * Dare to dream - dare to try - dare to fail - dare to succeed.
- * No man is rich enough to buy back his past.
- * Deserve First than Desire.
- * Economy is an arm chair of old age.
- * He who has never hoped can never be despaired.
- * Our character is the result of our conduct.
- * Commonsense is not so common.
- * Enmity is the occupation of fools.
- * Easiest way to remain poor is to pretend to be rich.
- * Discipline is the refining fire by which talent becomes ability.
- * Love your enemies for they tell you your faults.
- * You should always do what you say but
It is not always wise to say all that you do.
- * Helping people helps in the long run.



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SEVEN WAYS TO LIVE JOYFULLY

- * **Self Control** : One of the virtues is self-control and it is this virtue which forms the main spring of serenity. Unnecessary haste and unrest can only be checked by self control.
- * **Patience** : A person may become very unhappy and full of anxiety when things go wrong however patience is the virtue to be practiced. Never get excited on happening of any unpleasant event.
- * **Anger** : Anger is the short madness and try to avoid under all circumstances. When anger grows violent then it is dangerous and harmful for health and relationship.
- * **Calm Mind** : Avoid additional mental strain of work due to heavy obligation and try to relax by seeking recreation. Calmness penetrates the soul to its very bottom and makes our life Joyful.
- * **Meditation** : Sudden happenings will destroy the equilibrium of even the most even-natured individuals. But the self possessed man with meditation will overcome the situation with love and gratitude.
- * **Cheerfulness** : Cheerfulness is something positive. It is not only the result of a condition but it is a condition itself. It is the atmosphere where the soul is filled with realisation.
- * **Contentment** : Be happy with what you possess as it is the wish of God. Satisfaction is the inner treasure which alone forms the foundation of true contentment and therefore try to be satisfied to live Joyfully.



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LOOK AHEAD

Look ahead

Do not look back, except to gather
the lesson your past gives
as stimulants for your future.

If you fall, get up.

Do not be discouraged.

If others are ahead of you
follow them.

But keep going towards
your goal.

Go with the strength God gave you,
swiftly or slowly.

it does not matter.

Always look ahead

for your destiny is not to reach quickly,
but to reach at the right moment.

THE WAY TO HAPPINESS

Keep your heart free from hate,
your mind from worry.

Live simply, expect little give much.

Fill your life with love.

Scatter sunshine.

Forget self; think of others.

Try this for a week and you will be surprised.



CAUSES OF FAILURE IN LIFE

- * Absence of goal and Ambition.
- * Lack of self confidence and decision Power.
- * Absence of Vision and Time Management.
- * Over cautions in all matters or total absence of caution.
- * Negative thinking and no appreciation for loyal people.
- * Ego, Rudeness, Pride and Arrogance attitude.
- * Quick opinion without studying of facts.
- * Ignoring wise advice of others.
- * Greed and expectation of wrongful gain.
- * Lack of proper planning and Hard Work.
- * Interference in affairs of others.
- * Disorganised life - unsystematic method of working.
- * Wasteful & thoughtless attitude towards others.
- * Speaking lie, twisting facts to suit your purpose.
- * Uninvited criticism of expression of opinion.
- * Lingering & Lethargic attitude to work.
- * Escaping attitude from unfavourable circumstances.
- * Too much talkative habit and superiority complex.
- * Non-payment of dues to others in time as per promise.

REMEDY : Try to evaluate yourselves, and make Sincere efforts for improvement.

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