



The
best view
comes after
the hardest
climb.

Collection of Inspirational Stories & Poems by
M/s. Paradise Packaging Pvt. Ltd.



Simple Way to Happiness

Part - VII

"THINK POSITIVE
THE REST WILL
FOLLOW"

Collection of Inspirational Stories & Poems

Being rich is having money.
Being wealthy is having money,
good character with culture.
Being wealthy is having quality
time for family.

It is not the creation of money which
is wrong, but so many people spend
their health earning money and then
spend their money to regain their health

A rich person can buy a bed.
But a person who can sleep well is wealthy.

A rich person can build a temple.
But a person who walks on the path of
divinity is wealthy.

A rich person can buy any luxury.
But a person who is truly happy and
satisfied with
whatever he has is wealthy.

Being rich and wealthy is blessing of GOD

A small hammer. He gently tapped something.
Instantly, the engine lurched into life. He carefully
put his hammer away. The engine was fixed



A week later, the owners received a bill from the old
man for rupees one lakh one thousand.

“What?!”



The owners exclaimed. “He hardly did anything!”

So they wrote the old man a note saying,
“Please send us an itemized bill.”

The man sent a bill that read :

Tapping with a hammer... Rs. 1,001 /-

Knowing where to tap... Rs. 99,999 /-

**Effort is important, but knowing where to
make an effort makes all the difference !**

THIS IS SIMPLE WAY TO HAPPINESS



BOOK IS THE
BOUQUET
FULL OF LIFE



Greed

Once a wealthy King, on his birthday, decided to make happy and satisfy the first person he met on his walk.

The first person the king met was a beggar. He tossed a copper coin towards the beggar but the coin went through the beggar's finger and fell into a dirty gutter on the side of the road. The beggar jumped into the gutter and started looking for the coin. The king was disgusted at that and he gave the beggar another copper coin and hoped that would make him stop looking for the coin in the gutter. But the Beggar, though happy on receiving one more coin, continued to look for the one that fell into the gutter.

The king felt that the beggar must be in a really helpless state and hence gave him a silver coin. The beggar was overjoyed, but after accepting this silver coin, he went back into the gutter to look for the lost copper one. On seeing this, the King called the beggar once again and gave him a coin made of pure gold. The beggar's joy knew no bounds. He started singing praises of King but soon after he again went into the filthy gutter to look for the lost copper coin.....

Instead of being happy and satisfied that we have a house, wonderful family, good health and great relationship, people waste their time on trying to get those one or two things that they don't have in life. Instead of worrying about what we don't have, we must learn to appreciate, enjoy and celebrate what we have in life.

*Simple Way
To
Happiness*

PART - VII

*Take care of small things
Big things will take care of itself*

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

SIMPLE WAY TO HAPPINESS

PART - VII

“A Small library of Big thoughts.”

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

Inspirer and Guiding force -
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We are all working with one power and one law. It is
“The Law of Attraction.”

“The Law of Attraction” responds to our thoughts, no
matter whether they are positive or negative.

LIKE ATTRACTS LIKE

We have a magnetic power within us

We emit magnetic power through our thoughts.

“We attract what we think about most.”

We have to be absolute clear in our mind about what we
really-really-really want.

Thoughts - Become - Things, through this most powerful
“The Law of Attraction.” Our thoughts - become - the
things in our life.

If we are imagining what we want, we are emitting that
frequency.

A television station's transmission tower broadcast via
frequency.

Each channel has a frequency and when we tune into that
frequency we see the pictures on our television. We
choose the frequency by selecting the channel. If we want
to see different pictures on our television, we change the
channel and tune into a new frequency.

Similarly our thoughts create the frequency. By "The Law of Attraction" they are broadcast back to us, as our life pictures. If we want to change anything in our life, then change the channel and change the frequency by changing our thoughts.

ATTRACT THE GOOD INSTEAD OF THE BAD

Most people are thinking about what they don't want, "The Law of Attraction" doesn't care whether we perceive something to be good or bad.

"The Law of Attraction" simply gives us whatever we are thinking about. Think positive Get positive. Think negative and get negative.

The Law of Attraction doesn't compute "don't" or "do not" or "no" or any other words of negation. As one speak words of negation, following is what The Law of Attraction is receiving :

"I don't want a bad haircut."

"I want bad haircut."

"I don't want to be delayed."

"I want to be delayed."

"I don't want to catch the flu."

"I want the flu and I want to catch more such things."

When an individual who desires success and then prepares himself for failure will certainly fail. Therefore, one has to prepare oneself for whatever he has asked for even though he does not see any sign or the circumstances. To quote an example, there were two

brothers and both had to catch the bus. One of them always optimistically says "I get the bus immediately" and he gets the bus. The second one always says that "I have to wait for the bus" and he has to wait for the bus. Both of them had made different resolutions; one is positive for success and the other for failure with negative thinking. A person many a times creates difficulties for him by using negative words.

Make our last thoughts before going to sleep good thoughts. Make our first thoughts in the morning good thoughts.

Whatever we sow, we reap!

If we are complaining, "The Law of Attraction" will powerfully bring into our life more situations for us to complain about.

We can completely change every circumstance and event in our entire life by changing the way we think. We can erase our previous negative thoughts by replacing them with good positive thoughts.

Choose thoughts and words carefully because we are creator of our own life.

Decide what we really-really-really want to be / do / have. Think the thoughts of it, emit the frequency, and our vision will become our life.

THE WAY MADE SIMPLE

No one would deliberately attract unwanted. Yet some unwanted things may have occurred in people's lives. Most of the people attract by default.

As we think, so shall be. But it's impossible to monitor every thought we have.

Feelings let us know what we're thinking.

We have two sets of feelings : good feelings and bad feelings. One makes us feel good and the other makes us feel bad.

It is impossible to feel bad and at the same time be having good thoughts and vice-a-versa.

Our thoughts determine our frequency and our feelings tell us immediately what frequency we are on. When some one is feeling bad, he is on the frequency of drawing more bad things. "The Law of Attraction" must respond by broadcasting back to him more pictures of bad things and things that will make him feel bad.

Change thoughts and think about something good and we have shifted our self on to a new frequency.

We have good emotions and good feelings. Excitement, joy, gratitude, love, passion, happiness, satisfaction. When we celebrate the good feelings, we will draw towards us more things that make us feel good.

If we start out having a good day with happy feeling and if we don't allow something to change our mood, we are going to continue to attract by "The Law of Attraction"

more good situations and good people to sustain that happy feeling. The chain of reactions begins with one thought.

Make a list of some secret shifters, to have up our sleeve, that can change our feelings from bad to good in a snap. It might be beautiful memories, future events, funny moments, a person we love, our favorite music. Different things will shift us at different times. It only takes a minute or two, for changing focus and shift to good frequency.

SIMPLE STEPS :

If we think about Aladdin and his lamp, the Genie always says one thing “Your wish is my command!”
The Genie is “The Law of Attraction,”

The Genie never questions our commands.

STEP 1 : ASK

We must get clear about what we really-really-really want.

It is like placing our order with the universe. The universe responds to our thoughts. We will get what we are thinking, whether it is good or bad.

STEP 2 : BELIEVE

Step two is believe. Believe that it is already ours. Have unwavering faith. Believe in the unseen.

Don't fret and worry about them. Think of them as already in our possession.

“The Law of Attraction” is mirroring back to us our

dominant thoughts. If our thoughts contain noticing we do not have it yet, we will continue to attract not having it yet.

After completion of work, wait patiently. Sometimes this task becomes difficult as you are tempted to leave your work half way or to leave it completely or compromise with the situation. The hasty or half hearted efforts will meet with similar response.

A lady wanted to discard her spectacles and often they were either getting misplaced, or were broken. The simple solution was to have asked for total vision for her eyes.

We have to emit the positive feeling frequency of having received it, to bring those pictures back as our life.

When we book a vacation, We know it is ours.

The Genie is responding to our predominant thoughts all the time. “Your wish is my command.”

You don't need to know how it is going to come about.

Allow the Universe to do it. When we are trying to work out how it will happen, we are emitting a frequency that contains a lack of faith.

STEP 3 : RECEIVE

It is important to feel good. This is a feeling Universe.

When we are feeling good, we are on the frequency of receiving and we will receive what we have asked for.

Think positive. Do whatever we have to do to generate

the feelings of having it now and remember them. It will help to literally attract it.

The universe likes speed. Don't delay. Don't second guess. Don't doubt. When the opportunity is there, when the impulse is there, when the intuition from within is there, act.

Trust our instincts. It's the universe inspiring us. follow it and we will find that the universe is magnetically moving for us to receive what we asked for.

Think of driving a car at the night. The headlights only go a hundred to two hundred feet forward and we can make it all the way from Mumbai to Pune driving through the dark.

“Take the first step of faith. We don't have to see the whole staircase. Just take the steps.”

HOW LONG DOES IT TAKE?

It's all about what's going on in our mind. “This is big, it's going to take some time.” “This is small.” Those are our rules that we define. If we provide the feelings of having it now; Universe will respond - whatever it is.

Our job is not to figure out the “HOW”. The “HOWS” are the domain of the Universe. It always know the shortest, quickest, fastest, most harmonious way between us an our dream.

CREATE DAY IN ADVANCE

“I am going to have a pleasant visit or a pleasant journey.” We are literally sending elements and forces

ahead. Our state of mind is “fixing up” things in advance. Make it a daily habit to determine every event in our life in advance through our thoughts. Set the universal forces ahead of us in everything we do and everywhere we go by thinking the way we want it. Then we are creating our life intentionally.

POWERFUL PROCESS

When we want to change our circumstances, we must first change our thinking. Someone is thinking of debt, so debt must show up. “The Law of Attraction” is always being obedient to thoughts. Do our self a favour, expect a Cheque. Don't focus on “losing weight.” Instead focus on our perfect weight.

Expectation is a powerful attractive force. Expect the things we want and don't expect things we do not want.

THE POWERFUL PROCESS OF GRATITUDE

Every morning, I do get out of bed with the feelings of gratitude for the new day.

I say, “Thank you” as my foot touches the ground.

I am powerfully creating my day. I am setting my frequency for the day.

Focus on what we already have, that we are grateful for.

“The Law of Attraction” will receive those grateful thoughts and give us more just like them.

THE POWERFUL PROCESS: VISUALIZATION

We create pictures in our mind of seeing our self with

what we really-really-really want, When we are visualizing, we are emitting that powerful frequency out into the Universe. “The Law of Attraction” will take hold of that powerful signal and return those pictures back to us.

“When we visualize then we materialize.”

Think about the inventors and their inventions : Thomas Edison and the light bulb. Alexander Graham Bell and the telephone. The only way anything has ever been invented or created is because one person saw a picture in his mind.

If we need car, we need to put our self in the feeling of really being in that car. Not “I wish I could get that car,” or, “Some day I'll have that car,” It's not in the now. It's in the future. If we stay in that feeling, it will always be in the future.

Successful people have made a habit of using “The Law of Attraction.” They use it all the time, not just as a one - time event.

People hold Picture for a while. And when results aren't showing as per their expectation they say “This stuff doesn't work.” And you know what? The universe says “Your wish is my command,” and it disappears.

When you allow a thought of doubt to enter your mind, “The Law of Attraction” will soon line up one doubtful thought after another.

We can put our imagination on a “Vision Board.” Write on a paper. Put pictures on board of all the things we really-really-really want. Pictures of how we want our life to be.

Feel the feelings of having those things now. We will get what we want.

Decide what we really-really-really want. Believe we can have it. Believe we deserve it. Believe it is possible for us. And then every day close our eyes, visualize having what we want and feel the feelings of already having it. Focus on what we are grateful for. Then go into our day. Trust the universe. Universe will figure out how to manifest it.

“FOCUS”

The knowledge and the intentional use of the “The Law of Attraction” can be applied to every single subject in our life.

When some one focuses on lack of anything, discusses it with his friends, tell his children that “he does not have enough, he can't afford that” then he will never be able to afford it.

One has to find a way that works for him to focus on prosperity and positive side, despite the bills around him. One has to find a way of feeling good, so that he can bring all the good to him.

One who hates money can never become rich. Riches are the blessings from GOD and the money has to remain in circulation. Hoarding has its revenge. The water in river is clean because it keeps on flowing and the pond accumulates water and therefore it becomes muddy.

When money is hoarded, and more importance is given to

it than Love, disease and bad times follow. It does not mean that the capital should not be invested but when needed, one should not hesitate in spending it. When a person allows his money to flow happily and without fear, he opens the door to welcome more and more prosperity.

The shortcut to anything we want in our life is to “BE” and “FEEL HAPPY” and feel it “NOW”.

One should abandon the thought that he really has to work hard and struggle to earn money, Instead, this thought has to be replaced with “Money comes easily and frequently”.

We must focus on the abundance of money, happiness and peace we want to bring in our life. “The Law of Attraction” states that what we focus on, we will get.

There is a big difference between giving and sacrificing. Giving is from a heart, that is overflowing and feels so good. When we give, we will get. Sacrificing does not feel good. Giving from a full heart is one of the most joyous things we can do, and the “The Law of Attraction” will grab hold of that signal, and will bring positive changes in our life. Universal power will return in many fold. Life is a game of boomrang. Whatever we give, precisely comes back to us.

Most of people try to achieve outer success. They want big house, big car, money. They feel by achieving this, they will become happy. But first we need to go for the inner joy, the inner peace and the inner vision. Then all of the outer things will appear.

SIMPLE WAY TO HAPPY RELATIONSHIPS

We are creators of our universe.

Many people have sacrificed themselves for others, thinking when they sacrifice themselves they are being a good person. Wrong! To sacrifice yourself can only come from thoughts of absolute lacking, because it is saying, "There is not enough for everyone, so I will go without." Those feelings do not feel good and will eventually lead to resentment. There is abundance for everybody. When we make, feeling good, a priority, that magnificent frequency will radiate and will bring everything good and everyone good, close to us.

Many people are taught to put themselves last, and as a consequence they attract feelings of being unworthy and undeserving. As those feelings are lodged within them they continue to attract more life situations which make them feel more unworthy and not enough. One must change that thinking. Treat our selves with love and respect, and we will attract people who show us love and respect.

One must change his focus and begin to think about all the things that are wonderful about him. Look for the positives in himself. As he focuses on those things, the "The Law of Attraction" will show him more great things about him.

In relationships we are so used to complaining about other people. For instance, "My coworkers are so lazy, my husband makes me so mad, my children are so difficult." It is always focusing on the other person. But for

relationships to really work, we need to focus on what we appreciate about the other person, not what we are complaining about. When we're complaining about those things we are only getting more of those things.

Take a piece of paper. Sit down and write all the things that you appreciate about that person. Think about all the reasons that you love them. Read for the next thirty days. And what you will find is that when you focus on appreciating and acknowledging their strengths, that's what you will get more of and the problems will fade away.

Only one person can be in charge of your joy, of your bliss, and that is "You".

Love everything we can. Love everyone we can. We will experience that love and joy are coming back to us - multiplied by "The Law of Attraction."

SIMPLE WAY TO GOOD HEALTH

Our body is really the product of our thoughts.

A friend of mine on phone often invites me and tells me, "come home; we shall spend some time gossiping". This gossip means wasting an hour using almost 500 to 1000 useless words talking about misery, frustrations and illness, physical as well as mental. There is an old saying that one should use words, to achieve three things; to give hope, to encourage, and to seek blessings for prosperity. If one nurtures bad feeling for others, he is inviting bad times for himself. If he were to wish success, he would progress towards prosperity.

By constantly criticizing, one invites rheumatism. Critical thoughts like envy, hate, fear and the biggest of all unforgiveness, creates unnatural elements in the blood and they give rise to several diseases It hardens arteries and liver and affects vision as well.

Therefore, the one who is enlightened tries to to make the world around him beautiful by his pleasant attitude. He spreads goodwill towards all and if one has these feelings, no one can ever bring harm to him.

People ask many a times, why the diseases are attracted towards children. Children have no idea of what sickness is, but they are aware of the thoughts of others on them, which they imbibe. They therefore manifest the fears of their parents and others. Many a times mothers, unknowingly nurturing fear for their children, invite sickness. But those who maintain equanimity and loves everyone around him, shall never be affected by the negative thoughts of others.

“Thinking perfect health” is something anybody can do privately within themselves, no matter what is happening around them.

A thousand different diagnoses and diseases, they're all the result of one thing : Stress.

All stress begins with one negative thought. You can change it... and all happiness begins with one positive thought. One positive thought will bring another happy thought and the chain will begin. This will bring health and happiness and prosperity.

LAUGHTER IS THE BEST MEDICINE

We all come with a built-in basic program. It's called "Self - healing." You get a wound, it will become normal.

Disease cannot live in a body that's in a healthy emotional state. Our body is creating millions of new cells every day.

One of the things that people often do, when they have an illness is talk about it all the time. That's because they are thinking about it all the time. If you are feeling a little unwell, don't talk about it - unless you want more of it. Know that our thoughts are responsible and so do repeat as often as we can "I feel wonderful, I feel so good" and really feel it.

You cannot "catch" anything unless you "think". You are also inviting illness, if you are listening to people talking about their illness. Do not listen to society's message about diseases and aging. If you really want to help that person, change the conversation to good things.

Happier thoughts lead to essentially a happier biochemistry. A happier, healthier body.

All things are possible when we believe. As you think, so shall you be.

LOVE TO THE WORLD

People have a tendency, to look at the things that they don't want and they give them just as much energy. People are fighting against things. Fighting against cancer, fighting against war; people tend to fight for everything they don't want, which actually creates more of a fight.

“What you resist, persists.”

The reason, if you're resisting something, you're saying, “No, I don't want this thing,” You're putting out a really strong emotion of. “I really don't like this,” and then it comes racing towards you. The Law of Attraction doesn't compute “don't” or “not” or “no” or any other words of negation.

Instead of focusing on the world's problems, give our attention and energy to trust, love, abundance, education, and peace.

YOU ARE NOT YOUR PAST

The real question is, what are we going to do now? What do we choose now? Because we can either keep focusing on past or we can focus on what we want.

The beautiful thing about the “The Law of Attraction” is that we can begin where we are. Love, happiness, prosperity, peace, all are waiting for us.

“Whether you think you can or think you can't, either way you are right.”

We can do anything we want. We can create our life the way we want it, by using the “The Law of Attraction.” Let us think positive, rest will follow.

Let us begin right now. Feel good. As we think so shall it be.

THIS IS SIMPLE WAY TO HAPPINESS

Sufi Poet Jalauddin Rumi's replies to some questions:

What Is Poison?

Anything which is more than our necessity is poison. It may be power, wealth, hunger, greed, laziness, love, ambition, hate or anything.

What is Fear?

Non-acceptance of uncertainty; if we accept that uncertainty, it becomes adventure.

What is envy?

Non-acceptance of good in others; if we accept that good, it becomes inspiration.

What is anger?

Non-acceptance of things which are beyond our control; if we accept it becomes tolerance.

What is hatred?

Non-acceptance of person as he is; if we accept the person unconditionally, it becomes love.

LET US GIFT THE BOOK TO EVERYONE WE LOVE!

BOOK IS THE BOUQUET FULL OF LIFE

HAPPINESS IS NEVER PERFECT UNLESS IT IS SHARED

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EFFORTS

A giant ship engine failed. The ship's owners tried one expert after another, but none of them could figure out how to fix the engine.



Then they brought in an old man who had been fixing ships since he was a young. He carried a large bag of tools with him...



And when he arrived, he immediately went to work. He inspected the engine very carefully, top to bottom.



Two of the ship's owners were there, watching this man, hoping he would know what to do. After looking things over, the old man reached up to his bag and pulled out...

...continuity on last page >

To, _____ Date _____

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