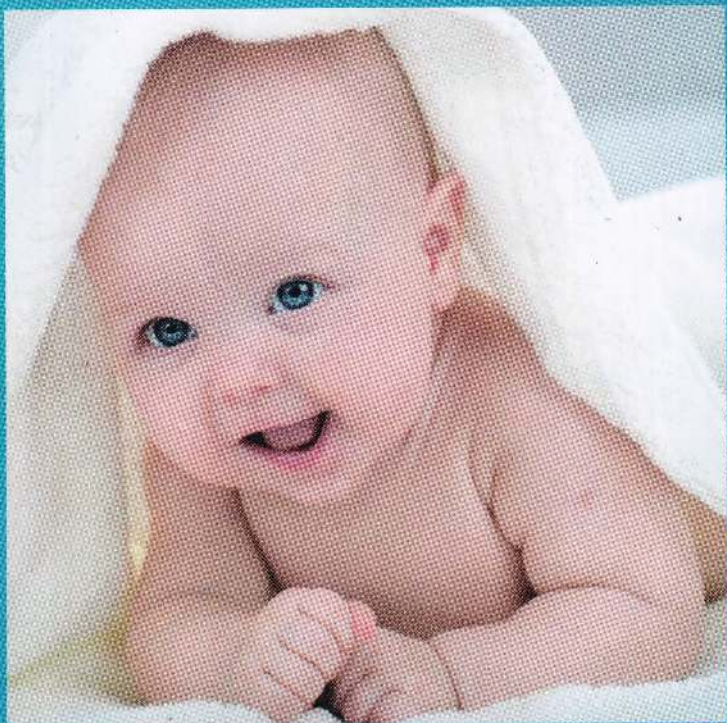


LIFE SECRETS



Change Publication



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This book highlights the way of life to children, youth and parents motivating healthy life, positive thinking and upright life. All human beings are called to a virtuous life overcoming all kinds of discrimination. Integral and holistic life is obtained through a process of continued action interwoven with right thought and right conduct. Higher thoughts induce higher feelings. A happy way of life is cherished by constant practice of life with love.

Great people who had lived nobly in this world have shown light to all overcoming the sphere of darkness. Light, love and life are not closed with themselves, rather extensive to all.

Message from the Bishop of Jaffna

I am very much pleased to address a few words of appreciation for the beautiful work undertaken by Rev. Fr. David Vincent Patrick, OMI. Life is a precious gift of God. Everyone is called to live his or her life faithfully and especially according to God's will. Today's world revolves around AT (Artificial Intelligence) and people are indifferent in thinking and acting. They forget that they are social beings and their life is motivated by selfishness and consumerism. Therefore, their life ends up in misery and some make wrong decision forgetting that God is the author of their life and humanity.



In this context, Revd. Fr. David Vincent Patrick OMI has found the need of directing the people to live a happy and fruitful life. He gives more importance to the questions, to which people are in need of getting answers. All his ideas make us to think deeply and motivate our life in a correct path. I hope that his contribution will enlighten many people and even will grant relief to the readers who are in struggle.

'Life secrets' is a handbook for all types of readers, both young and old, children and parents, the rich and the poor, the uneducated and the elite. Its style is simple but pregnant with meaning for life.

I wish him God's blessings.



Rt. Revd. Dr. Justin B. Gnanaprasasam

Bishop of Jaffna



Life Secrets : A Timely Publication



Life does not have any secret. It is an open book. But, unfortunately Fr. Vincent Patrick's book has to be titled '**Life Secrets**' because of the negative attitude human beings wanted to adopt in most of their activities.

Our Holy Father, Pope Francis, in one of his homilies, has this to say:

"All too often, as we know from experience, people do not choose life, but let themselves be led by ideologies and ways of thinking that block life, that do not respect life, because they are dictated by selfishness, self-interest, profit, power and pleasure, and not by love, by concern for the good of others.

...As a result, the living God is replaced by fleeting human idols which offer the intoxication of a flash of freedom, but in the end bring new forms of slavery and death."

Pope's statement demands that there is an urgent need today to bring back men and women to look at their lives in a positive way, and once again prosper with true ideologies and meaningful principles.

This publication, '**Life Secrets**', arrives at a suitable time as a solution to the present wretched and pitiable situation of human beings and provides all the necessary guidelines how to rectify these negative approach of life and offers a definite hope of making life brighter and happier.

I congratulate Fr. Vincent Patrick OMI for this timely publication that would serve both old and young to find meaning in life.

Very Revd. Fr. P. J. Jebaratnam
Vicar General,
Jaffna Diocese,
Jaffna.

Forward

'Life secrets' is a handbook for all types of readers, both young and old, children and parents, the rich and the poor, the uneducated and the elite. Its style is simple but insisting positive way of life.

It is a great source of encouragement and motivation for the people to lead a healthy and happy life. This book covers vast areas of human life, namely, health, happiness, awareness, economics, growth, strategic planning, relationship, leadership and spirituality having practical approach to life situation.

No human person is totally condemned for damnation. Integrity of human life has to be sustained by virtuous people, transcending space and time. Good relationship has to be restored gradually added with positive thinking and love for humanity.

History always moves forward and never backward. Every good person adorns the quality of life like a single flower in a garland. Light illumined by innocent people cannot be overcome by the darkness of evil persons. Goodness triumphs over judgement.

Let us be reminded of the words of St. Paul to the Romans:

'You know what hour it is, how it is full time now for you to sleep. The night is far gone, the day is at hand. Let us cast off the works of darkness and put on the hour of light. Let us conduct ourselves becomingly as in the day' Rom 13.11~13).

Finally, I express my sentiments of thanks and gratitude to Rt. Revd. Dr. Justin B. Gnanapragasam, the Bishop of Jaffna and Very Revd. Fr. P.J. Jebaratnam, Vicar General of the Diocese of Jaffna for their words of appreciation and encouragement.

With best wishes,

Fr. David V. Patrick, OMI

LIFE SECRETS

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1. How to become a Good Student?

1. Install in your mind the qualities of a good student.
2. Confirm your belief that you will turn out to be good student.
3. Strengthen your talents concerning this objective.
4. Lighten your ambition by forming small core groups.
5. Change your atmosphere according to goal.
6. Give life pattern to positive thoughts.
7. Assert continuous practices.
8. Be of help to slow learners.
9. Sustain your thought daily that you will become a good student.
10. Give respect to elders, elite and parents and attend to their guidance willfully and loyally.



2. How to pass Examination?

1. **Showing enthusiasm:** Show equal interest in all subjects.
2. **Preparation:** Attend to all preparatory works prior to Examination.
3. **Planned action:** Plan your studies beforehand allocating time for each subject according to needs.
4. **Taking short notes:** Adopting easy mnemonic lines according to your ability take short notes.
5. **Writing:** Easy way to retain in mind what you learnt, put it in writing.
6. **Hard work:** Hard work is the road to success.
7. **Healthy body and healthy mind:** During the exam days, students must learn to keep their bodies and minds healthy.



8.Link with nature and God: Mind should become acclimatized with the energy freely received from nature and God.

9.Overcome the anticipated fear:

Anticipated fear of failure, irregular use of the available resources and lack of perseverance are the sources of failure.

10. Group study: Group study makes learning easy.



LEARNING IS AN INTERESTING ART.

THE MORE WE TEACH OTHERS, THE MORE WE LEARN.

IT IS IN GIVING THAT WE RECEIVE.



3. How to overcome Fear?

1. Change the atmosphere that causes fear by the stimulus-response analysis.
2. Examine the veracity of fear.
3. Learn to fight with courage.
4. Put end to unrealistic predictions.
5. Learn to accept fear as something usual.
6. Try to realize that all do not find fault in you.
7. Learn to know that constant practice will make you courageous.
8. Divert your attention.
9. Receive support of good friends and family members.
10. Learn to relax your mind.



4. How to overcome Anger?

1. Have inward journey for 10 minutes having seated in a calm atmosphere.
2. Focus your goal on happy living having harnessed your thoughts.
3. Have sweet and healthy memories in your mind.
4. Having selected non-violent communication, speaking positively with inner feelings and reconfirmation of the mind get involved.
5. Having identified sea beach, park and natural environment attend to physical exercises.
6. Get involved in the spiritual exercises such as temple activities, singing sacred songs and giving assistance to the poor and to the backward students.
7. Lead life happily having time table and regular plan.
8. Take enough water and nutritional food.
9. Attend to prayer being alone with God.
10. If somebody comes to fight with you, make the person to sit down first.



5. How to overcome Grief?

- 1. Try to expose the hidden aptitudes and talents.**
- 2. Identify the causes of grief and get involved in the efforts harnessing feelings.**
- 3. Begin in a small scale and end up in enormous task.**
- 4. With humorous feelings go on with the journey of life happy while making others happy.**
- 5. In the company of good friends, improve the quality of life with sociability.**
- 6. Frequently read books concerning joy, social reformation, sociability and creativity.**
- 7. Live with dedication having formed small joyous circles with higher ambitions.**
- 8. Attend hospitality with care and concern to those lacking basic facilities, sick and the senior citizens.**
- 9. Live sweetly with the natural smiling face.**
- 10. Spend adequate time with children, good-hearted souls and with those who speak humourously.**



6. How to overcome Failure?

- 1. Having the attitude that 'I can and I will' take constant efforts towards success.**
- 2. Transforming failure as the step to success confirms success daily.**
- 3. Associate yourself with those who embrace success continuously.**
- 4. Identifying your hidden natural talents, transfer those to action form.**
- 5. Having sharpened your goal, accomplish it in action.**
- 6. Having freed from mental fatigue, accelerate your attempts with will and valour.**
- 7. Learn to accept small failures with sustained tolerance and broadmindedness.**
- 8. Grow in concentrated thoughts and establish life happiness.**
- 9. Having optimistic thoughts, confirm mental maturity.**
- 10. Restart your life with joy and reassert conviction that you will attain success,**



7. How to overcome frustration?

- 1. Listen attentively to the voice of your body, face and nerves.**
- 2. Stand straight and attend to breathing exercises, yoga and massaging.**
- 3. Establish mental equilibrium having hot water bath twice a day.**
- 4. Consume enough water and milk daily.**
- 5. Recognize the causes of your frustration. Remove unreasonable thoughts. Replant happy thoughts.**
- 6. Directly talk to those who caused frustration and lead them to regain health by themselves.**
- 7. Watch comedy programs on the television and read humourous books daily.**
- 8. Walk for twenty minutes having missed the routine.**
- 9. Plan and do one thing at a time.**
- 10. Relax yourself and relish your emotional balance.**



8. How to overcome frustration?

- 1. Give immediately once the feeling to give stems.**
- 2. Learn to give spontaneously and naturally with inner joy.**
- 3. Being freed from the feeling of pity, give with the sense of brotherhood.**
- 4. Give with the goal of building a society with equality, fraternity and fair play.**
- 5. Remember that you get heavenly bliss when you give wholeheartedly.**
- 6. Accept and act that giving redoubles your joy.**
- 7. Form "Givers' Circles" in villages grouping those enlightened ones with the same motivation to live for others.**
- 8. Having strengthened non-violent communication, function as unconditional givers.**
- 9. Increase the opportunities to foster backward children prosperous.**
- 10. Experience happiness in helping the poor.**



9. How to win friends?

- 1. Don't criticize; don't find faults in others; don't judge; don't punish.**
- 2. Live as good friends with magnanimous heart and generosity.**
- 3. Retaining the names of your friends and utter their names with joy.**
- 4. Know their good qualities.**
- 5. Assert interest in your friends and confirm your happiness in their growth.**
- 6. Quickly accept your faults.**
- 7. Don't try to win the argument asserting that you are always correct.**
- 8. Get involved in common actions promoting social welfare.**
- 9. Instead of proving that others at fault, expose the goodness hidden in others.**
- 10. Live with compassion indicating that others are important.**



10. How to grow in love?

- 1. Instead of loving all, start loving a few.**
- 2. Try to reveal that which is hidden in you and in others.**
- 3. Break away all that enslaves you and the wrong methods.**
- 4. Dedicate yourself for the growth of others.**
- 5. Listen with concern respecting the feelings of others.**
- 6. Speak softly and move with meekness.**
- 7. Give place in your heart, doing well to those who hate you while showing your lovely face to your enemies.**
- 8. Appreciate each other and give with love.**
- 9. Having overcome the defects, transform you in the form of forgiveness.**
- 10. Give flesh to the principle that 'Things are to be used and people are to be loved.'**

Live for the **PRESENT**

11. How to live at present?

1. Without further delay, try to live here and now.
2. Learn the methods to live well at present.
3. Using lessons learnt in the past, try to lead life pleasantly and peacefully.
4. Live in truth as persons dedicated to the welfare of others.
5. Try to live the feeling 'I can' overcoming the feeling 'I cannot.'
6. After breaking the chain of slavery, sacrifice yourself for peace in the universe.
7. Try to become fruitful having simplified life.
8. Ensure footprints in the world as real heroes.
9. Overcome temptations as living saints.
10. Create history speaking the language of great people.



12. How to become new agents of life?

1. While looking at the sky, do not miss the spot.
2. Do not change the size of your feet according to the size of slippers.
3. Mature in responsibility so as to induce children grow gracefully.
4. Swim daily in the flood of love so as to bring forth healthy societies.
5. Merging love and virtue, spring up in spirituality.
6. Having destroyed vices, frequently love gracefully.
7. Try to live a saintly life with renewed thoughts being enlightened.
8. Give up the habit of repeating the old fashion of life.
9. Create ways where all will be well in the universe.
10. Let there be many miracles instilling many grace-filled people.



13. How to enjoy life being in harmony with nature?

- 1. Live pleasant life being in harmony with God and nature.**
- 2. Learn to give up fighting against nature.**
- 3. Avoid the usage of plastic commodities.**
- 4. If a particular group rejects you, join the group that accepts you.**
- 5. Be concerned about yourself, others and the world at large.**
- 6. Loving the next generation and the world involve in building up a new rapport with nature.**
- 7. Have control of eating habits. Keep away chemical foods.**
- 8. Do not burn rubbish but bury.**
- 9. Refrain from environmental pollution with the help of your friends.**
- 10. Increase the opportunities to live in harmony with nature.**



14. How to enter Heaven?

- 1. Having overcome selfishness, make your inner journey meaningful being absorbed with good feelings.**
 - 2. Choose a life pattern having centered on God, nature and others.**
 - 3. Grow in giving while less concentrating on receiving side.**
 - 4. Try to love unconditionally without any expectation.**
 - 5. Having broken the chain of slavery, try to breathe the air of freedom.**
 - 6. Transform yourself as creating agents of equality, fraternity and freedom.**
 - 7. Having childlike attitude, pre-experience heavenly bliss.**
 - 8. Create yourselves as divine images without egotism.**
 - 9. Wholeheartedly function as agents who lead the downtrodden to a higher level with love, dedication, appreciation and rewarding.**
- Without damaging true relationship break the vicious circle and produce beautiful life pattern**



15. How to speak sweetly?

- 1. Speak pleasantly and softly without much noise.**
- 2. Speak with clarity and precision.**
- 3. Give importance to listening.**
- 4. Keep away from speaking ill of others.**
- 5. Let generosity, altruism and social concern dominate your speech.**
- 6. Have exercises concerning health and humorous relationship in a circle of good friends.**
- 7. Learn to speak from your heart.**
- 8. Respecting the feelings of others, learn to have communication.**
- 9. Speak out exposing your personality attractiveness.**
- 10. Speak with docility without pride.**



16. How to lead non-violent communication?

1. Keep away the factors that stimulate anger, irritation and annoyance.
2. Keep away arrogance, cunningness and insincerity.
3. Prioritize the feelings of compassion, dedication, sacrifice, understanding and positive thinking and transfer them to the level of action.
4. Start conversation positively.
5. Proceed with heart-to-heart communication.
6. Overcome cultural deviation, atrocity, usage of drugs, aversion while strengthening meekness, concern, compassion, and sharing.
7. Overcome the factors that undermine humanness.
8. Seek relationship with those who caused conflict.
9. Respecting humanness and human welfare, bless all those who confront you.
10. Live touching the hearts of many with innocent mind.



17. How to win games?

- 1. Having pre-preparation, play jointly with your team colleagues.**
- 2. Together with planned exercises, gather as a team.**
- 3. Without being isolated improve your team spirit.**
- 4. Learn to live positively having strengthened team dynamism.**
- 5. Strengthen togetherness.**
- 6. Grow in physical strength by having nutritional diet.**
- 7. Try to have great winners as your model players.**
- 8. Spend the day in good health being alert filled with joy.**
- 9. Increase your efficiency taking adequate rest.**
- 10. Maintain physical and psychological health.**



18. How to overcome depression?

1. Begin doing that which is possible for you.
2. Remember that big stream of joy begins from small successes.
3. After analyzing withdrawals or the improvements, determine to decide as to fight against or to move forward.
4. Learn to live positively having set blessings before the mind.
5. Do not waste your precious time pondering over minute problems.
6. Try to lead life according to the selection, understanding and acceptance of life values.
7. Having recognized the meaning of life, heal your deficiencies.
8. Having strengthened your physical wellness and psychological wellness, test your body yearly.
9. Daily grow in social wellness such as understanding, integrity, unity and security.
10. Establish your spiritual wellness such as devotion, mercy, concern for the poor, morality and good conduct.



19. How to overcome loneliness?

1. Learn to accept loneliness as a feeling and not as an event without exaggeration.
2. Learn to overcome loneliness by the companionship of good friends.
3. Avoid taking wrong decisions and shine as champion overcoming loneliness.
4. Plan to defeat loneliness in its seed form.
5. Forego self-centered approach and learn to adopt others-centered approach.
6. Recognize that others are interested in your welfare.
7. Whenever you meet others, show that you are interested in them.
8. Increase the feeling of compassion and learn to live while living for others.
9. Without expecting perfection from others, bless them to be happy.
10. If a particular group is indifferent to you select a new group that is interested in you.



20. How to face interview?

1. Micro-analyze the problems taking minute details.
2. Know where, when and with whom the problem sprang up.
3. Find out the answer why the problem emerged.
4. Recognize where the answer lies.
5. What is the difference you noticed when you got up in the morning?
6. When the problem was solved surprisingly, what form did it take?
7. When the problems were unsolved, what were the procedures you adopted?
8. When is the problem seen as non-problem?
9. When was the problem aggravated?
10. How did you succeed to solve problem in an unusual situation?



21. How to function as a counselor?

- 1. Counselor has function effectively towards the counselee with dedication and compassion doubling his/her joy.**
- 2. Counselor must maintain confidentiality and privacy.**
- 3. Counselor ought to enter into inner world of the counselee and strengthen cooperation.**
- 4. Counselor must come forward to create radical change in the counselee.**
- 5. Integration between experience, awareness and expression should be genuinely established.**
- 6. Client ought to be assisted to make decisions determinately.**
- 7. Client must be motivated to make decision by himself/herself.**
- 8. Using client selfishly has to be avoided altogether.**
- 9. Counselor must be equipped with skill and knowledge of counseling so as to direct the client intelligently and swiftly.**
- 10. Without being rigid, counselor must be flexible concerned with the legitimate needs of the client.**



22. How to counsel children?

- 1. Regain the confidence of children using suitable techniques.**
- 2. Handle differently able children with utmost care having obtained access to specialists.**
- 3. Have fun and games with children using toys.**
- 4. To enable change in children's behaviour stimulate joy in them, appreciate them and award prizes.**
- 5. By way of action play or storytelling, animate children to normalcy.**
- 6. Parents must take positive tender care promoting inner joy to children.**
- 7. Home situation and social environment should be tuned well so that children may grow spontaneously.**
- 8. Children should be guided to take decisions on their own.**
- 9. Exaggerated expectations from children need to be avoided.**
- 10. Children should be put in small groups and engage them in creative action instilling integrated growth.**

23. How to counsel drug addicts?

1. Take decision having strong conviction to give up addiction.
2. Decide on a particular date and announce it to your friends and relatives about your good decision.
3. Do not be overwhelmed by the irritation and uneasiness cropped in during the first seven days.
4. Take hot water or soft drinks and have short eats frequently.
5. Consume fresh vegetables, grains, small fish, milk, etc., in regular meals.
6. Take lukewarm water bath twice a day for a week so that the poison absorbed in your body as a result of the intake of drugs may become diluted.
7. Try to maintain physical exercise, yoga and breathing exercise regularly.
8. Seek the support of your loved ones or your good friends to keep away drugs.
9. Get voluntarily involved in the campaign against drugs.
10. Form small core groups to accelerate social awareness and concern at village level ensuring social transformation.





24. How to overcome smoking?

1. Warm your hope that you can refrain from smoking.
2. Decide on the date to give up smoking and start a new life after withdrawal.
3. Change the eating pattern having suitable food.
4. Try to lead a happy life having access to good friends and efficient guides.
5. Spend with utmost care the first seven days after quitting smoking.
6. To remove the polluted blood due to smoking, take hot bath for seven days.
7. Since there is correlation between smoking and alcohol consumption, keep away from all kinds of liquor.
8. Be on watch safeguarding children from smoking.
9. Actively participate in games, hobbies and meditation.
10. Smile having thrown out smoking items completely.



25. How to counsel adolescents?

- 1. Guide adolescents in education by helping them to know their limits.**
- 2. Help them to identify their educational sectors in accordance with their enthusiasm and efficiency.**
- 3. Counselors as well as teachers should provide information concerning institutions and colleges that offer higher education and technical skills.**
- 4. Teach the adolescents to accept natural bodily changes during adolescence.**
- 5. Educate adolescents that unusual behaviour patterns cause uneasiness and social contempt.**
- 6. Dilute the problems of the adolescents either by way of family counseling or group counseling.**
- 7. Teach adolescents towards healthy handling of their problems.**
- 8. Held them to avoid street walking at night, escape from home, gambling and usage of drugs.**
- 9. Motivate adolescents to identify their talents and to achieve growth quickly.**
- 10. Make adolescents to be happy by overcoming weaknesses and by infusing goodness. .**

26. How to counsel youth?

- 1. In order safeguard youth from misbehaviour, cling to regular physical exercise, good hobbies and nutritional food.**
- 2. Help youth in terms of educational aptitude, vocational training and experience.**
- 3. Increase work opportunities and vocational guidance to youth.**
- 4. Make youth to get involved in financial planning and provide opportunities for self-development.**
- 5. Train youth to spend responsibly with adequate planning.**
- 6. Get youth to get trained by giving them small amount of money weekly for their expenditure.**
- 7. Through positive thought, improve their art of living.**
- 8. Motivate youth to get involved in creative action.**
- 9. Through fostering youth in spiritual diversion, strengthen their spiritual journey.**
- 10. Give respect to youngsters as great leaders.**



27. How to strengthen conjugal relationship?

1. Let husband and wife have conjugal relationship with each other having similar attitude and equal feeling.
2. With much preparation have sexual relationship.
3. Avoid overworking and empower each other.
4. Without ignoring each other show concern to your partner.
5. Having right response to the number of children needed and the life span between two children has to be selected and attended.
6. Privacy has to be respected and the third person must not enter between the two persons.
7. Plan your family responsibilities and share equally.
8. Have no dominion over the other and affirm democratic interpersonal sharing.
9. Try to plan economic development, family development, and educational growth of children and selection of jobs.
10. Give respect to each other and share true love.





28. How to live with cooperative responsibility?

1. Action as a group having listening, apprehension, respecting and interpersonal acceptance as tools.
2. Learn to speak and listen affectionately.
3. Learn to accept one another and share responsibilities and experiences.
4. Respect the opinions, values and experiences of others and nurture them.
5. Form small power groups and motivate them to act as agents of new life.
6. From early childhood absorb cooperative responsibility and refrain from uncivilized way of living.
7. Integrate imagination, thought and action and transform yourself as hero.
8. Set your goal clearly and start living naturally.
9. Increase your efficiency systematically and obtain psycho-social transformation instinctively.
10. Have membership in an able group and live authentically.



29. How to listen cognitively?

1. Listen with empathic attitude, understanding and intense concern.
2. Don't speak for others but motivate others to listen attentively.
3. Without passing judgment, try to lead others in positive thinking.
4. Listen with empathy.
5. Listen to others looking at the eyes straightly.
6. Through your heart listen to the voices of hearts of others.
7. Listen quietly to the words behind the feelings.
8. Behave with confidentiality.
9. Refrain from listening when you are talking to others.
10. Without being superficial listen to the other having the objective goal.



30. How to make humanness resourceful?

- 1. Listen with empathic attitude, understanding and intense concern.**
- 2. Don't speak for others but motivate others to listen attentively.**
- 3. Without passing judgment, try to lead others in positive thinking.**
- 4. Listen with empathy.**
- 5. Listen to others looking at the eyes straightly.**
- 6. Through your heart listen to the voices of hearts of others.**
- 7. Listen quietly to the words behind the feelings.**
- 8. Behave with confidentiality.**
- 9. Refrain from listening when you are talking to others.**
- 10. Without being superficial listen to the other having the objective goal.**



31. How to make values alive?

1. Daily begin in love having sincerity as its ornament.
2. Try to grow one another travelling the journey of values.
3. Overcoming laziness, develop originality.
4. Surrender to God, while speaking sweetly.
5. Build up the world of tranquility without any bias.
6. Try to train yourself to cope up with the world with tolerance and elasticity.
7. Try to learn a life of genuineness withstanding evil forces.
8. Stepping the path of simplicity, elevate yourself.
9. Be generous to the poor and award the downtrodden with precious gifts.
10. Give light to all being affluent in togetherness



32. How to know emotions?

1. Good feelings emerge from good thoughts.
2. Some behavioural changes show feelings.
3. Appearance, proportional weight and the state of being healthy (physical wellness) are the basis of good feelings.
4. Happiness, love, hope and hospitality (psychological wellness) are heritages of good feelings.
5. Understanding, security, peace and unity (social wellness) are roots of good feelings.
6. Mercy, devotion and morality (spiritual wellness) spring up good emotions.
7. Feelings can be learnt from bodily movements and from the words spoken.
8. Feelings can be known from facial changes.
9. The inner creativity feelings shape your being as you are.
10. Through experiences you may know that feelings take different shapes.



33. How to focus goal in life?

1. Definitely decide on what you are going to do.
2. Increase the speed of thought after having designed how you are going to do.
3. Start in small scale and magnify it.
4. Having joined small groups, execute your plan without much noise.
5. By focusing thoughts, try to raise the level of achievement.
6. Don't get panicky when you are distracted.
7. Acclimatize the good traits of those great people who are alike.
8. Have a deep observation of the great deeds of others.
9. Write down your objectives each on a separate paper.
10. Write down every objective again and again and make your life prosperous



34. How to plan?

- 1. Execute your life plan having simplified little by little.**
- 2. To own your life plan, get acclimatized.**
- 3. Confirm your plan as your own.**
- 4. Prioritize your plan of action and sharpen the parts of your plan.**
- 5. Select good friends who are familiar with you and work together**
- 6. Try to identify resources related to plan and empower your life efficiencies.**
- 7. Move the plan cognitively having short term plan and long term plan.**
- 8. Go ahead with your plan with eagerness having focused your natural resources.**
- 9. Adorn your plan of action having time management, positive vision, broad mindedness, conviction and constant efforts as ornaments.**
- 10. Select the appropriate times, appropriate environment and execute the plan of action.**



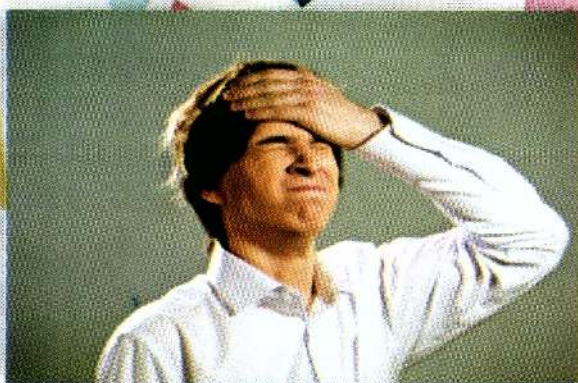
35. How to maintain time management?

1. Plan your life as now and today and move systematically.
2. Since tomorrow is uncertain, live at the present.
3. Occupy the seat before five minutes for any program.
4. Have elevated thoughts before mind and plan regularly.
5. Having constant practices as its tools, select the urgent ones.
6. Prioritize your plan of action doing the best.
7. When you find wanting in time, give opportunity to the other to attend.
8. Plan ahead of time.
9. Prepare a time table,
10. Having concern for your own welfare, do not discourage the other.



36. How to show concern to elders?

- 1. Spend enough time with the elders.**
- 2. Confirm that they to be respected and listen to them with care and concern.**
- 3. Try to have meals together with them and look after them with compassion.**
- 4. Strengthen cordial relationship with them share your affection with them commonly.**
- 5. Converse with them on family tradition, history and heritage frequently.**
- 6. Bear witness to the truth that they are to be honoured and awarded.**
- 7. Form Elders' Association and strengthen them fulfilling ,their basic needs.**
- 8. Journey with them together.**
- 9. Don't show pity on them but rather compassion.**
- 10. Give them regained life with thankfulness.**



37. How to be freed from forgetfulness?

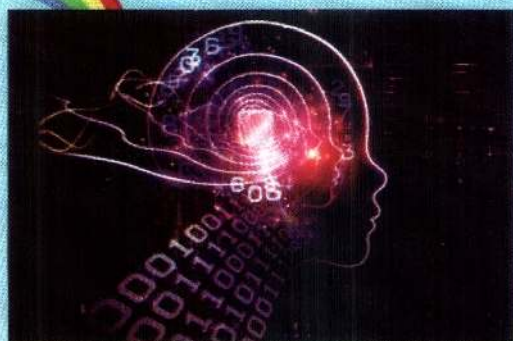
1. Picture in your mind what you ought to do having retained the essentials in your memory.
2. Having formed the network of good friendship, regularize socialization continuously.
3. Get involved in healthy activities and remain intact.
4. Have a regular sleep at night.
5. In your daily schedule, give place to regular physical activity.
6. Get organized avoiding doing too many things at a time.
7. Safeguard yourself from unwanted dangers.
8. Time to time go for medical checkup.
9. Save memory energy in your brain cells so that you may accelerate your thinking and memorizing power.
10. Safeguard from brain damages by way of relaxation and breathing exercise.

Tips to Improve Your Memory



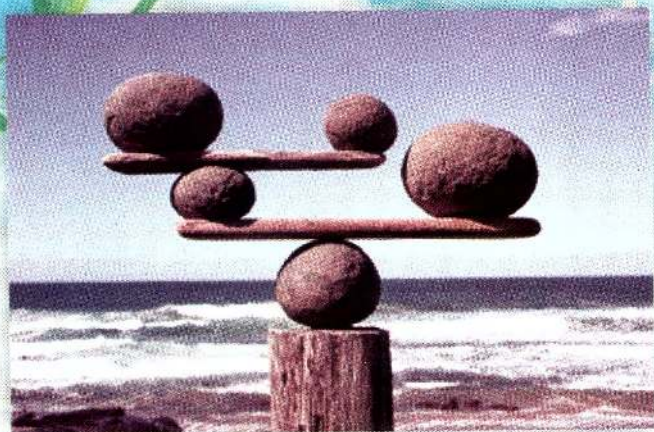
38. How to increase memory power?

- 1. Learn to invent something new using your memory power skillfully.**
- 2. Involve in relearning. Pronouncement of what you learnt affirms relearning.**
- 3. Get into appropriate food pattern and have fresh vegetables, unadulterated fruits, sunflower oil, etc., in your regulated diet.**
- 4. Have regular exercise. Exercise encourages your brain to work at optimum capacity by stimulating nerve cells to multiply, strengthening their interconnectivity and protecting them from damage.**
- 5. Using short notes increases memory power.**
- 6. Having set goal, involve in group action.**
- 7. Utilize all your emotions.**
- 8. Do always keep yourself active.**
- 9. Maintain strict discipline and stay organized.**
- 10. Being linked with nature, get involved in the exercise such as yoga, meditation and breathing.**



39. How to increase Intelligence?

- 1. Elevate yourself in intelligence.**
- 2. Get involved in games and activities that stimulate intelligence.**
- 3. Involve in regular heart exercises.**
- 4. Learn an art of life suitable to your authenticity.**
- 5. Daily read books of common knowledge.**
- 6. Focus your thoughts.**
- 7. Increase feeding the brain sustainably.**
- 8. Strengthen your success by nurturing hope.**
- 9. Handle intelligently the difficult situations and dangerous people.**
- 10. Improve intelligence by selecting branches of study according to your ability having expedited the suitable techniques.**



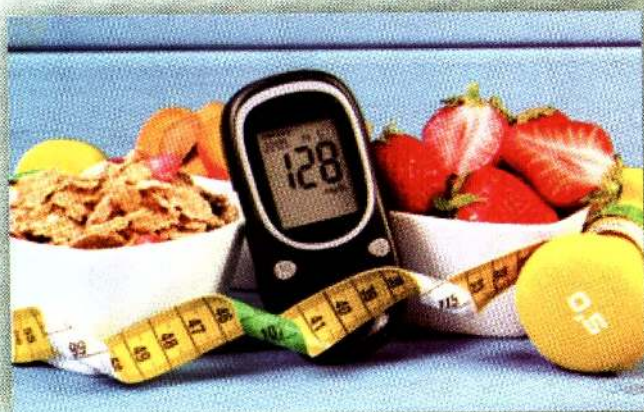
40. How to improve your Emotional balance?

- 1. Utilize an assertive style of communication.**
- 2. Respond to conflict situations without reaction.**
- 3. Utilize active listening skills.**
- 4. Be rightly motivated.**
- 5. Expose ways and means that stimulate good attitude.**
- 6. Give action form to self-awareness.**
- 7. Be compassionate showing concern from your heart.**
- 8. Be alive with empathic attitude.**
- 9. Utilize leadership skills.**
- 10. Be approachable and sociable.**



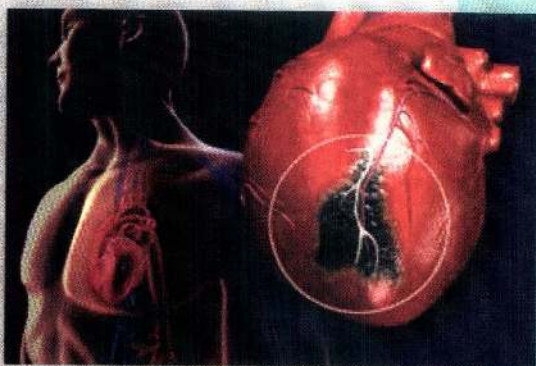
41. How to grow in Relationship?

- 1. Mutually knowing one another enables the growth of relationship.**
- 2. Accepting one another makes the growth of relationship viable.**
- 3. Accede to interest what interests them.**
- 4. Love your thoughts, words and deeds.**
- 5. Learn to live with jovial attitude.**
- 6. Learn to be grateful.**
- 7. Maintain healthy space among one another.**
- 8. Support one another.**
- 9. Do well to others.**
- 10. Respect the value of one another.**



42. How to cure diabetes?

1. Balance your blood sugar level.
2. Plan what you eat.
3. Do exercise regularly.
4. Keep up your medical appointment.
5. Increase your fiber intake.
6. Regulate sugar level.
7. Have adequate sleep.
8. Have bitter guard, okra, curry leaves and cinnamon in your diet.
9. Increase energy saving by walking in the sun every morning.
10. Reduce stress and relax your mind.



43. How to prevent heart attack?

- 1. Attend to physical exercise daily.**
- 2. Maintain your bodily equilibrium by walking daily 30 minutes in the morning and at night before sleeping.**
- 3. Refrain from smoking, taking liquor and fatty foods and remain strong.**
- 4. Prevent from diabetics and pressure.**
- 5. Have enough water.**
- 6. Have sea food, soya, beans, fresh vegetables, etc., in your diet.**
- 7. Benumbing in hands or legs and excessive pain in the heart, unusual sweating and headaches are some of the symptoms of heart attack.**
- 8. When symptoms identified quickly seek medical support.**
- 9. Relax your mind and show mercy to the poor.**
- 10. Live happily and healthily having filled with positive thoughts.**



44. How to promote self-defense for women?

- 1. Prevent extending both hands. It immediately helps to safeguard head, eyes and face.**
- 2. When there is danger, stay safe from a distance.**
- 3. Overcoming fear thought, journey with courage confronting unexpected fights.**
- 4. When you go out in the street, avoid speaking mobile.**
- 5. If somebody comes to attack from behind, turn back, hit him/her on the knee, throw him/her down and run away swiftly.**
- 6. Don't allow strangers to come in and behave wisely.**
- 7. Be alert in preventing enemies and be convinced of your strength.**
- 8. First safeguard head, and neck, and then continue your attack.**
- 9. If you are sexually attacked, act as you allow it and suddenly attack your aggressor, fall him down and run away.**
- 10. Without being cheated, learn to strengthen confidentiality.**



45. How to have safe journey?

- 1. Before you travel, do a good research.**
- 2. Avoid taking journey alone.**
- 3. Do not have valuable things in your hand.**
- 4. Keep your belongings safe.**
- 5. Continue your journey while collecting information locally.**
- 6. Don't talk to strangers unnecessarily and enter into trouble.**
- 7. Refrain from taking meals or drinks from strangers.**
- 8. Wear clothes safely and walk diligently.**
- 9. Lock up your valuables.**
- 10. Don't show your wealth to others.**



46. How to lead life as good parents?

1. Live happily.
2. Teach children to build relationship.
3. Expect efforts and not perfection.
4. Teach optimism.
5. Teach emotional intelligence.
6. Cultivate happiness habits.
7. Teach self-discipline.
8. Initiate children to get involved in sports.
9. Play with your children.
10. Support your children to grow in good relationship.



47. How to heal sore throat?

- 1. Take a glass of water with some salt and gargle it.**
- 2. Take warm liquids.**
- 3. Eat an apple and consume it with honey.**
- 4. Take cough shrubs.**
- 5. Take hot water bath.**
- 6. Wrap a hot travel around your neck.**
- 7. Take lime tea mixed with ginger.**
- 8. Refrain from smoking, alcohol or cool drinks.**
- 9. Avoid going to public places.**
- 10. Get medical support if your sore throat lasted more than five days.**



48. How to be a good child?

- 1. Behave appropriately. Accept your responsibilities.**
Good children learn qualities that will help them become happy, successful and good adults.
- 2. Direct your emotions. Having emotions under your personality grip will render good to all.**
- 3. Be honest and trustworthy. Healthy relationship requires trust and trust is built on honesty.**
- 4. Learn from your mistakes.**
- 5. Learn to solve problems by yourself.**
- 6. Learn when to ask for help.**
- 7. Experience being the best child.**
- 8. Be respectable to your parents.**
- 9. Make your parents proud of you.**
- 10. Expand your circle of compassion and attempt to be compassionate.**



49. How to be a good citizen?

- 1. Follow good education.**
- 2. Work hard.**
- 3. Stay up-to-date on the news.**
- 4. Share your good fortune.**
- 5. Give blood donation.**
- 6. Get emergency training.**
- 7. Create jobs.**
- 8. Stay healthy.**
- 9. Journey towards truth, justice and love.**
- 10. Follow local rules and good manners.**



50. How to obtain good leadership?

- 1. Be honest and integral.**
- 2. Inspire others.**
- 3. Be committed and available.**
- 4. Get interested in good communication.**
- 5. Get tuned to decision making.**
- 6. Accountability.**
- 7. Assert your power over events of life.**
- 8. Learn to be creative and innovative.**
- 9. Cultivate innovating techniques.**
- 10. Be simple in your attitude and be modest.**



51. How to become a hero?

- 1. Overcome your ego.**
- 2. Initiate the change you want to see.**
- 3. Give priority to others than yourself.**
- 4. Be ready to function when others are passive.**
- 5. Try to perform well in all circumstances.**
- 6. Get involved in doing good with willingness.**
- 7. Expose your talents.**
- 8. Explore opportunities of helping others.**
- 9. Learn from the heroes of history.**
- 10. Promote others to become good.**



52. How to build a good society?

- 1. Think in terms of liberty, equality and solidarity as ideals.**
- 2. Tame and regulate capitalism.**
- 3. Handle mechanism that promotes social welfare with noble thoughts in all spheres of life.**
- 4. Construct a good society on the basis of common interests.**
- 5. Be happy even with the small changes you make concerning the good of societies.**
- 6. Be awakened regarding social transformation.**
- 7. Become sensitive that you are the a creative agent of the beautiful park of human society.**
- 8. Through change of attitude, bring positive change in society.**
- 9. Be aware that qualitative use of media will create good society.**
- 10. Have ambition to do well to the others.**



53. How to become an effective writer?

- 1. Read the books of great authors.**
- 2. Write a lot.**
- 3. Plan and then write.**
- 4. Revise and rewrite.**
- 5. Be succinct.**
- 6. Use strong sentences.**
- 7. Eliminate beating about the bush.**
- 8. Write daily for half an hour.**
- 9. Learn to be moderated by a guide and get it corrected.**
- 10. Become a writer with compassion and generosity.**



54. How to be a lovable wife and mother?

- 1. Have a healthy attitude towards yourself. Make yourself resourceful fulfilling your own ambitions.**
- 2. Conquer your break of relationship through love.**
- 3. Welcome the opinions of your family members.**
- 4. Allocate time to spend with your husband and children separately.**
- 5. Share your dreams at home.**
- 6. Behave with all children without any discrimination.**
- 7. Be prepared to meet the reasonable needs of your husband.**
- 8. If you are at fault, honestly ask pardon.**
- 9. Behave well before children.**
- 10. Learn to speak and act positively.**



55. How to be a lovable husband and father?

- 1. Have a healthy attitude towards yourself. Make yourself resourceful fulfilling your own ambitions.**
- 2. Conquer your break of relationship through love.**
- 3. Welcome the opinions of your family members.**
- 4. Allocate time to spend with your wife and children separately.**
- 5. Listen to your wife and children affectionately.**
- 6. Avoid negative criticisms.**
- 7. Have at least one meal with your family.**
- 8. Spend qualitative time with your family.**
- 9. Try to participate in all family events, religious rituals and cultural celebrations.**
- 10. Strengthen your family network through social website.**



56. How to live genuinely?

- 1. Simplify your statements and make your message evident.**
- 2. Speak frankly and sincerely.**
- 3. Let sincerity be evident in your speech and in the range of personality.**
- 4. Make it clear when conflict arises.**
- 5. Confirm the clarity behind your selection. Then your thought will be evident.**
- 6. When something goes wrong, correct it immediately.**
- 7. Witness truth as self-evident.**
- 8. Accept responsibility without tolerating error.**
- 9. When word and deed contradict, resolve it quickly.**
- 10. Don't lose your genuineness by talking to a person of conceit.**



57. How to grow in wisdom?

- 1. Listen attentively to the words consonant with heart.**
- 2. Don't wait for the age. Wisdom gets hold of a person between the ages of thirty and sixty.**
- 3. World is neither black nor red but unclear. Use wisdom to discover it.**
- 4. Don't be indifferent but stick to integrity.**
- 5. Focus on understanding without passing judgment.**
- 6. Balance self-interest and common good. Wisdom emerges when selfishness terminates.**
- 7. Wisdom is an energy when seized by the waves of the universe and coheres with the universe.**
- 8. Learn from errors.**
- 9. Learn and shed light new rays of hope being freed from the zone of comforts.**
- 10. Share your wisdom with others.**



58. How to be a good teacher?

1. Learn to appreciate well and be a good friend to students.
2. Teach students with a sense of humour.
3. Make your lessons easy and attractive, using time wisely.
4. Create good relationship with parents and students.
5. Teach with preparation having participatory approach.
6. Listen attentively to students and keep students alert.
8. Discipline your students promptly and thoughtfully.
9. Offer assistance to slow learners.
10. Be professional at all times. Keep your teaching materials organized.



59. How to improve efficiency?

- 1. Increase efficiency by doing one thing at a time.**
- 2. Try to unravel your hidden talents by executing positive attitude.**
- 3. Be as you are and continue to do what you can.**
- 4. Do not get tired in your process of correction.**
- 5. Ask appropriate questions and give appropriate answers.**
- 6. Attain proficiency in your own field.**
- 7. Learn to live broadmindedness.**
- 8. Become aware of your skills developing educational talents such as thinking, learning, reading, writing, listening, speaking and valuing.**
- 9. Create thoughts bank and elevate your personality.**
- 10. Give new form to your creative thoughts updating decision making..**



60. How to Improve value education?

1. Start with love.
2. Journey in good morality.
3. Develop the quality of enriching one another.
4. Speak softly and sweetly.
5. Nurture veracity.
6. Live in simplicity.
7. Do not despise the poor.
8. Do away with cheating habit.
9. Strengthen the network of inner harmony.
10. Distort the violent attitude and pour your showers of mercy.



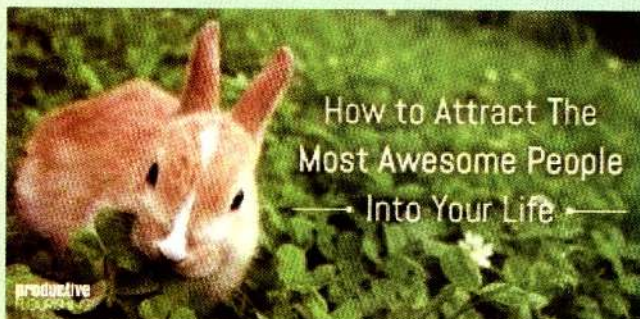
61. How to learn the art of life?

- 1. Deduce depression with efficiency and swiftness.**
- 2. Relax your mind and get involved in constant practice.**
- 3. Know the nature of mind, increase your happiness and make others happy.**
- 4. Cling to meditation process and relate well with children and youth.**
- 5. Pronounce certain important propositions and memorize them promptly.**
- 6. To discover inner peace get involved in activities that promote happiness.**
- 7. Know yourself.**
- 8. You and your thoughts be under your control.**
- 9. Make yourself young.**
- 10. Select your art of life either directly or through others.**



62. How to uplift the poor?

- 1. Invest your riches on the poor.**
- 2. Expand resource materials and motivate poor to study.**
- 3. Destroy rich-poor division and help all to live well.**
- 4. The rich spend much time and energy on their children rather than the poor caring their children. Change the situation.**
- 5. Relieve people from the vicious circle of misery.**
- 6. Reallocate resources and break the chain of misery.**
- 7. Elevate economic standard by increasing work opportunities .**
- 8. Increase income level of the labourers.**
- 9. Overcome being trapped in leasing.**
- 10. Show concern to children and make their life prosperous.**



63. How to attract people?

- 1. Confirm your goodness loving yourself.**
- 2. Show concern and welfare to others with enthusiasm and eagerness.**
- 3. Being united with nature, learn to listen to others with compassion.**
- 4. Be of witness to your inherited goodness through a life of humour.**
- 5. Concentrate on the welfare of others, deleting self-centered approach.**
- 6. Find meaning to your life.**
- 7. Becoming concerned with the welfare of others, uplift others.**
- 8. Appear neatly and lead life with a sense of purity.**
- 9. Adorn yourself with attractiveness of personality with a smiling face.**
- 10. Listen attentively and kindly, with love-sparkled eyes.**



64. How to appear beautiful?

1. Perform daily physical exercise.
2. Massage your face.
3. Have sunbath continuously.
4. Maintain mental balance showing heartfelt smile.
5. Appear modestly having worn fitting clothes.
6. Learn to live happily, having involved in joyous events.
7. Learn to build good relationship with others.
8. Drink water sufficiently.
9. Have at least six hours of night sleep without entertaining day sleep.
10. Affirm your inner calmness, accepting that face is the index of beauty.



65. How to strengthen spiritually?

- 1. Be united to God alone at least for half an hour daily.**
- 2. Increase intensity with God through prayers and charity.**
- 3. Take time to confirm your good bond of relationship with others.**
- 4. Give new shape to your dawn of God-man relationship added with divine interventions and mystic experiences.**
- 5. Take a new direction being led by the spiritual light.**
- 6. Think less and feel more.**
- 7. Learn to live calmly wherever you are and get attracted to God adequately .**
- 8. Consecrate yourself with firm awareness for the welfare of others.**
- 9. Come out from your comforts zone which enslaves you negatively.**
- 10. Lighten the world having formed small core groups as spiritual energy cells.**



66. How to become the architect of peace?

- 1. Try to attain peace qualified as the gift of God and a blessing.**
- 2. Peace is a response to true communication.**
- 3. Get involved with dedication in the activities which flourish peace.**
- 4. Fight against selfishness, avarice, injustice and inflicting pain on others.**
- 5. Peace is a combination of interior peace and exterior peace.**
- 6. Peace showers happiness. Happiness entails peace.**
- 7. Try to have integrated link between God, nature and people.**
- 8. Peace entails truth, transitional justice, and reparation as leading steps.**
- 9. Justice with peace transcends from war to transitional justice.**
- 10. Sincerity, forgiveness, fraternity and purity are the constitutive properties of peace.**



67. How to bring forth young heroes?

- 1. Create an environment where the youth can expose their creative thinking, radical opinions, inspirational actions and original ideas.**
- 2. Listen to their deep cries.**
- 3. Exchange their creative knowledge and their talents.**
- 5. Unravel their hidden resources and attempt to fulfill their basic desires.**
- 6. Create network with youth, religious leaders, social leaders and elite.**
- 7. Strengthen monitoring and utilize youth groups to motivate new life orientation.**
- 8. Encourage, award prizes, issue certificates for those youngsters who contribute well for social transformation.**
- 9. Find out the causes for conflicts and remedy them scientifically.**
- 10. Plan for peace and reconciliation having clear ideals, and concept for radical change.**



68. How to improve group formation?

- 1. Exchange your ideals and ideas in your first meeting.**
- 2. Ask why you gathered.**
- 3. Ask what you want to give.**
- 4. Ask whether you need such groups.**
- 5. Differentiate the details of how you want to design your objectives.**
- 6. Gather the areas of your learning as a group.**
- 7. Gather the data of your action as a group.**
- 8. Learn how you are going to act.**
- 9. Decide on the number of times and the venue of your meeting.**
- 10. Find out the methods of achievement as a group.[®]**



69. How to live authentically?

- 1. You attain satisfaction in your existential state.**
- 2. Identify, select and strengthen your talents.**
- 3. Do not imitate others at any cost.**
- 4. Plan your life not in the manner of your desires but how you ought to live.**
- 5. Start doing from small things and end magnanimously.**
- 6. When the level of aspiration and the level of achievement go hand in hand, success rate is high.**
- 7. Approach life with openness and with the motivation to learn and attain success.**
- 8. Refrain from thinking negatively.**
- 9. You will become in the way you think. Hope stems from positive thinking.**
- 10. Start living immediately. Process of life is never stagnant.™**



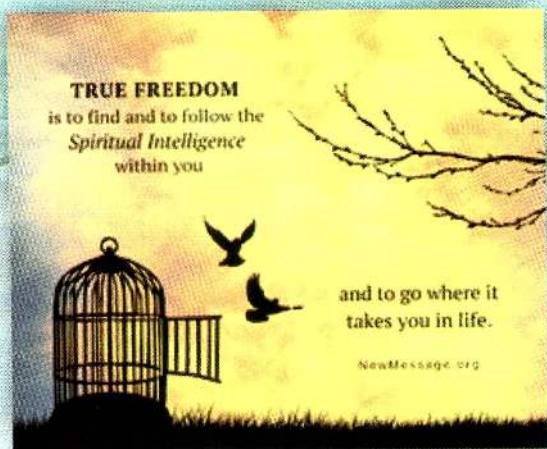
70. How to meditate?

1. Stay relaxed.
2. Close your eyes avoiding distractions.
3. Breathe slowly.
4. Look at a point in order focus your thoughts.
5. Meditation removes mental disturbances and fathom feelings pleasantly.
6. Meditation strengthens your mode of behaviour upright.
7. Meditation relaxes your physical body and frees you from depression.
8. It balances the emotional states of your personality.
9. It gives clear mind and the efficiency to focus thinking.
10. Meditation increases the state of grace, level of feeling and spiritual awareness.



71. How to grow in self-concern?

- 1. Allocate six hours for night sleep.**
- 2. Daily have regular psycho-physical exercises for half an hour in the morning and in the evening.**
- 3. Learn to say 'no' whenever needed and say 'yes' accordingly.**
- 4. Take regular rest and reduce the time of wasting.**
- 5. Relax your mind and increase hobbies.**
- 6. Look after yourself having regulated your plan.**
- 7. Regulate your time of self-concern.**
- 8. Have holidays according to need.**
- 9. Read books related to self-concern.**
- 10. Spend adequate time with your good friends creatively.**



72. How to find meaning in life?

1. Search for meaning in life.
2. Concentrate on matters which add wealth to your life.
3. Reshape your life according to the meaning discovered.
4. Regulate your emotional framework of life.
5. Give importance to others than yourself.
6. Let love lead in all spheres of life.
7. Form the stage of life neatly.
8. Come out from your comforts' zone.
9. Listen to your inner voice sharply and meekly.
10. Appreciate your positive movements of life.



73. How to appreciate yourself?

- 1. Learn to appreciate your efficiencies and positive growth towards life.**
- 2. Behave reliably and help others to obtain reliability.**
- 3. Avoid comparing others or demeaning humanness.**
- 4. Learn to confront life.**
- 5. Be satisfied with yourself and with your existential mode of life.**
- 6. Live a life of love to the maximum.**
- 7. Learn to live at present.**
- 8. Identify and recognize the goodness hidden in others.**
- 9. Show concern to the affected ones with big heart.**
- 10. Have great men who lived graciously as your model.**



74. How to love your body?

1. Imagine your body as the vehicle of your dreams.
2. Become sensitive to the language of your body.
3. List down the names of the persons who attracted you most.
4. Keep in mind not the curses but the blessings.
5. Become a friend to your body and not enemy.
6. As soon as you get up, thank your body for the night rest it had and the health experienced.
7. Start telling yourself that the time is too short and scorning your body is simply a wastage.
8. Eat when you are hungry.
9. When you are tired, take rest.
10. Let those who remind you of your beauty and strength, be near you.



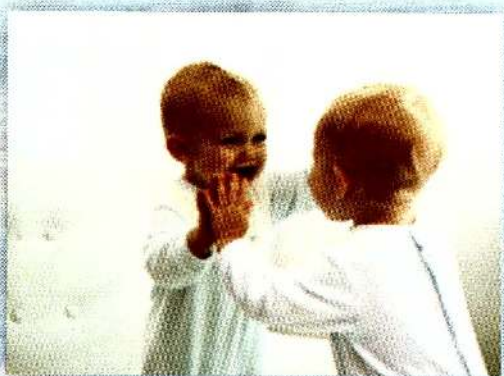
75. How to lead a civilized life?

1. Wear clothes modestly and neatly.
2. Read books concerning civilization and lead a cultured life.
3. Watch good films that motivate civilization.
4. Learn other cultures and live broadmindedly.
5. Become familiar with other cultures having visited places of different cultures.
6. Learn to respect the cultures of others and the people of various civilizations.
7. In order to experience genuine culture, keep away consumerism, drugs, self- pride and gambling particularly.
8. Try to follow aesthetic values and hold onto value education.
9. Have friends from different environments and from different backgrounds.
10. Try to live as cultured persons without inflicting pain on other.



76. How to design honesty?

1. Simplify your statements, so your message will be clear to all.
2. Try to be benevolent to all doing good.
3. Let honesty be evident in the words you speak and in the way you behave.
4. If there arises conflict in your speech, clarify it.
5. If there appears error in your expression, rectify it.
6. Witness accepting truth outwardly.
7. Reveal the clarity behind your choice. Then your idea will be clear.
8. Accept your mistakes without justification.
9. When there stems conflict between word and deed, rectify it quickly.
10. Do not lose your purity by talking to people of insincerity.



77. How to improve self-esteem?

- 1. Be good to you.**
- 2. Focus on what you can change.**
- 3. Surround yourself with those who support you positively.**
- 4. Celebrate small victories to build confidence and start feeling well with yourself.**
- 5. Recognize self-worth.**
- 6. Use positive affirmations correctly and affirm your real worth.**
- 7. Identify your competencies and develop them instantly.**
- 8. Learn to accept compliments eliminating self-apathy.**
- 9. Intensify love towards yourself and others.**
- 10. Determine your area of improvement and allocate time to think about yourself.**



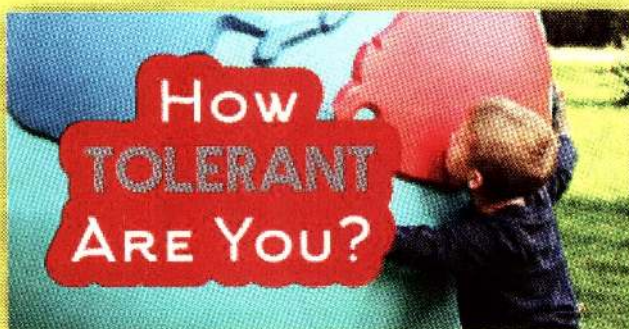
78. How to be assertive?

1. Make decisions positively asserting you.
2. Aim at opened and honest communication.
3. Listen empathically.
4. Learn to disagree.
5. Avoid being guilty.
6. Calm yourself without being aggressive.
7. Adopt person-centered approach.
8. Practice assertiveness.
9. Use 'I think', 'I feel' statements instead of 'You are always late' types of statements.
10. Learn to be patient without passing rash judgment.



79. How to be complacent?

- 1. Accept that life has a cost learning to forego selfish gains.**
- 2. Maintain a gap between you and those who harm your growth.**
- 3. Surround yourself with kind people.**
- 4. Say frequently 'please' and 'thank you'.**
- 5. Figure out what makes you happy.**
- 6. Find hobbies and do something that is pleasant.**
- 7. Think about starting a new career.**
- 8. It is healthy to be busy but remember to make time for yourself.**
- 9. Step out from your comfort zone.**
- 10. Be gentle, kind and compassionate to you.**



80. How to be tolerant?

1. Concentrate on positive wellbeing.
2. Focus on goodness of others.
3. Practice positive way of living.
4. Learn to improve your quality of life.
5. Avoid destructive criticism.
6. Associate with good people.
7. Overcome egotism.
8. Become generous in dealing with others.
9. Think others as gifts to you.
10. Learn to love unconditionally.



81. How to be humble?

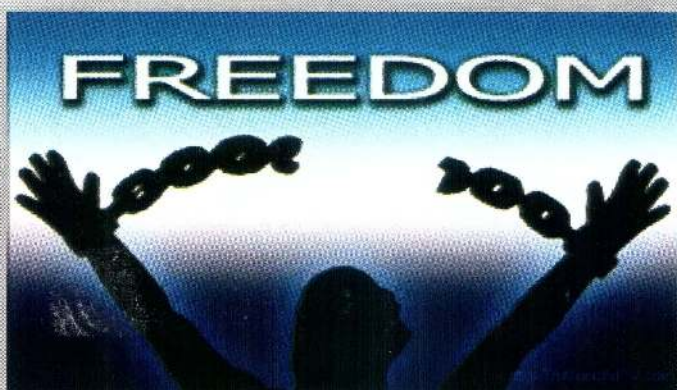
- 1. Become childlike in character.**
- 2. Have lofty ideas and ideals.**
- 3. Assert positive way of living.**
- 4. Learn to be happy with yourself and others.**
- 5. Keep away from ego-centrism.**
- 6. Adopt others-centered approach.**
- 7. Overcome inferiority complex as well as superiority complex.**
- 8. Be tuned to nature.**
- 9. Respect the feelings of others.**
- 10. Practice altruism.**





82. How to become rich?

1. Calculate risks and take positive turn in your life.
2. Start in a small scale and launch in a great action.
3. Be optimistic.
5. Associate yourself with those rich in heart.
6. Overcome selfishness drastically.
7. Focus on becoming an attractive personality.
8. Concentrate on human values and human dignity.
9. Transcend terrestrial borders.
10. Overcome tendency being attached to money or to earthly possessions.



83. How to experience freedom?

1. Try to overcome obsession having free mind.
2. Be good to all without any discrimination.
3. Relax and feel free.
4. Never get tied to yourself.
5. Transcend your self-centered approach to life.
6. Build good relationship with nature, people and the Ultimate reality.
7. Learn to develop right attitude to life.
8. Assert positive thinking.
9. Avoid being a perfectionist.
10. Be a person for all seasons.



84. How to be gentle?

1. Do not inflict pain on others.
2. Be of cheer.
3. Respect the feeling of others knowing that others too can be hurt easily as you are sensitive.
4. Be a cultured person.
5. Have a magnanimous heart with hefty head.
6. Never become tired of doing well to the other.
7. Have an attractive approach to life.
8. Assert sensitivity and flexibility.
9. Think well, do well and feel well.
10. Be a person of higher values leaning towards serenity, unconditional love, integrity and goodness.



85. How to be human?

1. Be sensitive to the needs of others.
2. Be a person of compassion and positive thinking.
3. Perceive life with a note of optimism.
4. Progress towards good values such as serenity, kindness, courage, honesty, altruism and goodness.
5. Let your approach to life be other-centered.
6. Keep away from lethargy, insensitivity and barren thoughts.
7. Be a person for all seasons transcending space and time.
8. Meet all well respecting equal human dignity.
9. Be for all overcoming all sorts of discrimination.
10. Live, Relive and Relax.



86. How to be realistic in life?

1. To be realistic in life, establish life in the path of love.
2. True love is determined by free, spontaneous and reciprocal relationship.
3. Love is beneficial to both the giver and to the receiver.
4. Keep away from superficial thoughts and concentrate on inner meaning of life.
5. The quality of life is spelt out in its indiscriminate character.
6. Try to live in the present and be sensitive to the reality around you.
7. Be realistic and feel that you are not alone in this world.
8. The good that is buried in every human person has to be brought to light.
9. Try to become fully alive being sensitive to you and to others.
10. Try to be attentive to life being flexible.



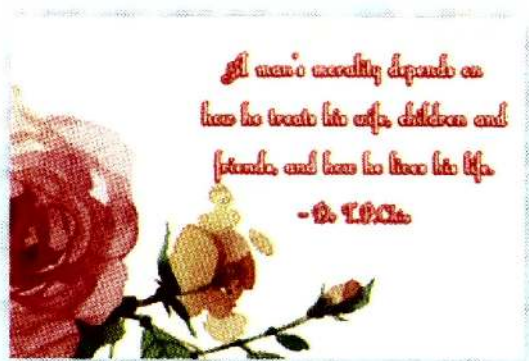
87. How to live like saints?

1. Without losing the grip of God and people, have God as the goal of your life.
2. Try to have 20 minutes of meditation both in the morning and in the evening.
3. Having overcome the evil feeling for the other, do well to all.
4. Rejoice in rebuilding good families and good societies.
5. Keep away evil acts that harm your mind and disgrace humanity.
6. While conquering darkness, grow as children of light and love.
7. Rejoice in the Lord having frequent intimacy with God.
8. Learn to live for others.
9. Be human and respect human dignity.
10. Lead a continued journey of joy with vision and change yourself and the world focusing purified life.



88. How to be service-oriented?

- 1. Try to integrate divine communication, sincere friendship and long-term plan to increase spiritual wealth.**
- 2. Move realistically having intimacy with God and people.**
- 3. Try to love God and people unconditionally.**
- 4. Get involved in charitable acts with deep compassion.**
- 5. Face people as good friends.**
- 6. Share your resources with good will.**
- 7. Move people towards God.**
- 8. Have good relationship at least with a few.**
- 9. Use social media productively.**
- 10. Propagate transitional justice, truth and love.**



89. How to lead a life of morality?

- 1. Learn to live life according to code of ethics.**
- 2. Live a life of sincerity and humility.**
- 3. Grow in flexibility.**
- 4. Allow poor to have a place in your heart.**
- 5. Show hospitality with smiling face.**
- 6. Give priority to God.**
- 7. Be united to nature.**
- 8. Speak truth and do well.**
- 9. Keep away pride and jealousy.**
- 10. Live with due patience and creativity.**



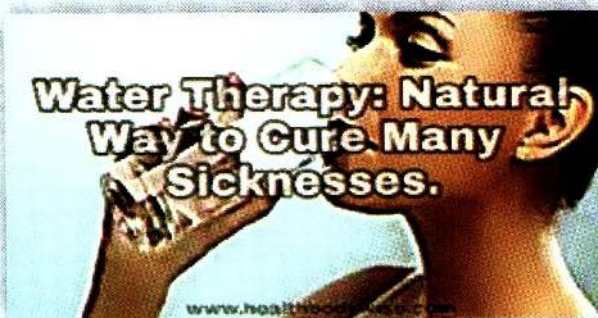
90. How to be healthy?

1. Have a home garden.
2. Eat vegetables and fruits grown using natural fertilizer.
3. Have enough water.
4. Refrain from taking ice cream or soda.
5. Refrain from the use of drugs and alcohol.
6. Avoid taking broiler.
7. Have regular physical and breathing exercises.
8. Cultivate good relationship with all.
9. Relax with nature.
10. Love your body, your mind and your soul.



91. How to adopt a healthy diet?

- 1. Eat without hurry taking enough time.**
- 2. Have small fish, vegetables, green leaves, onions, garlicks and ginger in your diet.**
- 3. Don't drink water while eating as well a refrain taking water before and after 30 minutes of meals. Drinking water while eating dilutes the digestive juices released to digest your food, thereby hindering them from breaking down food.**
- 4. Consume food grown from natural fertilizer.**
- 5. Try to eat together as family at least for a meal.**
- 6. Eat with smile but without talking.**
- 7. Instead of tea or coffee, take powered dill.**
- 8. Have at least 1.5 liter of boiled water daily**
- 9. Fast once a week.**
- 10. Pray before and after meals.**



92. How to adopt water therapy?

1. Consume 1.5 liter of water as soon as you get up in the morning.
2. It cures gastritis and urinary infections.
3. It hydrates the cells producing blood and muscle cells refreshing the brain.
4. It cures the sour throat, eye, ear and nose infections.
5. It helps the heart beating and regulates kidney functions.
6. Water first in the morning is a cure to cancer.
7. Try to have fruits and vegetables after one intake of water in the morning.
8. Moreover, take 1.5 liter of water during the rest of the day daily.
9. Do not consume water while eating.
10. Have no water before and after meals for 30 minutes.



93. How to prevent suicide?

1. Grow daily in the feeling to live.
2. Increase the thirst to live having hope in yourself, in others and in God.
3. Without passing judgment, listen carefully to their feelings and console them.
4. Empathize with them in their times of turmoil.
5. Persuade them to find solution by themselves.
6. Try to listen to them with eagerness.
7. Identify the root causes of their attempts.
8. Do not give chances for them to be alone when they are in danger.
9. Provide support of efficient counselors.
10. Sometimes, hiding secrets may end up in danger. Hence, increase their credibility and try to motivate opened dialogue.



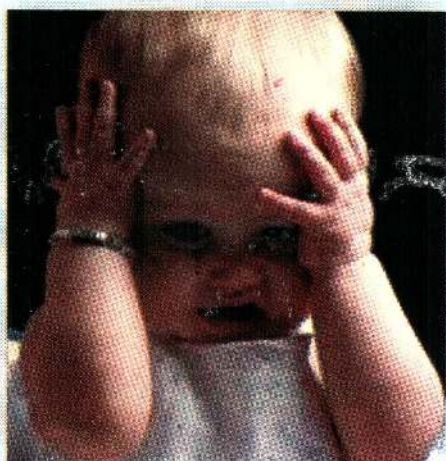
94. How to overcome domestic violence?

1. As prevention, move to a safe place.
2. Get yourself trained in self-defense.
3. Having recognized the symptoms of domestic violence, move to a safe place.
4. Prepare a small group to stand for you in times of danger.
5. Call immediately for emergency.
6. Get your friends and relatives are around you as soon as the need arises.
Let them also make frequent visits to you.
7. Try to register the details of the events in view of taking legal action.
8. Learn from your past mistakes.
9. Share your experiential wisdom with the other.
10. Attempt to teach new findings.



95. How to cherish successful life?

1. Start immediately taking action concerning the objective you intend to achieve.
2. Feel that you can win.
3. Identify your goal rightly.
4. Associate yourself with those who had similar objectives successfully.
5. Make yourself familiar with the noble principles of life.
6. Identify your potentialities and develop them with interest.
7. Become friendly with those calibers of the same interest.
8. Appreciate yourself for your recognized talents.
9. Try to ascertain your contextual success as much as possible.
10. Assert your positive thoughts and talents.



96. How to overcome irritation?

1. Learn to accept reality.
2. Remember what you resist persists.
3. Rate your irritation.
4. Pause, evaluate the situation and relax.
5. Find out the reason for your irritation.
6. Shift your focus and get involved in the other.
7. Focus at the present.
8. Focus at the breathing.
9. Appreciate and be grateful. Make a list of things that are favourable to your present growth.
10. Set goals and be creative.



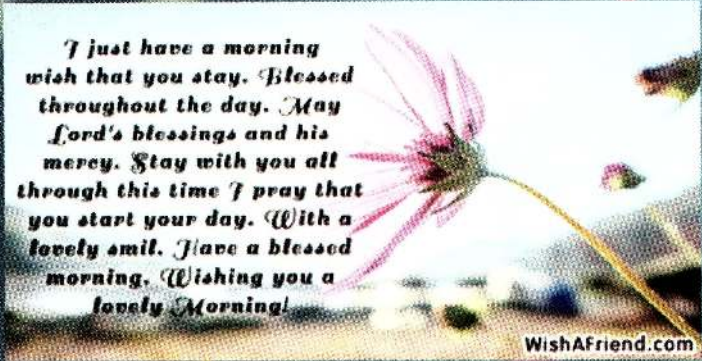
97. How to be creative?

1. Do one thing at a time.
2. Be positive.
3. Be as you are.
4. Ask the right question and seek the right answer.
5. Be an expert.
6. Learn to be open-minded and become aware of your talents.
7. Create thought bank.
8. Have a constant picture of those heroes whom you admire.
9. Never get tired over rectification.
10. Be linked with those who think differently.



98. How to grow in group spirituality?

1. Strengthen friendship zone having deepened higher values.
2. Try to lead good life being freed from evil thoughts.
3. Begin to function as a group filled with zeal for souls.
4. Try to be transferrent and open-minded.
5. Know that your group can win if you utilize your efficiencies.
6. Try to solve contradictions as soon as they arise.
7. Maximize your group's growth.
8. Having overcome negative thinking, think and act positively.
9. With dedication and hope, work for the success of your group.
10. Build up group spirituality consonant with culture.



*I just have a morning
wish that you stay. Blessed
throughout the day. May
Lord's blessings and his
mercy. Stay with you all
through this time I pray that
you start your day. With a
lovely smile. Have a blessed
morning. Wishing you a
lovely Morning!*

WishAFriend.com

99. How to be a good Christian?

1. Love God and people alike without any discrimination.
2. With sacrificial feeling, be prepared to live and die for the sake of people.
3. Show care and concern for the poor, orphans and destitute.
4. Get involved in the acts of charity.
5. Daily read Bible and live accordingly.
6. Keep away from the wrong use of communication and media, liquor, drugs and gambling.
7. Open your heart with compassion where God and people may meet you.
8. List the names of saintly people and follow their qualities of life.
9. Heal those people wounded due to lack of love.
10. Be prepared to see Jesus in those afflicted ones and those deprived of humanness.



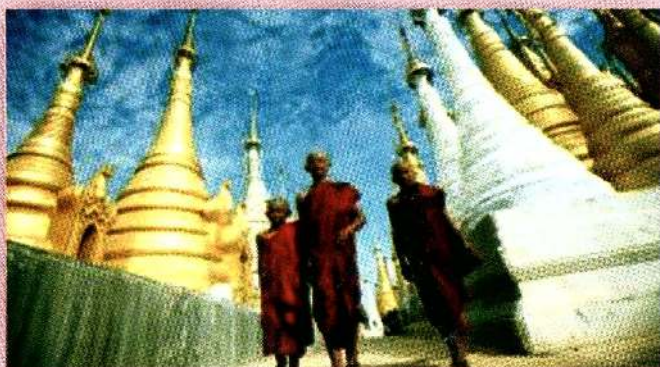
100. How to be a good Hindu?

- 1. Live broadmindedly being tuned to nature.**
- 2. Choose the form of God you desire.**
- 3. Worship the God you have selected.**
- 4. Read daily the sacred Hindu literature.**
- 5. If you are good, you will be rewarded.**
If you do evil, you will be punished.
- 6. Respect Hindu dharma and lead life as devoted Hindus.**
- 7. Live a life of love and peace.**
- 8. Live according to Hindu moral precepts.**
- 9. Live a life that pleases God and people.**
- 10. Show concern towards all living beings.**



101. How to be good Muslim?

- 1. Follow Islamic precepts faithfully.**
- 2. Pay respect to your parents and elders.**
- 3. Learn Quran having found a good teacher.**
- 4. Refrain from arguments.**
- 5. Pray five times a day.**
- 6. Construe co-operative Islamic life.**
- 7. Sustain your identity.**
- 8. Visit mosque regularly.**
- 9. Have Muslims as your friends.**
- 10. Feel that everything goes well when you live according to the will of Allah.**



102. How to be good Buddhist?

1. Take time to recite pyrite daily.
2. Grow in Buddhist Dharma following Buddhist ethics.
3. Spend adequate time in meditation.
4. Visit Buddhist temples and have dialogue with monks.
5. Try to be simple and modest.
6. Clothe yourself neatly according to Buddhist culture.
7. Talk softly and do not take oath.
8. Respect the clergy, teachers, parents and elders.
9. Respect all living beings.
10. Show care and concern towards all those in need,
particularly, the poor, the sick, the differently abled and
the street walkers



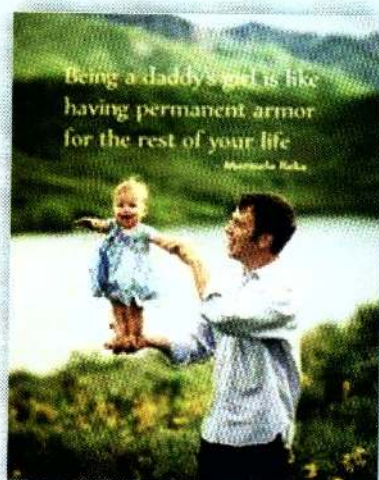
103. How to attain reconciliation?

1. Form memorandum of understanding having given compensation to the affected people.
2. Increase the favourable opportunities having attained equilibrium.
3. Strengthen mutual relationship.
4. Propagate equity and equality.
5. Daily grow in unity and harmony.
6. Launch national integrity and co-existence.
7. Sow seeds of reconciliation through building Relationship Bridge sectorally, socially and ethnically.
8. Deepen mutual love through selection and trace of forgiveness.
9. Construct positive relationship.
10. Give way to strong, social, economic and political change.



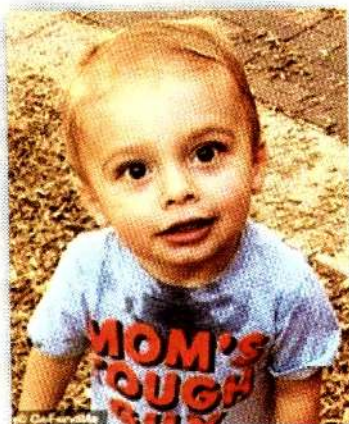
104. How to grow in credibility?

1. Say what you want and do what you said.
2. Attend to positive and regular communication.
3. Aim at having long-term-relationship.
4. Give importance to right ethics of life.
5. Hope increases dedication. Dedication increases co-operation. And co-operation increases good consequences.
6. Guide others towards good life and help others to grow in discipline.
7. Give priority to sincerity.
8. Show concern for others.
9. Do what is right. Walking in the path of righteousness adds happiness.
10. Believe yourself.



105. How to grow in positive relationship?

- 1. Build in positive culture.**
- 2. Construct mutual hope.**
- 3. Construct mutual respect.**
- 4. Increase communication skills.**
- 5. Learn to listen emphatically. Be more listening than talking.**
- 6. Learn to appreciate others when they do well.**
- 7. Experience unity in diversity.**
- 8. Formulate a creative time table concerning building good relationship.**
- 9. Behave positively in all aspects.**
- 10. Motivate children to improve their quality of life.**



106. How to be freed from skin-disease?

1. Gentle relaxation, visual imagery and proper sleep are some of the psychological factors in treating skin disease.
2. Meet physician when come across symptoms.
3. Take hot water bath when you feel irritation.
4. Clothe yourself as to escape sun burn.
5. When your clothes are wet with sweat, wash them before using.
6. Avoid taking bath in dirty water.
7. Avoid wearing tight clothes.
8. Use soft cleaner.
9. Refrain from having disagreeable food.
10. Take oil bath occasionally.



107. How to increase immunity to fight against corona virus?

1. Wash your hands as often as possible with soap and water.
2. Cover your nose and mouth with mask.
3. Avoid close contact (3 feet) from those who are sick.
4. Stay self-isolated from others if you feel unwell.
5. Eat more vegetables and fruits.
6. Drink boiled water frequently.
7. If you have fever, cough and difficult breathing, seek medical care immediately.
8. Avoid smoking and taking alcohol.
9. Don't be scared. Be mindful and be protected. If you feel paranoid, you will decrease immunity to fight corona virus.
10. Stick to a life-style. Do deep breathing exercises. Boil in hot water the following ingredients ginger, cinnamon, black pepper, and tamarind. When the water is made half through heat, take the balanced water into a glass and have it with honey in the morning.



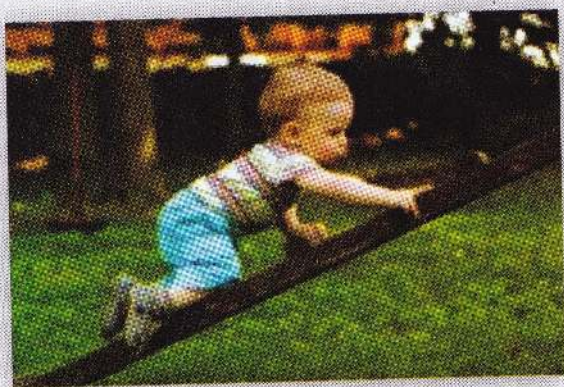
108. How to be vigorous?

- 1. Accept others when they are in vigorous ways express their courage.**
- 2. Increase your virtue of vigour.**
- 3. Examine opposite feelings against vigour.**
- 4. Improve your self-respect.**
- 5. Think differently.**
- 6. Own your feelings.**
- 7. Evaluate your self-esteem.**
- 9. Strengthen your creative traits.**
- 10. Learn to agree when forced with contradictions and grow in high energy.**



109. How to assert self-administration?

1. Turn your attention towards the path you wish to tread.
2. Move towards the goal having focused your thoughts.
3. Change your thoughts resourceful.
4. Do not sacrifice higher ideals for lower aspirations.
5. Avoid unwanted and irrelevant interventions.
6. Spend your energy towards the goal.
7. Respecting the importance of time, accelerate hope.
8. Have your body, mind and soul under your control.
9. Channel your aim as to support life-equilibrium.
10. Make steady attempt upraising quality of life.



110. How to be active?

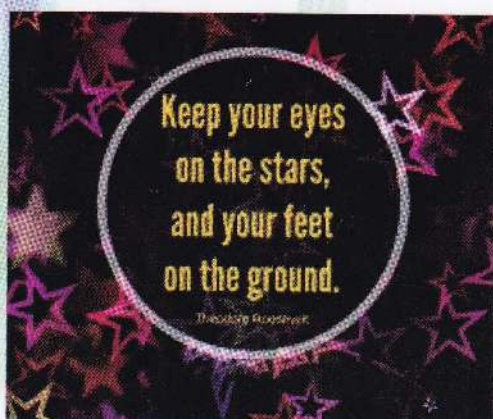
1. Observe the stars and enjoy yourself being active.
2. When you feel sad, listen to music or read story books.
3. Practice good exercises.
4. Daily do a good activity for 30 minutes.
5. Register your good habits.
6. Improve your present life being positively motivated.
7. Accept good friendship that induces you to growth.
8. Find appropriate action and cling to it.
9. Defeat laziness for three days and you will feel delighted being transformed.
10. Learn to create a mechanism to appreciate yourself leading to victory.



111. How to have relaxed life?

1. Spend a few days to plan your life creatively.
2. Expedite new techniques in every branch of life.
3. Walk in new fields.
4. Instead of one negative statement, assert three positive statements.
5. Instead of changing others, try to change yourself.
6. Learn to appreciate when others do well.
7. Learn to feel better than just being good.
8. Assert your mental well-being.
9. Keep away from those who harm you.
10. Confirm your state of transformation instead of self-rigidity.





112. How to shine as stars of hope?

1. Focus your attention not on problems but on solutions.
2. Concentrate on your day-to-day activities having fathomed negative feelings.
3. Reduce the drawbacks that slow down progress.
4. Learn to appreciate yourself.
5. Strengthen physically, psychologically and spiritually.
6. Do not get locked up saying that you can't change.
7. Gradually go upwards with strong conviction.
8. Avoid degrading others.
9. Sharpen all the ways to life even when they are in significant.
10. Learn to slow down in sorrow and accelerate happiness.



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