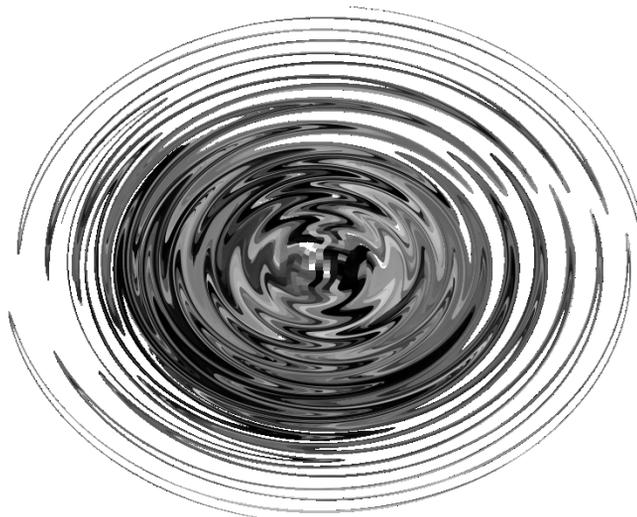


Ripples in the Wake of Life



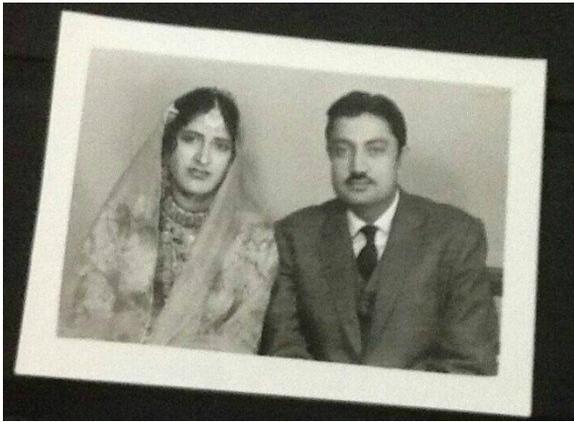
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I grant the right, and request anyone that feels these words are helpful, to please email copies of this book without modification in pdf format to anyone you think it can help. Thank you!

To my parents, Amma and Abba, who gave me the best thing in life – the life itself.



Na sakoone dil ki hai arzu..Na kisi azal ki talaash hai...
Teri justaju mein jo kho gayi..mujhe us nazar ki talaash hai...

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In The Beginning

In the beginning, there was silence. In the end, there will be silence.

The caterpillar has to suffer silently in a cocoon in order to become a butterfly. Change is painful in the beginning but worth it in the end.

All beginnings are difficult, but if you don't start you will never finish.

Change begins with the faith in oneself; that one can change.

Personal growth starts when a person stops thinking about himself.

A project that never begins, never succeeds.

Big things often have small beginnings.

Actions change habits, habits change traits.

Sometimes all we need is a new beginning.

This moment is the beginning of anything you want.

The secret of change is to focus all of your energy NOT on fighting the old, but on building the new.

Every single thing that has ever happened in your life is preparing you for your greatest moments that are yet to come.

Begin....even the smallest actions are steps in the right direction.

At any given moment, you have the power to say: This is NOT how your story is going to end.

For one minute stand outside in silence. Look up at the sky and think how amazing life is.

The Major Things that stand between you and the fulfillment of your dream is – Willingness to Start, The courage to Move Ahead and The Faith to Finish.

What feels like the end is often the new beginning.

Sometimes you just know it is time to begin again and trust the magic of new beginnings.

Who you are tomorrow begins with what you do today.

It takes courage to let go of the familiar and embrace the new.

Critical Thinking

There are few things more dangerous than religious certainty.

Religion is a relaxation of the heart accompanied by a closing of the mind.

Those who make conversations impossible, make escalation inevitable.

Religion has the capacity to silence critical thinking and create blindness in entire groups of people.

Question everything for out of the questions come most of the creative ideas and discoveries.

A great truth wants to be criticized not idolized.

Think for yourselves and let others enjoy the privilege to do so, too

It is the mark of an educated mind to be able to entertain a thought without accepting it.

The shepherd always tries to persuade the sheep that their interests and his own are the same.

Man can alter his life by altering his thinking.

It is well for people who think, to change their minds occasionally in order to keep them clean.

The man who can make hard things easy is a modern day saint.

Being Yourself

Be yourself. Your vibe attracts your tribe.

No one is YOU and that is your true power.

You did not wake up today to be mediocre.

Don't wake up with the regret of what you couldn't accomplish yesterday.... Wake up while thinking about what you will be able to achieve today.

Today you are You, that is truer than true. There is no one alive who is Youer than You.

There is only one person who is capable to set limits to your growth... it is you!

You is kind. You is smart. You is important.

Your Life Choices: Where are your choices taking you?

- Is your path leading you to be less selfish?
- Is your path leading you to do more for others?
- Is your path leading you to forgive others?
- Is your path leading you to peaceful relations with others?
- Is your path leading you to be more introspective of your behavior towards others?
- Is your path leading you to share with others?
- Is your path leading you to encourage others with out forcing them?

Vested Interests

The greatest closed-minded act is to call someone else closed minded. Instead, look inside to see that perhaps they are open to hear your ideas but just do not agree.

When we show each other appreciation, we give each other confidence to succeed.

Train your mind to see the good in every situation.

A society grows great when old men plant trees whose shade they know they shall never sit in.

Use your power of judgment to determine what is right and wrong. Seek to bolster in oneself and others what is right and to overcome that which is wrong.

Your children have the ability to turn you from being selfish to selfless.

To have compassion for others starts with judging them positively; to have compassion on oneself is no different.

How wonderful it is that nobody need wait a single moment before starting to improve the world.

Without music, life would be a mistake.

Do what you can, with what you have, where you are.

Meaning of Life

Life has no meaning. You can give it a meaning of your own.

On a long enough time line, the survival rate for everyone drops to zero.

Life is a compromise between your feelings and reality. At every stage you have to quit your feelings and accept the reality.

When all else fails to motivate you, motivate others and then nothing will be able to hold you down.

Your greatest transformation in life will happen through your toughest times.

Don't cry because it's over, smile because it happened.

You only live once, but if you do it right, once is enough.

It's the possibility of having a dream come true that makes life interesting.

The secret of life, though, is to fall seven times and to get up eight times.

In three words I can sum up everything I've learned about life: it goes on.

You will never be happy if you continue to search for what happiness consists of. You will never live if you are looking for the meaning of life.

Art of Enjoyment

Enjoy the good inside everything; the darker sides are just backdrops.

The greatest high is accomplishment; everything else is just a vision.

Time you enjoy wasting is not wasted time.

When you are down, seek out the things that you can believe and trust in; there you will find your happiness.

Action may not always bring happiness; but there is no happiness without action.

Your inner beauty shines when you smile, don't hold back!

For every minute you are angry you lose sixty seconds of happiness.

One of the greatest gifts you can give yourself and those around you is your smile.

The key to enjoyment is knowing you have the power to choose what to accept and what to let go.

There is no one happier than the one who enjoys what he has without thinking about what he does not have.

Better or Bitter

At any given moment, you can become Better or Bitter, the Choice is entirely Yours

Know that there is something inside you that is greater than any obstacle.

Be not afraid of going slowly, be afraid only of standing still.

They tried to bury us, they didn't know we were seeds.

Behold this day. It is yours to make.

A bit of fragrance clings to the hand that gives flowers.

If one's capacity to forgive is not greater than their capacity to love, then they will never truly love others nor be loved by others.

We are products of our past, but we don't have to be prisoners of it.

If you're depressed, release disappointment at once.
By that way, the bitterness has no time to take root.

To help another heal you must first start by loving them unconditionally where they are now.

Friends and Family

A cup of tea shared with a friend is time well spent.

Acquaintances know each other. Friends do for each other.

We can save many relations if we understand a simple fact that..people are not wrong... They are just different from our Expectations.

Friends are the ones you don't need to ask for help.

We see the good in others by first recognizing that each person is a unique creation without trying to compare them to others or ourselves.

Our boundaries define us; if you break through them you are a different person.

The most important words in any language's vocabulary are thank you and sorry. As long as you can say those words and accept those words you will have meaningful relationships.

The cat does not envy the bird for his wings nor is he ashamed to say he cannot fly. We each have to live to our own unique potential without jealousy.

Promise me you'll always remember: You're braver than you believe, and stronger than you seem, and smarter than you think.

When we focus on the beauty of each other's differences we automatically enjoy what we have in common.

We Are All Winners

A winner is a dreamer who never gives up

The act of taking the first step is what separates the winners from others.

Your talent is a universal gift, but it takes a lot of courage to use it. Don't be afraid to be the best.

You were born to win, but to be a winner you must plan to win, prepare to win, and expect to win.

If you believe in victory, then victory will believe in you.

Winners don't do different things, they do things differently.

We are born winners, but we are hypnotized by the society to succumb to mediocrity and moulded into self-victimization. It is for each one of us to regain our self-geniusness.

There are far, far better things ahead than any we leave behind.

You're the greatest battle-winner
If you conquer just one - yourself.