

Book Excerpts

“You will encounter negative minded people no matter where you go. They prevail everywhere, and so do the positive minded people, with qualities of helping, giving and forgiving. Accept this duality of the world we live in, where the day and the night, the light and the dark, and the good and the evil coexist. You must learn to live with both kinds and yet, must learn to transcend the influence of the negativity around us. Coexistence of the opposites is part of nature.” **(Pg 9)**

“I wish to share with you a secret about the negative force that you may not be aware of. A negative force is impotent by itself. It lacks an identity of its own, like the moon that enjoys its glory borrowed from the Sun. No matter how strong and terrifying the negative forces may appear, they do not stand long opposed to the powers of a positive mind. How long darkness, no matter how dense, can last at the strike of a match-stick? That which lacks its own strength is neither worth fearing about nor worth much of our attention.” **(Pg 10)**

“If you find someone in your life who sincerely compliments you, you will be more inspired to work. This person could be your spouse, parent, friend, or a stranger. However, it is my observation that such support from your very spouse or significant other makes a meaningful difference, bringing to our fight a stronger force.” **(Pg 27)**

“Focus always on your positive qualities. Think about what you have and what you are and what you can be, and not on what you lack or lost and how often you failed in the past. A pattern of negative thinking only makes us further inferior in our own sight. Know that a positive self-image is vitally important to uphold a true positive attitude.” **(Pg 31)**

“All those men and women who are pronounced today as successful also once passed through the periods of struggles and setbacks, and of personal hurts and insults in their lives, but they firmly refused to surrender, and found their ways to move on.” **(Pg 43)**

“Our destiny is our own creation by way of our thoughts and acts of our past now forgotten. However, we have a freedom to alter it; one way that I know of is critically examining our thoughts, striving to sustain our positive attitude, and exercising our free will more prudently.” **(Pg 58)**

“Each mind is connected with every other mind in the universe, and is potentially capable of communicating with any mind anywhere through sending as well as receiving thoughts. In other words, each of us influences each other, and is being influenced by them continually and subtly. This is one reason why we feel at some times sad and dispirited, and at other times, happy and uplifted for no obvious reason.” **(Pg 61)**

“This technique [of Telepathic Communication] works more effectively between the minds functioning at the same level of frequency and interests. It is found to work more effortlessly among twins than the siblings, among siblings than the cousins, and among the cousins than the acquaintances.” **(Pg 74)**

“Never, say of the nature that: I could not be what I wanted to be because I was born in a poor family, or to illiterate parents, or because my husband or wife was not supportive to my dreams, or because I lacked enough money, or because my upper management at work was indifferent to my new ideas, etc. Do not make it a habit. Whenever such unhealthy thoughts arise find ways to subside them, diffuse them, and still better, discover the ways to transform them.” **(Pg 107)**

“If your approach is positive and your mind is receptive, you will seldom go wrong, very seldom. The resources lacking to carry out your pursuits will materialize mysteriously as you move forward with a deeper faith in yourself” **(Pg 109)**

“Do not take your life too seriously. It’s simply not worth it. Remember that this episode in life also will pass away as did our play years of our childhood, school years and many episodes like this one

before. I strongly caution you not to think negatively. It is only our diseased thinking which alone paralyses our health, relationships and meeting ambitions." **(Pg 111)**

"Remember that the power that plants in your mind a noble thought, the same power will help you find ways to materialize your thought. Always, go for the highest dream possible in your life. Refuse to be satisfied with trivial goals and mediocre outcomes in any realm of your life – your health, material accomplishments, relationship, or personal development. "Shoot for the moon. Even if you miss, you will land among the stars," declared Les Brown." **(Pg 115)**

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