

Ready, Study, Go!

- by Khurshed Batliwala

"We exist on seven levels. These are the Body, Breath, Mind, Memory, Intellect, Ego and Self. "

Page No. 6 | Friday, February 11, 2022 5:54:19 AM

"Effective studying happens only when all seven levels of our existence are being nourished properly. "

Page No. 6 | Friday, February 11, 2022 5:54:42 AM

"Making an intention clear is a delicate art. For example, instead of saying 'I shouldn't fail', you should say 'I should get great grades!' The mind will latch on to the most powerful words - 'fail' or 'great' in this instance - and manifest that for you. "

Page No. 7 | Friday, February 11, 2022 5:57:22 AM

"there are a few crucial things you should watch out for: Make sure you drink enough water. Eat good, healthy, fresh food. Get enough sleep. Exercise regularly. Know how to bust stress. Maintain personal hygiene. "

Page No. 12 | Friday, February 11, 2022 6:04:49 AM

"to save 5,000 litres of water, don't flush your toilet for six months, or don't shower for three months, or skip eating a hamburger for one meal! "

Page No. 14 | Friday, February 11, 2022 6:09:20 AM

"We exist on seven levels. These are the Body, Breath, Mind, Memory, Intellect, Ego and Self. "

Page No. 6 | Friday, February 11, 2022 5:54:19 AM

"Effective studying happens only when all seven levels of our existence are being nourished properly. "

Page No. 6 | Friday, February 11, 2022 5:54:42 AM

"Making an intention clear is a delicate art. For example, instead of saying 'I shouldn't fail', you should say 'I should get great grades!' The mind will latch on to the most powerful words - 'fail' or 'great' in this instance - and manifest that for you. "

Page No. 7 | Friday, February 11, 2022 5:57:22 AM

"there are a few crucial things you should watch out for: Make sure you drink enough water. Eat good, healthy, fresh food. Get enough sleep. Exercise regularly. Know how to bust stress. Maintain personal hygiene. "

Page No. 12 | Friday, February 11, 2022 6:04:49 AM

"to save 5,000 litres of water, don't flush your toilet for six months, or don't shower for three months, or skip eating a hamburger for one meal! "

