



## Summary:-

- Even you get into yoga for wrong reasons ,it still works.
- Appreciate people , this makes all happy . It makes even you happy.
- In a desert being deprived of water for long, suddenly God appears before you , would you want him to appear as a shining light or water ?
- The only one way out is in.
- Be thankful to everything new day,water , air,food. This makes you happy.

- To achieve well being .The only one who needs to be fixed is you.