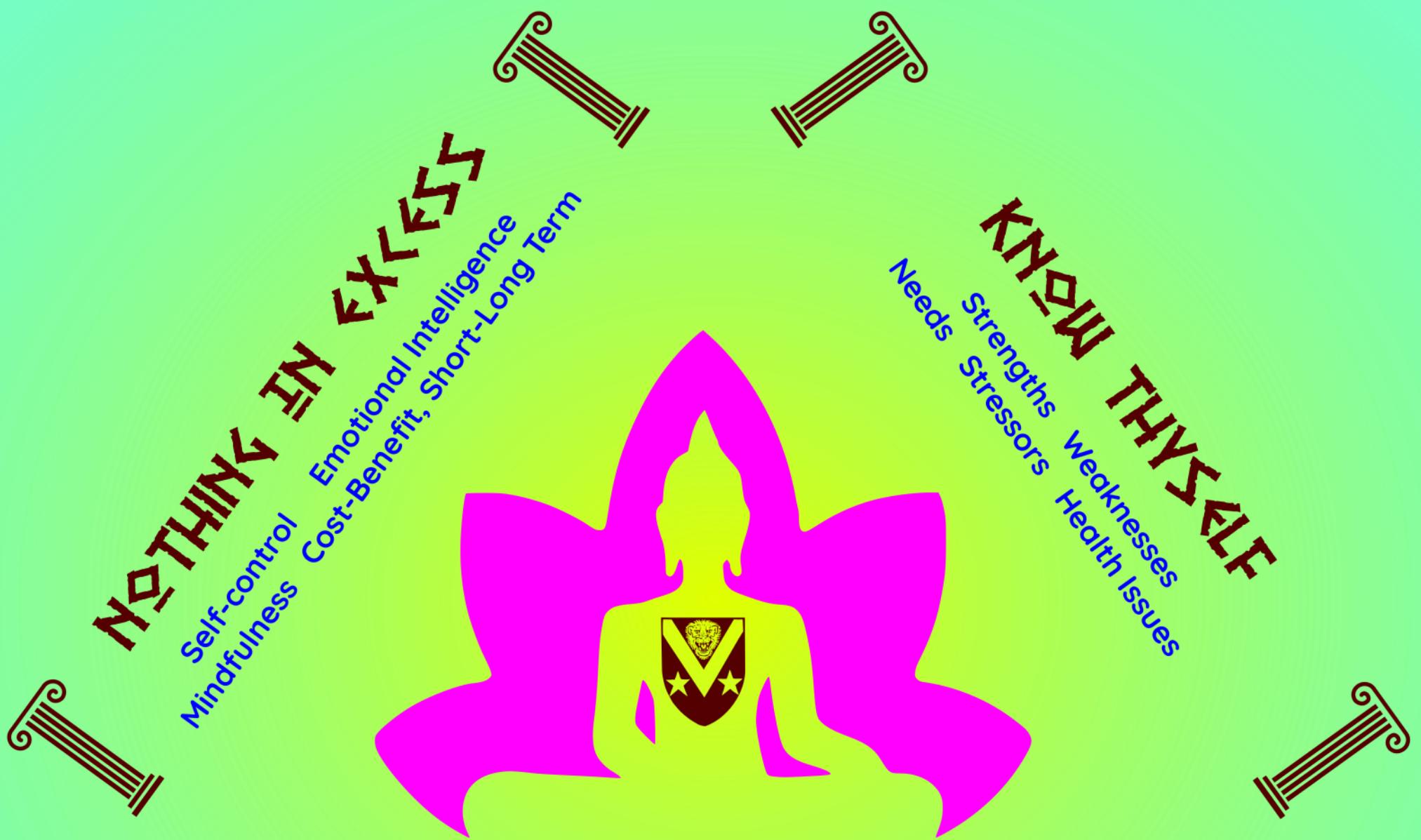


# Art of Self



- Time, Speech and Actions are irreversible & have consequences. Dont waste on petty things.
- Practice Righteousness, Patience, Perseverance, Be Practical. Learn from Past, Live in Present, Plan for Future.
- Become Comfortable with Change, Delays, Failures, Losses, Criticisms, Insults, Pain, Bullying, Idleness, Loneliness & Ambiguity. Seek help when overwhelmed/necessary.
- Respect and be kind to yourself & others (give benefit of doubt). Love yourself. No one (even you) is completely right or wrong. People change as per situation, so should you. Forgive and Forget.
- Understand, Verify, Adjust & Apply these guidelines per your needs & abilities.

ॐ सर्वे भवन्तु सुखिनः ★ सर्वे सन्तु निरामयाः। ★ सर्वे भद्राणि पश्यन्तु मा कश्चिद्दुःखभाघवेत। ★ ॐ शान्तिः शान्तिः शान्तिः॥

