

1 January 2022

Book - 1

You can heal your life :-

Chapter - 1 (What I Believe) :- We make the circumstances and results of our lives ourselves.

Only we are responsible for every outcome and situation in our lives.

Nature accepts your every thought.

The behaviour of people impacts kids the most.

High chances to build a negative mindset
↓

If a kid's parents always push them down.

⇒ The point of power is always in the present moment :-

Your current beliefs make your future.

It doesn't matter how long you have been thinking negatively.

No matter what your childhood was like

⇒ Regretment, criticism, fear and guilt cause more problems than anything else in life.

It is not your fault, if somebody treat you badly

Your thoughts attracts evil people in your life.

Jin logon k shareer me pain vgerah hai vo log zyada khud ko or dusre logon ko dosh dete hn

Darr or chinta leads to diseases.

You can heal yourself by changing your mentality.

⇒ We can change our attitude towards the past :->

It becomes hard to buckle up when you are going through hard times.

first throw out fears from your mind.
This thought can be more dangerous.

⇒ All diseases come from the state of unforgiveness :->

1. You should forgive the person whom you find the most difficult to forgive.

2. Love and accept yourself as you are.

Self love is the best way to create positivity in life.

Chapter-2 → (What is the problem)

1. Physical problem → Negative mentality is the reason for all problems.

2. Bad Relationships →

3. Financial problems

4. Social problems → I can't do what I want to do. I don't have time for myself.

A solution to every problem is 'Love'.

Respect yourself, enjoy your life.

Not respecting yourself is also the result of, lack of love in your life.

→ The problem is rarely the real problem

This is just a result of their psychological problem.

Criticizing and not loving yourself is the reason for all your problems.

⇒ The Real problem ⇒

jinke hum sunder or idiot smjhte hn
vo bhi khud ko sunder nhi smjhte.

Chapter-3 (Where does it come from)?

Ek chota baccha khud se pyaar karta h
to sab use pyaar karte hn.

What happens? ki vhi chota baccha
bda hoke problems se bhr jata h?

Dusro ki hmse hopes, dusre logon k
dwara buri gyi kamiyan leads
to problems.

This situation makes him hopeless.

Dusro ko khush karne me lg jata h.

⇒ Blaming others ⇒

People can give you what they have in
their lives.

You should forgive people to get rid of your problems.

↳ listening to others :-

Logon ki raaye, aas pados k logon kya sochenge, etc.

listening to other people's opinions make you negative.

If you want to change your life, you must change your childhood thoughts.

Chapter-4 (Is it true)?

Problems → negative thoughts

We tend to start believing these negative thoughts.

We will get positive results once we change these thoughts.

Find out the thoughts behind your problems and replace them with positive thoughts.

⇒ If you believe it, it seems true

We can have new thoughts and make them the reality of our life.

To get wealthy, you have to think about wealth.

Remember: → Its your life, you have to create your own thoughts.

⇒ Each moment is a new beginning →

You can control your thoughts.

Chapter-5 → What do we do now?

⇒ Willing to change → To change your life you have to decide that you want to change ~~me~~ yourself.

gha ki safai ki trah ~~dimag~~^{ma} ki safai karo

We should never think negative again.