

REFLECTIONS

From an article by / about deepak chopra: Dec, 2010

THINGS TO CONSIDER IN REFLECTION:

Who am I

What do I want

What is my life's purpose

Is there a contribution I can make to my community or society

What kind of relationships do I want to have

What is my idea of well being and how can I achieve it

Just reflect on these questions:

Reflection has a very interesting way of not only moving you to the answers but of changing your behavior

Happiness:

Happy people always look for opportunities where others are seeing crisis

Happy people have meaning and purpose in their lives

Happy people are creative

Happy people know how to make other people happy

Happy people are very good at building relationships ...

Not networking but building authentic relationships

Authentic relationships are cooperative relationships

where you harness your collective creative and where you find opportunity

FUTURE INTENT (GOAL)

From Bobbi: Dec, 2010

THE SYMPTOMS OF INNER PEACE

1. A tendency to think and act spontaneously, rather than from fears based on past experiences;
2. An unmistakable ability to enjoy each moment;
3. A loss of interest in judging others;
4. A loss of interest in judging self;
5. A loss of interest in conflict;
6. A loss of interest in interpreting the actions of others;
7. A loss of ability to worry;
8. Frequent overwhelming episodes of appreciation;
9. Contented feelings of connectedness with others and with nature;
10. Frequent attacks of smiling through the heart;
11. Increasing susceptibility to love extended by others, as well as the uncontrollable urge to extend it;
12. An increasing tendency to let things happen, rather than to manipulate them and make them happen.

WHAT IS SUCCESS?

IT'S DOING YOUR JOB THE BEST YOU CAN,
AND IT'S BEING JUST TO YOUR FELLOW MAN;

IT'S MAKING MONEY – BUT HOLDING FRIENDS,
AND STAYING TRUE TO YOUR AIMS AND ENDS,

IT'S FIGURING HOW AND LEARNING WHY,
AND LOOKING FORWARD AND THINKING HIGH,

AND DREAMING A LITTLE AND DOING MUCH:
IT'S ALWAYS KEEPING IN TOUCH

WITH WHAT IS FINEST IN WORD AND DEED
IT'S BEING THOROUGH, YET MAKING SPEED;

IT'S DARING BLITHELY THE FIELD OF CHANCE
WHILE MAKING LABOR A BRAVE ROMANCE.

IT'S GOING ONWARD DESPITE DEFEAT,
AND FIGHTING STAUNCHLY, BUT KEEPING SWEET;
IT'S LAUGHING LIGHTLY AT DAME DESPAIR;

IT'S LOOKING UP AT THE STARS ABOVE,
AND DRINKING DEEPLY OF LIFE AND LOVE;

IT'S STRUGGLING ON WITH THE WILL TO WIN,
BUT TAKING LOSS WITH A CHEERFUL GRIN;

IT'S SHARING SORROW AND WORK AND MIRTH,
AND MAKING BETTER THIS GOOD OLD EARTH;

IT'S SERVING, STRIVING THROUGH STRAIN AND STRESS
IT'S DOING YOUR NOBLEST – THAT'S SUCCESS!

SOURCE UNKNOWN
THANKS TO KARL F. ELLIOTT, 1978