



How Living This Life Fully Can be the Answer to Your Own Peace of Mind



Rosina S Khan



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--Rosina S. Khan

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<http://rosinaskhan.weebly.com>

Preface

This eBook is special because in a few words I can say it gives insights on how to deal with life and how to go on despite life's hurdles. It also inspires you to contemplate on why you are here on this planet, finding out your passions, overcoming stress and fear and be goal-oriented facing the challenges of life, and it teaches a whole lot more than that about life and survival to living big.

The tips in this eBook can be skimmed through at a glance and later you can come back to concentrate on the tips that are helpful and resonate with you. Still later you can have a quiet peaceful reading all by yourself over all the tips one by one and share them with family members, fellow mates and colleagues.

I would really recommend you to go through the whole of this eBook because the reason why you stumbled on this is because you are in luck and the universe would like to shower you with some very good tips that you can apply to your life happily, smoothly and beneficially.

So dear reader, wish you a merry good reading and best of luck!!

Tip#1

Why are you here on this Planet Earth?

Have you ever wondered about the above question? At least by age 18, you are considered an adult and parents feel you should move on with your life and find a way to earn your living. At least that is how it is with the American and Western worlds. In Asia and probably other parts of the world, parents are probably a little more relaxed with their kids and are willing to pay up to their undergraduate studies, at least those who can afford.

Now back to the above question. You should have an answer by age 18 or even earlier. All the same it is never too late to start. Having an answer by age 18 gets you right on track, without allowing you to lose years and live like a vagabond. If you are planning to go to college, you must know what you enjoy doing and what you love to do and take your major in that area. It cannot be something that you dislike and something imposed on you by your mentors and parents.

Have you ever wondered what you are passionate about? The answer is within you. The more passionate you are in an area, the more likely you are to excel in that area.

Let me narrate to you a short story about my youngest sibling. He had his hands on the guitar in grade 4 at the request of his music teacher. But soon the teacher left my brother's school. We thought the guitar was a waste and were thinking of selling it. But somehow my brother wanted it. So it was not sold after all. In between leisure hours we, the elder sisters would see him running his fingers on the threads of the guitar. Meanwhile as he became older and waded upwards through his grades, he became a computer addict. He took this chance not only to chat, email, print and play games but also to download guitar tabs. He never had a guitar teacher but with such tabs, he became quite skilled at playing the guitar and it became his passion. We began to worry because he was starting to neglect his studies. By age 18, his passion for guitar became even more intense. He got himself admitted into Electrical and Electronics Engineering department in a private university in Dhaka but gradually began to neglect his studies completely, had three or four guitars and other accessories for sound mixing and what not. He missed school and went for jamming sessions and had lots of friends in this area. We talked this problem with our sisters abroad, and when we went to our little sister's wedding, this gave him an opportunity to talk out. He said he was willing to study abroad. Then my middle sister mentioned of a school where he could go for electrical and electronics engineering, physics being his favorite subject and he could

also take music as minor. He agreed. That was the biggest prayer for all of us to be answered from God. His old friends soon became out of touch or rarely communicated. He was studying electrical and electronics engineering as major, something he enjoyed and also had music as minor, his passion. So on all sides, he was back to life, doing and enjoying what he loved to do. The rest is now up to him and Almighty God.

So this short story is a real life example how kids get so near to being spoilt and it is the duty of mentors and parents to show their mistakes in a loving way and correct them and still let them follow their passions and let them excel in those areas.

Now suppose you haven't figured out your passion at age 18 yet; that is still ok. Any age is good enough to find out that. But experimenting with stuffs and failures may take off a lot of years from your life but the trials are still worthy. Once you have it figured out, you fall into pace with life and become extraordinarily successful. Here are some suggestions: speaker, writer, artist, sculptor, lawyer, teacher, designer, doctor, engineer etc. etc.

Tip#2

Be hearty in appreciation

My Dad was a dominating man in our family. He liked finding faults with everybody including his family. While we did correct ourselves, at least I know I suffered deeply from a lack of self esteem. Later when I found the job of a lecturer at a private university (the same university I graduated from), I began to notice students gave me a lot of love and respect. I felt it was a huge blessing from God. Yet years and years later on, only a few months ago, a junior colleague cum my former student pointed out that I gave the departmental teachers and students a lot of love; so they loved me back.

The realization from what I said above was that it is better not to be harshly critical of others, just anybody. Love is the highest form of emotion; why not pinpoint out the faults of others gently, yet loving them completely and eliminating criticism from your system.

It does a lot of good to teachers and parents as well and consequently, the people under their care: students and children.

This is not something new I am trying to make a point. It has been pointed out by Dale Carnegie years ago, and his book “How to Win Friends and Influence People” speaks boldly around this corner. In his words: “Be lavish in your praise and approbations.”

The reason for this is, it not only uplifts people but it also brings out the best in them. Especially when a work is done well and deserves praise, instead of keeping it to yourself, just give the compliment to the person who owes it. It simply works wonders. And about correcting the flaws in them, I repeat, please do it gently.

Even a heartfelt compliment to the nearest person in your vicinity might brighten her day so much. It can be about the person overall, her outfit or any of her accessories or just anything that comes to your mind and say it heartily. Please remember flattering does no good; so you had better mean what you say.

Tip#3

Everyone is important

Dale Carnegie, in his book, quotes Emerson saying, “Every person I meet is my superior in some way. In that I learn of him.” How right he is! Not a single person on this earth is a big know-it-all although we are always learning and experimenting. There is actually something to know from every person you meet and that makes him superior.

Let me give you an example. When I was an undergraduate student, I was a homely girl (in fact I still am!!) and stayed indoors and concentrated in my studies and also excelled in them. I had a classmate, a girl who I was very close to and we were almost like best friends. One thing about her that I found odd was that she had dared to study in Computer Science and Engineering but she always did so poor on the exams. She simply couldn't improve her grades. My home fell on the way to her home from the university; so we shared rickshaws. We even went shopping to different places. It was then I realized I know nothing of Dhaka city. But my friend was such an expert, guiding the rickshaw puller from this place to the next. So she was superior to me in that way and I learned of her.

There are always countless examples of this tip. But the one above is something I remember to this day.

Even today, as I mentioned I am still a homely girl and the deficiency stayed with me. But there is always some place to approach help. My mom has recently started to work on computers and she likes everything to be written down and then follow the steps methodically. She says she just can't do it like the young generation people just by mouse clicks and hitting the keyboard. She has to be sure what she is doing in case anything goes wrong. So, that is her deficiency and I help her with that as much as I can. Like I said, my own deficiency of directions on the streets of Dhaka remain and though I know more than when I was a student, if I need, my mom helps me cover that deficiency.

So that's how it is. No human being can be 100% knowledgeable. It's all a process of give and take and that is how work in offices or businesses is based on. One is dependent on the other and vice versa.

Tip#4

Setting Goals

A lot of you out there might be familiar with goal settings. There may be controversies to this topic but I personally believe goal setting helps you to actually design your life and ultimately it becomes easier to materialize your dreams.

The SMART rule is an easy way to set goals and keep you on track. The letters in SMART mean the following:

S is for Specific: Say you have a goal like “I want to finish this project”. But saying this is not enough. Don’t say it but write it down more specifically: “I want to finish ABC project by July 2015”.

M is for measurable: If you have an ABC project, break it down to modules and set a timeframe for each. That is how it becomes measurable.

A is for Achievable: Don’t undertake any project that you think is impossible for you to finish by the deadline imposed by your boss. If the deadline has to remain fixed, ask for help like more skilled team members and make it achievable without bringing out the situation of “Too many cooks spoil the broth”. And if you can make an extension of a convenient deadline with the consent of your boss, that is still well and good because that way too the project would look achievable.

R is for Relevant: Don’t just choose goals that look good to you but don’t really speak to you. Because otherwise a few weeks down the track, the goals fail to inspire. What I am suggesting is that they should be relevant to your expertise, competence, skills, awareness and most importantly, inspiration.

T is for Time-conscious: Earlier I said about breaking down a project into modules. Well that is not enough; you must set a timeframe for each of the modules, and also an overall timeframe for integrating the modules and testing and debugging. That is how your dear project actually becomes time-conscious. And please write down all the timeframes and keep a journal for them.

While SMART rule can be applied to goal settings for office work, in fact it can be applied to any goal in any area like relationships, slimming down, study, research, or any occupation, creativity, volunteering etc. etc.

Tip#5

Two Mantras

✚ You cannot solve your problems with the same mentality that created them

Einstein completely believed in the above wordings and it was he who commented them. The reality is it is 100% true. Let me illustrate this with an example.

While in Germany, I was working in a reputable company on my master's thesis in affiliation with a German university. I was making good research progress by gathering information by phone and from the web. All of a sudden I got stuck. Something just wouldn't work. There weren't enough IT people around to ask help. So I decided to talk to my male friends in the city. They couldn't help much but asked me to contact some other classmates. I did ask other classmates but got very little help. Do you see the trend? The mentality that created the problems wasn't leading me anywhere until I changed my mentality of taking help. Well it wasn't a smooth journey but I did get help: the right kind of help. I talked with my university supervisor but that wasn't encouraging either. But some miracle did happen. I was giving all follow ups to my problem to another male friend who recently moved to another city. He felt my pitiful situation and I think he remembered how I had helped him with his thesis a year ago with proof reading. He gave me some algorithms so that I could work out my problem. I replied with the subject line: Still No Good News. That evening I went to a male friend's dorm to discuss further about this problem. He said that since I still didn't get anyone to help me out, he will try to get help provided that I emailed him my work with good commenting. The next day: BOOM. The miracle. My male friend from another city emailed me with the subject line: Good News. I was a bit skeptic at first. But after going through his email, I realized he gave me a solution module to my problem. Immediately, I started integrating it with my own work and boy did it work? Indeed it did. He solved my problem. Later on, as I worked on, other problems came up in my work and I found my friend was not that enthusiastic anymore. So I researched on searching forums: free forums in fact. I was in luck. The rest of my thesis I could only continue because I changed my mentality once more. Leaving my friend and going on to forums helped a great deal. So my dear reader, you do have to change mentalities several times when problems in your life come up. The same mentality never works. That is the leading line.

This mantra not only works for office work but for any other problems including relationships and family problems.

🌈 You are what you think you are. So be confident in yourself.

The above is also a noteworthy mantra. Because your thoughts are what you become. People judge you from what you have already done but you can judge yourself by believing in what you still can do. And one more thing, you shouldn't be doing things only to please others. There is no need of that. Remember going over to the moon was thought to be crazy at one time and so were various other ideas until they were really realized in actuality. So think big and live with your dreams. There is nothing more noble than that.

Once you have analyzed yourself and started to believe in yourself, everything falls into place. Because that implies you exude confidence and you have maneuvered yourself to ignore your inner critic, meaning the critic inside you and external critics, meaning external negative people.

What if you are feeling low and not so much radiating out good vibes. As Dale Carnegie points out, smile even if you don't feel like. I would suggest you go in front of the mirror and force your lips into a curve forming a smile. Once you have done that, you are already radiating positive vibes. Who knows the next minute you may burst out laughing. Smile and laugh with anyone near you, a friend or family member, or a colleague at the office. Instantly it becomes infectious.

What if smiling doesn't take you back to your normal level of happiness. Sing a tune. Why not! Just do that. You are back to your happy self soon.

Once you are in a good mood, decide all the lovely things you would like to do during the day and the days to come. That is how you start setting goals and it has been covered in Tip no. 4. Remember, people may reject your ideas or goals at first, but if you keep your confidence level high and believe in yourself, one or two people will soon start believing you. In the next few days another five people will believe in you. Soon you have a whole audience and the whole world listening and believing in you. That's how it is. Once you have done that, I repeat your thoughts are what you become.

Tip#6

When Life Knocks You Down...

Believe in the power of prayers

Irrespective of religion, surrendering to the Universe and praying can help you to get going in harsh crisis and melancholy bad times. Try to take it one day at a time. Time is also a great asset because time helps you to heal and relieve your pain while you keep believing in the power of prayers. For those who are atheists, meditation and positive thoughts no matter what as well as faith in oneself help a great deal. Always be patient because we all know happiness and sorrow come by turns. And the universe will never give you anything of burden more than you can handle. As legendary Mother Teresa said, "I know God will never give me anything that I can't handle. It is just that God trusts me so much."

Count your blessings

When life knocks you down, counting your blessings may be just yet another form of relief. It can be as simple as being grateful to the Universe for having a healthy body, sound mind and having hands and legs. Because there may be less fortunate people than you out there who may not possess these things and yet have managed to survive this far. Other simple blessings can be having a roof above and being able to have meals of the day. Having a family and a career and all the amenities of life like air conditioning, heating systems, refrigerator, washing machine, dish washer, car, laptop, computers, ipads, tablets and you name it, comprise all the blessings in your life if you possess them. Still bigger blessings may be your past or recent past achievements, honors, successes or any other form of happiness. Just count them when you are going through your low times and this will help you to pat your shoulder and move on until come out of your bad times. Counting blessings in your life is a good way to see the big picture and help you to envision that your problems may not be that big and you are competent enough to figure them out eventually. And I repeat, when you do have counted your blessings, remember always there are less fortunate people than you in life who are still happy and getting on with life.

Tip #7

Overcoming Stress

Having started with raising a family and with a parallel career, our energies and vigor soon get spent and we do start feeling stressed out. Take it easy. You don't have to feel stressed only if you make up your mind as much as you can take in and still feel happy. Renowned astrologer Jonathan Cainer in one of his daily forecasts advised to Virgos in times of stress: "Relax out of the situation. Find a reason to smile and see your solutions through." I thought that was a great way to relieve stress. Why apply it to one single day but not to all days to come. Ever since I read that daily forecast, I have been actually applying it to every single ongoing day of my life and it has helped me out.

Of course there are several stress relaxing pills that doctors prescribe; apart from that, the mind and your thoughts in it can actually take you to the next level without feeling stressed. Silence, meditation and yoga as well as 'me' times are great tools to relieve stress. Why don't you allow yourself some time completely dedicated to yourself during your busy schedule of the day. You will immediately start to feel great and ease off a whole lot of pressure and burden.

Feeling stress is very much normal but you need to find out what really relieves you from it and do it. I suggested several stuffs above and you can try one of them or something of your own and do it regularly. That way you can eliminate stress from your life to a great extent.

Another way to look at stress is to think that you are bigger than your source of stress i.e., your problems. I remember when I was a sixteen year old, only studying A-Levels, the biggest problem that seemed to be one day was how I was ever supposed to tell my Dad that I flunked in a Math quiz. I tried to take solace of the matter by bringing my baby brother's cradle towards me and shake him to lullaby by watching his innocent face fall asleep and my biggest problem then somehow seemed to fade. Eventually it turned out that my Dad never asked me about my quiz, and I was happy. So many challenges and problems have surpassed me since then and although I am still challenged in my life, I am grateful to Almighty that I am well and still alive. The trick is to think that you are bigger than your problems.

Tip# 8

Overcoming Fears

We often find life challenging and feel afraid to face it. As Mark Twain put it, “Brevity is not feeling without fear. Brevity is, in fact, conquering fear.” How true he is!!

From as little as a teenager when I was riding to British Council in Dhaka with my Dad to appear in my first O-level exam, I found it so challenging. I cried and cried all the way and wiped my tears on my Dad’s handkerchief. But once the Council was in sight, I faced it and got out of the car. There were so many teenaged children coming from different schools to appear in the exam. I also met my classmates and as I talked to them, they were saying they felt very much afraid about the exam seeing the crowd. But on the contrary, since I already faced my challenging fear, I was rather prepared and felt encouraged to see the crowd and didn’t feel fear at all because deep inside I knew I wasn’t alone. In short I had conquered my fear.

There are several examples of these kinds of incidents on brevity in everyone’s lives I believe. Just look back to see how you overcame all your fears in the past. That will boost you to conquer upcoming fears.

Just as feeling stress is normal as I mentioned in my previous tip, feeling fear is also normal. The only remedy for overcoming fear as I have already mentioned it is to be upright and face it no matter what.

Tip# 9

Controlling Temper

Some of us are really ill-tempered while others are really cool. No matter what, we are all human beings and have tempers. I once saw the following words in Bengali on the back of a three wheeler, a popular means of transport in our part of the world:

“If you have become angry, you are the loser.”

These words carry so much meaning in them. Because if something goes wrong or someone hurts you, it is easy to lose your temper. In other words, it is the easy way out. But when you take off a few minutes to cool down and act, behave and speak tactfully, rationally and diplomatically, you are bound to be the winner, not ever the loser.

So my dear readers, make it a point to even out your temper before you think of some drastic action in response to something offensive.

Having a bad temper and getting angry easily are bad for your heart and make you unaligned with the universe and in turn, you keep on getting bad vibes. So please try to understand that taking off a few minutes to cool down before you take any thoughtless actions at home or office pays off so well. You can think clearly; more importantly your thoughts get organized and aligned with the universe and the actions you take automatically give out positive vibes which are returned back to you 5-10 folds in better form or even more.

Talking it another way, lose your temper: you are totally lost and you fall into the bottom of a pit. Take care to even out your temper: you are a hero in shining armor. That is the basic rule of life.

Too many a time we make mistakes, and we lose our temper and blame it on the other person. Reader's Digest once said: “To err is human. To blame it on the other person is even more human”. It made me laugh but nevertheless it is true. We are all human beings prone to making errors. But let us try to acknowledge our errors and confess them without putting them on others' shoulders and act, speak and behave coolly. Like I said earlier, it really pays off.

Tip# 10

Fighting Insomnia

You may be suffering from insomnia, which is, without sleep for nights due to overwork, tension, non-peace of mind or simply stress. As a result you may be falling behind schedules at work or within the family. Your energy levels may be at stake. Fear not because there are simple remedies apart from sleeping pills advised by your physician.

Counting Sheep

Yes, you read that right. Counting sheep. When you are done for the day and ready in bed at night to fall asleep but sleep simply refuses to set in, you can start counting imaginary sheep, relaxing all the way as you go further and further upwards while counting. It is important that you relax yourself and the method will work whether you have taken sleeping pills or not. You will fall asleep eventually without you knowing.

Forgiveness Magic Formula

Yes, the forgiveness magic formula not only heals you but gives you good sleeping effects. According to renowned astrologer Yasmin Boland's moonology website, it says that Charles Fillmore, a Kansas city business man who confounded the Unity movement and experienced a dramatic healing from his ailment gave the forgiveness magic formula. He described it as "A Sure Remedy".

According to the magic formula while you are lying in bed ready to fall asleep, choose a few people from your life every night you have held grudges against this far and forgive them one by one from the core of your heart and send them strongest feelings of love. Also don't forget to forgive yourself too. That way you not only get healed from ailments, if any, but also you get good, blessed sleep which gets deeper and deeper night after night.

Tip# 11

Letting Go of the Past

If for some reason, the past hurts you either because you feel someone hurt you be it an ex-lover or ex-spouse, the best thing you can do is to learn from your mistakes or their mistakes, forgive them and forget and move on. If it is difficult to forgive them, forgive yourself for being in the situation and imagine letting all the people in the situation and the situation itself die. Dead people and dead situation can never hurt you.

For feeling guilty about making other kinds of mistakes in the past, be in the knowhow that if you could turn back the clock, and be in the same situation and with the same people, you would have made the same mistakes and the same situations and events would have led you to the present. So just let go of yourself. No more couldas, shouldas or wouldas please. Forget the painful past, retaining only the lessons you have learned.

And if you are grieving about somebody who left this world be it your parent, sibling or spouse or anybody else dear, always remember that time will heal everything; so please do not cling to someone who is no more but simply try to let go of the person, keeping in mind and believing that God will give you the strength to bear it all and the person is just fine up there in heaven. So let go elegantly.

My own Dad passed away in May 1998 after heart surgery and having previous heart attacks. It was so hard to accept the truth then. I was in my third year at the university. I couldn't believe Dad will no more be a part of our lives. He never saw me graduate. He never knew I went abroad for higher studies and committed to so many wonderful things in life of which he was never a part of. But I take solace in the fact that I followed his foot prints in the sands of time and did exactly those things that would have made him proud of me. He was such a dear Dad. Despite his ill temper, he was great at imparting knowledge to us scientifically and academically, he being a pioneer of Computer Engineering in our country. But time healed everything and I did everything in my power to learn and relearn from life be it in self-growth and fitness areas or education or career-wise. Today he is history and he is only a memory but the lessons he gave me and my siblings are priceless. May his soul rest in peace.

One noteworthy point I want to make here is thinking or clinging to the past or future robs you of the precious present moment. Learn to live in the now gracefully, happily and fruitfully. Either engrossed with work, a leisure hobby or playing with your kids or simply anything, give the now your rightful attention and you will end up living big. Of course you can give specific durations in the day to reminisce about the past only to

learn from your mistakes or make future goal plans. Either way living maximally in the now always pays off.

Tip# 12

Sharing and Ventilation

When you are facing a major challenge in life or something is bothering you about family or office, it is vital that you talk it out with someone you trust. That person may be your significant other, parent, your adult child or any counselor or mentor. It does you a whole lot of good because although these people may not be able to help you directly, ventilating out your concerns can relieve you so much. Just don't keep it all in your head but share your concerns because two heads are always better than one and in the process, although the other person may not be able to solve your problem, you yourself may come with innovative ideas for a solution only because you shared and expressed your concerns.

I myself was completely dumbfounded when a disaster struck me at work. I could not trust or rely on anybody on this earth. Slowly and gradually, I started opening up to our family doctor who gave me such useful advice every time we met for a sitting. I was on leave from work for 1.5 years because I was not ready to start working again and my employer let me because I was their trusted and dedicated employee for a very long time. After 1.5 years, my doctor asked me how I felt about going back to work. I said I have a negative feeling about that place. My doctor took me to the next level by making me understand that it was all in my head and I may be wrong. The situation there may have changed completely. I had more sittings and from yes to no and back to yes about rejoining work, I set my mind on rejoining work. Now that I am back to work, I know my problem is not solved 100% but it is great to work and keep myself busy and meet and greet people and colleagues and chitchat with them and be grateful for all the blessings of having a career.

So my dear reader, sharing and ventilation are so important; so please don't avoid doing it because it helps you so much all the way and upwards on the ladder to greater joy, success, abundance and prosperity.

Tip# 13

Laughter, the Best Medicine

Are you gloomy? Not feeling happy? Change your mood. Find a reason to smile. And gradually start laughing happily. Reading a jokes book or surfing jokes on the web helps a lot. Remember the good ones (there is a reason for it) and reject the bad ones and laugh and laugh heartily. Share them and laugh again and again. Watching comedy movies or cartoons also helps. Apart from that, there are so many funny incidents happening in your life around you. Share a laugh about them with family members or office colleagues or with anybody you feel like.

Why do I say only good jokes? Because laughing heartily about good jokes send out positive vibes to the universe and the universe acknowledges them and sends positive vibes back to you with more intensity. In fact, laughing over bad jokes will bring out just the contrast.

So how does laughing heartily help? It vanishes your anxieties, tensions and depressions deep inside you and enlightens you and your mind. It is also a good antidote for relaxing your body, and healing your ailments to a great extent, if any.

What more? Do you know laughter over self in a crisis or an awkward situation is the best tool you can ever expect to have. It is a pure and divine form of radiating the most positive vibes.

I read somewhere on the web, "Laugh and the whole world laughs with you. Cry and you are left alone." How true!! People are strongly attracted to people with happy, enlightened, positively energized and in fact, smiling people. So next time when you rise in the morning, greet everyone you meet in your home with smiles and all way to the office and including all the people you meet in the office and way back home. It is hard at first but soon when you have mastered it, it will be infectious, believe me.

Tip# 14

How not to Fall Prey to a Victim

When you are walking down the streets in the late evening or at night, walk with somebody and have emergency contact numbers and cell phones handy. You may already get suspicious of somebody following you when you are at a distance. Do not panic. That is why I said walk with somebody because two heads are better than one. Act in the mature way. Call the emergency number or if there are shops around get inside and tell them your problem. In short when you realize you have the possibility to fall prey to a victim, simply seek help.

Sometimes falling into victim phase may not be obvious. It may be tricky to realize and what more, it may happen behind the scenes. For example, sometimes it may be someone's bad vibes and thoughts directed to your mind that is outside your control, that traps you into victim phase. In that case as well, whatever your intuition says, act upon your intuition and seek appropriate help.

I know something I just said happened to me quite sometime ago and I knew I was about to fall into victim phase and the first thing that I said is "I am not going to be a victim this time". Asking for help seemed futile and when I realized my situation was really tricky and confusing, I stayed inside home most of the time, went on leave from my day work and started considering myself as powerful as I could, believing in the power of prayers and having faith in the Holy Book. Now after 1.5 years although I am back to work my problem is not 100% solved but many things have started falling back into place.

God, the Almighty tests you from time to time and when He trusts you a lot, the test can be massive. Be willing to face all that comes in your way all the time, being handy of the knowledge of your situations and people around you and seek help anyway. God will never burden you with something you can't handle. After all, He is the Almightyest, most Gracious and the most Merciful.

Tip# 15

Some Aesop's Rules

 Where there is a will, there is a way.

Sometimes you may have a burning desire for something, but you are somehow surrounded by life's obstacles and hurdles. It is your willpower and determination to get that with still the burning desire in your heart so that the Cosmos helps you achieve it, no matter what.

I remember when I was abroad studying MSc in Software Technology, it was winter holidays. Many of us had gone to their home countries to enjoy the vacation. But coming to Bangladesh was costly and I abandoned the thought. I felt so much for my family nevertheless.

Soon classes started and it was time to enter a three day course called "Presentation Techniques." It was an exciting new course for us. We learnt how to remember new faces and their names, mind mapping, increase our concentrating power on various objects and a whole lot of other aspects. We were also taught presentation techniques which the university authorities believed would especially help for our upcoming thesis presentation in the last semester. On the last day, we were asked to present something of our choice 3-5 minutes in front of the whole class.

The night before the presentation day I tried to think of a suitable topic to present. I played around with a whole lot of topics. Transport system in Germany. I wrote a draft for it. Then I thought everyone in Germany was acquainted with it. It was nothing new. I thought about the topic "How I feel about the people of Germany". But then I changed my mind because I might somehow hurt the sentiments of the German people. Then I remembered a line "You always excel in something that you truly know about". I thought of my family and remembered how I had missed my family especially during the exam breaks. So why not present something about my family that I truly know about. And thus I took the final decision that I would present the topic "My Family" the next day.

I jotted down some points about My Family, some real aspects such as where my family now lives, the members of my family, places where we had been during our childhood, our educational backgrounds and the painful death of my father and the departure of my two younger sisters for USA. Then with a pink colored sketch pen, I wrote down some important topics about my family on a transparency that I was to present the next day.

Doing so and rehearsing for sometime, I was satisfied. I went to bed in a pleasant mood.

The next day arrived. Soon it was time for presentation. My classmates started to present one by one. I felt a little nervous but I was confident. At last my turn came in. I went in front of the class, put my transparency on the top of the projector and began. I spoke intelligently, smoothly and fluently. I came to the end of my speech soon and the whole class went chill. I still remember the last words of my speech. "My father has left my family for good. My two younger sisters are in USA and I am not sure if they will return to my home country ever. But I am here in Germany, counting my days, waiting to graduate successfully from my master's program and go back to my home country and give a warm and loving company to my family back there and take with me sweet memories of my stay in Germany."

After hearing my speech, the whole class was moved including the professor. The professor had the most understanding face. She said gravely, "That was quite a speech, Rosina. We all feel with you."

I was feeling extremely happy. I made an impression on everyone. I had made it successfully and went home very joyous that day.

Two days later a German female classmate said, "Professor Kreitmeier wants to see you in her office". I was puzzled. We had just finished her 3-day short course successfully and now why did she want to see me.

I went to her office immediately. The professor addressed me enthusiastically. She said, "I have news for you. And out from a white envelope she produced me 700 Euros. She said, "This is your two-way air ticket fare to your country. I am still very much impressed with your speech!" Tears streamed down my cheeks. It was my turn to feel moved. I couldn't speak for sometime. When I gained back my composure, I thanked her warmly. We hugged. She said, "Just don't go to your country now. Go in the summer break." I nodded and came out of her office exhilarated.

After the second semester was over, there was indeed one month summer holiday. I took the opportunity to buy my two-way air ticket with the 700 Euros given by my professor. Having done so, accordingly that summer I had a memorable vacation in Dhaka. After my vacation, I had gone back to my university for a six-month long thesis course. Finishing that course successfully and managing to get an honorable master's degree in Software Technology, I am now back to Dhaka, Bangladesh. The last words of my speech had actually turned out into a reality. As far as the sweet memories of Germany are concerned, Mrs. Kreitmeier will be one of my most indelible and sweetest memories. Because who can forget the kindness and good will of that noble professor who boosted my soul with new vigor to become a competent master's graduate. All

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because I had the willpower to get on with life and the burning desire to meet my family as well as to complete my degree on the other hand. The cosmos arranged it for me and made it all happen.

Slow and steady wins the race

We all know how much the above Aesop rule is true. But in real life we forget it, get into the rat race about who can get ahead of who. However, it all becomes possible when you stand out from the rat race and feel that your competition is with yourself and not with others. Staying in slow and steady mode and keeping up with this mentality that I just mentioned, getting to the next higher level(s) is easy.

Let me tell you a short story. My mother's original family had five sisters and three brothers out of whom two brothers have already passed away. According to my mom, her second elderly sister following the above mode and mentality is the happiest family among all her brothers and sisters. Why? Because my aunt and uncle brought up and educated all their four children who are now all married with their children. Uncle encouraged my aunt to study in her younger life and they were both working in different high schools all their lives until they retired. Their own children helped them to build a large mansion, where uncle and aunt live now and their children visit them regularly with grandchildren. Isn't this a family like a very happy family? Indeed it is. All my mom's other sisters and brother have some problems with them like their children unable to find work; even if they found work, they remained single, or my mother's sibling's spouse passed away due to life pressures, are suffering from some ailment(s), or are unhappy for some other reasons, or they couldn't establish themselves properly and are constantly in need of money or they are separated from their spouse. The list goes on.

An ideal family like my elderly second aunt's family ranks the topmost among all families of my mom only because they applied the above Aesop rule to their life. Got it?

Persuasion is better than force

The above rule is very much efficient if you apply it in real life. For example, you can't force your boss to give you a raise or you can't force your children to do their homework. Force never works but persuasion always does. Persuasion gives you the opportunity to convince others. If convinced, they will listen to you; if not you know at least you tried.

I had several guys in my life who pursued me aggressively so that I win their hearts. But my dear reader, aggressiveness is a synonym for force. Don't you agree? I just

detested this very trait in them. What more, they were even aggressive from behind the scenes and acting upon people around me forcing them to make me consent to their will. Well, as you know, these things hardly work. Confront the person you are attracted to, make your feelings known to him/her. If it is a yes, that is well and good, but if it is a no, respect the person's wishes and move on in the pursuit of somebody else with persuasion still in mind.

 Grapes are sour

When does this rule of Aesop work? It works when you have tried something in a way over and over and over again and it still doesn't work. It's time then to say "Grapes are sour"; try more different innovative ways and completely abandon the direction you had in mind.

For example, I knew a guy who I mentioned earlier, helped me with my master's thesis at a point where I got stuck and couldn't work it out but it was he who helped me out of all people. I also helped with proof reading his thesis a year earlier. I imagined we had a great rapport with each other and it would be great if we worked together. Gradually as we exchanged emails because he was in another city, I liked him even more. But he was always the perfect gentleman. After my degree was bestowed upon me, I was coming back home to rejoin my job but he stayed back in his city with his work. I didn't know how there could be a union between us. It was my chat friends who helped me out. They told me face it, girl. If he is not talking, you take the initiative. And that is what I did. I told him gradually of my feelings for him. His answer threw me downright into earth. He said, "I don't know when you started to think like that. I always considered and still consider you as a friend and I cannot think otherwise." Well before the confirmation of these final words from him, I did try to hint him in many ways about my interest in him. I guess he did get the messages. Anyway, after those final words, I was already back home, joining my home job and moving on with life, saying grapes are sour and gradually stopping to communicate with him.

I

Tip# 16

Learning Something New Everyday

Be it an affirmation or an inspiring quote, try to read it and remember it, however small, per day. In fact try to learn something new every day. It can be Julius Caesar or Cleopatra from history or some other great person you would like to know about. For example, recently I came across Hellen Keller who was deaf and blind and almost dumb and how she made it in history. I even compared herself to myself if the force inside her is equivalent to mine. Because although I am not deaf, blind or dumb, I had to go through some big challenges starting out early in life and I am still challenged. How am I coping with it all? Is it not because of a force inside me, which astrologers have time and again pointed out to me?

It can be reading a verse from the Holy Book, or trying a new cooking recipe or some new cut out at the gym. It can be also learning a new language, some new dancing steps or learning computers and even brushing up on your skills in programming. It can be even more challenging like doing a masters or doctorate in any field of your choice.

Or simply doing something in a different way than you usually do. For example, take another new short cut from work to home or wearing a sock on a different foot first rather than what you usually do.

These are all mental exercises and they are so helpful. They keep you knowledgeable, increase your awareness and keep you motivated. There are no downsides and they are only priceless that keep you mentally sharp.

Tip# 17

How to Keep Fit and Healthy

There are ways to keep you keep you fit and healthy. The easiest way is maintaining a good diet and a simple exercise.

Dieticians prefer six small meals per day. To reduce weight they tell you not to stop eating anything but take smaller portions of everything. For example, cutting out on sugar and carbs helps you massively.

Let me tell you about my six small meals per day. I was 73 kg and my height is 5ft 2in. I really looked a whole lot of plump. But maintaining the diet, I am steady now at 65 kg. I start a breakfast with tea and two energy biscuits. My lunch at 1pm comprises of rice, vegetables (one or two kinds) and a small piece of fish. Remember fish contains fewer calories than chicken and chicken fewer than beef. Then I have an afternoon snack: tea and two biscuits again. After that in the late afternoon before evening, I have banana and dark chocolate bars or some other fruit. For dinner, I have the same recipe as lunch because my mom doesn't like cooking twice and yes, I still rely on her cooked meals and I am grateful to God for that. If I can't fall asleep even when the clock strikes 11pm, I have another round of tea and biscuits and I am dead asleep in minutes.

This diet helped me strikingly to lose the extra calories. I feel confident the way I look and in fact, I like myself better when I photograph myself or simply look in the mirror.

If you are doing work-outs for body building and muscle making. That is well and good. But if you do not exercise at all, so many drawbacks set in like different kinds of ailments. But a simple exercise like a walk for 10 minutes around the block per day or even a stroll as little as 5 minutes around your home per day help you to move your hands and legs and feet and overall, your body so conveniently and easily that you actually become flexible. It refreshes and enlightens your mind as well.

So, my dear reader exercise and a good diet go hand in hand to keep you fit and healthy.

According to recent research by Kevin Richardson, oxygenation of body cells in proper ways cures all types of skin diseases like acne and others, diabetes, HIV and even cancer and above all, just any type of disease, you name it. He cited Otto Warburg as the Nobel prize winner in 1931 for his work, "The prime cause and prevention of cancer" in his recent online video presentation. Twice Nobel prize winner, Warburg opinionated

that development of cancer was owing to not having enough oxygen in body cells. Kevin himself researched on this area for years and authored a book, "The Miracle Cure, The Nature's Simple Solution for all Diseases", which illustrates some simple home-oriented oxygenation techniques and methods that can just cure about any disease. His book along with a bonus, "Oxygen Diet" comes in a package on his site. While his findings are controversial to many, his innumerable testimonials probably are evidence that his methods work.

Tip# 18

Wishing to Universe

We do wish on a falling star or we make a wish on our birthdays or take resolutions during new years. But how much are we consistent with them and thrive on them? Yes, that is the most proper question to ask. Wishing to Universe is not enough all the time; you also need to believe in them deep inside and take appropriate actions. Here is where lots of things come into play: positive mental attitude, belief in the power of prayers (or in case of an atheist belief and faith in oneself; it applies to non-atheists too!!) and goal-setting (you can refer to Tip# 4), which means what you think, believe, feel, say and do must be in sync. As simple as that.

I had an MS degree from Germany. But I wanted a PhD right after that and I wanted it from US. I wished and prayed for it. I believed in it. I had the confidence having already an MS degree. I took the action for accumulating all the paper work and created an application file until it was ready and then sent it. I faced the visa boldly. They asked me what my research in Germany was based on. I blurted out confidently and boldly. It didn't take me long to get the visa right out after that there and that very day. I was so happy and elated for two weeks that I couldn't sleep properly out of feelings of euphoria and I sang to myself merrily. I rejoiced in short.

So that is how things work. You must have a burning desire as Napoleon Hill mentions in his renowned book "Think and Grow Rich" and have an ingrained belief in yourself and keep taking steps, even if they are baby steps, towards your very much wanted goal. You are bound to succeed and feel elated. Once you have earned your success, you become an expert at it because now you know how to do it just the right way. It may not be smooth nor it may not be exactly as you thought, but it will be close and you will be thankful to God that you made the wish to the universe in the first place and remained consistent.

It also pays off to be in high vibrational moods or attitudes while you are manifesting your heart felt desires or goals. We attain this state by laughing and joking with our loved ones or simply smiling at ourselves in the mirror everyday. The universe picks up the signal and gets back to you in its own time and rewards you with the very good things you wanted so badly with the same vibrational energy or even with more intensity. That is law of attraction in short. In the meantime, we also have to believe strongly that we are worthy of getting the things.

Tip# 19

Feelings of Gratitude

I read somewhere that gratitude has the same vibration as love. That means if you have feelings of gratitude for things or people, your energy level is naturally high and you get around easily and get more things done and stay happy. You can make a list of things that you are grateful for and refer to it every night before you sleep. You can add or delete or modify as you wish. In short, you can maintain a gratitude journal and I guarantee it will pay off very well. Sometimes they say, even if you pray only to acknowledge your gratitude to the Universe, that is still well and good.

For example, here is a list of things that I am grateful for to the Universe:

- 1) I am grateful for having a healthy body because I know health is wealth.
- 2) I am grateful to possess a beautiful and brilliant mind.
- 3) I am grateful for having eyesight, hearing and working hands and legs.
- 4) I am grateful for being able to publish five papers in journals and conferences.
- 5) I am grateful I have completed writing the manuscript of a book that I have always wanted.
- 6) I am grateful for having a home and family.
- 7) I am grateful for having a career.
- 8) I am grateful for having the meals of the day and in addition, tea, coffee, cookies and noodles and from time to time, coca-cola drinks, Kit Kat chocolates and vanilla cone ice creams (my goodies).
- 9) I am grateful for all my goodness like being nice to others, trying to forgive, dedication to work and family, not quitting, working through life and determination to survive no matter what.
- 10) I am well and still alive.
- 11) I believe in the power of prayers and the Holy Book which have helped me in countless ways no matter how small or big.
- 12) I am grateful for a wealth of self-help book resources which has given me so much strength and power when I needed them so much and what more, it encouraged me to write one of mine (in fact this very eBook!!).
- 13) For working out through O-Levels, A-Levels, BSc in Computer Science and Engineering and Masters in Software Technology.
- 14) For Dad's contribution towards laying a very good foundation in our education and much more.

- 15) For mom's contribution towards the family, her sacrifices and much more, and her cooked meals on which I still rely till date.
- 16) I am grateful for having amenities like a laptop, PC's, internet, cell phone, cooling systems and washing machine.
- 17) I am grateful for having a family doctor: no catches, just easy to talk to, understanding and helping me through.
- 18) I am grateful for having access to astrology sites of renowned astrologers like Jonathan Cainer, Yasmin Boland and Susan Miller. They are all my favorites.
- 19) I am grateful for having a special junior male colleague who helps me now and then with his credit card and in the process met his Dad (a freedom fighter of Bangladesh) and bought an Independence History Book authored by him, which I consider a treasure.

This is my gratitude list. Yours can be totally different or somewhere similar. But I guess you get the picture.

I hope you had a sound reading now that you have come to the end of this eBook. Please refer to it whenever you can and apply the tips whichever resonate with you in your life. I believe it will pay you off big times some way or the other.

Other Resources

- Do not forget to visit my website where you will find a plethora of free gems. Here is the link again:

<http://rosinaskhan.weebly.com>

- You are invited to visit my interesting blog on the books I have authored. Here is the link:

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