



Wisdom for the Day



IT WING | RE & RF

Brahma Kumaris

For us IT also means *Internal Transformation*



Brahma Kumaris is the largest spiritual organisation in the world led by women. It was the founder, Prajapita Brahma Baba, who chose to put women in front from the very beginning, and it has set Brahma Kumaris apart on the stage of the world's religions and spiritual organisations. For over 84 years, the leadership has been characterised by steady courage, a capacity for forgiveness and a deep commitment to unity.

Founded in India in 1937, Brahma Kumaris has spread to over 130 countries on all continents and has had an extensive impact in many sectors as an international NGO. However, their real commitment is to helping individuals transform their perspective of the world from material to spiritual. It supports the cultivation of a deep collective consciousness of peace and of the individual dignity of each soul.



Information Technology (IT) Wing is a part of Rajyoga Education & Research Foundation (RE & RF).

IT Wing - RE & RF in association with Brahma Kumaris is committed to empower IT professionals to achieve balance through the application of Rajyoga Meditation principles in their personal and professional lives.

Spirituality = Become AWARE of your innate Good Qualities, ACCEPT them and ACT using those Qualities in day-to-day situations for your own Growth, both personal and professional.



Blessings from Senior Rajyogis



Dadi Gulzar ji

Administrative Head
Brahma Kumaris

Internal Transformation in the IT professionals has the potential to become an instrument for positive change.

I congratulate IT Wing for taking initiatives to spread joy, peace and happiness in an environment filled with anxiety, uncertainty & insecurity.



Dr. Nirmala Didi

Chair Person
IT Wing

The retreats /Conferences organized by IT Wing provide IT Professionals with the necessary 'Applied Spiritual Tools' to help them thrive, not just survive, in the modern times.



Madhu Didi

National Coordinator
IT Wing

Spirituality offers unique and effective solutions to the challenges of emotional, social, and physical levels. Information Technology has been a wonderful tool to spread the message of spirituality to remote corners of the world.



BK Yashwant

HQ Coordinator
IT Wing

IT Wing employs spiritual tools and principles to create training courses and modules. Rajyoga meditation is used as a key tool for igniting the spark of internal transformation among the participants.

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Remembrance

Loueful & Powerful remembrance
of God works like chemotherapy.
Germs of vices remaining in the
soul get destroyed with such
remembrance.



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allied industries to empower, enlighten & equip them
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Silence

The power of silence can bring peace to any situation. In silence we step inside and connect to the original quality of peace and stabilize ourselves.



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Love

A life without love is life
without hope and sweetness.
Love creates and sustains
human relationship with
dignity and depth.



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Visualization

Visualization helps us to completely believe in our ability to achieve a desired goal. The efforts made along with the powerful energy of self-belief have a higher probability of success.



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Being Happy

Be so happy hearted
that the happiness in
your mind is clearly
visible on your face.



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Courage

When we make courage
our companion in every
task, we will definitely
be successful.



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Perceptions

Our thoughts are the
foundation of our perceptions.
Thoughts of positivity in the form
of Self-belief and willpower lead
to positive perceptions.



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Power

We always have the power to be happy, irrespective of the situation. We need to counsel ourselves and create positive thoughts to feel good.



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Tolerance

Be tolerant in every
situation and you will
continue to experience
pleasure.



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Faith

Faith in the self gives
us the power to
face challenges.



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Thinking

Thinking right, thinking
clean and having integrity
in our thoughts, words and
behavior is the easiest
way to create happiness.



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Strong

When the boat and the
boatman are strong, even
storms become a gift.



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Determination

Difficulties create
barriers but
determination
breaks them.



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Being Example

Instead of teaching others
by telling them, teach by
example.



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Forgiveness

Forgiveness means
letting go of pain
and resentment. It
empowers the soul.



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Happiness

Happiness is a state of
being created while working
towards the goal, not a
feeling to be experienced
after achieving the goal.



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Honesty

To be honest to one's real self and to the purpose of a task earns trust and inspires others.



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Meditation

Daily meditation and connecting
with the Supreme Power
re-emerge our inner power so
that we can go beyond imitations
and create a destiny of our choice.



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Decide

Instead of wasting time,
instantly take decision
and resolve everything.



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Progress

Use your specialities and
you will experience
progress at every step.



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God

Man gets and forgets
but God gives and
forgives.



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Good Wishes

To finish our own worries
and the worries of everyone
else is to have good wishes
for everyone.



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Relationship

In the situation involving another person, compassion, consideration, and sensitivity towards them heal effectively. If we lighten our state of being with these qualities, we value the relationship.



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Art of Living

To keep our mind in
constant spiritual
pleasure is the
art of living.



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Success

The one who accumulates
blessings at each step
attains success easily.



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Freedom

Full freedom functions only
when rights are balanced with
responsibilities and choice is
balanced with conscience.



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Faith

Always have faith that
whatever is happening,
is good and that whatever
is going to happen,
will be even better.



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Peace

The power of peace is the
means to extinguish the
fire of anger in others.



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Thought

Thought is more powerful than an automatic rocket. In less than one second, you can go wherever you want, experience closeness to anyone, or adopt whatever state of mind you wish.



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Zeal & Enthu

Constantly maintain your
zeal and enthusiasm and
the laziness will finish.



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Spiritual

The happiness in your
behaviour and on your
face is a sign of a spiritual
personality.



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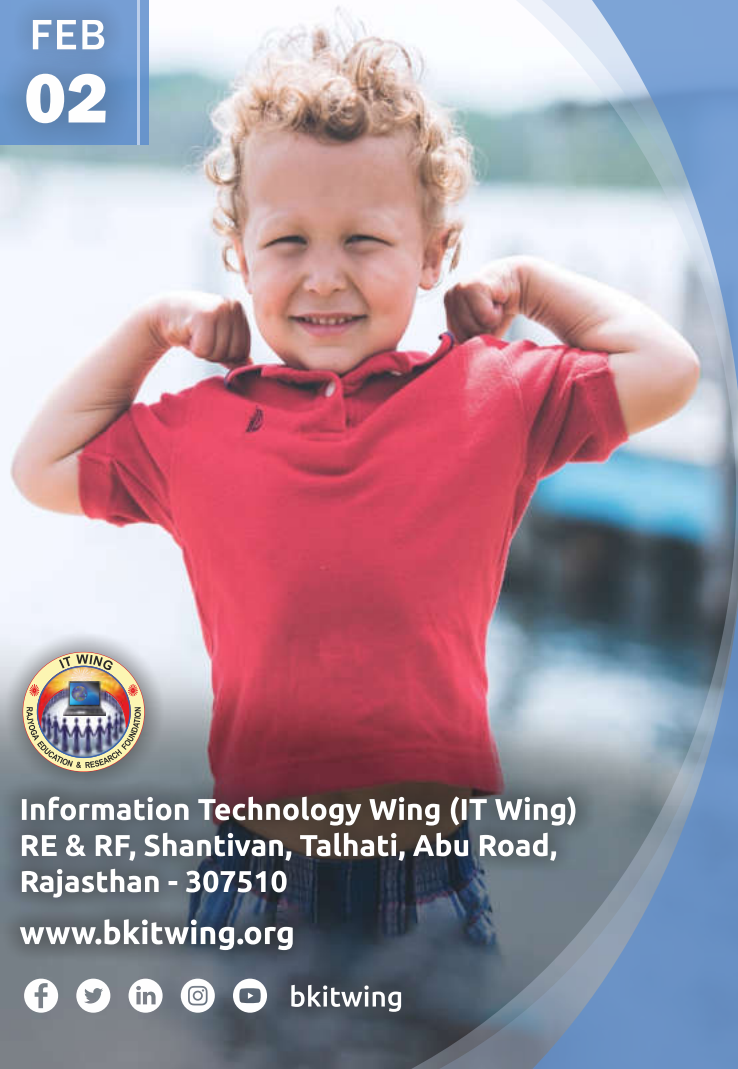
Blessings

Give blessings and receive blessings.
While giving, we are the first to
receive the energy. Blessings
received from others increases the
soul strength many folds.



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Nourishment
With the nourishment
of happiness, remain
constantly healthy.



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Responsibility

When we take personal
responsibility for our
emotions, we conserve
energy and also take
responsibility to heal.



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Meditation

Meditation teaches us
to be in the present
moment and focus on
one thing at a time.



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Humble

In order to receive
everyone's respect, be
humble hearted.



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Personality

Lightness and subtlety
of the intellect form is
the most beautiful
personality.



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Harness

By consciously choosing the right quality of thoughts, accompanied by powerful visualization, over time, we can train our mind to harness thoughts that will attract more and more goodness and positivity into our lives.



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Transformation
With a stock of good
wishes, transform the
negative into positive.



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Treasure

Become full of the
treasure of happiness and
all other treasures will
automatically come.



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Transformation

A self-transformer is the one
who always has good wishes
emerged to transform the self
and not to seek revenge.



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Mind

Our mind has the power to control our physical, emotional and even spiritual wellness. Let us take out some time every day to watch our mind and replace any negative thoughts with pure, positive and happy ones.



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Inspiration

Those who inspire others
with their every thought,
word and deed are
images of inspiration.



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Decoration

Make divinity and
spirituality the
decoration of your life.



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Love

Love is a virtue filled with extremely positive energy. It lays an invisible but strong foundation in our life and is a key source of motivation and inspiration.



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Success

Success comes to those who make a promise with the self. No matter the number of times they fail, they will always rise with a higher magnitude of courage, preparation and determination.



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Peace

Peace is the prominent
characteristic of a civilized society
and the character of a society
can be seen through the collective
consciousness of its members.



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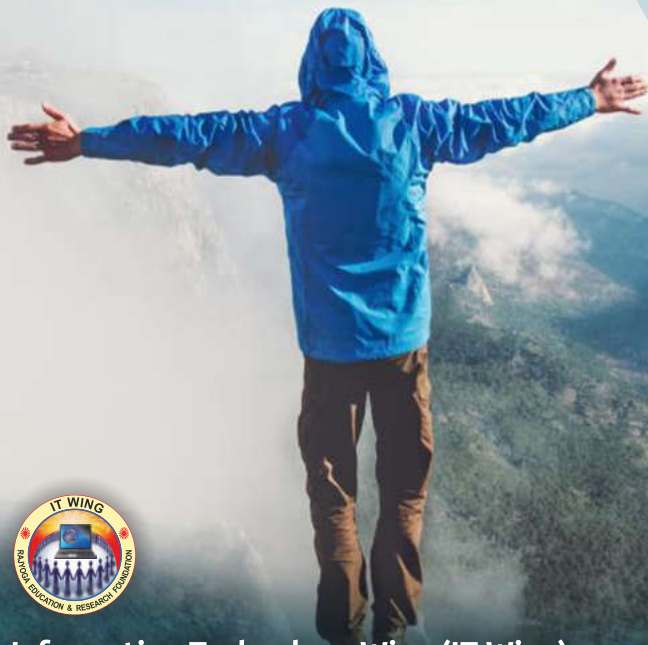
Introspection

Instead of speaking too much
and wasting your energy,
experience an introspection
and taste its sweetness.



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Truth

When we have the
power of truth and
fearlessness, nothing
can shake us.



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Peace

We want a world of
peace. For that we need
to constantly create
thoughts of peace.



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Coolness

Cool down the fire
of anger with the
powers of humility
and patience.



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Response

Our stress is not caused by rising pressures in professional or personal life. It is caused by responding to life with an emotionally disturbed mind.



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Love

Unconditional love is an
energy where we only want
to give and not take or expect.
It empowers and heals us but
never hurts or inflicts pain.



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Truthfulness

The greatness of life is the
power of truth. Truthfulness
is powerful enough to
give us confidence.



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Magic

God-consciousness
makes troubles
disappear like magic.



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Easy

In order to save yourself
from any conflict of nature,
make your intellect, vision
and words easy.



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Silence

The way to chase
away all types of
mental illness is the
power of silence.



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Attention

You need to pay attention to the quality of your thoughts. Ask yourself, “do I have pure and positive thoughts for everyone, including myself?”



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Fortune

Give the experience of
your fortune of
happiness through
your face and activity.



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Rajyoga Meditation principles in their personal
and professional lives.

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Respect

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Respect

Those who respect
everyone become
ideal images.



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Good Thoughts

Good thoughts are like
morning sunbeams.
They make our life
shine beautifully.



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to create training courses and events
at both national and international levels.

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Visualize

When we visualize ourselves
to have overcome our fears
and transformed negative habits,
we can see our fears removed
and negative habits transformed.



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Cautious

Let the past be the past,
learn a lesson from the
past and remain cautious
in the future.



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Spiritual

Spirituality nourishes
the self to discharge all
roles and responsibilities
efficiently and optimally.



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Radiate

Law of attraction does
not mean we get what we
desire; it actually means
we get what we radiate.



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Experience

Experience is the best teacher.
Every experience in our life
teaches us something we need
to know to move forward.



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Integrity

To have integrity in our
relationships, we need to have
Integrity within ourselves. Integrity
means our thoughts, words and
actions are in harmony.



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Soul Power

When we think and speak
only about our strengths
and virtues, we experience
our own peace and purity. It
increases our soul power.



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Enthusiasm

To be free from
carelessness is
to be constantly
enthusiastic.



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Control

To control oneself is
to have everything in
control.



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Humility

One word spoken
in humility has the
significance of a
thousand words.



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Love

The more effort is
made to love, the
more love is received.



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Qualities

The original qualities of a soul are peace, happiness, love, bliss, purity, power and wisdom, which undergo a change depending on the actions performed by the soul. Positive actions increase these qualities, and negative actions decrease them.



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Mould

Those who mould
themselves to any
situation become worthy
of everyone's blessings.



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Remembrance

To forget your
troubles, remember
God.



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Compassion

We need to practice creating compassion for somebody who is emotionally ill, just like we are compassionate towards the physically ill. Emotional illness can be in the form of their anger, irritation, hurt, jealousy, or fear.



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Honesty

Honesty is to speak that
which is thought and to do
that which is spoken.



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Cheerful
Cheerfulness
is the beauty
of face.



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Visualize

Visualize the best, but accept
the reality and create only right
thoughts, irrespective of what
the outcome is.



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Vision

Those who have a
positive vision of the self
are always happy.



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Introspection

Introspection helps me
to get intouch with my pure,
original and perfect self.



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Create Personality

Thoughts of great people are royal
and beautiful. They don't waste
their time by keeping their minds
occupied in trivial matters.



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Spiritual Server

Be a true spiritual server
and serve everyone with
love and a true heart.



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Truth

The boat of truth may rock, but
it will never sink. Truthfulness
provides long lasting happiness,
contentment, peace and helps one
to remain so amidst all problems.



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Patience

Patience enables one
to develop detached
observation.



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Persistence

Long lasting happiness
emerges from working
persistently towards a
specific goal.



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Determination

Determination means you care about something so much that even when it is really hard, you keep on going.



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Easiness

Internal honesty and
cleanliness within is
revealed when there is
easiness in your nature.



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Companion

Loneliness comes when I
forget that God is my
Supreme Companion.



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Solution

**Make negative
reasons into positive
solutions.**



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Compassion

Practicing compassion
brings happiness to
the life.



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Pause

Before beginning any task, let us
pause for a moment and observe the
quality of our thoughts.

Positive, powerful and happy
thoughts will empower us to succeed.



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Seeing Self

Instead of looking at others,
look at the self and remember:
Whatever actions I perform, those
who see me will do the same.



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Being Creator

Spirituality makes it possible
to shift us from complaining
about lack of time to
becoming creators of time.



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Respect

Respect is to recognize
and appreciate
the unique role of
everyone.



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Self Control

Self-control is having
ability to channel thoughts
in the right direction.



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Truth

The sign of someone having
the power of truth is that
person will always be
fearless.



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Codly Gift

Storms keep coming in the
ocean of life. Storms turn into
gifts for you, as the boatman of
your spiritual life is God Himself.



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Determination

Determination makes you
to sit up straight and love
everything, because it's all
part of moving forward.



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Happiness

Happiness is your special
treasure; never let go
of this treasure.



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Flawless

Honesty makes for a life of integrity
because the inner and outer selves
are mirror images. It is as distinct as
a flawless diamond which can never
be hidden. The worth is visible
in one's action.



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Responsibility

Responsibility means accepting
credit when things go right and
accepting corrections when
things go wrong.



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Simplicity

Simplicity is beautiful
and harmonious.
Simplicity in life
leads to peace.



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Appreciate

The beauty of all things
lies in our ability to
appreciate them.



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Generosity

Generosity is seeing an
opportunity to share what
you have and then giving
just for the joy of giving.



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Stability

The power of stability
can transform any
situation.



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Forgiveness

When we forgive someone, we are doing ourselves a favor, because through forgiveness we release all the negative thoughts, emotions and energies that we are holding onto in our anger.



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Success

Success is achieved
through determined
effort.



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Harness

Every thought is an energy which travels and hence it is in the air. A strong, silent mind can receive this energy and decipher the thought. The first step to harness this power is to finish wasteful and negative thoughts.



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Detachment

Detachment is best
learnt from God, who
sees everything but
never stops loving.



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Determination

Determination is
using will power to do
something even when
it isn't easy.



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Vision

The vision of seeing
specialties frees the mind
from negativity.



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Save Mother Earth

Earth is our Home and we are responsible for our Home. To take responsibility of one's own responsibility is the greatest responsibility.



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Good Will

The will to serve
others creates
opportunity.



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Responsibility
True responsibility
brings inner
lightness and joy.



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Power to Face

When we learn to face obstacles in life, we can remain positive in all situations of life. Placing the obstacles in proper perspective, we will find that it is not as hard as our minds think it is.



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Openness

Openness to learning brings progress. We need to keep our mind constantly open to learning in order to experience constant progress.



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Understand
To understand others
is to be in harmony
with them.



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Celebrate

Life becomes much different
when we celebrate every
moment of it. The more we
praise and celebrate our life, the
more there is life to celebrate.



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Thinking

We interact less with others
but we constantly interact with
ourselves. The way we think
about ourselves becomes our
habitual way of thinking.



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Victory

Intense effort-makers
are constantly
victorious.



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Serve

What we are Doing is the purpose
of our role, how we are Being
while we are Doing is our higher
purpose. Just by taking care of the
Being, we are Serving the world.



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Charity

To give happiness to those
who are unhappy is the
greatest act of charity.



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Solution

Instead of trying to break a
mountain of problems with the
hammer of wasteful thoughts,
take a high jump and jump
across the mountain.



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Weapon

Weapons by themselves
are not dangerous; it is
the anger within man
that is harmful.



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Full Stop

To put punctuation marks
on paper is easy, but can
you put a full stop to
waste thoughts?



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Unity

Diversity divides and unity
brings us into a gathering.
Gathering brings success and
division brings defeat.



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Efficiency

Calmness and tolerance
act like air-conditioning
in a room, they increase
our efficiency.



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Forget

To taste the sweetness
of life, we must have the
power to forget the past.



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Celebration

The meaning of life
is not celebrating our
birth; it is celebrating
every moment of life.



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Great Day

If every morning we can
spend a few moments to
sort out our thoughts and
remember God, our day will
be filled with magic.



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Discipline

A disciplined
life gives happiness
as well as success.



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Equanimity

If we allow ourselves to be
puffed up by praise and fame,
then insult and defamation
will destroy us.



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Meditation

Meditation is a process by which, through contemplation and relaxation, we can begin to loosen the grip of self-critical thoughts and emotions.



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Hope

To give someone
hope is to help them
overcome their
weakness.



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Happiness

Happiness is not in our
accomplishments. It is not to be
postponed until our goal is reached.
Happiness is in our way of thinking
along the way, while working
towards the goal.



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Flexible

To know the art of being
flexible is to create
beauty in one's life.



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Silence

Power of silence
dissolves negativity
and promotes a
positive attitude.



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Value of Speech

Of all the words that
you speak, how many
are towards God?



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Experience

To UNDERSTAND something
we need knowledge, but to
FEEL it we need experience.



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Freshness

Create limited thoughts and
replace negative thoughts
about others with thoughts
of their strengths. This keeps
the mind fresh.



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Achieve

Perform every act
considering its past and
future, you will continue
to achieve success.



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Goodness

To develop enthusiasm, have
faith in the goodness of life, and
in the original goodness of the
self and others.



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Knowledge

Knowledge is might; with
the internal weapon of
knowledge, we can attain
success in all situations.



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Forgiveness



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Forgiveness

Forgiveness is getting your
thoughts in line with the
divine law of harmony.



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Introspect

When we introspect our feelings towards anyone whom we consider irritating or intolerable, we realize that it is our perception and expectations making us feel that way about them.



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Fudge

To judge is to think, to
arrive at a mental verdict
or conclusion in your mind.



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Thinking

The habitual thinking of
our conscious mind
establishes deep grooves in
our subconscious mind.



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Life

The great things of life are
simple, dynamic and creative.
They produce well-being
and happiness.



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Happiness

Happiness is our inner
experience of which we are
the creators. It is a feeling
and is defined by the quality
of our thoughts.



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Cooperation

In the process of world transformation, the time is now for each person to lend a finger of cooperation.



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Holy

Be a holy swan and
transform wasteful
thoughts, words & deeds
into powerful ones.



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Thankful

The thankful heart is always close to the creative forces of the Universe, causing countless blessings to flow towards it.



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Certain

Do the thing you are
afraid to do, and the
death of fear is certain.



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God's Love

In order to receive the
key to all treasures, be
experienced in God's Love.



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Learn

Try to learn something new
every moment of the day,
and you will find your mind
will always be young.



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Environment

The environment is both a direct and indirect manifestation of the effect of our thoughts. Positive and powerful thoughts rejuvenate, empower and activate us as well as our environment.



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Love

Love is a great power,
but it takes power
to have pure love.



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Balance

Balance of being loveful
and detached (like a lotus
flower) gives us experience
of closeness to God.



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Laugh

Look at your fears; hold them
up to the light of reason.
Learn to laugh at your fears.
This is the best medicine.



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Clarity

Our mind is a mechanism,
works best when there is
clarity in it.



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GIVE
RESPECT
EARN
RESPECT



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Respect

To know one's own worth and to honor the worth of others is the true way to earn respect. It is an acknowledgement of the inherent worth and innate rights of the individual and the collective.



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Optimism

Optimism opens a
door in difficult or
hopeless situations.



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Enthusiasm

Enthusiasm is the master
key to feel great. It acts
like a double energy boost.



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Peace

When the feeling of peace and positivity remains constant, no outside event or other person can interrupt the flow.



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Silence

Power of silence fills
the soul with clarity
and righteousness.



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Compassion

Self-Compassion is about
a change in attitude and is
linked with greater well-
being as well as superior
performance outcomes.



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Feeling Great

Feeling great is about putting
our life in order, rather than
having a good time or feeling
good at any cost.



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Cooperation

The method to give cooperation is to use the energy of the mind to create vibrations of good wishes and pure feelings for others and for the task.



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Cleanse

Our words have power to
cleanse our mind of wrong
ideas and to instill right
ideas in their place.



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Comfort

The warmth and
comfort of happiness is
hidden within the self.



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Companion

When we keep God as our
companion and have good wishes
for all, we remain constantly
cheerful beyond questions.



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Meditation

When we practice meditation,
we develop the ability to
silence the conscious layer
of the mind, so scattering of
our thoughts stops.



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Be Happy

A happy person is
loved by himself and
everyone.



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Cooperation

Cooperation requires
recognizing the unique role of
every individual while
maintaining a sincere and
positive attitude.



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Donate
**Donate the
imperishable
jewels of knowledge.**



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Peace

Peace should be an
easier and a natural
response, irrespective
of the stimulus.



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Independent

If we become dependent
on people's approval for
taking decisions in life, we
may end up with decisions
that are not right for us.



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Silence

Inculcate the virtue of
silence in your life and you
will easily pinpoint and
remove your weakness.



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Service
Selfless service
leads to
satisfaction.



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Communication

Clean communication
lays the foundation for
creating and sustaining
beautiful relationships.



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Meditation

Meditation helps us to
develop a positive attitude
and respond
better to situations.



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Let Go

To tolerate life's
inconvenience is to
let go, be light, make
others light and move on.



Employees from various Organizations
which include, Google, Microsoft, TCS, IBM,
Reliance, JIO, HCL, Infosys, etc. have
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Light the Lamp

When the lamp
of the soul is lighted in
life, we can easily rise
above the vices.



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Attitude

Those with the right
attitude make the best
contribution.



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Be Positive

Thoughts create
destiny, so a positive
mind attracts positive
circumstances into life.



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Zeal & Enthu

Zeal and enthusiasm are the
wings on which we can fly
over all circumstance and turn
mountains into molehills.



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Blessings

Cultivating the habit
of blessing rather than
judging strengthens our
capacity to give.



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Success

Repeated and lasting success
requires a positive combination
of our state of mind, intelligence,
personality traits and skills.



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Free
To be free from
expectations is to
be free from sorrow.



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Silence

Silence slows down the mind
so it creates fewer thoughts
that are powerful, positive
and peaceful.



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Truth

Speaking the truth with
humility and in a sweet manner
does not make anyone angry
rather it increases the heartfelt
respect of others.



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Being Powerful

Whatever is happening,
is good and whatever will happen,
will also be good - this powerful
thought finishes
the web of weak thoughts.



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Concern

Complaining depletes our energy because we are thinking about what is not in our control. Complaining means focusing on the problem and concern is focusing on the solution.



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virtue



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Virtues

A person becomes good human being by filling virtues in the self, looking at virtues in others, donating virtues and discussing virtues.



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Responsibility

At every situation, taking personal responsibility of our thoughts, words and deeds helps us to respond in a positive way. This is our 'response-ability'.



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Success

Success is achieved when decisions are arrived at, after listening to, understanding and clarifying things patiently and carefully.



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CONTENTMENT
IS THE ONLY
REAL
WEALTH



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Contentment

While question mark (?)
increases waste in life,
full stop (.) is the sign of
contentment and well-being.



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SELF DISCIPLINE



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Self Discipline

Self-discipline is self control.
With discipline you take
charge of yourself.



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Peace

Peace gives rest to mind.
Sometimes rest is the only
medicine needed.



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Mastery

To be master over
thoughts means to control
and stabilize thoughts
whenever one wishes.



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Silence
is Golden



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Silence

Inculcate the virtue of
silence in your life and you
will easily pinpoint and
remove your weakness.



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Courage

Courage is required to do
anything auspicious and
courage comes from truth.



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Cooperation

The world becomes
a happy place with
the cooperation of
everyone.



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True Heart

God is pleased with a true heart. We receive a thousand steps of help from Him when we take one step of courage.



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Good Wishes

Good wishes are that
magic which makes
right a spoilt task, and
spoilt mood.



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Conscience

The most potent power to
put an end to internal and
external wars is the human
conscience.



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Truth

Truth is the imperishable
essence. We overcome
falsehood and illusion through
practicing the power of truth.



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Enthusiasm

Having good wishes for
everyone fuels our
enthusiasm.



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Benefactor

Just as every father wishes only good for his children, God is the constant Benefactor. It's one's own actions that cause sorrows.



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Fly High

It is difficult to cross a mountain
of problems by foot, but it is
easy to cross it by flying in an
airplane of blessings.



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Be Cool

Getting angry is like grasping
a hot coal & throwing it at
someone else. It is the self
who gets burnt first before
the other person.



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Happiness

Our thoughts create our
external world. Positive
and concentrated thoughts
bring about a world of
lasting happiness.



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AUG
01



Faith

You receive help at every step as a result of having this faith that God is yours and you belong to God.



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Be Happy

To be happy and to make
others happy is to give
blessings and receive
blessings.



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03



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Coordination

Co-ordination
awakens the
feeling of service.



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AUG
04



Self Respect

It is a subtle thing that
only those who stay in
self-respect will be able to
give respect to others.



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AUG
05

"The *Truth*
will make you
Free"



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Truth

Truth is the ultimate power.
It provides long lasting
happiness, contentment, peace
and helps one to remain so
amidst all problems.



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AUG
06

Humility



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Humility

Humility is a value that
is manifested through
acceptance, selflessness
and contentment.



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Art of Civing

In a world where all relationships
have accounts of happiness
and sorrow, the greatest lesson to be
learnt about being happy is:
“Give happiness and Take happiness,
don’t give sorrow and take sorrow”.



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Save Energy

Speak Less,
Speak Softly,
Speak Sweetly
and Save Energy.



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Meditation

**Meditation is a personal
relationship and a
conversation with God.**



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Stay Light

The mind is an emotional carrier
bearing the weight of our thoughts.
If thoughts are fewer and lighter,
the mind remains light.



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Humility

When one has the virtue of
humility, everyone bows
down, since everyone bows to
those who themselves bow first.



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Vibrations

Our thoughts become the energy field we carry around, like the perfume we use. People receive our vibrations even before they receive our words and behaviour.



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Donate Organs

Life is caring and sharing. On this eternal soul journey, we move from one lifetime to another and take a new body. Why not donate organs that we cannot carry forward, and save lives?



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Transformation

Self-transformation
begins the process of
world transformation.



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Freedom

Freedom is when we
consciously choose our
thoughts and feelings
independent of anything
and anyone outside.



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God
is love



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Love

To have love for
God is to love
humanity.



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Relationship

The key to healthy
relationships is in obeying our
consciousness and not doing
anything against it.



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Enjoy

Remember to enjoy the journey of life.
Life will bring scenes that are positive
and negative, and neither of them stays
forever. Even in a negative situation we
can be free from anxiety and worry,
knowing that it shall pass.



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Being Fortunate

Fortunate souls are those who
receive blessings from the
hearts of all souls on
the basis of truth.



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Choice

People's behavior towards us is an external force and not in our control. The thoughts we create in response to that is an internal energy, which is completely our choice.



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THINK
Positive



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Thinking

Think positive about yourself,
people and situations. Don't be
critical or judgmental.



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Optimism

Optimism is the key to a
better future. And we always
have a choice to be
optimistic.



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Remain Stable

Stability is love of equanimity in the midst of adventure. When we master the art of remaining stable even in the most negative situations, we learn to use the treasures hidden within us.



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COMPASSION



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Compassion

Compassion generates love,
kindness and support without
boundaries; it is something to be
felt and experienced individually.



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Appreciation

The magic of appreciation can turn negative thoughts into positive. Being appreciative of any given thing simply adds to the quality of the life.



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Flexible

With flexibility you are
willing to change in
thoughts, words and deeds.



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Appreciate

Cultivating the ability
to appreciate our surroundings
can enhance our mood and
help us to maintain a
positive attitude.



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Safety

Detachment is a great virtue,
it is to remain stable, create
our feelings independent of
others emotions. It brings
emotional safety.



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Compassion

Compassion is a skill that needs
to be learnt and practiced.
It's a choice we make
that love is more important
than comfort.



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Discern

Discerning our thoughts helps us decide our response to people's behavior. Power to discern will be accurate when we go beneath surface behaviors and see the intensions.



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Balance

Equanimity means to
maintain inner balance in the
face of success and failure,
riches and impoverishment,
praise and blame.



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SEP
01



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Stability

The power of stability brings forth the best decision in the most difficult times and brings solution. When we are stable, situations will not influence us, but we will influence them.



IT retreats discuss about 'Inner Technology', assist us to understand and apply various principles of spirituality to overcome myriad situations that we face and thus rejuvenate our lives.

SEP
02



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Self Respect

Self-respect removes
tendencies towards jealousy
and comparison. It enables
us to have good wishes and
pure feelings towards others.



IT retreats discuss about 'Inner Technology',
assist us to understand and apply various principles of
spirituality to overcome myriad situations that we face
and thus rejuvenate our lives.

SEP
03



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Appreciate

When we begin to appreciate the world around us, we might even start to see and be thankful for things we may never have normally noticed.



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Happy

Soul is happy in original form. Happiness is our internal creation and can be created irrespective of external factors.



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Imbibe Knowledge

When we imbibe the spiritual knowledge imparted by God, the supreme teacher, we transform ourselves into divine souls.



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Independent

People may not be nice to us, but let us think right, forgive, bless and be nice to them - because we want peace and happiness. How wrong they were is independent of how right we can be.



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Importance

Time cooperates with each
person if one chooses to
recognize its importance.



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Succeed

**Silence brings the
strength to go on, the
steadiness to succeed.**



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Generous

To be generous hearted and
share the gifts of virtues through
your face & activity is to have
good wishes and pure feelings.



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Silence

When the mind is silent, the
intuition is active. Acting in
the state of silence brings
blissful and fruitful results.



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Understanding

If we have the spirit of understanding everything in a positive way, we will enjoy each and every moment of life, whether it's pressure or pleasure.



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and sending you
smiles
and
good wishes
*to lift your spirits
and brighten your day.*



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Good Wishes

**Words filled with good
wishes bring good
change in others.**



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Powerful

Make your attitude
powerful and there
will automatically
be growth in work.



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Responsibility

Our thoughts and feelings are our personal responsibility. But we React out of habitual ways of thinking, speaking and behaving, created over years or lifetimes. A little practice helps us pause, see our options, evaluate them and choose a Response.



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FORGIVE
■ AS GOD ■
FORGIVES



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Forgive

Forgiveness means having the power to love unselfishly and freely. Our attitude of forgiveness has the power to transform and inspire others.



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Karma

Everything happening to us is accurate and beneficial. Accurate because it is according to our karma. Benefits will get revealed later, and even if there is no outward benefit, we come out of the situation emotionally empowered, that is an inner benefit.



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Giving

It is greater to give a handful
of rice with love and honesty
than to give a thousand
dollars with the desire for
name and fame.



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Charging

When every thought, word and action is a product of our spiritual charging, we will experience peace even while working and meeting targets and deadlines.



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Success

Where there is faith and
victory in the mind, success
can be gained. If thoughts
are weak, there is defeat.



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Belief

Our belief systems decide our way of living. We need to experiment with what we learn, in order to change incorrect belief systems.



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Radiate

The universe sends back
whatever we radiate. Thinking
about peace, happiness,
strength, success attracts those
qualities into our life.



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Feelings

Each of our external actions
form one aspect of life
while internal feelings form
another aspect. Both are
independent of each other.



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Help

To help under normal
circumstances is a good thing,
but helping in times of need
fetches multifold blessings.



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Wise

The wealth of a rich person
can be stolen or burnt, but
the happiness and wisdom
of the wise remain.



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Energy

The energy we send out as
thoughts, words and actions is
our karma; and when the
energy returns, it is our destiny.



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Possible

Those who make the
impossible possible,
experience success.



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Freedom

Respect is giving people the space to be themselves, the freedom to think, feel and be their way. It is about accepting them along with their behaviors, ideas and perspectives even when these do not match ours.



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Unity

Unity is harmony within
and among individuals in
the group.



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Meditation

Meditation increases soul power
and strengthens our original
quality of respect, so respecting
people comes naturally.



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Goodness

If we talk and share about
the goodness in a person,
we can intensify the
positivity in the person.



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Spirituality

Spirituality teaches that every thought that the mind creates amounts to our karma. Mind is not only where our karma is first created, but is also where 'maximum' karma is created, as our thoughts outnumber our words and actions.



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Non Violence

**Non-violence does not only
mean not to wound physically
but also means not to wound
with words or thoughts.**



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Thought Power

Using the power of thoughts the mind creates four impacts at every moment - it creates our feeling, it affects every cell of our body, it reaches the person about whom we are thinking, and it radiates into the environment.



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Peace

When we are at peace
with the self, people and
situations, we tune into a
frequency of forgiveness.



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Respect

When we respect each
other's opinion, we
become respectable.



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Consciousness

Situation-proofing is a powerful consciousness which is free from question marks and exclamation marks arising about any situation. It gives little or no room for negative or waste thought patterns.



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Strong

We become strong by
overcoming difficulties.



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Viceless

A good karma needs that the
Self does not come under the
influence of vices like anger,
ego, attachment, greed,
hatred, jealousy etc.



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Always Happy

Those who remain beyond
questions remain constantly
happy hearted.



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Happiness

Happiness is not just about a mood or feeling; it equips us with the power to cross any challenge that comes in our way. It causes our mind, intellect and body to function out of calmness, wisdom and optimism.



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Soul Power

When we exercise our will power
and discernment to do what is
right for the soul, our karma
becomes clean and soul power
is automatically enhanced.



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Humanity

Humanity is quality of
being human; it is extending
unconditional love to each and
every living being on earth.



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Patience

Patience is the companion
of wisdom. Patience is being
calm and tolerant when
difficult things happen.



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Strong

Obstacles come to make us strong. Therefore instead of being afraid of obstacles, overcome them by considering them to be an entertaining game.



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Respect

We believe people respect us and value us for what we have achieved, what we wear and what we possess. But true respect and value is gained for the person we are and for our values.



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Truth

The power of truth is
such that we need never
be concerned about
proving it.



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Desireless

Desires are like a shadow. If you try to catch a shadow, it runs ahead of you and if you turn your face away from it, it follows you. Desires don't let us become a good person.



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Learn

Instead of being scared
in sensitive situations,
learn lessons from them
and mature yourself.



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Be Fearless

If we get involved in fears
about the future, we shall
miss the chances that the
present offers us.



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Discipline

Discipline is that bitter medicine
which creates balance in life.
Being disciplined gives us
strength to withstand hardships
and difficulties, whether
physical, emotional or mental.



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Success

You get success always as
you put your thoughts into
action with determination.



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Being Aware

The mind is our powerful instrument.
If we take care and live a life of
awareness and choice then we control
the mind. If we are unaware then we
live an automated life and the
mind starts controlling us.



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Willpower

Will power is like a muscle,
the more we use it, the
stronger it becomes.



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Self Respect

When we have strong
self-respect, we will be generous
in recognizing and encouraging
the expression of qualities and
specialties in others.



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Let Go

Love and truthfulness
help others to change
themselves, and let go of
negative tendencies.



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Introversions

Without introversion, we cannot
do anything worthwhile. With it
the heart becomes full and the
intellect concentrated.



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Let Go

Our personal transformation
not only benefits us
or people around us, it
influences the world.



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Power

The power of ignorance is
anger and the power of
knowledge is peace.



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Happiness

Happiness is only possible
when we are able to accept
everyone as they are.



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Greatness

To sit on the throne of
humility and to wear the
crown of responsibility is
greatness.



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Being Yourself

Wanting to be better than
others is a never ending race.
We will not be happy in this
race because there will always
be someone ahead of us.



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Careful

Like we take care of what we speak to others, we need to be careful about how we speak to ourselves. We are constantly listening to our inner conversation.



The spirit of inclusiveness, co-operation & warmth in the IT Wing family helps individuals experience & express the best in them and bring about qualitative change in their lives.

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Optimism

Optimism is a skill of
emotional intelligence,
which translates to a
better career and greater
success in life.



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warmth in the IT Wing family helps individuals
experience & express the best in them and bring
about qualitative change in their lives.

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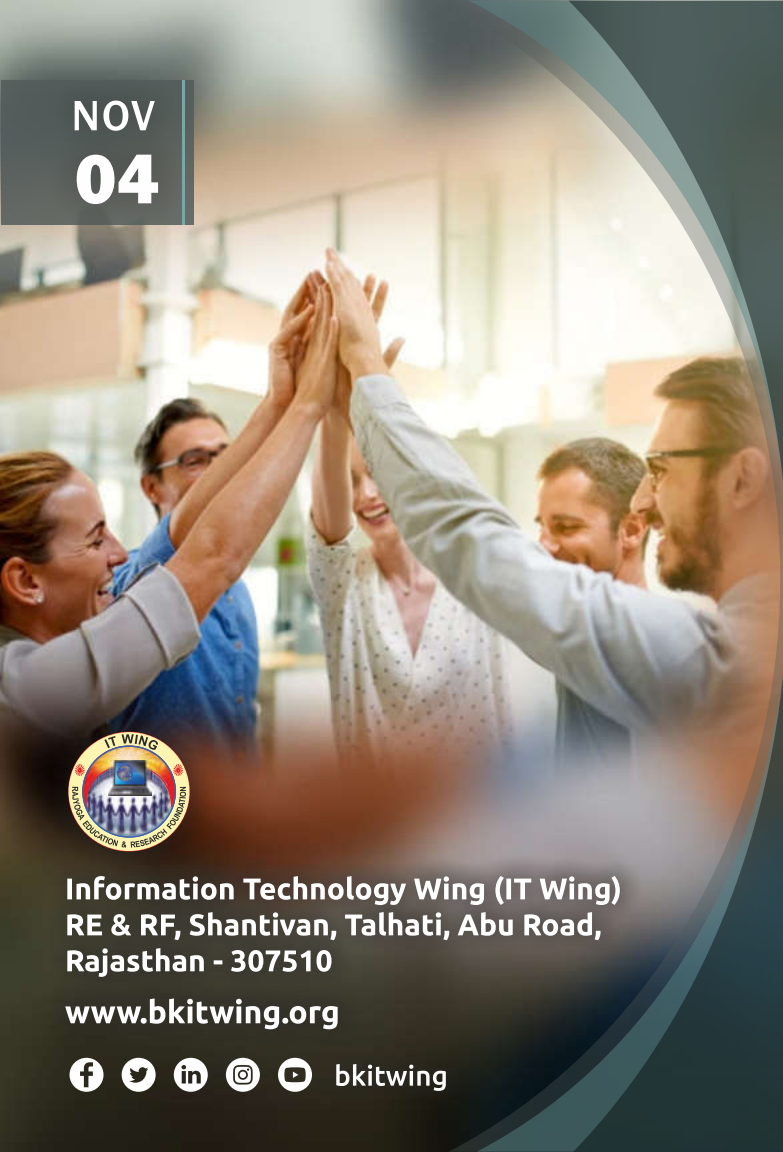
Respect

When we create a thought that someone is wrong, we are disrespecting them. When we understand that they are different, we are respecting them and their perspective.



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Habit

Thinking, speaking and
behaving in the same manner
repeatedly becomes a habit,
and it soon becomes an
automated way of responding.



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Good Wishes

When our stock of
good wishes is full,
a full stop is applied
to all waste.



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Trust

Trust is having faith. To
earn the trust of others, you
must become completely
selfless and honest.



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Appreciate

Self-criticism depletes our energy. Appreciating and motivating ourselves creates a new, positive self-image.



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Responsibility

Our first responsibility in any situation is to first take charge of our state of mind because that is the only entity in our control.



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Cooperation

One who cooperates
receives cooperation.



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Energy

Our thoughts and feelings create our energy field. If our energy field is pure and powerful, everyone will get influenced by our pure vibrations. This will help them to emerge their own purity and power.



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Accept

Accept the people as they
are without noting their
weaknesses.



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Simplicity is the
ultimate sophistication



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Simplicity

Simplicity combines sweetness
& wisdom. Be simple to be a
sample for many.



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Responsibility

The true meaning of
responsibility is not just duties
to be done, but has more to do
with a sense of purpose.



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Merciful

To be merciful means always
remembering only that which
is good and beneficial, and
never letting go of giving love.



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Tolerance

Tolerance is bouncing back even when we are thrown against a very hard wall. It comes from sensing that everything is a riddle and that all things work in cycles, that what is uncomfortable now will soon change.



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Stable

Be stable in your
original religion of
peace.



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Vision

Our thoughts are the
basis of our attitude
and our attitude makes
our Vision.



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Feel Good

Blaming people, situations,
past or the world for how we
feel is the prime reason for
depletion of soul power.



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Stay Light

**Life is about staying light,
and drawing on God's
might. Then everything
becomes right!**



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Reality

To resolve any problem, we only need to create thoughts to match the reality we desire, rather than thinking about the present reality.



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Stay True

A responsible person fulfils
the assigned duty by
staying true to the aim.



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Act of Giving

If our hands are always
giving, always bestowing,
joy will be ours in death as
well as life.



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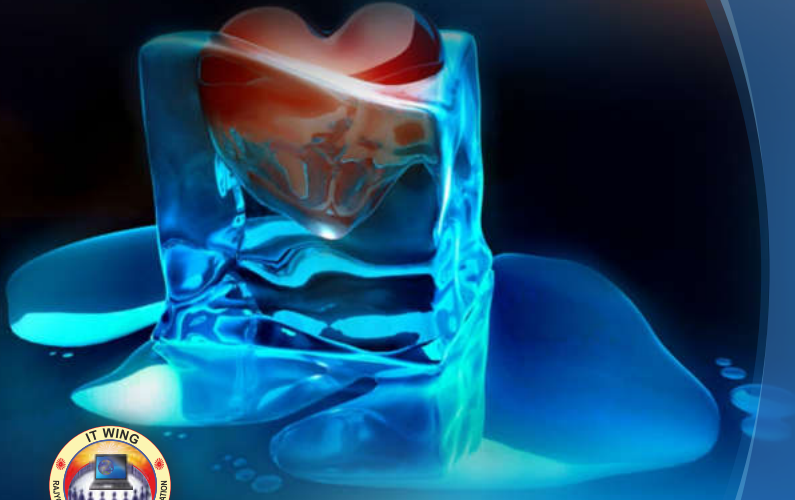
Right Thought

Creating right thoughts
in the face of challenge not
just helps us respond strongly
but also change the situation.



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warmth in the IT Wing family helps individuals
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about qualitative change in their lives.

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Love

Love is acceptance and
acceptance is respect.



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Mould

Those who mould
themselves to all
situations are real gold.



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Transparency

Transparency is about having
a clean and clear mind, free
from all attachments. If we are
transparent, our heart is open
and approachable for others.



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Weapon

When we use the weapon of anger
to get our work done, our work gets
done but our energy gets depleted.
Repeated depletion affects our
happiness, health and relationships.



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Maturity

Maturity comes naturally with lessons learnt and experiences gained. It leads to a strength that nurtures love, kindness, and compassion.



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Positive Energy

When honesty and love are in our words and actions, along with the feelings of appreciation and friendship, others draw on this positive energy to fill whatever is lacking in them.



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Success

When we have the power of
determination, success
will become a garland
around our neck.



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Calmness

A strong mind brings positivity
and hence contentment which
helps us remain calm amidst
challenges.



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Thinkless

Over-thinking opens the door to ego and spoils our value. When we think a lot, it is as if the head starts to speak without heart.



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TRUTH



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Truth

Truth is self-evident. Truth
cannot remain hidden
permanently, sooner or
later it emerges.



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Optimism

Optimists believe that their own actions result in positive things happening, that they are responsible for their own happiness, and that they can expect more good things to happen in the future.



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Maturity

Maturity cultivates a dignified heart that is disturbed by nothing and no one.



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Stay Happy

To become upset or unhappy
about anything or to be in a
bad mood is to “put a drop of
poison in a pot of nectar”.



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Pure Heart

A pure heart is a clean heart.
Truth lives in the heart that is
housed with pure feelings.



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Benevolence

Words convey the sentiments of the heart. Words spoken from the seed of love and respect color the world with sweet vibrations of benevolence.



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Feel Great

Feeling guilty is like sitting in a rocking chair. We rock back and forth emotionally, but it doesn't get us anywhere!



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Compassion

Compassion means to refrain
from being vindictive, to
identify with the person's
plight and recognise that it
could be your own.



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Earn Blessings

While at work, if we are compassionate towards everyone working with us, if we cooperate with everyone, then we are not only earning money but also earning blessings and good wishes.



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Humble

A humble heart is an honest heart that dances to the beat of happiness with no limits or conditions.



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Sharing

It is natural to share our
resources with others. We
need to appreciate the fact
that there is joy in sharing the
gifts of virtues.



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Silence

When the mind is quiet and in silence, the soul can be free from any type of reaction. When there is heaviness inside, we have a reaction. When we remain light, there is no chance for reacting.



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JUST
BE
YOU.



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Being True

Being true to yourself means
that you show people who
and what you are without
exaggerating or trying to be
something you are not.



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Contentment

Contentment is the mother of all virtues because it emerges other virtues too. Virtues like Patience, Tolerance, Acceptance, Humility etc. will be emerged when there is contentment.



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Right Attitude

When we are in a conflict,
the one factor, which decides
whether we will damage the
relationship or heal it,
is our attitude.



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Define

When we judge others,
we do not define them,
we define ourselves.



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Love

Love flows naturally through
us if we remove the blockage
created by ego, labels,
criticism, blame, control,
comparison or competition.



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Forgiveness

Forgiveness of others is
essential for mental peace
and radiant health.



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Purity

**Purity in thoughts, words and
deeds is the beauty of life.
A fraternal attitude of purity
is the foundation of peace
and happiness.**



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Manage

Managing stress is all about taking charge of our thoughts, our emotions, our schedule, our environment and the way we deal with the problems.



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Cheerful

Never become confused,
always remain cheerful.



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Be Stable

When we lose control over
our stable state of mind,
we shift from our original
quality of peace.



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Being an Angel

The presence of the true Christmas spirit in our lives takes us beyond the pressures of materialism into a space of peace, love and joy. Shift from Invoking Angels to Being an Angel.



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Trust

Trustworthiness is the characteristics or behaviour of one person that inspires positive expectations in another person.



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Serve

We wrongly believe in survival of the fittest. But the purpose of our life is not to Survive, it is to Serve. Everything in nature is for serving others. Our purpose is to serve others with our vibrations of peace and love.



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Humble

When you are humble, you
don't consider yourself
more important than
other people.



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Quality of Thoughts



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Quality

The quality of thoughts
we radiate, trigger similar
quality of thoughts about
us in the other person.



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Absolve

Every time we blame people
for our reaction, we are
reaffirming that we are
weaker than the other person.



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a better world for everyone. IT has the potential to
become an instrument for positive change & a medium
for spreading happiness throughout the world.

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ART OF SILENCE



Information Technology Wing (IT Wing)
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Silence

**Silence enables us to become
introverted, and introversion
enables us to understand the
value of silence.**



IT Wing is selflessly and tirelessly working towards
a better world for everyone. IT has the potential to
become an instrument for positive change & a medium
for spreading happiness throughout the world.



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