

BLISSFUL THOUGHTS

The best way to pray to God is to love His creations.

- *Mother Teresa*

The supreme happiness in life is the conviction that we are loved.

- *Victor Hugo*

After the verb "to love", the verb "to help" is the most beautiful verb in the world.

- *Bertha Von Suttner*

At sunrise, open and raise your heart like a blossoming flower, and at sunset, bend your head and in silence complete the worship of the day.

- *Rabindra Nath Tagore*

An ounce of practice is better than tons of theory. See God in all beings and love them as your ownself.

- *Swami Shivanand*

Men do not mirror themselves in running water – they mirror themselves in still water. Only what is still can still the stillness of other things.

- *Chuang Tzu*

He who wants a rose, must respect the thorn.

- *Proverb*

Footprints

One night a man had a dream. He dreamed he was walking along the beach with the Lord. Across the sky flashed scenes from his life. For each scene, he noticed two sets of footprints in the sand: one belonging to him and the other to the lord.

When the last scene of his life flashed before him, he looked back at the footprints in the sand. He noticed that many times among the path of his life there was only one set of footprints. He also noticed that it happened at the very lowest and saddest time of his life.

This really bothered him and he questioned the Lord about it. "Lord, You said that once I decided to follow you, You'd walk with me all the way. But I have noticed that during the most troublesome times in my life, there is only one set of footprints. I don't understand why when I needed You most You would leave me".

The lord replied, "My son, My precious child, I love you and would never leave you. During your times of trial and suffering, when you see only one set of footprints, it was then that I carried you."

Source: The Divine Life Society, Rishikesh, Uttaranchal, India