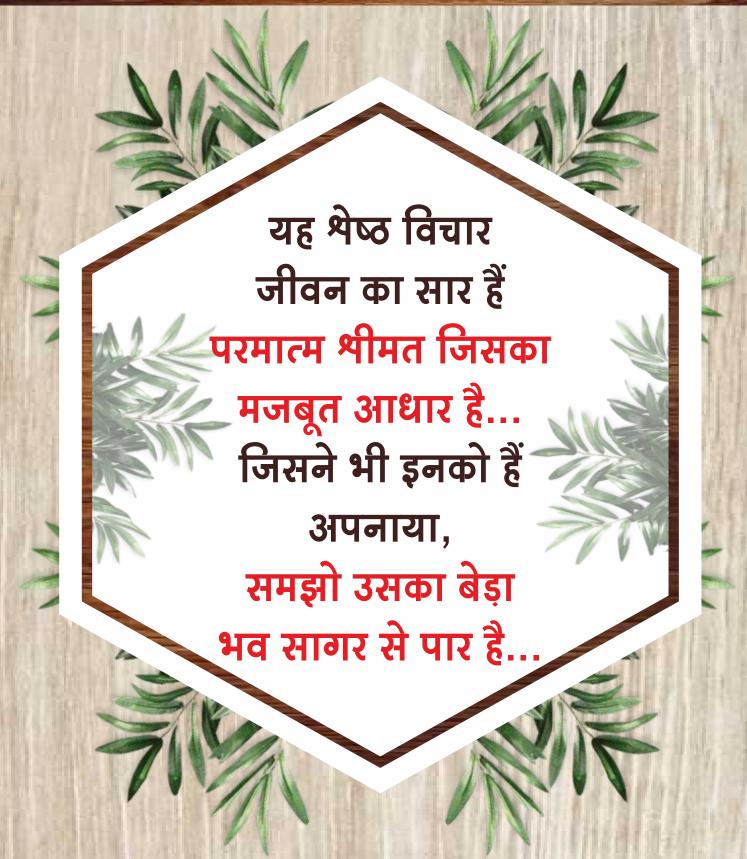
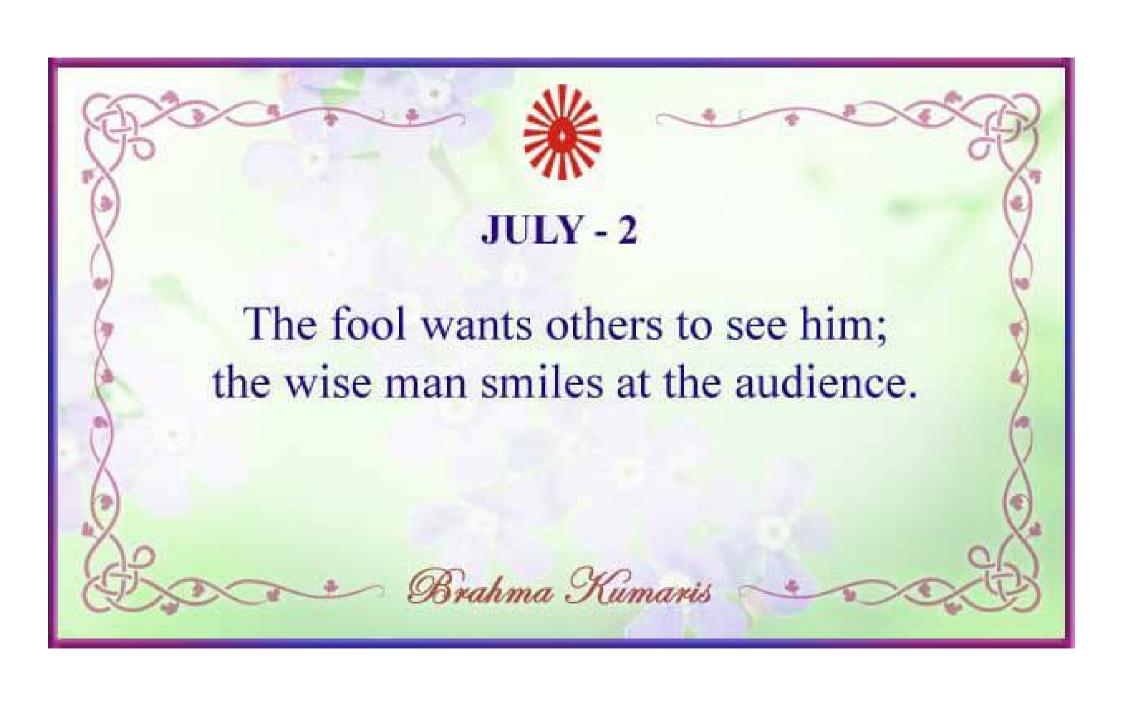


शेष्ठ विचारों का अनमोल खजाना









### **DAY 183**

## VALUE: HAPPINESS

"Long-lasting happiness emerges from working constantly toward a specific goal."

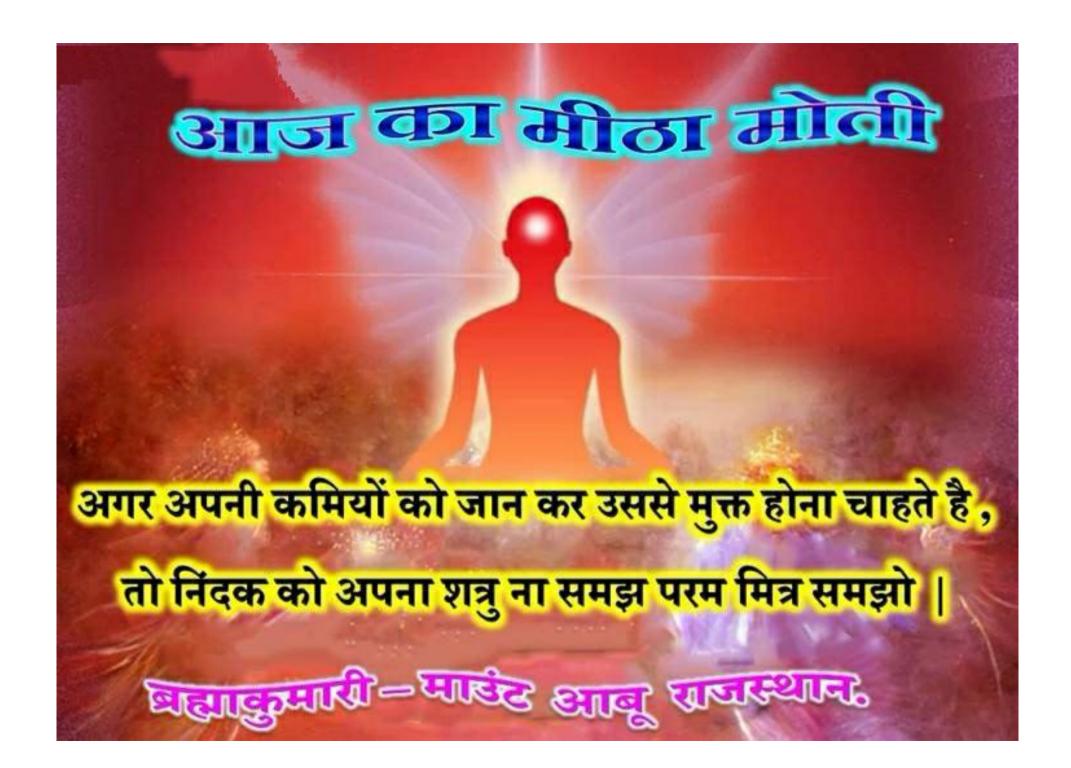
#### CONTEMPLATION

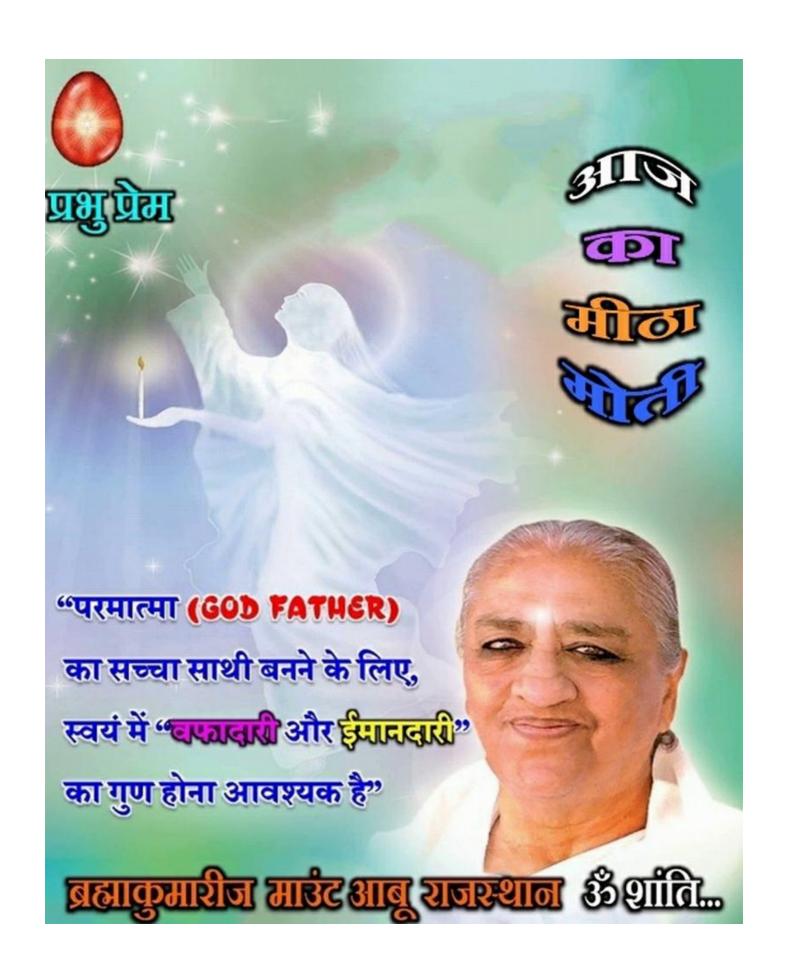
We tend to look for happiness in all we do. If we cannot see the results of effort, we are not inspired to complete the task. This attitude means that although we might experience happiness for a short time, it will never be long lasting.

#### APPLICATION

Real, long-lasting happiness comes from committing myself to a specific goal. When I am focused on what I want to achieve, the little things that I find difficult or which don't give me immediate happiness don't get in my way. I move toward my goal with happiness.









जिन्दगी का हर पन्ना हमें कुछ सिखाता है, ये हम पर है की हम उससे कुछ सीखते है या बस पन्ने को

पलट देते हैं।

ब्रह्माकुमारीज माउंट आबू राजस्थान ॐ शांति...



### **Brahma Kumaris Websites**

Main BK website <a href="www.shivbabas.org">www.shivbabas.org</a> OR <a href="www.brahmakumari.org">www.brahmakumari.org</a> (by SBS team)

Int'l website: www.brahmakumaris.org

India website: www.brahmakumaris.com

BK Sustenance website: www.bksustenance.net

All Data hosted on www.bkdrluhar.com

Murli Websites: babamurli.net

and madhubanmurli.org

# www.omshantimusic.net

www.bkgoogle.org

www.bksewa.org

www.bkinfo.in

www.bk.ooo

www.brahmakumari.org/centres

www.lshvariyaKhajana.BKhq.org