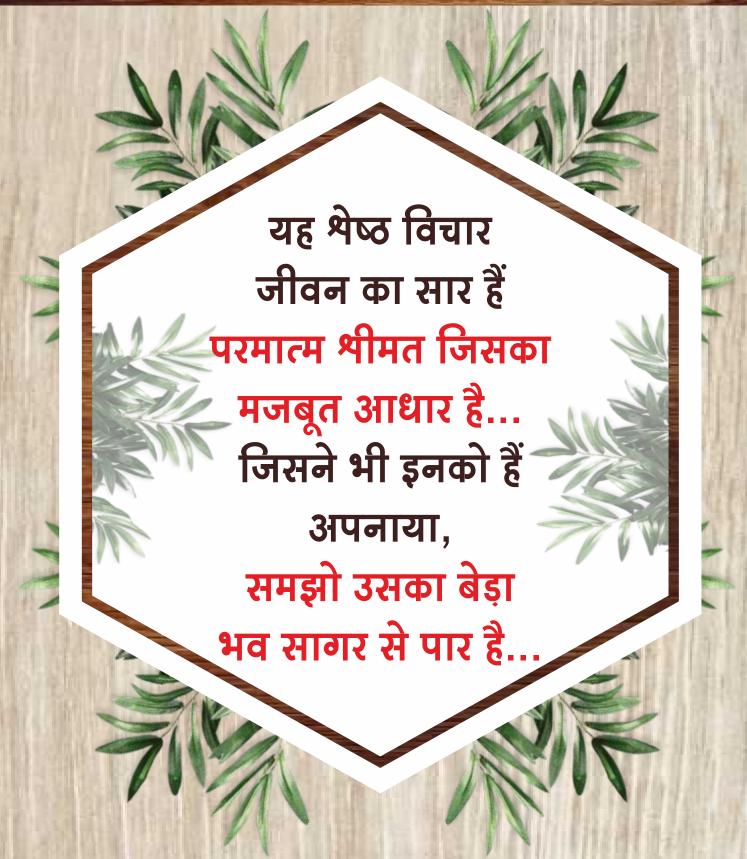


शेष्ठ विचारों का अनमोल खजाना







DAY 245

VALUE: HAPPINESS

"The nourishment of happiness keeps one healthy."

CONTEMPLATION

To be truly happy means not relying on external stimuli for happiness, but discovering the joy within. Someone who is in touch with the happiness within them is able to express it in all areas of their life. Happiness leads to healthiness – when we are happy, we are also free from illnesses affecting the body.

APPLICATION

I am able to enjoy the beauty of everything when I maintain my own inner state of happiness. My mind, body and relationships are healthy because of this state of mind. I am able to enjoy everything I do too and experience constant progress.











Brahma Kumaris Websites

Main BK website www.shivbabas.org OR www.brahmakumari.org (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