

To keep the body in good health is a duty...
otherwise we shall not be able to keep our
mind strong and clear.

DIARY
FOR EXECUTIVES



ELON



SUNRISE ENTERPRISES
SUNRISE CRANE SERVICES
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SANIYA TRANSPORT

39

TUESDAY

02

JULY 2013

your life & let others to
their lives.

to enjoy others, it shall
be to you.

deeds rebound
or multiples:

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empty. It is a healthy

thoughts enters in

and to settle there a

and vanish after a long

enough we think as it has

vanished, it shall not move out

100%. It leaves its residue inside.

This is not a healthy sign.

Because - so settled residue, slowly

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- * Enjoy your life & let others to enjoy their lives.
- * If you try to enjoy others, it shall rebound back to you.
- * Our thoughts and deeds rebound back to us in doubles or multiples.
- * No doubt, that there may not be a single person - without thinkings & thoughts. While the thoughts rise in mind in various angles & directions, the thinkings rise in mind in only one direction. While the thoughts move in multiple directions, thinkings move in only one direction. Thoughts enters in mind in thousands & moves from the mind in multiples and make the mind empty. It is a healthy sign. But the thinkings enters in mind 'singly' and settle there a long time and vanish after a long time. Though we think as it has vanished, it shall not move out 100%. It leaves its residue inside.

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This is not a healthy sign.

Because - so settled residue, slowly

03

WEDNESDAY

JULY 2013

Day 184

Wk - 27th

doubles or multiples and make our mind more dirty, which slowly affects our physical health. Our mind & physical health interact one-another. While our mind with positive thinkings and good willpower ^{can} chase away most of our diseases, the abrupt or disturbed mind, without willpower and with negative thinkings welcomes diseases to enter our body.

So let us try our best to be good, do good & think the best to all. Because whatever we do to others shall rebound back to us in doubles & multiples.

* Thoughts are always 'Truth', but thinkings may be real or not. Thinkings may be positive or may be negative. But thoughts shall always be positive and real. Thoughts have no boundary or limitation, but thinkings I have, while thinkings arise out of selfishness, the

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JULY
1

greatest thoughts and deed come out of its own way. While we consider thinkings as meaningless, we consider and praise the great thoughts. Thinkings arise out of silly matters and things, but the great thoughts come ^{out} of its own. While thinkings are connected to materialistic life, the great thoughts put 'full stop' to silly thinkings. Therefore thoughts are more powerful than the thinkings. When the deeds come out of silly thinkings get hated by others, the deeds come out of great thoughts shall be admired by one and all. To be 'selfish' and 'selfless' choice is in our hands. If we be selfish then - 'ego' arise. 'Self respect' and 'ego' are exactly opposite. We need 'Self respect' to live good. While 'self respect' leads us to truth, the 'ego' leads us to unreal.

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05

FRIDAY

JULY 2013

Day 186

Wk - 27th

* Be moral. Be natural as much as possible in thinking, in talking and in practical. Do something good to others which shall return back to us in multiples.

Definitely the deeds which we have rendered to others shall return back to us in multiples, but it shall take its own time, just like a tree starts giving fruits at its own time.

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Day 187
Wk - 27th

SATURDAY 06
JULY 2013

* Many a times it happens to be as the decision that we took on a particular matter may happen to be very perfect and proper for some period. But in due course, we find some lack and lapse in the decision we took and find our decision as incorrect. And many a times it also happens that the decision we took on a particular matter looks unfair to our dependants and society. But in due course the same decisions which we took shall be admired by the same persons who opposed earlier. In both of the above decisions - judgement shall be kept pending till proper time. We are only the decision takers, not the judge. The judge or the almighty Lord only has the power to charge or withhold the judgement.

SUNDAY 07

So let us do our best by all means forever and hope for the best,

which surely grace us.

Because, no doubt that

we get harvest or fruits that we reap.

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08

MONDAY

JULY 2013

Day 189

Wk - 28th

- * Enjoyment v/s satisfaction.
- If we consider enjoyment as "temporary",
- Satisfaction may be considered as "permanent". Sound health and sufficient wealth is required for "enjoyment".
- only sound health is enough to be in satisfaction. While the enjoyment is related to physical or external sense, the satisfaction is related to inner sense or connected to heart.
- Though, both looks similar, there is much difference in between. No doubt, both stands opposite. If we consider satisfaction as stands in East, the enjoyment stands in West. While enjoyment leads to temporary happiness, satisfaction leads to permanent happiness.
- A time comes to realize the truth that only the enjoyment is not utmost to be in peace; and satisfaction is the essence or essential to all human beings for survival.

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Day 190

Wk - 28th

TUESDAY

09

JULY 2013

* Anybody can tolerate the sad experiences like quarrel, disputes or separation, if it is not concerned or related to our familiar friends and relatives. Such bad or sad experiences disappear in a short period from our mind. But if it is related with our dear and near ones, such experiences dwell in our mind forever. Though it seems as washed out completely, it shall exist as a residue or as a mark in our mind forever. Such bad or sad experiences slowly starts to lead us to physical disorders or even to mental disorders. Such experiences work like slow poison and make us ill mentally, which slowly starts to attack our physical health.

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WEDNESDAY

JULY 2013

Day 191

Wk - 28th

- * Decision taking on complicated matter.

Many a times it happens difficult to take decision and conclusion in a particular complicated matter. We receive different suggestions and guidance from our close friends and relatives. But we don't find total solution to finalise the matter, and we shall be in dilemma.

In such moments relax for minimum half an hour. Keep the mind at ease. Don't think anything, even the suggestions of others.

Think independently. Think twice. Think better. Confirm the merits and demerits which arise out of decision taken. Don't give importance to temporary benefit. Give importance to the benefits which lasts forever.

Cold down, be calm and have patience. Don't think bad quality of others. Just think over the about the happenings.

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* Friendship & Business .

There shall be friendship in business and business in friendship. While the pure friendship lasts for ever with business, mere business mind has no rooms with friendship. Always business mind keeps space in between.

A person who is having only business mind shall have an eye to get help as much as possible from his friend. In case, such person could not get any help from his friend, he starts hating the friend and even he shall be ready to discontinue the friendship or relationship.

Pure love and friendship always hate - cheating and business mind.

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12

FRIDAY

JULY 2013

Day 193

Wk - 28th

* Innocence as a best weapon ;
Innocence as a self enemy.

Ignorance and innocence many times work like a weapon and protect us by un-wanted things or un-wanted happenings. Pretending as an ignorant or as an innocent could result adversely. Pure innocence and ignorance can work like a weapon and protect an innocent or an ignorant by good natured people.

But if it is in the case of - with business minded people - an innocent could be like a football. Such business minded people could take advantage of encashing others innocence and ignorance. Such business minded people always seek the way to convert anything to money. They always have a mind of getting benefit by others. Even if it is with their near and dear ones , such people have their mind in getting some profit from them. Innocence or ignorance shall not work properly amidst business minded .

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Day 194

Wk - 28th

SATURDAY

13

JULY 2013

Innocent or the ignorant people should be careful always with business minded people. If the innocent or ignorant people are left with business minded people, for some days they shall learn how to live and how shall they have to be with the people they concerned. Situation and happenings teach them how to live. Soon, such innocent people learn many things and become a master, that by nobody they get cheated.

Situation teaches more than a teacher. Because teacher only teaches only theory and the situation teaches like practical.

SUNDAY 14

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MONDAY

JULY 2013

Day 196

Wk - 29th

* Business Vs. Morality.

Business mind is essential as a protector for our living and survival. But only business mind have disturbances & disputes with relatives, friends and customers we related with.

By mere business mind we could loose friendship, relationship and even money and may affect our business.

There is a saying 'If money is lost - nothing is lost; if health is lost something is lost; if moral is lost everything is lost'. So let us have and try our best to have - positive approach and have positive think and hope for the best for all and forever. Because good has money, better understandings and good deeds work better than anything else. So let us have spray or sprinkle of morality over our business.

'It is not important who has done the mistake, but it is important to know the route cause of the mistake'.

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Nature care leads to Health Care:

How many diseases are there in the world? May be 50 or 100.

How many different types of medicines are available in the market? May be not in thousands. Do all these medicines are required to cure our diseases?

How many medicines have been banned so far due to their adverse or side effects?

Are you sure that these medicines have cured your diseases? Have you ever thought that even though you consumed medicines, the particular disease could not be kicked out within a day?

You suffered minimum 2-3 days and you thought that medicines have made you all right.

But this is not the truth that you are all right due to consumption of medicines. Nature of the body system has made you all right.

Taking birth, existence and end is nature system. First day it takes its breath, second day it

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exists & the third day it disappears. You do try this once. Then you shall

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WEDNESDAY

JULY 2013

Day 198

Wk - 29th

find its reality . Try to realize it . If we go on consuming medicines this shall surely affect our natural body system . Especially allopathic medicines due to its chemicals existence it destroys our body nature system . They shall kill our protective soldiers . If we go on consuming such chemical medicines it destroys our most wanted soldiers (Anti-virus and Anti-bacteria) and these soldiers become in-active or dead . Then for any disease we need chemical medicines which slowly starts to destroy our digestive system and even they may affect our kidney . Our whole body system may be disturbed . So , let us try to understand this simple nature care system and avoid allopathic drugs . At least let us try once , and confirm . Let us all realize it by more diet and taking rest . Then rest of the things shall become best .

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Day 199

Wk - 29th

THURSDAY

18

JULY 2013

* Nature v/s. Science / Scientists.

who have provided us the original breed of vegetation and fruits bearing plants & trees. There may not be answers in Science - for how and why the fruits and vegetables are contained with essential necessities like vitamin 'A', 'B', 'C' & etc which are most necessary for human beings & animals.

Science (Scientists) need nature for research & inventions. But the nature don't need Science or scientists for its survival or preservation. Are there any original breed of herbs or plants researched by scientists in Laboratory?

No man in the world is a creator, he could only be a processor or modifier. When the nature is in the hands of God we get everything in originals and in total. When the nature is in possession of human beings, it converts into colorful and artificial. And it loses its originality and quality. The poor man realizes it soon, or later.

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19

FRIDAY

JULY 2013

Day 200

Wk - 29th

* Reg. Something; anything &
Everything; & Nothing:

We need something to eat to live, not anything & not everything.

We need to talk something,

not anything or not everything;
Something is necessary
to live with, not anything or
not everything:

We should look everything,
not only something & anything;
But we should view good in
everything. Should obtain good from
everything.

* We should listen everything,
& should respond ^{to} for something.

Pure love need nothing, It
doesn't cost anything. It could not
be seen by outside. Kind heart, positive
thinking, good harmony, moral virtues &
better understanding are enough to have
pure love in heart.

~~But~~ We need nothing to keep our
mind in peace except the above
mentioned moral values.

" Because we wish to have every ~~thing~~ thing,
But we need to have something
not anything or everything."

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Day 201

Wk - 29th

SATURDAY

20

JULY 2013

* Darkness - Ignorance ; Light(brightness) - Knowledge :

We need light in darkness, we need knowledge when we are in ignorance. We don't need light when we are in bright light. We may not be needed more knowledge to be in 'peace'. Humanity, morality, harmony, better understanding and will power & positive thinking may be helpful to be in peace.

It is not necessary to find light in brightness. It is most necessary to seek light in darkness. You shall find the truth that surely you find the light while you step forward even in the thick forest where there is total darkness. In the same way we are able to find a solution for any critical problem.

SUNDAY 20

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of Maya or illusion & our mind is to be made set alight by all means.

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MONDAY

JULY 2013

Day 203
Wk - 30th

* 'Let me try to find my Self in others'.

I shall try my best to find myself in you and all.

I don't lie to myself & so, I try my best to not to lie to others.

There is no necessity of stealing the goods belong to me & so, I shall try to follow this rule while I am supposed to steal the things or anything concerned to others.

I don't wish to do any harm to myself & so, I don't wish to do any harm to others.

I don't wish to have done any loss to myself & so, I don't wish to do any loss to others.

I don't wish to cheat me myself & so, I don't wish to cheat others.

It could be seen difficult & funny to seek yourself in others. But, this could be attained by cultivating our mind hard. Vibration of feeling of 'oneness' has great power than that of the selfishness.

By practising this simple rule we may get incurred some loss ^{unmeasurable}, but you/we gain countless by all means.

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VISION V/S LISTENING.

When vision or listening have 100% absorption/concentration, they dwell in heart for long time even forever.

While vision can help in enjoyment - that which is temporary, listening can help for satisfaction or for getting happiness or may be helpful for contentment. We may forget whatever we only saw or viewed, But we never forget the talkings or conversations which we had experienced. So we can consider view as theory and listening as practical. But the both of the above are helpful to buildup friendship or connection or attachment. But willpower helps us in both attachment and detachment, which is most necessary to all human beings.

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