

# POSITIVE DAY

## NEWSPAPER



## Embracing the Present: Unlocking 'The Power of Now'

Living in the present moment can have a profound impact on our lives. Instead of getting lost in worry and anxiety about the past or future, it's crucial to be aware of our current state. The core message here is that our emotional problems often stem from our identification with our minds.

According to this perspective, only the present moment holds true significance. Both our past and future are merely constructs of our thoughts, essentially illusions. This approach helps us comprehend our consciousness, the endless chatter of our minds, and the role of the ego in our suffering.

An anecdote shared in this context involves a beggar who occupies the same spot daily with a box underneath him. One day, a stranger urges the beggar to open the box. Initially hesitant, the beggar eventually complies and discovers valuable jewellery and ornaments inside. The underlying message here is that we should trust our instincts and value our own insights rather than relying on external sources. Often, we seek answers from others when our own wisdom can guide us.

This perspective can be life-changing for those seeking inner peace, happiness, and a deeper understanding of themselves. It provides a path to transcend the ego-driven mind and discover inner stillness and presence. While some may find the spiritual concepts challenging, those who embrace these teachings can experience a profound shift in their perception of reality and a greater sense of inner fulfillment.

Practical methods for achieving this state of presence are also suggested, including relaxation and meditation techniques such as avoiding multi-tasking and spending time in nature. These practices can help anchor us in the present and release worries about the future.

# SPORTS



## September 2023: Celebrating India's Sporting Triumphs

As we step into September 2023, it's time to reflect on and applaud the remarkable achievements of Indian athletes and sportspeople who have made their nation proud on both national and international stages.

Cricket is undoubtedly the most cherished sport in India, and September 2023 witnessed several significant milestones. In the world of Indian cricket, Virat Kohli, one of the greatest cricketers of all time, achieved a remarkable feat by becoming the fastest ODI player to reach 13,000 runs against Pakistan

### Cricketing Greatness

### Emerging Stars

In September 2023, **Kiran George** achieved a significant victory at the highly esteemed All England Open Badminton Championships, which is one of the most important tournaments in badminton. Kiran George was the only Indian player to make it to the final at the Indonesia Masters 2023, showcasing his outstanding talent and strong determination on the badminton court



**Asmita Dey**, representing Tripura, has achieved remarkable success by securing a gold medal at the Junior Asia Cup Judo Championship hosted in Macau, China. Asmita carried her winning momentum into the final showdown, where she outperformed another Australian, Anneliese Fielder, to secure the gold medal in the fiercely contested 48 kg category.

**Prema Biswas**, a para-badminton player from Uttarakhand, won a bronze medal at the Fox Indonesia Para-badminton International tournament in Kuala Lumpur. Even with a 100% disability in her legs, Prema Biswas never gave up. Her story is a shining example for all of us. It shows that no matter how tough things get, we can still achieve our dreams with determination and perseverance. This achievement is a big deal, not just for Prema, but for the people of Uttarakhand and all of India.



As we celebrate the achievements of Indian sportspeople in September 2023, it's evident that India's sporting landscape is thriving. These remarkable achievements not only bring glory to the individuals but also inspire the youth of the nation to dream big and work tirelessly to achieve their sporting goals. The future of Indian sports looks brighter than ever, **Thanks to these incredible young athletes.**



# ENTERTAINMENT

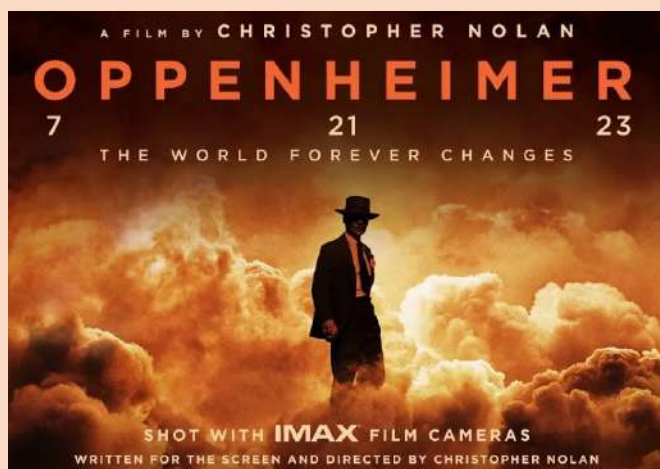


## BOLLYWOOD - RED CARPET NEW REVEALS

The three new faces of the brand were revealed at the grand event which is run by **Sami Abuzarifa** in Mumbai on 31st August 2023. The ambassadors unveiled were superstars **Kareena Kapoor and Kiara Advani along with Suhana Khan** who is the daughter of the famous Shah Rukh Khan also referred to as the Badshah of Bollywood. These three individuals are renowned for their distinct fashion sensibilities. They made a striking entrance together, captivating the media and creating a crazy vibe with their collective presence.

Suhana in her choice of attire which was a strapless red full-length dress with a slit looked charming, she complimented her look with flowing open hair and a pair of bright earrings. Kiara showed her style in a fashionable teal cord set with a pulled-back bun hairstyle. Kareena opted to wear a classic black strapless dress to radiate her timeless beauty. She beautified herself with a sparkling necklace by allowing her hair to cascade freely.

## HOLLYWOOD - CHRISTOPHER NOLAN'S "OPPENHEIMER" ACHIEVES BLOCKBUSTER SUCCESS IN SEPTEMBER 2023



September 2023 marked an important moment for Hollywood and theaters worldwide as Christopher Nolan's **"Oppenheimer"** took the film industry by storm. In a surprising turn of events, this cinematic masterpiece combined a surprising \$913 million at the box office, highlighting the timeless charm of cinematic artistry.

"Oppenheimer" delved into the complex and morally ambiguous world of J. Robert Oppenheimer, a brilliant physicist who played a pivotal role in the development of the atomic bomb during World War II.

"Oppenheimer" was a huge hit also because of Christopher Nolan's signature cinematic techniques. The film's breathtaking cinematography, intricate practical effects, and a hauntingly beautiful score elevated the emotional impact of every scene. Christopher Nolan's direction brought life to the film, showing cinema as a source of entertainment and a platform for exploring philosophical questions.

Christopher Nolan's "Oppenheimer" will be remembered as a landmark moment in the history of Hollywood, reaffirming the power of storytelling and the enduring appeal of cinematic artistry.



# FASHION

## PURPLE BLUES AND STUNNING VIEWS

As the leaves begin to turn and a hint of autumn fills the air, fashion enthusiasts around the world eagerly await the unveiling of the latest trends for the season. September 2023 brings with it a resurgence of a timeless and regal color – purple. From rich amethyst tones to delicate lavender hues, this season is all about infusing your wardrobe with the allure of plum.

The color purple has always been associated with luxury, nobility, and creativity. One of the most exciting aspects of this trend is its versatility. Whether you prefer the deep, mysterious allure of amethyst or the soft, calming embrace of lavender, there's a shade of purple to match every personality and occasion.



The beauty of purple lies in its ability to harmonize with other colors effortlessly.

Pairing purple with complementary shades like gold, silver, or emerald green can create a striking and sophisticated look.

Alternatively, you can opt for a monochromatic ensemble to exude elegance and confidence.

So, fashion aficionados, get ready to embrace the allure of purple and infuse your wardrobe with Plum PANACHE. It's time to step into a world of elegance and sophistication that only this captivating color can offer.

Truques  
DE  
**Styling**  
OQVESTIR

# Shaping the Future of Global Governance: Insights from the G20 Summit 2023



## Key Agendas at the Summit

- Climate Change Commitment:** Leaders achieved a major breakthrough by agreeing on a comprehensive framework to combat climate change. G20 nations, responsible for a significant share of global emissions, committed to ambitious greenhouse gas reduction targets, emphasizing the urgent need for climate action.
- Post-Pandemic Recovery:** Addressing the ongoing challenges posed by the COVID-19 pandemic, leaders pledged their continued support for equitable vaccine distribution. The summit underscored the critical role of international cooperation in achieving a robust and inclusive economic recovery.
- Digital Transformation:** The G20 2023 summit prioritized discussions on the sweeping global digital transformation. Leaders recognized the potential of digital technologies while stressing the importance of data privacy and security. They outlined a framework for international cooperation in digital governance, emphasizing an open and inclusive digital landscape.
- Trade and Economic Resilience:** G20 nations pledged to enhance global trade and economic resilience by reducing trade barriers and promoting fair trade practices. The summit highlighted the significance of a rules-based multilateral trading system in ensuring stability and prosperity.
- Poverty and Inequality:** The summit witnessed renewed commitments to combat poverty and inequality. G20 nations resolved to address global disparities in income, access to education, and healthcare. They emphasized the need for social inclusion and economic empowerment as essential elements of a just and equitable world.
- Food security:** G20 leaders were devoted to taking strict actions to address the global food crisis, which included increasing investments in the agricultural field of research and development. Promoting sustainable agricultural practices and improving access to food for vulnerable populations.

In the heart of India's bustling capital city, Delhi, the G20 Summit 2023 recently unfolded its momentous proceedings, capturing the world's attention. The Group of Twenty, or G20, is a premier international forum comprising the world's major economies, representing both developed and developing nations. This annual summit serves as a critical platform for leaders to discuss global economic challenges, cooperation, and decision-making. The G20 Summit 2023 was no exception, as it tackled pressing issues and generated significant outcomes.

The G20's primary goal is to foster international economic cooperation and promote global financial stability. Participants include powerhouse nations such as the United States, China, Russia, India, and others. Their discussions encompass a wide spectrum of topics, ranging from trade and climate change to public health and poverty alleviation.



The G20 Summit is not just a meeting of world leaders; it is a testament to the power of international collaboration in shaping our shared destiny. As we reflect on the outcomes of the G20 2023 summit, we are reminded that the world can achieve great things when nations come together, transcend their differences, and work towards a common purpose. In the bustling streets of Delhi, the world witnessed the potential for positive change, reaffirming our hope for a better, more interconnected future.



# Embrace a Permanent Solution for CKD: Introducing Master Dose Therapy by Dr. Kaushal Bhanusali

Dear All,

We understand the challenges and risks associated with the allopathic treatments available for **Chronic Kidney Disease (CKD)**. Dialysis and kidney transplants, though widely practiced, do not offer a permanent cure and come with their own set of disadvantages and potential harm to the patient. However, we are here to present you with an alternative approach that has brought about remarkable results in CKD patients: Master Dose Therapy developed by renowned International Homeopath, **Dr. Kaushal Bhanusali at the German Homeopathy Clinic**.

Master Dose Therapy has revolutionized the treatment of CKD by providing permanent solutions. Unlike allopathic treatments, which focus on managing symptoms, this specialized protocol aims to address the root cause of the disease and provide lasting relief. By reducing the need for dialysis cycles and eliminating the drawbacks associated with harmful procedures, **Master Dose Therapy brings patients closer to a normal, healthy life**.



One of the significant advantages of Master Dose Therapy is its ability to minimize the requirement for kidney transplant procedures. Nurturing and revitalizing the kidneys, not only protects these vital organs but also positively impacts the health of the heart, lungs, liver, and other affected organs. Dr. Kaushal Bhanusali meticulously studies and evaluates each patient's medical history and constitution to prepare a tailored Master Dose, ensuring personalized and highly effective results.

The success stories of Master Dose Therapy are not limited to India alone; patients from around the world have experienced its transformative benefits. The testimonials of satisfied patients bear witness to the remarkable outcomes and permanent cures achieved through this holistic approach to CKD treatment.

We understand that making a decision about your healthcare is a crucial step. We encourage you to explore the possibilities offered by Master Dose Therapy and the expertise of Dr. Kaushal Bhanusali, a leading homeopathic consultant in the field. Take the opportunity to listen to patient testimonials, discover the best results achieved, and experience the potential for a permanent cure.

We invite you to schedule a consultation with Dr. Kaushal Bhanusali to discuss your unique case and explore how Master Dose Therapy can revolutionize your CKD treatment. Embrace the chance to break free from the limitations of allopathic treatments and embark on a journey towards a healthier, happier life.

To learn more about Master Dose Therapy and schedule your consultation, please contact us at **9099935973**.

Wishing you renewed health and well-being,

**Dr. Kaushal Bhanusali**

Leading Homeopath Consultant  
German Homeopathy Clinic



# BOOK REVIEW



## Percy Jackson and the Lightning Thief

**P**ercy Jackson and the Lightning Thief' is an **action-packed adventure** that flawlessly combines modern-day with Greek mythology written by Rick Riordan. The story is set in present-day New York, Manhattan. In this story, Percy Jackson, a troublesome teenager with dyslexia, and ADHD discovers that he is part human and part god. He is a demigod, like Hercules, Perseus etc. Demigod son of the big three, the son of Poseidon. The problem starts when Zeus' lightning bolt is stolen, and Percy is blamed even before he knows his inheritance. Zeus believes that Poseidon wants to dethrone him and is somehow helping Percy, which is against the ancient laws. When Percy gets to know this, he sets off on an adventure to clear his name and stop a catastrophic war among the gods.

It is noticed that Riordan's writing is very engaging and humorous. His clever use of Greek mythology in

modern-day adds an exciting and educational dimension to the story. This series shows Percy's journey of self-discovery and growth. The book is very inspiring and teaches the reader how to be open-minded to changes and how to come to terms with ongoing responsibility.

**Rick Riordan**  
-The Author



Rick Riordan has masterfully blended Greek mythology with contemporary storytelling, creating a series that not only entertains but also educates. This book is a must-read for anyone looking for a thrilling adventure filled with humor, heart, and a dash of mythology. It's a journey that will leave readers eagerly anticipating the next installment in Percy's epic quest.



# Nikki Ki Kavita

## ક્ષમા એ જ માર્ગદર્શક

જ્યાં આપણું હૃદય સુધરે,  
ક્ષમા ભેટ મુક્તપણે મળે.

ખુલ્લા હાથ અને ખુલ્લા હૃદય સાથે,  
એકદમ નવી સફર નવી શરૂઆત મળે.

અણગમો છોડી, પીડા છોડી,  
ક્ષમા એ જ વરસાદ પછીનો તડકો મળે.

જ્યાં ઘા રૂઝાઈ છે, એ જ મુક્તિનો માર્ગ,  
તમારા અને મારા માટે એ જ શાંતિનો પુલ મળે.

સહાનુભૂતિ અને સમજણ દ્વારા,  
જીવન આપણું નિર્માણ બને.

ભૂલ દરેક માનવી થી થાય,  
પણ માફી માંગવા કે આપવાથી સાચો પ્રેમ મળે.

ક્ષમા ને માર્ગદર્શક બનાવીએ,  
તો જીવન એકદમ સરળ બને.  
દિલ ને સાફ રાખતા જ,  
સૌને માત્ર કરુણા અને સ્નેહ પણ મળે.





# Bhagavat Geeta's Teachings In Every Aspect Of Life

**The Bhagavad Gita**, often known as the Gita or just the Gita, is a 700-verse Hindu book that is a part of the Mahabharata, an ancient Indian epic. Krishna offers timeless advice and lessons that apply to every facet of life in answer to Arjuna's queries and worries.

## The Nature of the Self (Atman):

Understanding one's actual essence as the Atman, which is everlasting and separate from the physical body, is crucial to having a satisfying life, according to the Bhagavad Gita, which begins with a fundamental examination of the nature of the self.

## Detachment (Vairagya):

Krishna stresses the value of carrying out one's obligations without regard for the results. Detachment is not indifference; rather, it is doing one's best while acknowledging that we cannot completely control the outcome.

## Dharma (Duty and Righteousness):

The Gita emphasises the importance of carrying out one's obligations (dharma) and leading a life that is in line with righteousness. Each person's obligation differs depending on their position and circumstances.

## Balance and Moderation:

The Gita promotes harmony in every facet of existence. It promotes people to pursue worldly goals, spiritual development, and physical well-being in a manner that is balanced.

## Self-Realization:

Krishna emphasises that the ultimate purpose of life is self-realization, or realising one's true identity as divine and immortal.

## Non-Violence (Ahimsa):

Despite taking place on a battlefield, the Gita promotes nonviolence as a guiding principle throughout life. This idea encompasses all facets of life and emphasises the value of peaceful conflict resolution.

## Self-Control and Discipline:

Krishna stresses the significance of discipline

and self-control in obtaining spiritual growth. Every facet of life, from controlling urges to upholding a healthy lifestyle, requires this self-mastery.

## The Eternal Soul (Paramatman):

Krishna emphasises the idea of the Paramatman, the Supreme Soul that exists within all living things, by revealing to Arjuna his divine, universal form. Understanding this interconnectivity can change the way we interact with others and ourselves in all spheres of life.



**Dharmik Shree Jani**

(Face reading, Horoscope, Palmistry, All puja vidhi)

## Trust and Faith:

A major subject of the Gita is having faith and trust in the divine purpose despite ambiguity. This trust can offer consolation and direction as one faces the trials of life.

## Selfless Service (Seva):

The Gita emphasises the virtue of selfless service to others, highlighting that such deeds not only advance society but also foster one's own development and fulfillment.

In **conclusion**, Dharmikshree says the Bhagavad Gita's lessons provide profound wisdom and direction that can be applied to all facets of life.

The Gita's wisdom inspires us to live with purpose, wisdom, and inner serenity in all aspects of our lives, including relationships, employment, personal development, and spiritual development. The Bhagavad Gita encourages us to live meaningful lives that are in harmony with one another and with our actual selves.



# HAPPY PLACE

## Tech-Driven Architectural Evolution: Shaping the Future of Design

In today's fast-paced world, technology is not only changing the way we communicate and work but also how we design the buildings and spaces that shape our environment. Architects are now utilizing innovative technologies such as artificial intelligence (AI), 3D printing, and augmented reality (AR) to transform the way they create, visualize, and execute their projects.

- **AI: Enabling Smart Design**

Artificial Intelligence, once confined to the realms of science fiction, is now a fundamental tool for architects. AI algorithms analyze vast datasets, helping architects make informed decisions about building design, materials, and energy efficiency. AI-driven design tools assist architects in creating structures that are not only aesthetically pleasing but also environmentally responsible.

- **3D Printing: From Models to Masterpieces**

3D printing technology has evolved beyond mere prototyping into a transformative force in architectural design. Architects can now create intricate scale models and even parts of buildings using this innovative technology. 3D printing enables architects to test their ideas quickly and efficiently. This reduces costs and allows for more experimentation in design.

- **Collaboration and Communication**

Technology also fosters improved collaboration among architects, engineers, and construction teams. Cloud-based platforms and project management software enable real-time communication and data sharing, reducing errors and delays. This collaborative approach enhances the efficiency of the design and construction process, resulting in projects that are completed more quickly and within budget.

- **Preservation and Restoration**

Technology doesn't just influence new designs; it also plays a vital role in preserving and restoring historical and cultural landmarks. 3D scanning and modeling, along with AI, assist architects in meticulously restoring structures to their former glory. By using technology to document and analyze historical sites, architects can ensure that these treasures are preserved for future generations while still adapting them to meet modern needs.



**Abhishek Patel**

**Arth**  
architects

These tools empower architects to create sustainable, efficient, and visually stunning structures, all while streamlining the design process and enhancing collaboration. As technology continues to evolve, the possibilities for architectural design are limitless, promising a future filled with innovative, inspiring, and sustainable buildings that enrich our lives and our environment.



# PERSONALITY OF THE MONTH

In the scorching summer of **2022**, **Neeraj Chopra**, **India's javelin throw** impression, left an indelible mark on the global sports stage. Fast forward to September 2023, and the nation's fascination with this young athlete continues to grow.

In 2022, Neeraj enthusiastically engaged in numerous games and events, establishing remarkable records through absolute dedication and perseverance, ultimately clinching both medals and widespread approval. These achievements put him on the map as one of the world's premier javelin throwers.

They say, "Injuries are a part of a Sports Athlete's career" and it was no different for Neeraj. Neeraj Chopra suffered from various injuries but is the epitome of the **"never say die" Spirit**. He underwent arthroscopic surgery in 2019 and wasn't allowed to play for approximately 8 months. He gained his energy back, boosted his confidence, and won a gold medal in the Tokyo 2020 Olympics. He also faced from groin injury that forced him to sit out the 2022 Commonwealth Games, where he was the governing champion. Despite this setback, he maintained his focus and dedication to his sport.

Yet, Neeraj's crowning glory came on July 23, 2022, at the 2022 World Athletics Championships. He clinched a **silver medal with a throw of 88.13 meters**, making him the second Indian athlete ever to win an award at the

## World Athletics Championships.

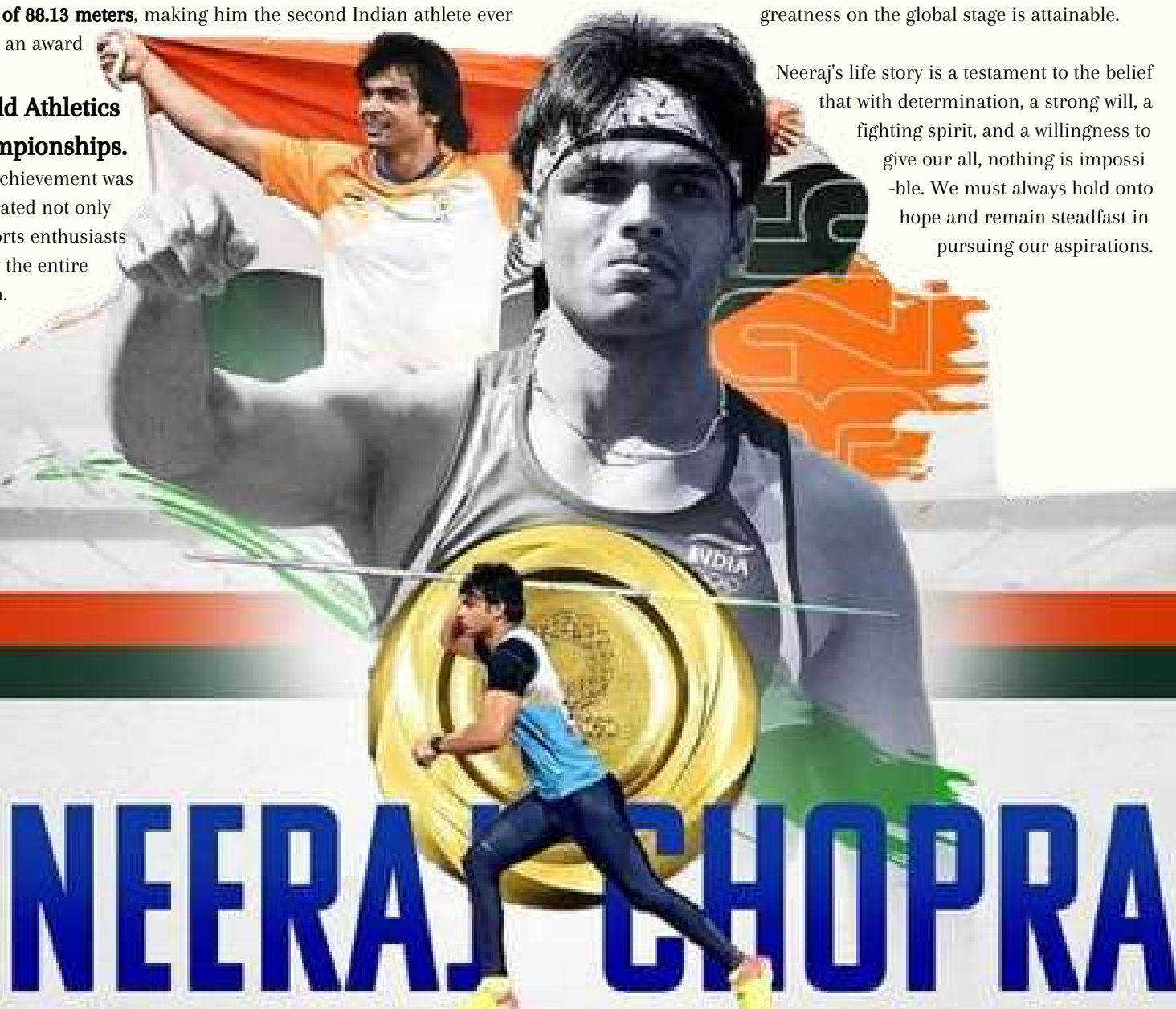
This achievement was celebrated not only by sports enthusiasts but by the entire nation.

In **2023**, **Neeraj Chopra** achieved historic success. He dominated the Doha Diamond League with an **88.67-meter javelin throw**, securing the top spot in the men's javelin throw rankings. Later that year, he clinched a **gold medal at the World Athletics Championships in Budapest with an 88.17-meter throw**, becoming the first Indian athlete to accomplish this feat.

As of September 2023, Neeraj Chopra stands as one of India's most celebrated athletes. His legacy transcends national records and international medals. He is one of just two Indian sportspeople to win an individual Olympic gold medal, alongside Abhinav Bindra. Neeraj has received the prestigious **Arjuna Award** for Outstanding Performance in Sports and Games. **August 7**, the day of his gold medal win in Tokyo, is now celebrated as **National Javelin Day**.

Neeraj is not only a successful athlete but also a person with an independent and fearless mindset. He has been honored with the **Vishisht Seva Medal, Param Vishisht Seva Medal** from the Indian army, as well as the **Padma Shri** and the 75th Independence Anniversary award from the government of India. Neeraj's athletic excellence, humility, and commitment serve as an inspiration to aspiring athletes nationwide. His journey underscores that with hard work, determination, and unwavering focus on our goals, greatness on the global stage is attainable.

Neeraj's life story is a testament to the belief that with determination, a strong will, a fighting spirit, and a willingness to give our all, nothing is impossible. We must always hold onto hope and remain steadfast in pursuing our aspirations.



# NEERAJ CHOPRA

# HEALTHY LIFE



**OWNER DR SHASHI SAINI**

**Leaf & Lean**  
NUTRITIOUS CAN BE DELICIOUS

"Leaf and Lean" is your destination for holistic nutrition and well-being. They offer customized meal plans that align with your health goals, whether you're looking to lose weight, build muscle, or maintain a balanced diet. Beyond being a restaurant, it's a lifestyle dedicated to encouraging wellness through food. Their commitment to health is unwavering, ensuring you can prioritize your well-being without sacrificing flavour or convenience.



Dive into a world of satisfying variety and detox options. "Leaf and Lean" shatters the stereotype of dry salads for the health-conscious. Their diverse menu caters to all tastes, from lively salads to tempting smoothies. If you're seeking a refreshing experience, their specialized detox plans are thoughtfully crafted to cleanse your system, boost energy, and kickstart your journey to better health. Every dish is a witness to the belief that health should never compromise on taste, allowing you to enjoy meals that nourish your body and delight your palate.



In the hustle and bustle of life, maintaining a healthy diet can be challenging. "Leaf and Lean" addresses this issue with their convenient home delivery service. With just a few clicks, you can have wholesome meals delivered right to your doorstep, making healthy eating a consistent part of your routine. Whether you're embarking on a wellness journey or simply craving nutritious, delicious meals, "Leaf and Lean" is your unwavering commitment to well-being. Embrace their motto, "Eat green and stay lean," and savor the goodness of food that truly nourishes.



## Search Within by Hetal Gohil

"Inner search" is a thought about knowing, understanding, and improving oneself. Through "Positive Day", I am presenting here some excerpts from the book "Inner Search" - My Thoughts, My Search, which is not a denial of the views of any society, sect, or person.

We all know and understand the word "**accept**". Those who have a feeling of acceptance are more calm, stable, positive, and happy. Only from outside, or only from inside, or both. We have to understand, do we have a feeling of acceptance? When the result is in our favour then we accept it and if it is in favour of others then we oppose it.

**If we like something, we gladly accept it...  
And if you don't like it, reject it?!!**

If there is happiness then accept it and if there is sadness then reject it. We will say, we will accept only that which we like, dislike, or is false, how can we accept it....!?! Because even our rejection will not make any difference in the situation and outcome. So why the stubbornness? First, accept it, the greatest restlessness and discomfort will reduce, and you will feel relaxed. Well, there is no right or wrong, justice or injustice or anything like that, it is only the result of one's mind and thinking.

You will think, how can accepting lies, wrongs, troubles, and sorrows give happiness?

**Acceptance of all this does not mean surrender**, it is a resolved thinking, an understood thinking. If even rejecting something doesn't make any difference in the outcome, then accepting it means being patient, and accepting whatever situation is in front of you as it is. Most of the time we are in a hurry and are unable to understand the situation properly and get lost in further confusion.

Accepting something that causes pain, suffering, or sorrow is a **compromise**. What is understood, and accepted with joy, will be a sacrifice. That is why there is pain or suffering in compromise, whereas there is satisfaction and joy in sacrifice....  
Because we compromise for others and sacrifice for our own.

Have to understand... **the fine line between compromise and sacrifice**.  
So remember, in any situation you have to accept and feel discomfort or pain, then consider that you have made a compromise, and if you feel relieved after accepting, then consider that you have made a sacrifice.

**Hetal Gohil**

Nayan photo studio owner



The positive energy generated from the feeling of acceptance will help you in identifying yourself by moving inward.

Just like this, we will understand some more words and try to make our life completely happy by making every moment happy.

May your every moment be filled with joy and happiness

# HAPPY LIFE

## Story by Mr. Niraj Viraddiya

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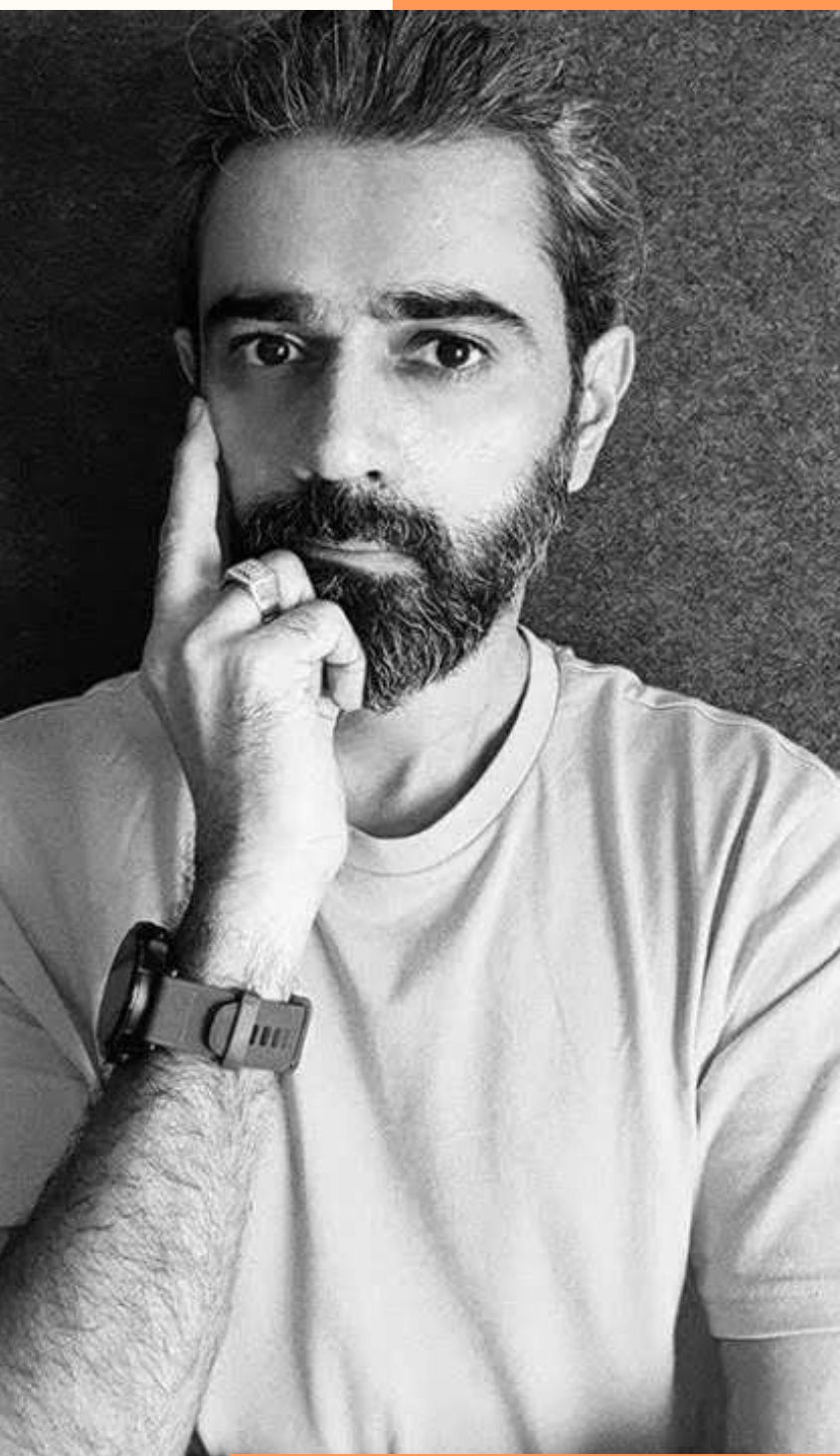
Once upon a time, in a small and picturesque village nestled among rolling hills, there lived a saint named Swami Ananda. As his name suggests, he was known far and wide for his unwavering happiness, which was as constant as the rising sun. It was said that Swami Ananda often mentioned that he would go to heaven only, which left everyone feeling astonished.

One day, a curious fellow approached Swami Ananda, and asked, "Swami, I've heard you say that you will go to heaven and nowhere else. But have you ever met God? Have you spoken to Him? How can you be so confident about your destination?"

Swami Ananda, with his usual gentle smile, replied, "My dear friend, I have not met God in person, nor have I engaged in conversations with Him. However, I believe that God is the ultimate judge of our actions, and He knows what is best for each of us. My faith lies not in determining my destination but in my attitude towards life. What I focus on is my journey and not on the destination. I have chosen to be content and joyful in every moment of my life, regardless of where God may place me. If I end up in heaven, I will rejoice in His divine presence. If I am sent elsewhere, I will continue to find happiness and satisfaction in His plan for me."

The fellow was deeply moved by Swami Ananda's wisdom and outlook on life. He realized that true happiness was not dependent on external circumstances but on one's inner disposition.

The moral of this story is that true happiness and satisfaction come from within and are not dependent on external circumstances or specific outcomes. No matter what the circumstance is, we should stay happy and think positively. Instead of fixating on our desires or expectations, we should focus on maintaining a positive attitude and making the most of each moment. This outlook can lead to a more fulfilling and peaceful life, as it allows us to find happiness in the present and adapt gracefully to whatever the future may hold.





# HAPPY PLACE

## Celebrating Ganesh Chaturthi 2023 with Joy and Devotion

Ganesh Chaturthi, one of India's most vibrant and widely celebrated festivals, witnessed extraordinary fervour in 2023. The preparation for the idols of Lord Ganesha began several months prior to the festival, with the use of clays and various materials.

This year's Ganesh Chaturthi held special significance as it marked a return to energetic festivities following the challenges posed by the COVID-19 pandemic. Notably, the government had lifted the size restrictions on Ganesha idols, leading to a remarkable display of creativity and devotion. The celebration also served as a platform to showcase India's progress in various fields through the ornate decorations adorning mandaps which are the temporary prayer halls.

As the day of the grand arrival of Lord Ganesha approached, the air was filled with excitement and anticipation. Drum rolls, diverse forms of dance performances, and the mesmerizing Maha-Aarti ceremony added to the jubilant atmosphere. Devotees marvelled at

the diverse representations of Lord Ganesha displayed in various idols across the country, each uniquely crafted and rich in symbolism.

In some regions, long queues of devotees waited patiently for their turn to offer their prayers to the beloved deity. The deep sense of unity and devotion created a different ambiance this time around, with people from all walks of life participating wholeheartedly in the celebrations.



Throughout the ten days of Lord Ganesha's stay, communities organized a multitude of competitions and cultural shows in both public spaces and residential areas. These events

showcased the talents and creativity of the local population, fostering a sense of togetherness and cultural pride.

However, the pinnacle of the festival, the Visarjan ceremony, brought mixed emotions. It was an emotional moment as devotees bid farewell to Lord Ganesha, not without a tinge of sadness but with the hope of welcoming Him back the following year. Idols were immersed in rivers, lakes, and even water tubs at home, symbolizing the cyclical nature of life and the belief in the deity's return.

In conclusion, Ganesh Chaturthi in 2023 transcended its usual boundaries, serving as a testament to the resilience and spirit of the Indian people in the face of adversity. The festival celebrated not only the beloved Lord Ganesha but also the unity, culture, and progress of India. As the idols disappeared beneath the water's surface, they carried with them the collective prayers and hopes of a nation, eagerly awaiting the return of their beloved Elephant God in the years to come.





# Affirmations to stay present and positive

Affirmations are positive statements that can help you stay present and cultivate a positive mindset. They are a powerful tool for shifting your thoughts and feelings in a more positive direction.

- The present moment is where I find peace, clarity, and contentment.
- The present moment is a gift, I choose to cherish it with mindfulness.
- I am here, I am now, and I am enough for the moment.
- I am grateful for the present moment and all the beauty it holds.
- I am at peace where I am at, and trust the journey ahead.
- I choose to stay positive in this moment.

Tune in to the "[Design Your Life Affirmations](#)" podcast for a daily dose of positivity and inspiration on Spotify.



# Mindful meditation exercises

Mindful meditation is a practice that involves paying focused and non-judgmental attention to the present moment.

- **Breath awareness:** sit in a quiet place, close your eyes, and pay attention to your breath. Observe the rhythm of the breath as you inhale and exhale.
- **Loving-Kindness Meditation (Metta):** This practice involves generating feelings of love and compassion toward yourself and others.
- **Mindful Eating:** When you eat, pay full attention to the sensory experience of eating, including the taste, texture, and smell of the food. Chew slowly and savor each bite.
- **Mindfulness of Thoughts:** With this meditation, you observe your thoughts as they arise without getting caught up in them. Ensure that no thought disturbs your peace of mind.
- **Sound Meditation:** In this practice, you pay attention to sounds in your environment. Instead of trying to block out or analyze sounds, you simply observe them without attachment or judgment.



# POSITIVE PLACE

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