

And then there were the **Insights** ....

..... the kind that surfaced softly during conversations in a counselling session, or revealed themselves in those rare moments of deep, unbroken presence.

Hope you find them as useful, and as gently illuminating, as they were for me.

- Immerse in the present completely. That's where the insights come from , and you will know the difference between random thoughts and insights.
- When you start rearranging your thoughts into higher vibrational ones, you give yourself the power to plan your destiny.
- High vibrational thoughts are real. Anything that takes you into low vibrational thoughts is worth looking at from a distance.
- Winter clothes are meant for winters. You can't continue to wear them long past the season and crib why they feel hot and sticky when they earlier had felt warm and cozy. Move on. Remove them. Winters are over. Summers have come. Seasons change. Enjoy the transience of life. Be one with it.
- Don't look back until you have come far off. Train yourself to not think of things which you ain't yet capable of looking at objectively. Protect yourself from getting sucked into their drama.
- When in any relationship, try having a certain distance in the intimacy and a certain intimacy in the distance.
- Know when to have distance in intimacy and intimacy in distance . Be aware enough to sense it.
- Do at least 3 chants with all your presence. Develop the art of mindfulness through it.
- It is in the little steps of today that you can manifest your reality of tomorrow, hand in hand with all that you attract along in that vibration. Clearly, Law of manifestation works from what you create today and visualize from here.

- For sometime in the day;  
be only concerned about Today  
be only concerned about this Hour  
be only concerned about this Moment  
Make it Count.
- Look with understanding
- When friction is the flow....
- I am who I am
- A man free from identification can see the profane and the sacred
- Live your truth