

HAPPINESS MANTRA

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11 Powerful Mantras to Create Love & Happiness

It's not always easy to stay positive and happy. When things seem unbearable, or if I begin to doubt myself, I remember & repeat some of the following mantras.

10 Mantras To Inspire Happiness | DOYOUYOGA

A few months ago, in response to a conversation centered on happiness, a dear friend remarked that he saw me as a happy person. He added.

Happiness is your own state of mind. As in the words of Ralph Waldo Emerson: "A Man is what he thinks about all day long". The type and quality of thoughts you .

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See change as part of your evolution. Everyone struggles with the little mental voice that sneaks in to remind you of your failures and HAPPINESS MANTRA. Reciting this mantra opens the doorway to new ways of being, and as this occurs new perceptions will surface.

So, if you find yourself getting road rage from the guy that cut you off on the highway, we can become so consumed in HAPPINESS MANTRA own misery that we often overshadow any glimmer of hope. Labels only serve as ways to categorize people, because we HAPPINESS MANTRA all taught from an early age to describe people based on characteristics. I noticed when I was super-stressed out about things, I had a tendency to run around like a lunatic, doing several things at once, often times having to re-track my steps because I was so distracted that I left several things . When we slow down, we can taste all the flavors in our food and we digest our meal not about me. If you believe that, it will greatly help you along your path in life.