

Serial No. 50



The knowledge of
32 Aagams
in your phone



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Inspired by Rashtrasant Param Gurudev Shree Namramuni Maharaj Saheb



Let us have a moment of **Patience**
in a moment of **Anger**

Are you living
a healthy, life?



Are you successful
in all fields?

Are you
Compassionate?



Are people
around you
happy?



If NO, then



You should learn to express your emotions:



At the
right time

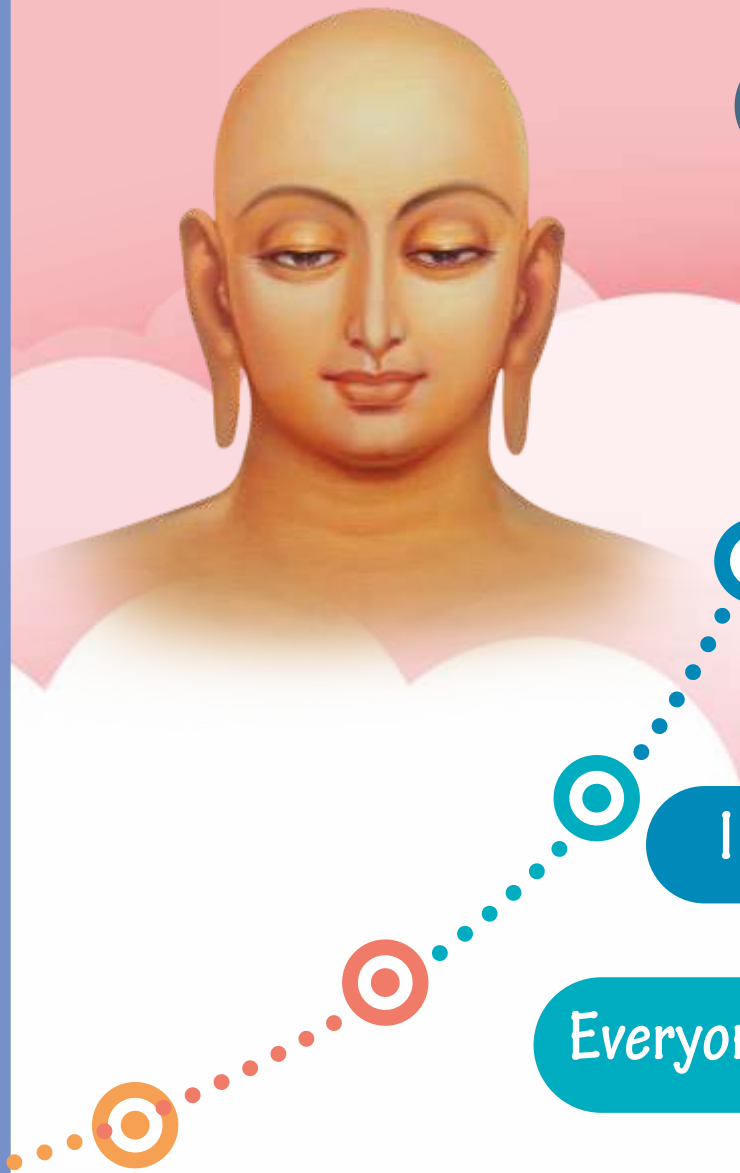


At the
right place



In the
right manner

Repeat everyday... By Parmatma's Krupa



I am happy

I forgive myself

I forgive others

I am a kind child of Parmatma

I am calm and peaceful

Everyone around me is happy

I am incharge of my own feelings

I learn how to stay calm and positive in each situation





Have you ever
seen Parmatma
Angry or Upset?



Parmatma's face
always reflects



Peace and Happiness!!!

Results of ANGER



Anger cause harm Socially

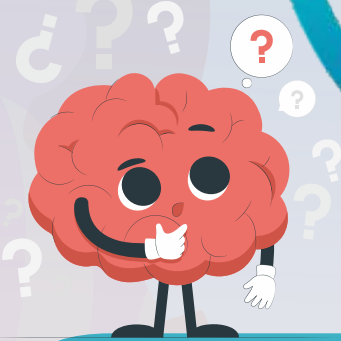
Damages
Relationships



Hampers
Success



Results of ANGER

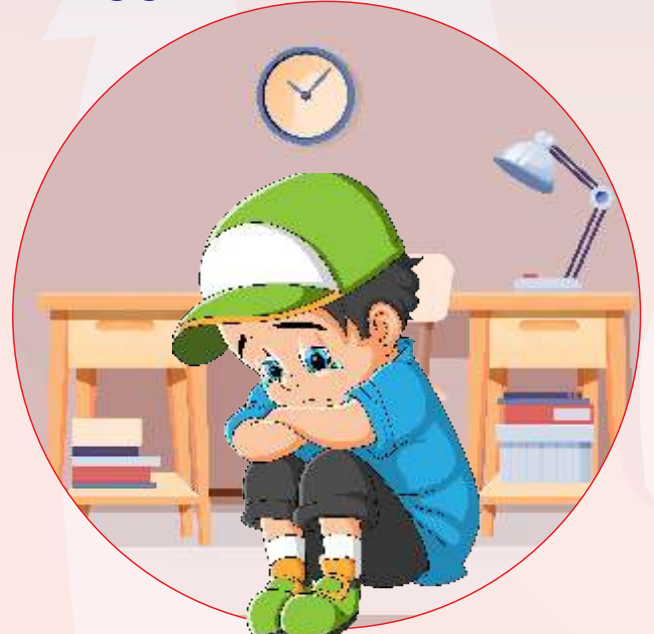


Anger cause harm Mentally



Leads to stress
and depression

One becomes
aggressive and sad



Results of ANGER

Anger cause harm Emotionally

One becomes irritated and frustrated



Can't think of solutions for problems



Results of ANGER

Anger cause harm Physically

Blood Pressure rises



Aura turns black



POSITIVE ALPHABETS

Make as many sentences as you can from the following positive alphabets...

A Always

B Be

C Cool

D Don't have

E Ego with

F Family, Friends

G Give up

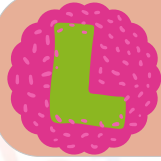
H Hurting

I Individuals

J Just

A black letter 'K' on a white background, enclosed in a black square with a yellow border.

Keep

A green letter 'L' on a white background, enclosed in a pink, textured circular shape.

Loving

A black letter 'M' on a white background, enclosed in a pink diamond shape with a white border.

Manking

A yellow letter 'N' on a white background, enclosed in a blue square with a white border.

Never

A red letter 'O' on a white background, enclosed in a yellow, textured circular shape.

Omit

A white letter 'P' on a black background, enclosed in a purple square with a white border.

Prayers

A yellow letter 'Q' on a white background, enclosed in a blue, textured circular shape.

Quietly

A yellow letter 'R' on a white background, enclosed in a brown square with a white border.

Remember

A white letter 'S' on a black background, enclosed in a purple, textured circular shape.

Speak

A black letter 'T' on a white background, enclosed in a brown square with a white border.

Truth



Use



Valid



Words



Xpress



Your



Zeal

Speak
truth

A cartoon illustration of a young girl with brown hair in pigtails, wearing a green and yellow striped shirt. She is pointing her right index finger towards a purple speech bubble that contains the text 'Speak truth'. The background behind her is a large, light pink, cloud-like shape.

Write your sentences in your book..