

HAPPY LIFE

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Greet your day with a prayer of gratitude.

You are alive.

While there is life, the opportunities to grow and to be happy multiply.

Each day is a new blessing from God, a proof of His love to you.

As the hours pass, cultivate optimism and well being.



**Consider work the
best way to progress.**

Those who do not
work are morally and
spiritually paralyzed.

The person who is not
devoted to the
liberating action of
work becomes a drag
on the economy and
society.

Work is life.



**Drench your mind in study
as much as possible.**

**Study frees the mind from
ignorance and develops
discernment.**

**Study and work are the
wings that further
evolution.**

**Knowledge is the message
of life.**

**Learning is not limited to
the classroom.**

**Life itself is an open book
that teaches those willing
to learn.**



**Patience is a virtue
which will help you
acquire the goods of
the body, soul, and
society.**

**It teaches us how to
wait when we cannot
immediately get what
we want.**

Never be irritated.

**Patience will help you
overcome everything.**



**Grant your fellow
beings the same rights
and favors that you
expect from them.**

Selfishness is an illness
that poisons the soul.

The friend at your side
yearns for the same
spaces to live in as you
do.

Remember not to deny
him the opportunity.

Learn to share what is
yours.



When in doubt, go with the attitude that is least harmful to your neighbor and yourself.

Avoid taking risks and ruining other people.

Act with serenity, sure in the knowledge that your gesture will resonate with others, in accordance with the emotion and content it is imbued with.



Do not be too ambitious.

Do not let your reach exceed your grasp, tells a popular saying.

Exaggerated ambition maddens when it does not make unhappy before.

Fight for what is necessary, sharing what you do not need, which is certainly needed by others.



Always live in peace.

A clear conscience without remorse for past acts or fear of the future creates harmony.

Nothing from outside can disturb a tranquil heart, which beats to the rhythm of duty honestly done.

Peace is worth whatever you must do to achieve it.



Keep emotional control under all circumstances.

An unbalanced nervous system means an unbalanced life.

If difficulties threaten your balance, utilize prayer.

Prayer is effective medicine for all the illnesses of the soul.



**Organize your agenda
to save time
effectively.**

Every task should be
carried out at the right
moment.

Confusion in carrying
out tasks effects not
only their organization
but also their quality.

One after another,
calmly and continually,
fulfill your duties.



Be everyone's friend.

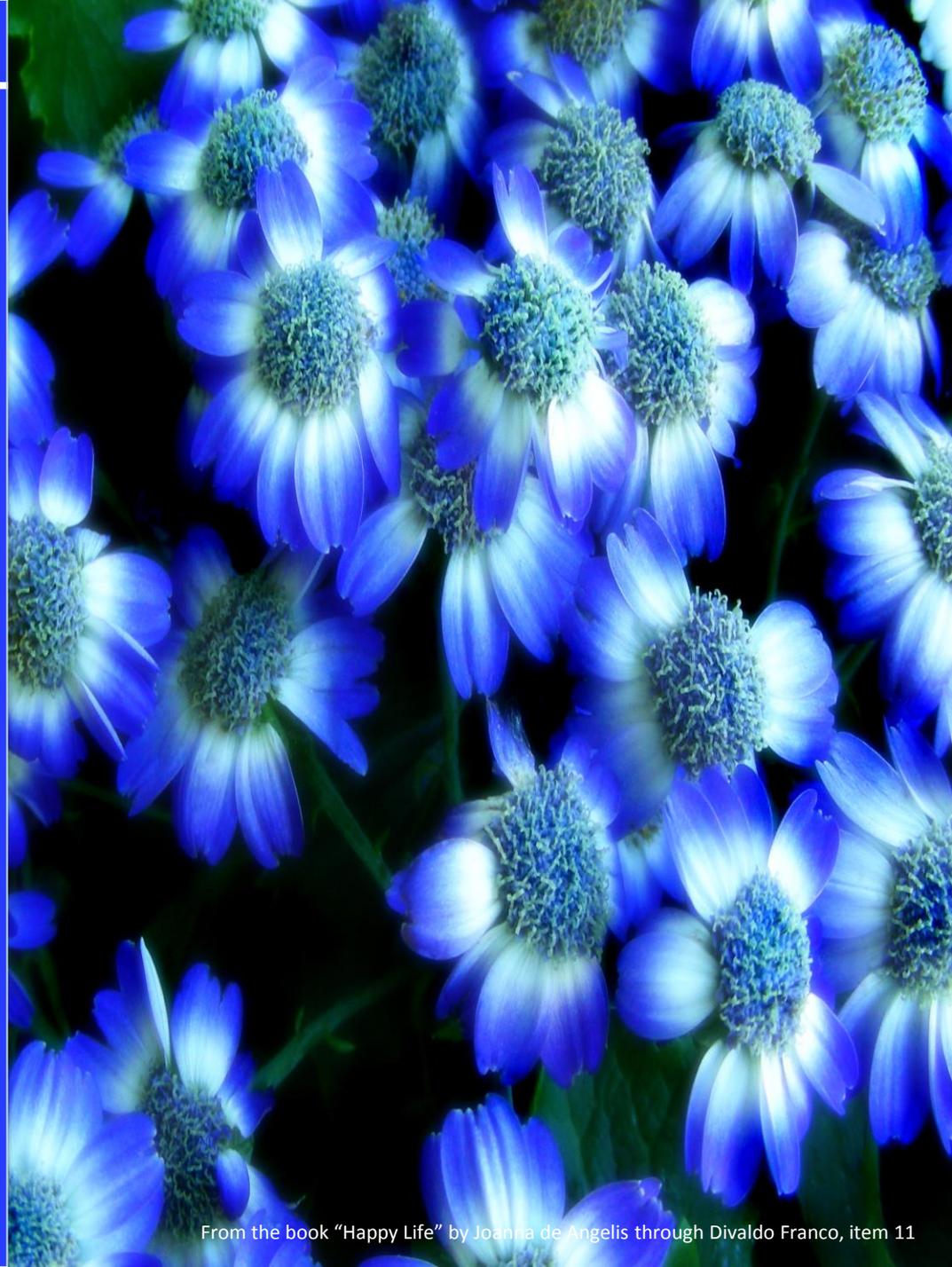
Friendship is a treasure of the spirit to be shared with others.

Like the sun, it radiates happiness to all who receive it.

There is an immense shortage of friends on earth and this causes conflicts and suspicions, imbalance and insecurity.

When friendship is lacking, the person is at risk.

Be the kind friend, even if, for the time being, you experience misunderstanding and difficulties.



**Never repay evil with
vengeance or negativity.**

The bad person is sick and
does not yet know it.

Give him the remedy that
will heal him. Do not use
against him the weapons he
uses against you.

If someone offends you, the
problem is his.

When you offend someone
the problem is now yours.

The offender is always the
unhappier one.

Be aware of this and go
calmly on your way.



Always rely on divine assistance.

When you feel yourself besieged, without any chance of release, help will arrive from god.

Never doubt the fatherhood of God.

God looks after you, and helps you, not always as you might like, but in the best way possible for your real happiness.

At times you have the impression that divine help will not come or will arrive too late.

After the crucial moment, if you have persevered in waiting for it, you will find that help came a few moments before.



Use every opportunity to act in an elevated manner.

Some people wait for extraordinary moments and special occasions which may never come.

It is not what you do that makes you great or important. It is how you do each thing that will transform you.

Giant oaks from tiny acorns grow.

The cosmos is the result of invisible particles and molecules.

Be great in small things and you will not be small in the great ones.



“Only wolves fall into wolf traps,” teaches the gospel of Jesus.

Thus, you will never subject yourself to the thorns of humiliation or dishonor when attacked or mistreated.

You are what you really are inside yourself, not what you are accused of being.

You will not be better because you are praised or worse because you are attacked.

Honorable and discreet, always be yourself, in search of inner refinement.



**Replace bad words with good ones
in your vocabulary.**

While vulgar and low expressions may be in fashion, they poison the heart.

Words are life's instrument for communication and understanding, not weapons for aggression violence or vulgarity.

The irregular use of words corrupts the mind and abases the human being.

Language expresses the moral quality of the individual.

Just because there are those who speak well but are bad, it is not a reason for someone who is good to let themselves appear to be bad.



**Keep your thoughts attuned
with health and optimism.**

The mind is a powerful dynamo.

As you think, so will you attract
equivalent vibratory responses.

Those who cultivate illness
attract illness.

Those who preserve their health
always recover from illness.

Think right and you will be
inspired by God to find the best
solutions

An edifying thought is a prayer
without words which is always
heard.



**Constant revolt unbalances
the mind, body and soul.**

It is not the flesh that is
weak, but rather the spirit
that remains rebellious.

Control your energies. Do
not let them undo you.

Rebelliousness is toxic and
expels poisons that repel
everyone.

The rebellious person
inspires neither friendship
nor compassion.

Always be calm.

The solution that has not
yet arrived is on its way.



Tolerate your neighbor's failings and do not place them in the gossip mill.

We all make mistakes.

Wise are those who learn to act decently from their mistakes.

When someone is down, give him your hand. Do not criticize him.

Nobody falls because they want to. If they do., the culprit is ignorance, a cruel enemy of humankind.

Even so, the one who has fallen deserves help, not a reprimand.



Avoid wrong-doings.

Allow yourself to make mistakes, but commit to correcting them.

Bitterness, rage, and violence must give way to happiness, goodness, and peace.

You reincarnated to grow and be happy.

Abandon the highways of emotional bondage and climb the steps that will carry you to victory over yourself.

Whoever does not tame his bad inclinations becomes the victim of the disorder they provoke.

