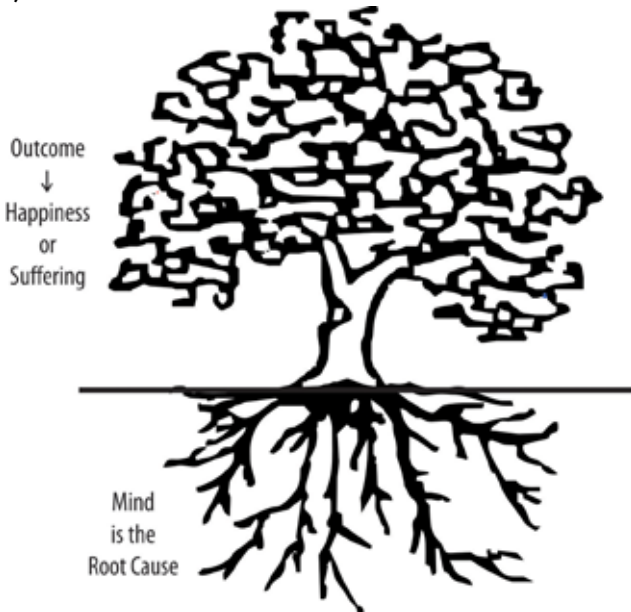


HOW TO CONTROL OUR MIND?

"Every thing one needs for a happiness is within oneself."

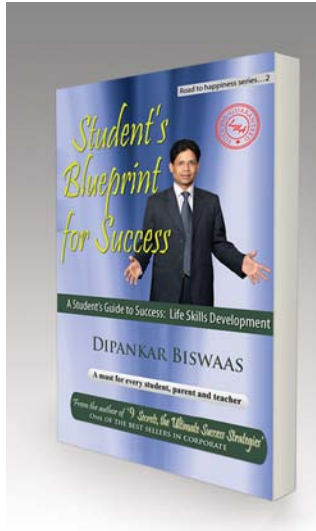
Root cause of all problems in this world is mind. Toxic mind is causing turmoil in the family, society, country, community and in you. If you want to conquer the world first you have to conquer yourself. We are seeing the problem outside and also searching the solution outside; therefore spending all the energy and resources to control outside than own self. We are reducing our horizon and creating enemies all around. At the end we are living in fear and trying to guard ourselves against self.

Cleaning our body and mind is very important to be successful. A person's success is determined by the state of one's mind. If there is dirt in your room, what you do? You must be cleaning the room and throw away the rubbish. If there is dirt on your body, what you do? You must be going for a shower. But if there is dirt in your mind, how do you clean?



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