



AMAZING WORDS THAT I HAVE PREPARED FOR YOU

Life is a wonderful gift but it is also challenging and sometimes heart-wrenching. We can all use a little motivation and inspiration from time to time to help us navigate the small and large hurdles we encounter on our journey. Discover here a collection of inspirational quotes and messages that I hope will help you in your pursuit of happiness and personal growth.

Is it possible to have a life free of doubts and fears and what do we need to do or not to do?

A: Life is a succession of events, from which we achieve spiritual maturity. To doubt is only a method of the consciousness that helps us to understand things better, that is to say: The inner and outer reality.

If we have inner doubts, spirituality promises to free us from all those doubts through the real understanding of the meaning of the intrinsic way of life. Which is to live in order to realize Love. And then, doubts and unhappiness are transformed into the virtue of faith and the personal relationship with Love, which means, with God.

This is fundamental and crucial but is not a magic act that assures a life with no problems or difficulties. That is unreal and we have to understand that the human being is always very close to pain and suffering. And this is because of the nature of the mind.

Nevertheless, all those processes will be overcome, when the meaning of life is found, as far as values and morals are referred. This means that we will confront doubts, fears, etc, with enough courage and dedication to process every experience and to give our best.

To conclude: Human life will always be fragile. But when human life and the presence of Love, become one, then, all the common miseries of existence can be overcome. But not by the use of arrogance and power but by the humility of a heart that receives the grace and purity of the true and real God.



It is Your Decision

There is no hope for the one who loses trust.
There is no light for the one who does not believe in a tomorrow.
There is no love for the one who does not open his heart.
There is no peace for the one who looks for war.
There is no life for the one who procures death.
There is no respect for the one who offends.
There is no success for the lazy.
There is no path for the one who does not walk.
There is no home for the unfaithful.
There is no God for the atheist.
There is no wealth for the mean.
There is no justice for the thief.
There is no beauty for the faultfinder.
There is no sweetness for bitterness.
There is no truth for the liar.
There is no brightness for darkness.
There is no embrace for coldness.
There is no forgiveness for hatred.
There is no union for the troublesome.
There is no victory for the irresponsible.
There is no depth for the superficial.
There is no miracle if there is no faith.
And so much more and so much less.
It is your decision, at least, make the effort.
Of being and of making a happy moment.

How to Find and Keep Happiness

How to define happiness? And if we could find it, what to do so it would never abandon us? Happiness is an experience completely spiritual and is a clear and defined combination of harmony, peace and enthusiasm, which is found at the feet of prayer. But, happiness has different levels, the fastest way to reach it, is through spiritual gratitude, which means that happiness is also the contentment of feeling that I feel when my heart is grateful because it has confidence, security and is strengthened in the Love that contemplates, in the Love that receives and in the Love that gives.

What to do so happiness stays, increases and becomes stronger? The right way is to move away from lies, arrogance, vanity, bitterness, resentment, envy and hatred. In good account, is to allow the spirit to be free and to fly; in this way, it will be able to return home, alert to the spiritual ecstasy, the ecstasy of feeling true Love, which has revealed itself the miracle of Love.

Happiness, has continuity only, in the study of faith; which is as large as an ocean and keeps in its depth the divine revelation. And happiness feels that there is a greater, more complete and more loving happiness, which is called joy; and is here where starts the true plenitude, the perfect science of unmatched value, that give us vision and understanding in the center of our being, because happiness is to value our being as the unique and superior capacity to Love.



22 Reasons To Never Give Up

At some point in the various journeys we embark on in our lives, we get to a part where we feel like giving up. Sometimes we give up before we even start and other times we give up just before we are about to make that huge break-through that we have been putting so much effort in to achieve.

I have created this list of 22 reasons why you should never give up and I hope that you will find it before you give up, so that I can inspire you to keep going!

1- As Long As You Are Alive Anything Is Possible

The only valid excuse you have to give up is if you are dead. As long as you are alive (and healthy and free) you have the choice to keep trying until you finally succeed.

2- Be Realistic

The chance of mastering something the first time you do it is almost non-existent. Everything takes time to learn and you will make mistakes. Learn from them.

3- Michael Jordan

Arguably the best basketball player of all time. He attributes his success to all his failures. He just never gave up even when he knew he had missed over 300 shots and had missed the winning shot of the game many times. Every time he got knocked down he got back up again.

4- Lance Armstrong

Lance was diagnosed with serious cancer that had spread throughout his entire body. He had

cancer cells the size of golf balls in his lungs. Despite all odds he overcame the cancer and set out to win the Tour de France 6 Consecutive years in a row.

5- Muhammad Ali

“Float like a butterfly, sting like a bee”. Muhammad Ali is one of the best boxers the world has ever known. He suffered only 5 losses while having 56 wins and was the first boxer to win the lineal heavyweight championship three times. This is a guy who literally knows how to get knocked down and get back up.

6- The Man Who Created The Marathon

Very long ago an Athenian herald was sent to Sparta to get help when the Persians landed in Greece. It was said that he ran 240km in 2 days and after that he ran 40km to announce the victory of the Greeks only to collapse and die on the spot from exhaustion. If you ever feel like things are difficult, imagine what it would be like to run 240km in 2 days. (Don't try that because you might die from it, but use it as an inspiration).

7- Chris Gardner – The Pursuit of Happiness

Have you seen the movie “The Pursuit of Happiness”? It is based on the life story of Chris Gardner, a man who went for the lowest of the lows in an environment where most people would give up (no money, no job) to the highest of the highs (A millionaire with his own investment firm). If you ever think about giving up, watch this movie!

8- Kanye West

I'm pretty sure you have heard of the rapper Kanye West. Read his story. He is a big inspiration for me and proves that you can go from having very little to being among the most famous and respected people in the world.

9- Nelson Mandela

Campaigned for justice and freedom in his South Africa. Spent 20 years in jail for his opposition to apartheid. On release he healed the wounds of apartheid by his magnanimous attitude toward his former political enemies.

10- You Are Strong

You are stronger than you think. One little setback is not enough to stop you from achieving your goals. Neither are 10 or 100 or 1000 setbacks.

11- Prove Yourself

You don't want to be known as someone that is weak and gives up. Go out there and prove yourself to the world and to yourself. You CAN and WILL achieve what you set out to do. The only time you fail is when you give up.

12- Has It Been Done Before?

If someone else can do it then so can you. Even if it is only one other person in the world that has achieved what you have set out to achieve, that should be reason enough for you to never give up.

13- Believe In Your Dreams

Don't sell yourself short. In life there are going to be many people who will try to bring you down and tell you what you want to achieve is not possible. Don't let anyone destroy your dreams.

14- Your Family and Friends.

Let the people you love and who mean the world to you be your inspiration to persist and persevere. Maybe you need to try a different angle, study more or practice more but don't give up!

15- Because I Tell You To.

Not that I am any sort of guru or Godly figure, but if you want to give up then don't. Just because I'm telling you not to.

16- There Are People Worse-Off

Right now there are many people who are in a worse situation and environment than you are right now. Are you thinking about giving up running 5 miles a week? Think about the people who are unable to even walk and how much they would give to be able to run 5 miles every day.

17- Improve Our World

When you achieve whatever you set out to achieve you can use your success to make a difference to the world or other peoples lives.

18- Get Rich or Die Trying

Like Fiddy (50 cent) says, "Get rich or die trying". 50 Cent is rich, he made it (although he did get shot 9 times). Face your fears and don't take the easy way out by giving up.

19- Let The Haters Hate

There will always be haters. There will always be plenty of naysayers and people who try to tear you down. Don't pay attention to them and don't take what they say to heart. Let the haters hate and you keep believing in yourself.

20- You Deserve To Be Happy

Don't ever let anybody tell you otherwise. You deserve to be happy and you deserve to have success. Keep that mindset and never give up until you reach your destination!

21- Inspire Others

Be an inspiration to others by refusing to give up. Who knows what someone else can achieve because you never gave up and in turn inspired them not to give up.

22- You Are So Close

Often when you feel like you want to give up and you are about to give up you are so close to making a huge break-thru. Seth Godin has written an awesome book about this called "The Dip" – a riveting read that teaches that at any given time you are always just a heartbeat away from success *By Nana Kwame* website: <http://aity27.yolasite.com/> email aity@doctor.com or nanakwane@ownmail.net