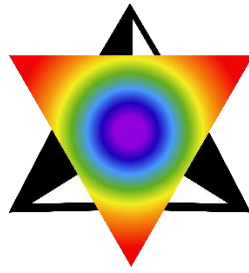


Ray of Divinity



Happiness and Promise to Myself -

“Just for today ” by Dale Carnegie

...I will be happy

I try to adjust myself to what is

I will take care of my body

I will strengthen my mind

I will exercise my soul

I will be agreeable

I will try to live through this day only

I have a rough program

I will have half an hour for myself

I will be unafraid to be happy...

The Optimist Creed

“Promise to myself :

I am so strong that nothing can disturb my peace of mind.

I talk health, happiness and prosperity to every person I meet.

I make all my friends feel that there is something in them.

I look at the sunny side of everything and make my optimism come true.

I think only of the best, to work only for the best and to expect only the best.

I am just as enthusiastic about the success of others as I am about my own.

I forget the mistakes of the past and press on to the greater achievements of the future.

I wear a cheerful countenance at all times and give every living creature I meet a smile.

I give so much time to the improvement of myself that I have no time to criticize others.

I am too large for worry, too noble for anger and too happy to permit the presence of trouble.

I think well of myself and I proclaim this fact to the world, not in loud words but in great deeds.

I live in the faith that the whole world is on my side as long as I am true to the best that is in me.”