

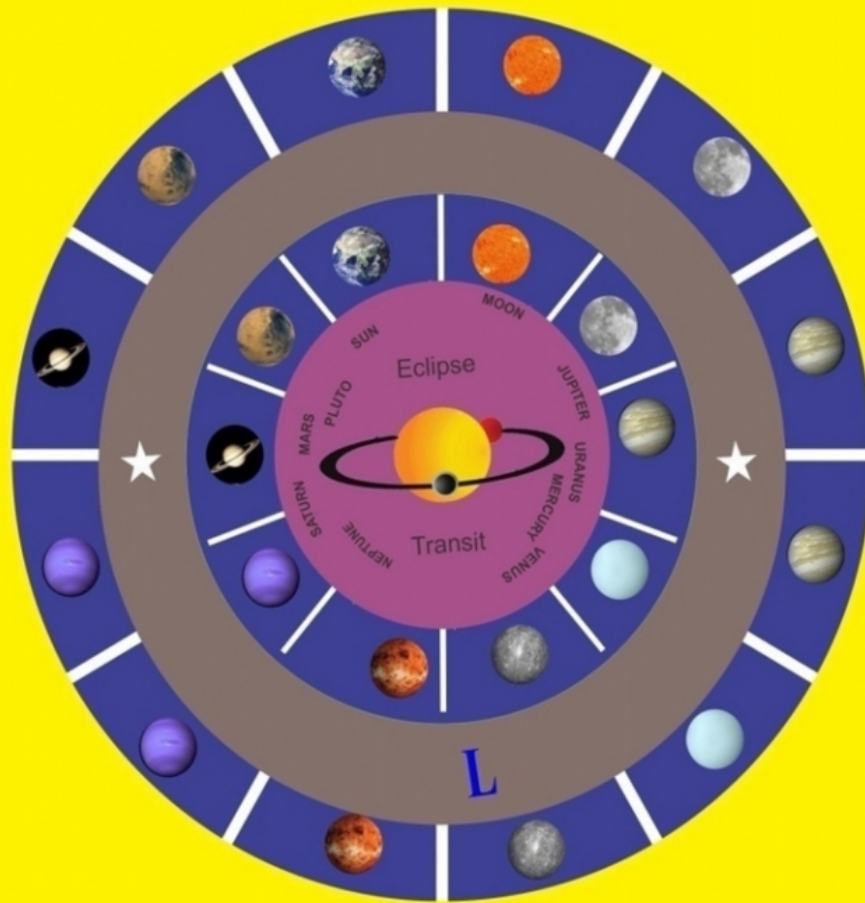
Be Confident Be Strong
Think Positive Be Positive



BY

BALDLEV BHATIA

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Be Confident Be Strong - Think Positive Be Positive

Think Positive Be Positive

If we want to live a good and happy life then we need to get rid of the negativity within us which makes us unhappy. Negative approach always complicates the problems and increases unhappiness. Most of us do the fatal mistake of looking outwards for happiness rather than looking inwards. Be positive, be strong, be bold and be courageous you are sure to find the feeling of happiness within you.

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ABOUT THE BOOK

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Be Confident Be Strong

Think Positive Be Positive

It is very interesting book to read and to lead a happy life? The feeling of happiness or sadness is within us. Yes Worries can surely destroy you. The only way out is to be careful bold and be strong. It is said that worry is purely our own matter. Though it has got something to do with our external circumstances. But there are certainly some positive factors within us that keep us happy and there is something negative within us also which keep us unhappy. Happy living through positive and good thoughts, is nothing more than that of living a normal life free from undue pressures, problems and tensions. If we want to live a good and happy life then we need to get rid of the negativity within us which makes us unhappy. Negative approach always complicates the problems and increases unhappiness. Most of us do the fatal mistake of looking outwards for happiness rather than looking inwards. Be positive, be strong, be bold and be courageous you are sure to find the feeling of happiness within you. Even if we are having a bad day, think of some good things that may come our way, either later that day, tomorrow, next week, or next moment. When everything seems to be beyond our control, it's almost too easy for us to slip into the grasp of negativity and unhappiness. To avoid sadness we must strive to abolish this sort of thinking through the power of thinking positively and generate the feeling of happiness within us. The art of sweet living is not a complicated kind of art difficult to learn rather a simple art of happy living feeling well, eating well, and thinking well.

What we need to do is just to tune up our mind to enjoy every moment of life and let the sweet happiness follow us.

This is something that needs to be looked into thoroughly. We need to focus on the positive aspects of lives, rather than on the negative setbacks and enjoy every moment of life happily and merrily. Enjoy your life with cheerful talks. Be happy and cheerful. We must remember that happy living is the reward of sweet and positive thinking. We ought to remember, only the positive thinking can bring happiness in our lives. If we cannot think positively, you cannot live happily. Be our own teacher or adviser we ought to look everything with a positive angle. Let us find something good even in most critical moments of our life and let us make positive thinking the basis of our happy living. It's a matter of thought that fools worry about the circumstances on which they have no control. The wise live on positive good and happy thoughts. A sound and positive happiness is all around. It's not far away from us. If we do not want to live happy, it's up to us. It's our own choice. We must not blame others, nor should we blame our fate or external circumstances. Another thing is that feeling confident affects the way we perceive our situations and how we decide to manage them. Think that by being more optimistic we alter our approaches to situations and take on them in a healthier manner; we think of alternatives and act according to better outcomes. All our efforts lead us to good and happy living. If we think we are positive and happy, it will be positive. It does not say to stick our heads in the soil; rather it says to think positive. Interestingly it does not say feel positive it says think positive and that is the real meaning to remain happy. Positive thinking, good and happy thoughts make us to live happily.

Happiness does not come alone, it adds our minds body and soul to remain in constant touch with each other. We have to remove negative thoughts and create an atmosphere to be happy in our lives. There are many fear factors that are reasoning us to be unhappy and the main reason being that our heart and our feelings which are more

susceptible to fear and worry than the mind. We do the worrying in our minds but it is our emotions that make us more worried than our brains. When the heart senses the possibility of loss it can start panicking and then uses the mind to worry and many times tries to manipulate the brain in dealing with the fear. The heart desires something and gets excited about it and then it manipulates the mind to assure that it will get it. Although the brain can control the emotions and knowledge can proceed all. However when it comes to response time the brain is slower than the emotions. That is which explains why we say or do things and then regret them. It would be very hard to tell someone who is worried to feel happy. But if you tell him to think positive that is something even a worried person can do. We need to use our mind to think to be happy and positive. Our objective in life should be to train ourselves to wait for the brain to show up before we say or do anything. Fear usually comes from the emotions and thinking positive is something the brain is capable of doing, making happy living as the key to success. Just think of sweet and happy living. This simple task can be done by thinking positive as it brings positive results in its wake; when you react in a positive way to a negative situation you usually get positive in return and the feeling of happiness is born in you. Positive mental attitude is effective in many ways. There are limits to the effectiveness of positive and happy thinking.

Do we try to assume that the persons who are not treating us the way we should be treated are themselves in pain and needs our love and advice to be happy in life and lead a good, sweet and happy life? It is therefore a must for us to learn and understand that we need to be positive first and we must think to be happy in the interest of our sweet and happy living.

PREFACE

PREFACE

An established author, writer and consultant Baldev Bhatia shares with millions of curious readers the real knowledge of happiness by letting them know more about themselves in detail through their in born qualities along with the help of the positive living qualities possessed by them and to ward off the negativity in them and also get to know the ways as how to live happily. The worries adopted by them, the negative forces influencing them, need to be discarded for a sweet and happy living. A thought of penning down the wonders of this interesting and mystic manuscript of happy and sweet living with the methods to ward off the negativity influencing the masses has lured the author cum astrologer to bring to the millions of readers the real knowledge of sweet and happy living by letting them know more about themselves in detail with the help of astrological science. With the guidance of this manuscript the reader will tend to know more about themselves through their zodiac signs, their habits, characteristics; appearances; their personality; profession, career; business, finances, their match with other zodiac signs; romance, marriage, weakness their health and disease and finally the negative forces possessed by them and to ward of this negativity factor charming them to become more powerful so that they can lead a sweet, good and happy life. This Microscopy of Good and Happy Living is based on the practical experience of the author who has meet several thousand people having negativity in their personal lives and those leading a miserable life. The main purpose of writing this manuscript is to impart the basic knowledge of how to become bold, strong, and courageous. And how to throw away the negativity in them.

This manuscript reveals a whole lot of information when one is in search for the truth of happy living. The author also shares his experience with his readers through his published books "Microscopy of Astrology", "Microscopy of Numerology", "Microscopy of Remedies", "Microscopy of Transiting Planets" five volumes and also guides his readers to achieve their personal goals with ease and assist them to overcome all the problems, crises, and the unforeseen negatives forces, in their lives by parting with depression, dejection disappointment and by adopting the beautiful ways of enjoying a sweet good and happy living. This book goes to reveal, ascertaining the real facts of life and the destiny as to what is stored for each and every reader in his or her future. Various chapters have been covered and maximum emphasis have been paid to cover the subjects pertaining to the significance of happiness by reading different charts; Different zodiac signs, planets and their placements in different houses and signs; affliction of planets with the interpretation of the major period and the meaning of the birth sign. Author and Astrologer Baldev Bhatia have put his entire life experience in promoting positivity and happiness among his clients through this mystic science of Astrology. He has done so in order to serve millions of curious readers with a good intension of imparting them the basic knowledge of how to become a happy person in life. The author-cum astrologer has been associated with general public for the past forty five years and has been practicing phycology and pubic healing. His intension is also to guide the readers to achieve their personal goals with ease and would assist them to overcome all the problems, crises, speed breakers and the unforeseen negatives forces, in their lives and always to ward of the dejection negativity in their lives.

And to lead a happy life. The Author's main object and message, through this manuscript to his readers is to spread, peace, love happiness to the entire world and tries

to guide his readers to ward off unhappiness sadness and hatred among them. He has done his best to reveal to his readers to attain positivity in way or manner irrespective of all the hardships and to attain a path of glory by getting away from their weakness of negative thinking and discarding forever the negative attitude, to be bold to be strong and e courageous, through which they can lead a sweet good happy and prosperous life. This book also intends to guide the readers to achieve their personal goals with ease that would assist them to overcome all the problems, difficulties crises, in their lives, as not to get worried or disheartened if the influence of the transiting planets is weak, guesting depressing, unfavorable and disappointing. This books goes to emphasis as how to lead a sweet good and happy life eve if the influence of the MahaDasha is good, it brings good or positive changes or events in life. But if the influence is unfavorable it gives undesired results. One needs to understand that no matter what aspect a transiting planet makes to an individual he needs to hold on his nerves to be bold to be strong and to be positive in life whatever be the circumstances governing his future and the positive energy that is already stored in him. The chapters in the book are very useful, purposeful, and a pin point to the service of mankind. He wishes success for all his readers. The author would definitely like to express his sincere thanks to Ms. Alpa Shah Director, Travel Company of UK, for helping and encouraging him to pen down this book in the interest of depressed and dejected and the so called unhappy persons of this universe.

The author is also grateful and thankful to for publishing this Book.

ABOUT THE AUTHOR

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Astrology has stood the test of times ever since it revealed the mystery and the mastery of the ancient wisdom of forecasting the influence of the stars on human bodies. The author Baldev Bhatia a renowned and world famous astrologer has penned several simple books on astrology-this mysterious subject that reveals the true perception of knowing oneself through the art of prediction. Professionally the author has put his entire life experience in promoting Astrology in various fields with a view to serve the millions of curious readers of this mystic science and with the intension of imparting them the real knowledge of astrology through various marvelous scriptures. The Astrologer has been associated with astrology for the past forty five years and has been practicing astrology in various forms. The Author-cum Astrologer has been in touch with general public and has been practicing phycology and pubic healing. His intension is to guide his readers to achieve their personal goals with ease that would assist them to overcome all the problems, crises, speed breakers and the unforeseen negatives forces, in their lives so as not to get disheartened or depressed in their lives and finally lead a happy life and peaceful and a sweet life. The author also shares with millions of curious readers the 'real knowledge' by letting them know more about themselves in detail and also about their in born positive qualities, possessed by them and guides them to ward off the negativity in them, by getting to know as how to lead an happy and powerful life without caring for the worries troubling them, the negative forces influencing them. Which needs to be discarded forever, for a sweet and happy living if the influence of the transiting planets.