

Living



Reflections





Thoughtful words for

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Living Reflections

by Tejas & Mouktika

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Authors: *Tejas and Mouktika*
Photography: *Margit Brusda and Tobias Rückert*
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*Photos of Mother Nature, taken by
Margit Brusda & Tobias Rückert*



Expectations and disappointments are siblings.

Mouktika



*If you want to unlock life's mysteries,
study the laws that operate life.*

Tejas



*Repairing sometimes causes more damage
than construction.*

Mouktika



*If you like the taste of Freedom,
first try to conquer your moods.*

Tejas



*You can sail away from rough seas
but you cannot sail away from the Ocean.*

Mouktika



*If you want to know what reality is,
first feel in, then look behind the moment.*

Tejas



*Learn the lesson
or the lesson will go on forever...*

Mouktika



*If you want peace in your life,
try to watch through the eyes of the Universe.*

Tejas



*P*atience is a good tool
to catch a glimpse of Eternity.

Mouktika



With practise comes duty.

With duty comes responsibility.

With responsibility comes Freedom.

Tejas



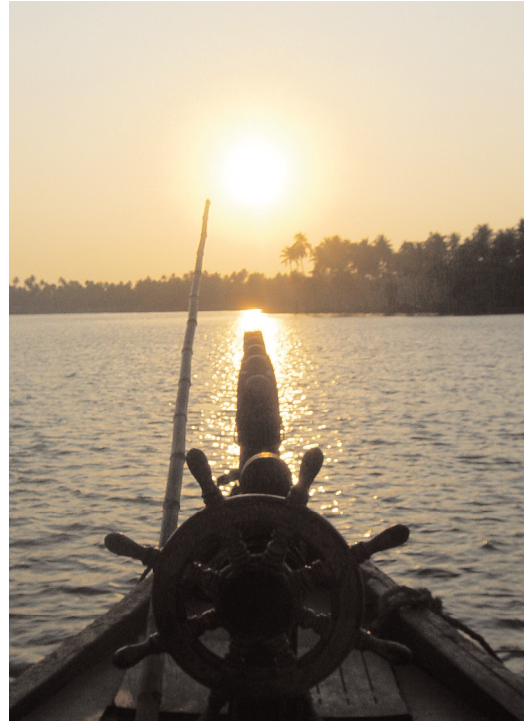
*If you like Youth, look with
curiosity and excitement upon all things
like a small child does.*

Mouktika



*Real Friendship: The ship that carries you
where you really want to go.*

Tejas



*If you want to do everything right,
try to feel the heartbeat of the Universe.*

Mouktika



*When you suffer,
try to feel the difference between Soul and ego.*

Tejas



*If you want real advancement,
you must give up what you've already achieved.*

Mouktika



*The real master is not touched
by sheer appearances.*

Tejas



*If you want to be happy,
make others happy, too.*

Mouktika



*There is no good or bad experience,
only history makes it so.*

Tejas



*If you want personal growth in your life,
use the word "I" wisely
and know what it means
each time you use it.*

Mouktika



*U*niverse looks after itself.
Try to become important for Universe
(rather than yourself).

Tejas



*If you decide something in your mind,
you limit yourself.*

Mouktika



About Baleno

Baleno is a Charitable Organization fostering holistic wellbeing on physical, mental and spiritual levels.

To find out more about its activities and initiatives, please visit

www.baleno.org

The Baleno Charitable Foundation is reliant on donations from the public, sponsors, grants from trusts and special events. Your support will help us to provide free counselling, classes, events such as the wellness awareness week and funds for research into early detection tests for not yet physically manifested diseases as well as public information and education on Physical, Mental and Spiritual Wellbeing.

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Account name: Baleno Charitable Trust
Address for cheques: PO Box 524, Oneroa 1840, Waiheke Island
Paypal Donations: paypal-nz@baleno.org

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Account no.: 0550946-02
Account name: Baleno Charitable Trust
Swift Code: CITINZ2X
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