

## WHAT HAS CHANDU LEARNED OVER THE YEARS?

I turned 71 last December (i.e. Dec. '06). Over the years, I HAVE learned many things. Among the many things, I have learned that:

\* **No matter what you pray for, you ONLY get what you rightfully deserve**

- Some people probably pray to God to help them win the lottery and some people probably pray to God to get them a promotion but, in the end, you get only what you rightfully deserve. In short, not what he wishes and prays for does a man get, but what he JUSTLY earns. Your prayers and wishes are answered by God only when they "harmonize" with your thoughts and actions.

\* **The only way to have a true friend is TO BE ONE**

- While it is true that "True" friends who care for each other don't have to declare that openly, it DOES help some times to let them know even by a quickly scrawled note once in a while how much you appreciate their friendship. They will appreciate knowing that you are thinking about them. I can tell you from my personal experience that intimate sharing of thoughts, fears, grief and fun between friends is most comforting and therapeutic for ones health and soul.

\* **Bad thoughts and actions never produce good results**

- In short nothing comes from nettles but nettles! A thief might get away for a short period of time but eventually, he is going to get caught. While you may not be able to directly choose your circumstances but you can choose your thoughts and actions which, consequently, will shape your circumstances. I personally believe that even health, like circumstances, is rooted in thoughts - i.e. sickly thoughts will eventually express themselves in sickly body. I know a number of people in their eighties whose faces are still bright and innocent and, on the other hand, I also know of people in their fifties whose faces are drawn into unharmonious contours and wrinkles.

\* **The lonelier you feel, the lonelier world makes you feel**

- that's why never ever put yourself in a position where you are lonely, especially as you age. I have personally observed some people, including some close relatives and even a few friends who have become very lonely and even depressed. In most cases, they are the ones who put themselves in that position and, once that happens, the outside world forgets that you even exist. That is why it is important to always have a close group of friends.

\* **Words some times hurt more than the wounds you have suffered in life**

- I should know that from firsthand experience because of my tendency "to say it like it is." I have hurt more than one person's feelings by not always being diplomatic, especially with people that you don't know well enough or who do not know you well enough.

\* **The broader the smile, deeper may be the wound inside**

- Just because someone always wears a smile on his face does not necessarily mean that he is always happy. That perennial smile could just be a facade to hide the wound inside.

\* **Tears convey more than words can ever say or explain**

- While people don't like to openly cry, shedding tears is not a sign of weakness. Crying is natural and it says that you are human. It can also do a lot of good! It helps people "connect" emotionally and it is comforting too. Men don't like to show their emotions but some times you just can't help it!

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