

Golden
words and Positive
affirmations to
uplift mood
instantly



Geetika Kapoor



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Stories Matter

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About the Book

This book is created to brighten your spirit, bring joy, and uplift reader's mood instantly. I have consolidated golden words that when implemented will create positive and beautiful life.

This is not merely a collection of words, it is my heartfelt **gift to the world** — a companion for anyone seeking light, encouragement, and positivity.

This book will surely change your life for good and will act as a trusted advisor teaching you to live life beautifully.

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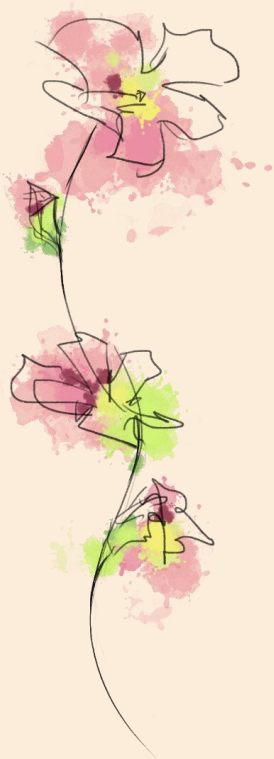
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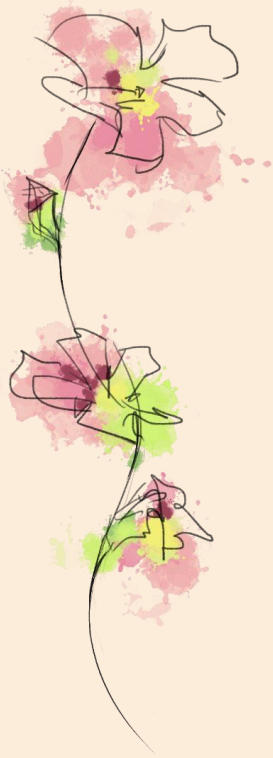
Everyday Practice



Embrace these daily practices (anytime in morning, afternoon, evening or night to fill your life with joy and blessings. Try to create life - a beautiful journey, turning each day on earth into little piece of heaven.

1. Meditate everyday - Sit comfortably preferably in Nature and imagine God giving his positive energy, blessings and love to your soul
2. Imagine you sending this positive energy, and love to all the souls (Extend kindness even to those you find difficult, as it helps mend and strengthen relationships)
3. Be thankful for whatever you have in your life (family, home, food, hands, feet etc.) and express thankfulness to divine for that.
4. Be thankful for whatever you want in life (in advance). Feel it. Visualize it. Send positive vibrations. Prepare for it, Act as if you have received it, Create a picture board. Win in your mind, and soon you will win or receive it in reality.
5. Keep doing it whenever you get time and take small actions. When mind is positive, actions will not feel like actions at all.
6. You can even send message to other souls through this method.

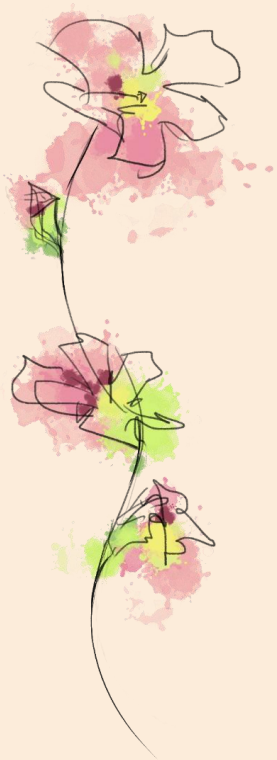
Gratitude



Gratitude is a practice that must be performed every day in our life. It is the language of thankfulness for the countless blessings we receive – many of which are given by God without us even asking.

What we truly value remains in our lives, ungratefulness makes us lose everything

We must express thankfulness even for our wishes in advance. This shows faith, belief and trust on Divine and creates situations to bring our wishes to reality.

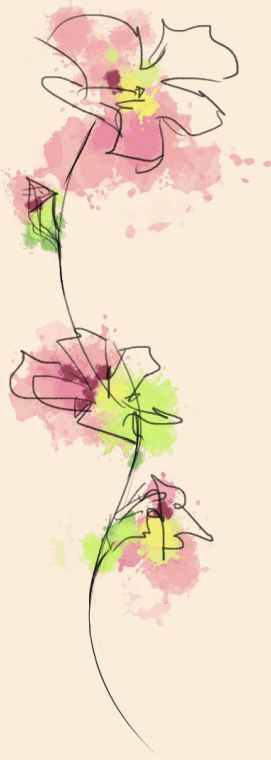


Gratitude for current moment and
life -

I am thankful to God for sending me
to this world and giving me
opportunity to see, feel and
experience HIS beautiful creation.

Beautiful, diverse, loving and
colorful living beings, vibrant trees,
scented flowers, colorful butterflies -
so much of beauty all around to
admire.

Positivity



God always blesses positive souls.
Remain positive always.

Trust HIM.

Reply to each situation with positivity
and same positive result you will
receive.

As per Hindu teachings, a home or
person steeped in continual sadness
does not attract auspiciousness, as the
deities (God and Goddess) turn away.

Everyday Affirmation – Thank you
God for making me a positive soul. I
think positive, act positive, speak
positive and auspicious.

Love



Best thing in this entire creation
of God is Love.

Love is the best gift we can give
someone or can receive and is
required by all

The best feeling one can experience is
the feeling of being in Love with
someone.

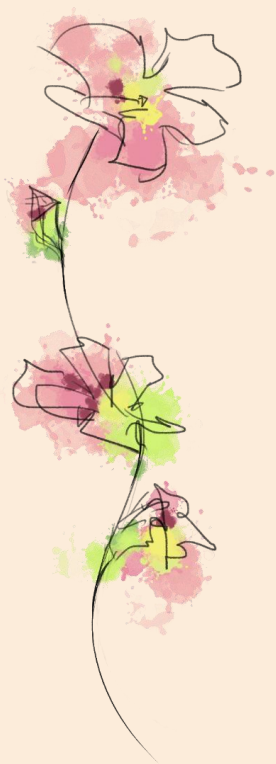
Our real home is the arms or
shoulder of loved one.

Only love can create anything and
anger, negativity, being sad prevent
everything.

Only way to tie any loving being with
you is through love – that is why it is
called bond or tie of love.

Everyday Affirmation: Thank you
God, I am a loving soul and I am
loved by many.

Understanding and Patience



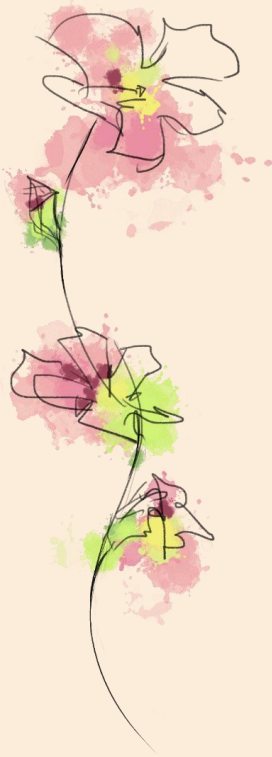
A person who understands mind, emotions, feelings, expressions, situations or anything will have good life.

It allows us to connect deeply with others, to respond with kindness, and to embrace life's challenges with grace.

Everyday Affirmation:

Thank you, God, for making me an understanding soul. I am a patient soul. I embrace calm, trust the timing of life, and allow things to unfold naturally. I know haste makes waste.

Words or Action



It's never words – it's always positive action that win hearts.

That is why is the saying positive actions speak louder than words.

At times we do not need words, just our presence is enough. Our presence speaks a lot.

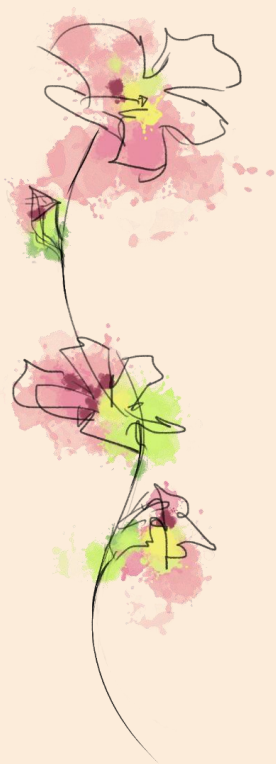
And to win anything in life, we require love and sweet or good behavior. Our karma and behaviour do make our destiny.

Words can heal or can cause wound or war. Be careful they can make you lose people forever.

Never make anyone small or break souls, we never know what the consequence would be. When bad words are accepted, they can cause loss of life. When ignored, bring happiness.

Everyday Affirmation: Thank you, God, my behavior is always good irrespective of other's behavior with me. I win people through my love and sweet behavior.

Kind



All living beings go through a lot during their lifetime, all we can be is kind and loving to everyone.

We can offer compassion without experiencing loss, losing ourselves, our life, and dreams.

Be kind, loving and respectful to yourself as well. Live a life worth remembering - a good and beautiful life.

Create loads of beautiful moments.

What we give, we receive in life - be it love, money.

At times, we meet people who are betraying or plotters, do not let that behaviour affect you. Each human does mistake in their life.

Everyday Affirmation: Thank you, God, my life has loads of beautiful moments. Some are created by me, some by you, some by my loved ones.

Life



Life is all about creating beautiful moments.

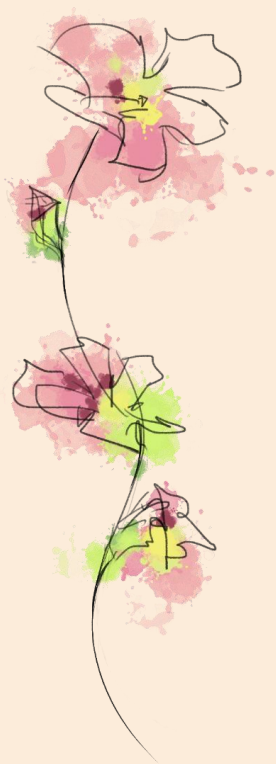
Each day of life should be good.

Use your life's time, mind and your energy in good things.

Life or world is a fair (carnival). Enjoy the journey.

Everyday Affirmation: Thank you, God, for giving me beautiful life. Thank you for all your blessings. I am experiencing heaven on earth each day each minute.

Mistakes and Relationships



Never lose people in life over small mistakes. Mistakes make us humans and are done by all living beings

Our reaction may make us lose people forever.

A negative or dismissive reaction can close doors permanently, while a positive, empathetic one can build trust and strengthen relationships.

The key is to pause to truly understand the other person's perspective, and then respond.

Positivity creates positive and beautiful life, relations and moments. Negativity does otherwise. Be loving, caring, respectful, available, comfortable, and offer companionship

Everyday Affirmation: Thank you, God, for giving me beautiful life. Thank you for all your blessings.

Nature



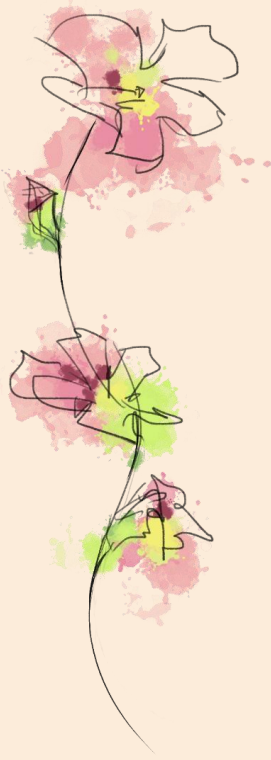
Nature has ability to freshen up our mind and generate good ideas. That is why whenever we sit in nature our mind gets clear and our moods get better.

Staying indoors can lower our mood because we miss out on fresh air

Each living being's real home is Nature itself (lap of Mother Nature), modern life has taken toll and we spend our most lives indoor.

We, like other living beings, must spend as much time as possible in Nature.

Communication



Our presence speaks a lot. It's not always words that are needed

Try to always communicate in loving and positive manner to keep relations sweet. Anger, negativity ends relations and we lose people.

Similarly, our words have ability to heal or can cause war.

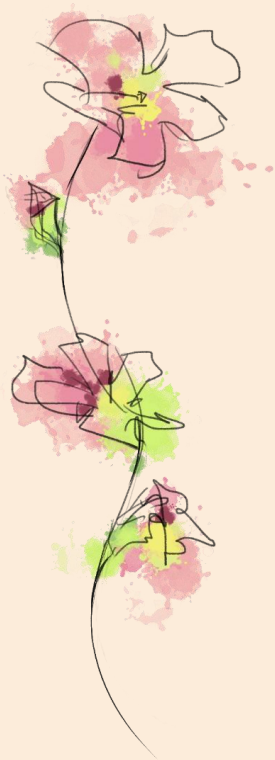
Always ensure we communicate limited and understand that other person is in mood or strength to listen or is actually understanding. We have ability to build or break relations, life.

Protect not only your own body, mind and soul from tension but others too. Let us not give anyone invisible wounds.

Some people have built legacy even after experiencing rejections or negativity.

A slow communication in low volume usually create space in a person's soul.

Anger



Anger spoils life, relations, damages career or jobs and causes fear. Always choose understanding, or no reaction when angry. Exercise supports and removes excess energy.

Story:

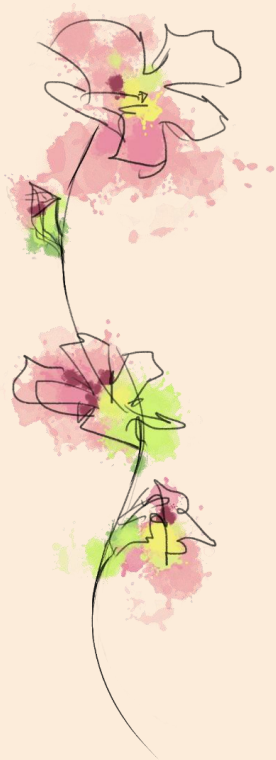
In a moment of anger and misunderstanding, a family killed their pet after seeing blood on its face, fearing it had harmed their child. Later, the truth emerged – but the damage was irreversible. Anger leads only to destruction.

Practicing **natural, sattvic, and yogic living** brings automatic calmness and coolness to the soul (including meditation on God few times during the day).

Take God's name or mantra to pause yourself or to begin anything important for success.

Everyday Affirmation: Thank you God, I am a peaceful soul. I have self-control.

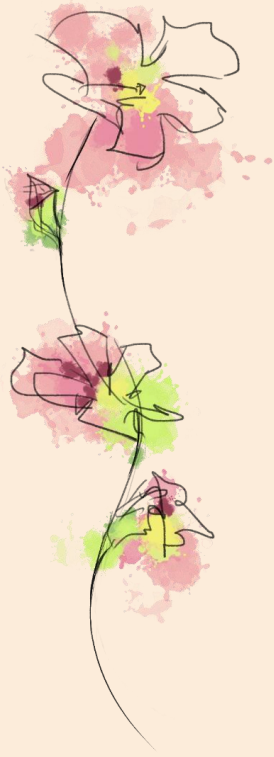
Good Mood – Good Life - Stay Light



We have ability to take care of our mood and change it instantly.

Listening to good songs, receiving flowers, good gifts, being tickled and loved - everything has ability to change our mood instantly.

Opportunities



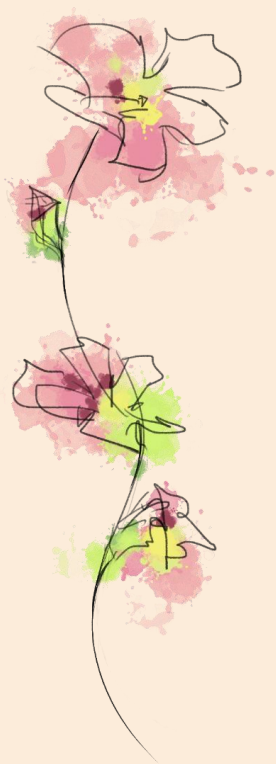
God keeps sending opportunities our way throughout life.

Keep your arms open and embrace opportunities with love and positivity and hold and keep it in life with same positivity. It's about welcoming what life offers, nurturing it with gratitude, and sustaining the same positive energy so it doesn't go away.

Negativity (Anger, Quick reactions, inactivity, laziness, jealousy) takes that opportunity or blessing away because we are not valuing or showing Gratitude to the gift given by God.

Visualization (One-minute visualization) – Visualize yourself with open arms in Nature. You may even go out and practice this every morning. Visualize and welcome love, positivity, and new opportunities.

Situation Handling



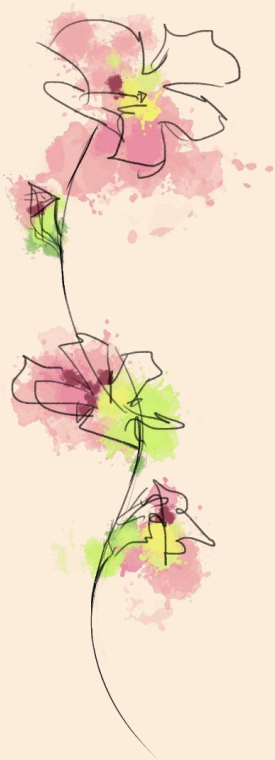
All situations even negative ones should be handled in a positive manner with thoughtfulness.

Positive response, actions bring positive things in life.

Everyday Affirmation: Thank you, God, I handle all situations in positively.

Visualization - One-minute visualize that you have handled situation positively.

Healing or Loving Touch or Loving Hug

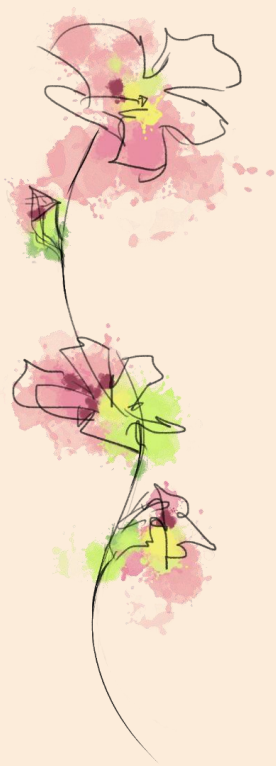


A healing or loving touch or loving hug heals all our wounds

Everyday Affirmation: Thank you, God, I am loved and loving. Thank you for people who love me.



Power of Prayer and God



Pray with a sincere heart, do good and you will witness miracles in life – often in the form of kind people and unexpected situations. God rewards our good karma.

Prayer keeps evil people, situations, evil things away. With God by your side, you will even walk on water (means will be saved).

Be grateful for all the miracles you've experienced: landing a job unexpectedly, escaping danger, or meeting people who help you grow.

God may not appear directly, but He sends help through others and through life's circumstances. And can change situations in a second.

The greatest miracle of all is Nature itself—the fragrance of flowers, the colours of butterflies, and the breathtaking diversity around us.

Habits, Mindset and Simple Thinking



A simple habit of waking up with the sun and practicing Surya Namaskar (sun salutation) will make our lives abundant.

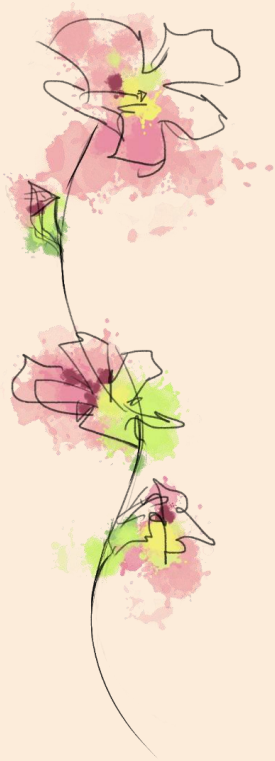
Our lives truly depend on our habits, mindset, and thinking.

The simpler our thinking or life will be, the better our life will be.

Complicated thinking or ways of living take away the joy that God wants all living beings to experience in HIS creation earth.



Everyday Affirmations



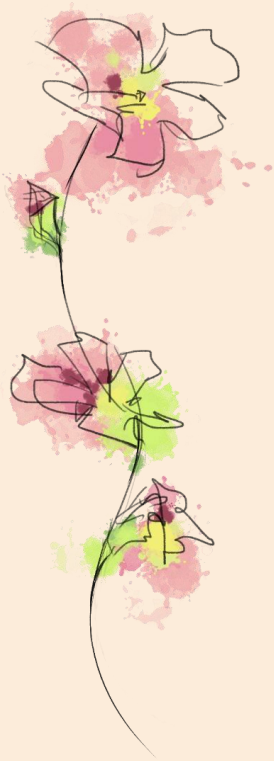
All living beings' minds usually drift toward thinking negatively. Therefore, an everyday practice is needed to remain positive: practice gratitude, pray, meditate, visualize, act, and prepare as your wishes being already fulfilled.

- Thank you, God, my life is beautiful and I am living heaven on earth
- Thank you, God, I am loving and loved
- Thank you, God, for abundance in all areas of my life
- Thank you, God, for giving me positive and divine energy
- Thank you, God – I am sending Divine and positive energy to all the souls in the world. We all live with love in the world
- Thank you, God, for making all my good dreams or wishes a reality

Be careful of what you think, speak, and do. Keep everything positive.

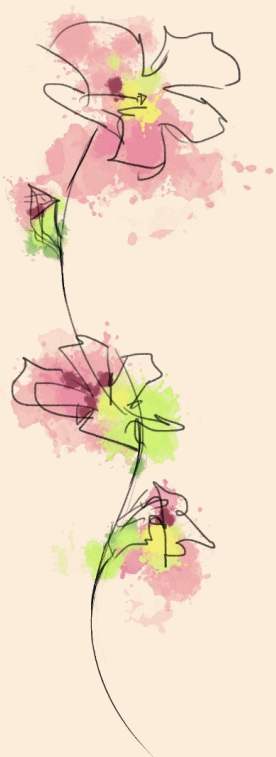
What we speak or think usually happens in our life, that is why it is recommended to speak or think about your wishes every-day.

Real Life Examples of Faith and Positivity



- My grandmother used to say that her grandchildren would travel a lot by flight. At that time, it was difficult to travel abroad. But when we grew up, we actually did travel a lot.
- We as kids used to play phone-call and soon we had a land-line phone in our home.
- One time, while traveling by a train in Sydney, I lost my ticket pass. I wasn't too worried though – I just had a feeling everything would be fine. Luckily, I met a friendly officer who laughed it off and allowed me to go. Honestly, I was so glad he wasn't one of those super strict or extremely discipline person and was an understanding one.
- An example of God's presence can be witnessed during the Janmashtami festival in India, where it is believed that rain falls every year at midnight.

Mantras for positive energy



Gayatri Mantra (Prayer offered to sun)

In Sanskrit:

ॐ भूर्भुवः स्वः । तत्सवितुर्वरेण्यं । भर्गो देवस्य धीमहि ।
धियो यो नः प्रचोदयात् ॥

In English:

Om Bhur Bhuvah Svah Tat Savitur
Varenyam Bhargo Devasya Dhimahi
Dhiyo Yo Nah Prachodayat

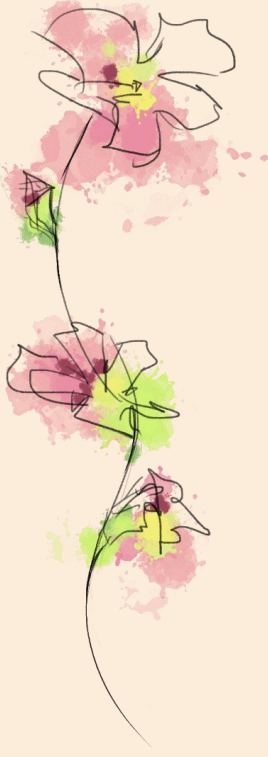
Meaning:

We meditate on the divine radiance of Sun, the source of all life. May that supreme light illuminate and inspire our mind, guiding us toward righteousness and wisdom.

Benefits of Chanting

- Mental clarity and focus
- Stress reduction and emotional balance
- Spiritual awakening and inner peace
- Positive energy and protection from negativity

The Mahamrityunjaya Mantra, is a powerful Vedic chant dedicated to Lord Shiva. It is believed to protect against fear, illness, and negativity, while granting healing, longevity, and spiritual liberation.



Sanskrit:

ॐ त्र्यम्बकं यजामहे सुगन्धिं पुष्टिवर्धनम्
उर्वारुकमिव बन्धनान् मृत्योर्मुक्षीय मामृतात्

In English:

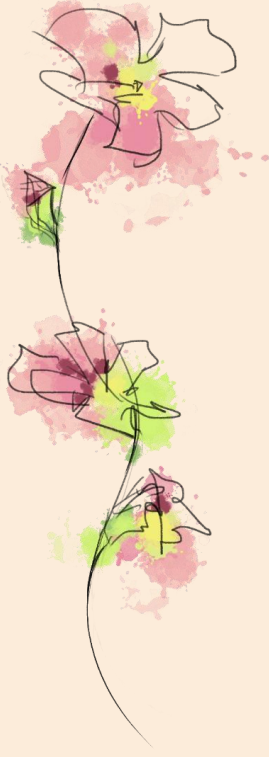
Om Tryambakam Yajamahe Sugandhim
Pushtivardhanam Urvarukamiva
Bandhanan Mrityor Mukshiya
Maamritat

Meaning:

We worship the three-eyed Lord Shiva,
who is fragrant and nourishes all beings.

May He liberate us from the bondage of
death, just as a ripe cucumber is
effortlessly freed from its stem, and grant
us immortality.

The **Shanti Mantras**, often recited at the beginning and end of spiritual practices. They are meant to calm the mind, harmonize the environment, and invoke universal tranquility.



In Sanskrit:

ॐ द्यौः शान्तिरन्तरिक्षं शान्तिः । पृथिवी
शान्तिरापः शान्तिरोषधयः शान्तिः । वनस्पतयः
शान्तिर्विश्वे देवाः शान्तिर्ब्रह्म शान्तिः । सर्वं शान्तिः
शान्तिरेव शान्तिः । सा मा शान्तिरेधि ॥ ॐ
शान्तिः शान्तिः शान्तिः ॥

In English:

Om Dyauh Shantir Antariksham
Shantih Prithivi Shantir Apah Shantir
Oshadhayah Shantih Vanaspatiyah
Shantir Vishvedevah Shantir Brahma
Shantih Sarvam Shantih Shantireva
Shantih Sa Ma Shantir Edhi Om
Shantih Shantih Shantih

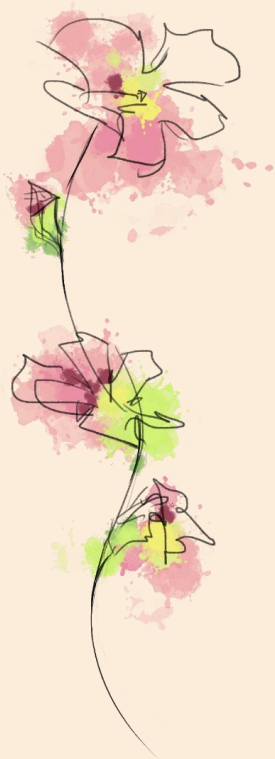


Meaning in English

May peace radiate in the heavens, in the atmosphere, on Earth, in the waters, in the plants, in the trees, among all gods, in Brahman, in everything in the universe. May peace alone prevail. May that peace come to me. Om, peace, peace, peace.

The threefold repetition at the end addresses peace in body, mind, and spirit.

Page to express and write Gratitude everyday (1)



Thank you, God, for -

Write about your present and the wishes you hope to fulfill. Each day, visualize them, act as if received it, and prepare with complete faith in the Divine. Chant positive mantras while drinking water or having or preparing food for positive energy.

When we truly believe in our prayers, we receive our wishes.

Mark 11:24 — “Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.”

Matthew 11:28 — “Come to me, all you who are weary and burdened, and I will give you rest.”

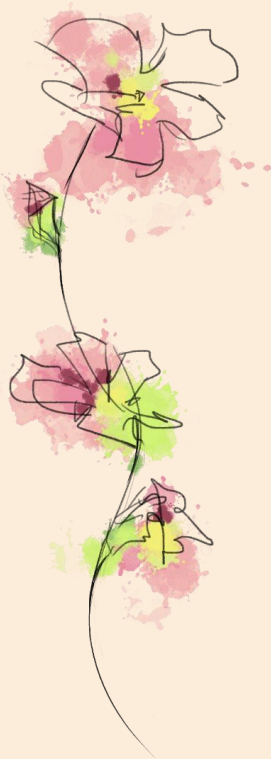
Jeremiah 29:11 — “For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”

Romans 8:28 — “And we know that in all things God works for the good of those who love him.”

Peter 5:7 — “Cast all your anxiety on him because he cares for you.”



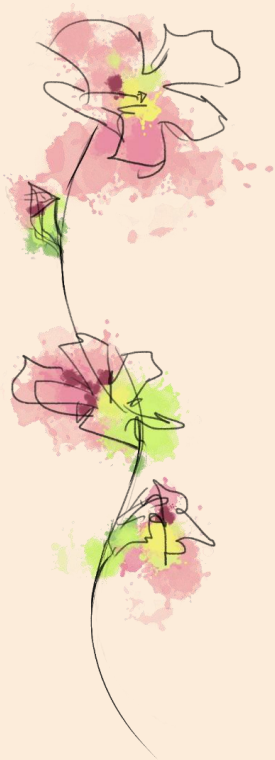
Page to express and write Gratitude everyday
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Thank you, God, for -

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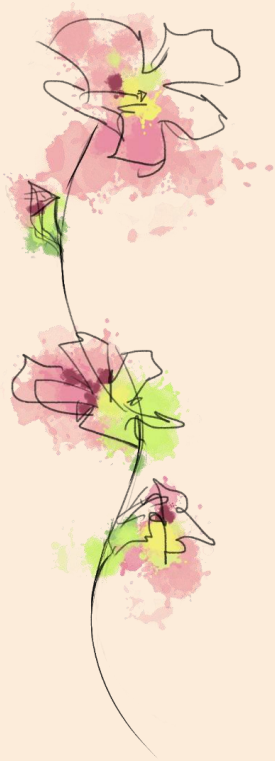
Page to express and write Gratitude everyday (3)



Thank you, God, for -



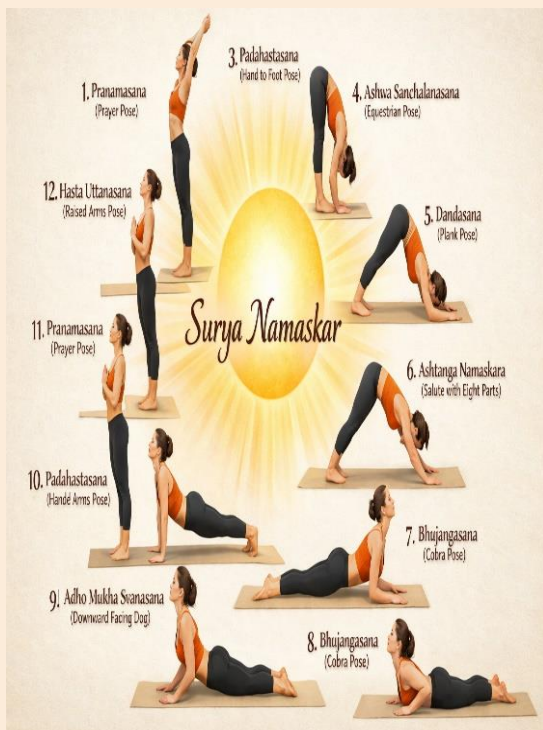
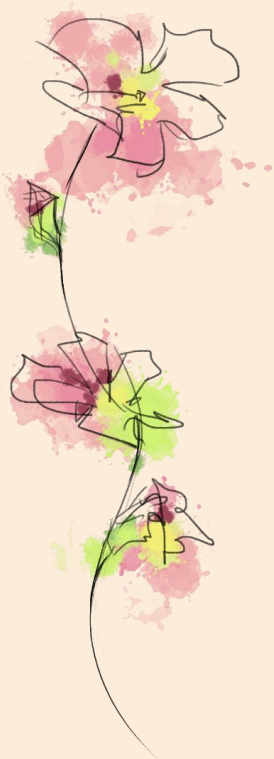
Holistic Healing



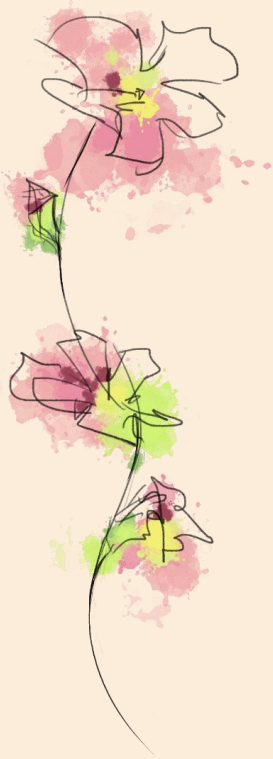
Our bodies are composed of five elements. By balancing these elements – air, water, earth, fire, and sky (soul/mind) – through yoga, we can achieve **holistic healing**.

- 🌬️ **Air:** Breath, communication, clarity of thought
 - Recommended activity: Meditation and breathing in fresh water
- 💧 **Water:** Emotions, adaptability, flow, and healing
 - Recommended activity: Drinking good liquids especially water since our body is largely composed of water and functions best when well-hydrated
- 🌍 **Earth:** Stability, grounding, nourishment, and physical health. -
 - Recommended Activity - Walking barefoot on grass
- 🔥 **Fire:** Energy, passion, transformation, and willpower.
 - Recommended Activity - Good food (Sattvik or vegetarian), Sun Salutation
- 💎 **Sky/Soul/Mind:** Spirituality, and connection to the infinite (God / Divine).
 - Recommended Activity - Meditation or Prayer in Nature

*Surya Namaskar poses to practice
every morning (Sun Salutation)*



Final Words, Closing Gratitude and Blessed Beginnings



I hope this book brought peace to your soul and light to your path. May these words stay with you, guiding you toward love, faith, and harmony.

As you close these pages, may you open your heart and soul to endless divine blessings.