

A simple life is a luxurious life

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Introduction

Life is a beautiful journey meant to be lived with peace, gratitude, and purpose.

In a world filled with distractions and endless busy schedules, it is easy to lose ourselves in noise and expectations. People often rush through life, forgetting the value of peace, kindness, and simplicity.

Choosing simplicity in a busy world is an act of self-respect. It allows us to live with intention, protect our inner peace, and appreciate the beauty of everyday moments. A simple life may appear quiet, but it is deeply rich and truly precious. Simplicity brings clarity, helping us let go of unnecessary stress and create space for gratitude and growth.

Living peacefully is not about escaping the world, but about creating calm within it. It is about finding happiness in small, honest moments. Valuing peace over pressure, contentment over comparison, and quality over quantity. A peaceful life does not require perfection or luxury. It is found in small routines, quiet mornings, meaningful work, and honest connections.

In today's fast-paced world, many lives are filled with constant activity and endless responsibilities. Days often pass without pause, leaving little time to reflect or truly rest. In the middle of this rush... we forget that slowing down is not falling behind—it is choosing awareness and balance.

I believe life does not need to be complicated to be meaningful. Living simply allows us to breathe, reflect, and truly experience each moment fully.

For me, living a simple life is deeply important and truly precious. I find peace in clarity, balance, and meaningful moments rather than noise or excess. Simplicity allows me to stay grounded, focused, and connected to what truly matters.

I am not obsessed with people or external validation. I value my own space, self-respect, and inner peace. I believe that a quiet, content life holds more value than constant comparison or approval. Choosing simplicity has helped me understand myself better and live with intention.

This book highlights how simplicity helps protect our inner peace. When we reduce noise from our lives—both around us and within us—we begin to understand ourselves better. Simple routines, mindful choices, and meaningful work create a sense of stability and calm. A peaceful life allows the mind to feel lighter and the heart to feel fulfilled.

Living a Simple Life is born from everyday moments—still moments, a peaceful home, lessons learned through challenges and the calm that comes when we stop chasing and start appreciating. In a world that constantly asks us to hurry, compete, and compare, I choose to slow down and listen to what truly matters.

My name is **Neeta Bhatia**. I am writing this book at the age of forty, not as an expert, but as a learner—a learner shaped by experiences, challenges, quiet moments, and by being a mother to a ten-year-old who unknowingly teaches me something new every day.

I spent eleven years of my life in Indonesia, a place that shaped who I am today. Those years were not always easy. I faced many challenges and struggles—adjusting to a new culture, understanding a different language, and learning to live far away from my extended family.

I worked hard to manage my financial life in Indonesia, where I ran a cloud kitchen. At times, it felt lonely and difficult, but

every challenge taught me an **important lesson**.

Living in Indonesia made me stronger and more independent. I learned, patience, discipline, and the value of hard work. The struggles helped me grow emotionally and mentally, and they prepared me for the future. I also learned to respect different cultures and appreciate diversity.

With time, I felt need for a simpler and more settled life. This understanding led me to move back to India. The shift was a calm and thoughtful decision, guided by the desire for stability, peace, and a better rhythm for family life.

Returning to India brought comfort, familiarity, and a fresh perspective. Life

became simpler, easier, and more comfortable for me.

Now, I am happily living in India, surrounded by comfort, peace, and love.

India feels like home, where I feel more settled and confident. The experiences I gained in Indonesia help me appreciate my life in India even more.

Today, I look back with gratitude because my journey from struggles to happiness has made me who I am today.

Life has given me enough experiences to pause, reflect, and understand that happiness does not come from having more, but from needing less.

Today, I am a homemaker, and I proudly appreciate myself for taking this step and

writing my first book—a quiet dream turned into reality.

This book is an invitation—an invitation to live with intention, to find peace in simplicity, and to reconnect with the small joys that often go unnoticed. This book is not about having everything; it is about appreciating what we already have.

I invite you to read this book slowly, with an open heart. If this book encourages you to pause, breathe, and reconnect with yourself and your home—then it has fulfilled its purpose.

This is my story—written with gratitude, lived experiences, simple lessons, and a peaceful heart.

Some chapters reveal the true faces of people. Read with patience, and you will understand the reason behind every word.

“This book exposes the hidden manipulation you face when you stand alone, so learn to stand on your own terms.”

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1.

The Gift of Early Mornings

Waking up early is one of the greatest blessings in life. The early morning hours are calm, quiet, and full of positive energy. When we wake up before sunrise, we get time to connect with ourselves and start the day peacefully. The silence helps us think clearly and plan our day better.

Early mornings give us fresh air and a fresh mind. The fresh air energizes the body and refreshes the mind. People who wake up early often feel more focused and active throughout the day. It helps improve discipline and builds healthy habits. Waking up early also gives us time for exercise, prayer, meditation, or reading. These

activities make our body strong and our mind calm.

Early mornings also help us become disciplined. When we wake up before the world starts, we learn the value of time. We feel more organized and confident because we are not running behind our responsibilities. Our day flows smoothly and peacefully.

Before the world starts its busy routine, waking up at 4 a.m. is a quiet and powerful experience. At this time, the surroundings are very calm and the mind feels fresh. The silence of early morning allows us to connect deeply with ourselves. The vibrations during this time are very positive. There is a special purity in the air that brings peace to the mind and heart.

These early hours help us feel lighter, calmer, and more focused. When we begin our day in such an environment, our thoughts become clearer and more positive.

These moments help reduce stress and build inner strength. Without noise and distractions, we can listen to our thoughts and understand our goals better. Managing your sleeping hours is one of the most important habits for a peaceful and successful life. Many people complain that they do not have enough time for themselves. But the truth is, time is created when we plan our day wisely, and it begins with proper sleep.

I know it is difficult for some people to wake up early. When we sleep late at night,

waking up early feels impossible. Our body feels tired, and our mind feels lazy. However, when we slowly start sleeping on time and reduce parties and unnecessary screen time, our routine begins to change. Good sleep gives energy, freshness, and clarity to our mind.

Discipline in sleeping is a small effort, but it brings big results. It improves health, mood, and productivity. Most importantly, it gives us personal time before daily responsibilities begin.

It may not be easy in the beginning, but with consistency, it becomes a beautiful habit. When we manage our nights well, our mornings become powerful.

Early sleep leads to a peaceful sunrise within us.

I wake up every morning at 4 a.m., when the world is still asleep. This quiet time feels special to me because there is no noise, no rush, and no expectations. The silence helps me breathe deeply and begin my day with calmness. I truly love waking up at 4 every morning. It is my favourite time of the day. While everyone is sleeping, I feel connected to myself and to my thoughts.

This early hour gives me positive energy and strength. It feels like the universe is giving me a new chance to start again. I use this time for meditation, prayer, and positive thinking. Sometimes I just think on my goals.

I enjoy my tea peacefully and listen to positive affirmations at this early hour. I

sit with a warm cup of tea and feel grateful for a new day.

As I sip my tea slowly, I listen to positive words that remind me to stay strong, confident, and hopeful. These affirmations give me positive energy for the whole day. They help me believe in myself and my dreams. This quiet time with my tea, my thoughts, and positive affirmations makes me happy.

It is not just a routine; it is my personal space for growth and self-expression.

I use this special time to write my book. Early morning is the best time for creativity. My ideas come naturally, and I can express my feelings honestly. There are no distractions, so I can focus fully on my writing. Even now, I am writing at 5 AM.

The morning is still quiet, and the sky is slowly becoming bright. This time feels magical to me.

I send good thoughts for myself and for my family. These moments fill my heart with gratitude and strength. The energy of this time feels pure and uplifting, helping me stay balanced throughout the day.

The positive energy we receive during these hours is priceless.

Waking up early also helps me plan my day in a better way. When my family wakes up, I am already calm and prepared. I can give positive energy to my home and handle my responsibilities peacefully.

Many people think that I sleep very little because I wake up at 4 AM. They feel that

it must be difficult and unhealthy, but that is not true.

I sleep from 9 PM to 4 AM, so I get 7 hours of proper sleep. For me, 7 hours sleep is enough. My body feels fresh, my mind feels calm, and I wake up with energy. It is not about sleeping less; It is about sleeping on time. I choose to sleep early so I can wake up early. Good sleep is important, and I make sure I get enough rest every night.

If I stay up late for unnecessary gatherings, my routine gets disturbed. My body feels tired, and my mind feels restless. That is why I choose my sleep over late night parties or gatherings. Some people think that I am missing out on fun, but I believe I am choosing discipline and peace. Not every invitation needs to be accepted.

Protecting my routine is more important than temporary enjoyment.

I proudly choose my sleep over unnecessary late-night gatherings, because my health, peace, and goals matter more to me.

When I wake up in the morning, I do not feel tired. Instead, I feel peaceful and strong. My early morning routine works well for me because I take care of my sleep. Waking up early is a blessing for me. It teaches me discipline and self-love. My morning time is very special to me, and I do not want to lose it. This special time belongs only to me, and it makes my day beautiful.

As a mother, nothing makes me happier than seeing my son follow my good habits. He also sleeps at 9 PM and wakes up at 6

AM. He uses his morning hours to do something creative. Sometimes he reads, sometimes he writes, sometimes he studies, and sometimes he simply sits peacefully. Seeing this makes me feel proud and grateful.

I believe children learn more from what they see than from what they are told. When he watches me follow a disciplined routine, he naturally follows it too. Good habits at a young age build a strong future. I did not force him to follow my routine. He chose it by observing me. This teaches me an important lesson—our actions speak louder than words.

Seeing my son value sleep, creativity, and peaceful mornings makes my heart happy. It reminds me that leading by example is

the best way to teach. I feel proud that my son is learning discipline, positivity, and self-love from an early age.

My husband has also joined this beautiful routine. In the peaceful morning hours, he helps our son with his studies and listens to positive affirmations with us. These quiet moments bring our family closer and fill our home with positive energy.

He helps me by preparing our son's tiffin every morning. His support makes my mornings easier and happier. He lovingly helps our son prepare for school, while I take care of other tasks in the kitchen. We work as a team to create a peaceful and positive home. His involvement in our morning routine strengthens our bond as a family.

I encourage everyone to wake up early and experience this beautiful change. Feel the positive energy of the morning and embrace its blessings.

Slow and Calm Mornings:

A quiet morning is a gift to your soul. It is a blessing in today's busy world. In a world that is always rushing, we choose to slow down. We wake up without stress and begin our day calmly, with grateful hearts and peaceful minds.

After finishing our early morning routine like meditation and prayers, we gather together at the dining table feeling calm and relaxed. It is one of the most peaceful moments of our day. We sit together without any rush and enjoy each other's company. We talk about our plans for the

day and share happy thoughts. I enjoy my cup of tea one more time, while our son happily drinks his morning milk, and my husband refreshes himself with a glass of lemon water. These simple choices reflect our different tastes, yet we share the same peaceful moment.

We sit together without our screens. No mobile phones, no television—just pure family time. This small habit makes a big difference in our lives. Instead of scrolling through our devices, we choose to talk to each other and enjoy real conversations.

We connect with each other and share meaningful moments. As we sit together at the dining table, positive affirmations play softly in the background. The uplifting

words fill our home with hope and encouragement.

There are laughter, gentle conversation, and sometimes comfortable silence. Sometimes, we also play educational games at the dining table while enjoying our morning drinks. These simple activities turn an ordinary moment into a meaningful learning experience. As we sip our drinks, we solve word searches, puzzles, or small thinking games together.

The atmosphere remains relaxed and joyful. There is no pressure—only encouragement and laughter. Learning in such a peaceful environment makes knowledge feel natural and enjoyable for our son.

These small morning activities not only sharpen his mind but also strengthen our family bond. They remind us that education does not always require a classroom; it can happen beautifully around a dining table, with love and togetherness.

Through such activities, we teach our son that knowledge can be fun, and family time can also be productive. These shared learning moments strengthen our connection and create beautiful memories for the future.

After finishing our drinks, we prepare for school in a calm and peaceful manner. There is no rush or confusion—everything flows smoothly because we begin the day with balance and organization.

While my husband drops our son at school, I mindfully complete the household chores with full focus and dedication. After that, I take time for my exercise, nurturing both my home and my health. I make sure everything is organized and in order, so that when he returns, the house feels calm, clean, and welcoming, filled with the gentle sound of soft instrumental music playing in the background. The peaceful melody creates a soothing atmosphere, making our home feel warm, harmonious, and full of positive energy.

There is a soft fragrance in the house, like my favourite sandalwood room freshener. It feels very pleasing and comforting. The gentle scent spreads positivity and makes the atmosphere calm and refreshing. It

adds warmth to our peaceful morning and makes our home feel even more special. Soon the house feels neat and clean. Every corner reflects order and calmness. All the things are placed properly in their rightful places, creating a sense of discipline and harmony. A tidy home brings peace to the mind. When everything around us is arranged and balanced, our thoughts also feel clear and focused. This organized environment helps us move forward into the day with positivity and confidence.

After dropping our son at school, our day unfolds in a calm and graceful manner. Each task is done mindfully, without hurry, allowing the day to begin in an organized manner. The house settles into a peaceful silence, allowing us to slow down

and appreciate the stillness. we step into a slower rhythm.

We step into the kitchen and make breakfast together. Sometimes we talk about small things, sometimes we share smiles, and sometimes we simply enjoy the process of cooking. Cooking together feels comforting. The simple act of cooking transforms into a meaningful experience with companionship. Meals prepared together carry a special warmth and satisfaction. Even simple food, made with love, tastes better.

Balcony Bliss

Once breakfast is ready, we sit quietly on the balcony. The gentle morning breeze and soft sunlight create a soothing atmosphere. We eat slowly and mindfully,

free from distraction or haste. In those moments, we feel deeply grateful for the simplicity and beauty of our life. These peaceful moments fill our hearts with gratitude.

As we share our morning meal, we thoughtfully plan the day ahead. We discuss our responsibilities, outline our tasks, and decide what to prepare for lunch. Planning in this beautiful environment brings clarity, confidence, and a sense of balance.

When we are done with breakfast, we talk to our families on the phone. Sitting on the balcony while talking to them makes the conversation even warmer and more comforting.

This daily ritual strengthens our relationship and nurtures mutual understanding. It reminds us that true happiness is not found in grand achievements, but in simple, shared moments. A serene beginning sets a positive tone for the entire day.

“You can see the picture of my cozy balcony on the cover page of this book—a beautiful place, filled with peace and warmth. When you look at it, you will feel more connected to the story.”

The balcony holds some of my quietest and most beautiful moments. It is where I truly feel peaceful and relaxed. Away from the noise and busy schedules of daily life, the balcony becomes my little corner of calm.

It is my special place where I can relax and forget about the busy world.

When I sit there, I feel connected to nature. I watch the trees sway gently in the wind and birds flying freely in the sky. The fresh air brushes against my face and fills me with positive energy. It makes my mind calm and my heart happy.

I especially love sitting in the balcony during winter. The cool breeze feels soothing, and the soft sunlight feels warm and comforting. I enjoy sipping a cup of tea or coffee while sitting there. The peaceful winter atmosphere feels magical and refreshing.

I also listen to my favourite music on the balcony. Soft and soothing songs make the moment even more beautiful. Music and

nature together create a lovely feeling inside me and help me relax deeply.

Sometimes, I read books on the balcony. Reading in the fresh air feels different and special. I can focus better, imagine the story clearly, and enjoy every page peacefully. It feels like I am travelling to a different world while sitting in my own little corner.

For me, the balcony is not just a part of my house. It is my peaceful, cozy place where I connect with nature, music, books, and myself.

“Early mornings teach you the art of stillness.”

“The slower the mornings, the stronger the day.”

2.

A Home Filled with Peace and Warmth

A peaceful home is the cornerstone of a happy life. To live in a peaceful home is to experience paradise on earth. It is a rare and priceless blessing that cannot be measured by wealth or status. When a home is filled with harmony, respect, and affection, it becomes a sanctuary where the soul finds rest and the mind discovers clarity.

A calm home is a place where everyone feels safe, relaxed, and happy. It is not about having a big house or expensive things. It is about the feelings we share inside our home. When there is love,

respect, and understanding, the home naturally becomes peaceful. In a calm home, family members greet each other with smiles. Instead of shouting or rushing, everyone speaks politely and helps one another.

A home is not just made of walls and furniture. It is made of love, care, and togetherness. When we have everything we need in our home—food to eat, clothes to wear, a safe place to sleep, and a family that cares for us—we are truly blessed.

Many people in the world struggle for basic needs. Some do not have proper shelter, while others may not have enough food or support. When we look around and see that our home provides comfort, safety, and happiness, we should feel grateful.

Gratitude helps us understand how fortunate we are.

Having “everything” does not always mean having expensive things. It means having peace, respect, and understanding in the family. A simple meal shared together, kind words spoken daily, and laughter filling the rooms are true blessings. These small moments create great happiness.

A peaceful home is also free from unnecessary arguments. Problems may come, but they are solved with patience and communication. When we listen carefully and try to understand each other's feelings, misunderstandings become smaller. Kind words and positive thoughts make the atmosphere lighter.

When we appreciate our relationships, our home becomes calmer and more valuable. A house becomes truly beautiful not because of its design, but because of the love shared inside it. Children grow confidently in a calm home. They feel secure and learn good values by watching their parents. When family members respect and value each other, peace naturally grows in the home. Saying “thankyou”, speaking kindly, and listening with patience can change the whole atmosphere. If we ignore or take our loved ones for granted, even a big house can feel empty.

Relationships are the real treasure of a home. They give meaning to our daily life and create memories that last forever.

When we protect and nurture our bonds, our home becomes a place of comfort, security, and happiness.

I have seen many people living in large and luxurious houses. Their homes are beautifully designed, filled with expensive furniture and grand decorations. From the outside, everything appears perfect. However, sometimes something important is missing—love and emotional warmth. A big house does not automatically create happiness. When family members are distant, when conversations are rare, and when hearts are disconnected, even the most beautiful mansion loses its charm. Money can buy comfort, but it cannot purchase genuine care or emotional closeness.

True value does not lie in marble floors or sparkling chandeliers. It lies in shared laughter, meaningful conversations, and mutual respect. A small home filled with love can feel far richer than a palace lacking harmony. After all, a home is where hearts connect, not where wealth is displayed.

Living only for material success may create an impressive lifestyle, but without emotional depth, it often feels incomplete. The real richness of a home comes from compassion, gratitude, and unity.

Valuing our home means spending time together without distractions. Instead of always looking at screens, we can talk, share our thoughts, and enjoy simple moments like having meals together. These

small moments create strong connections and beautiful memories.

In many homes, children do not receive enough attention from their parents because everyone is busy in their own screen world. Slowly, conversations become less, understanding becomes weak, and emotional connection starts fading. The home seems empty even when everyone is present. There is a quiet loneliness inside the home.

A home should be filled with conversation, laughter, and warmth, not just silent scrolling. When families choose connection over distraction, love and respect grow naturally. It creates a peaceful home full of love and lasting memories. The home turns

into a calm place where happy moments are created every day.

When we appreciate what we have, our hearts feel content. Instead of comparing ourselves with others, we learn to value our own life. Growth begins with gratitude, not comparison. Instead of always looking at people who are above us, we should also remember those, who have less than we do.

In life, comparison is normal. We often look at people who have more money, bigger houses, or greater success and start comparing ourselves with them. But this kind of comparison can make us feel unhappy and dissatisfied.

Comparison can slowly bring negativity into our home. It steals the peace of a

happy home. When we constantly compare our house, lifestyle, children, or achievements with others, we create unnecessary pressure and dissatisfaction.

Every family is different. Every home has its own journey, strengths, and challenges. A happy home grows through appreciation, not comparison. When we value our own progress and celebrate small achievements, positivity increases.

However, when we think about people who are struggling for basic needs like food, shelter, or education, we begin to feel grateful for what we already have.

True happiness begins when we accept and cherish our own unique home. We are blessed not only because of material comforts, but because of love and unity. A

home filled with support and kindness, is the greatest gift of all. When we recognize this blessing, we learn to protect it, nurture it, and spread happiness to others as well. A thankful heart brings positivity and strengthens family bonds.

“A happy home speaks softly and loves loudly.”

3.

The Quiet Energy of the Home

The energy of the home is something we cannot see, yet it is always felt. The moment we step inside, we sense whether it feels peaceful, heavy, joyful, or tense. This invisible energy is shaped by the thoughts, words, and actions of those who live there.

A home filled with love, respect, and understanding carries positive energy. Protecting this energy is essential. Simple habits like eating together, talking openly, practicing gratitude, and limiting unnecessary screen time can strengthen family bonds. When we consciously choose

patience over anger and understanding over ego, our home transforms into a true sanctuary.

The energy of the home shapes the future of the family. A peaceful home nurtures strong minds, kind hearts, and confident children. A happy home is not the one that looks perfect from the outside, but the one that feels peaceful from within.

The words we speak inside our home shape its energy. When we talk kindly, we create warmth. When we gossip or speak badly about others, we gradually fill our space with negativity.

Gossip may seem small or harmless, but it affects the atmosphere. Children listen. Family members absorb the tone. Over time, constant criticism and negative talk

can disrupt the calm feeling of a home. A peaceful house is not only clean in appearance but also clean in speech.

Speaking badly about others also affects our own mindset. It keeps our focus on faults instead of gratitude. Rather than discussing someone else's mistakes, we can use that energy to reflect on ourselves and cultivate positivity.

Protecting your home's energy means protecting the words spoken within its walls. Choose respectful language. Choose understanding. Choose silence over unnecessary criticism.

The energy of the home is sacred. It is not just a physical space made of walls and furniture; it is a living vibration created by the emotions and intentions of the people

inside. Every thought, every word, and every action leaves an imprint on the atmosphere of the house.

When a family speaks with love, prays together, practices gratitude, and respects one another, the home radiates positive energy. This energy becomes a shield of protection and a source of strength. It nurtures children's mind and calms the hearts of adults. In such a home, even silence feels peaceful and comforting.

Energy is something we build daily through our thoughts and habits. And yes—when we are mindful, kind, and grounded, we truly carry positive vibrations within us.

Negative emotions like anger, comparison, and ego can disturb these sacred vibrations. That is why it is important to

consciously protect the energy of the home. Lightening a lamp, offering soft prayers or affirmations, keeping the space clean, and maintaining harmony in relationships all help raise the vibrations.

Home is my safe place. It is where my family relaxes, connects, and feels secure. I am sensitive to vibrations and emotions. I can easily sense the energy people bring with them.

Some people bring calmness, kindness, and positivity. Their presence feels light and uplifting. Others may carry stress, negativity, jealousy, or tension, which can disturb the peaceful atmosphere.

However, I do not allow many people into my house. I choose only selected people to be a part of my life and my home. This is

not because I dislike others, but because I deeply value the peace and energy of my space.

I believe it is important to protect the emotional environment of my home. Just like we choose healthy food for our body, we should choose nourishing company for our space and mind. When we surround ourselves with respectful and positive people, our home remains filled with warmth, balance, and happiness.

Choosing wisely is not about limiting relationships. It is about maintaining peace, protecting our family's well-being, and keeping the home full of positive energy.

That is why I do not invite many people into my house. I believe my home is a

sacred, positive, and peaceful space. It is not just a place to live, but a place where emotions, thoughts, and energies reside and grow. Because of this, I choose carefully who enters my personal space.

I deeply protect the energy of my house. I want my home to feel calm, safe, and positive. When the atmosphere is peaceful, my family feels relaxed and connected. Laughter sounds sweeter, conversations feel warmer, and even silence feels comforting.

Protecting my home's energy does not mean I hate people. It simply means I value peace over popularity. I prefer meaningful connections over large gatherings. I believe that a few genuine and positive people are

better than many who might disturb the balance of the home.

I believe I have strong spiritual awareness. I am very sensitive to the energy around me, and I can easily sense the moods and emotions of people. When I enter a room, I can feel whether the atmosphere is peaceful, tense, or heavy. This awareness helps me understand situations without many words being spoken.

Sometimes it feels like I can read minds, but in reality, I am carefully observing expressions, tone of voice, and body language. Small changes in behaviour tell a lot about how someone is feeling. Because I pay attention to these details, I can sense when someone is upset, stressed, or joyful.

This makes me more empathetic and understanding.

Spiritual awareness is not about judging others. It is about being mindful and compassionate. When I sense negativity, I try to remain calm. When I feel positive energy, I appreciate it. I also understand that intuition is powerful, but it is important to stay balanced and not jump to conclusions.

This awareness helps me protect the peace of my home and choose the right company in my life. It reminds me to surround myself with respectful and positive people. At the same time, it teaches me to improve my own energy, because the vibrations I carry also affect others.

People with Negative Energy or Vibrations:

Every person carries a certain vibration. It is not something we can see, but we can surely feel it. Some people bring calmness, joy, and positivity into our lives. Others may carry restless, jealousy, negative, or heavy energy that disturbs our space.

People with negative energy or vibrations are not always bad people. Sometimes they are hurt, stressed, jealous, or deeply unhappy within themselves. Their inner struggle may reflect in their behaviour through constant criticism, gossip, anger, or negativity. When we spend too much time around such energy, it can slowly affect our own thoughts and emotions.

Sometimes, people visit your home and show smiles, kind words, and sweet behaviour. They may congratulate you,

praise your family, or admire your life. On the outside, everything looks warm and friendly. But deep inside, their feelings may not be pure.

There are guests who appear happy for you, yet secretly feel jealous or insecure. Instead of truly celebrating your joy, they compare criticize, or speak negatively behind your back. Their smiles may be polite, but their hearts may not be peaceful.

However, it is important not to let such energy disturb your peace. You cannot control what others think or say privately, but you can control the energy you allow to influence you.

People with High Energy or Vibrations:

Some people are often described as people with “high vibrations.” When you meet them, you feel understood without needing to explain much. They sense your mood, respect your boundaries, and respond with kindness.

People with high vibrations are usually emotionally aware. They listen carefully, speak gently, and do not judge quickly. Because they are connected to their own feelings, they can also understand the energy others carry and respond in a balanced, positive way. If you are happy, they celebrate with you. If you are quiet or tired, they give you space. Their presence feels safe and peaceful. Such people do not disturb your home’s energy; they add to it. Their positivity, gratitude, and calm

nature create harmony. Being around them feels natural and comforting.

When we choose to surround ourselves with emotionally healthy and respectful people, our relationships become deeper and more meaningful. Positive energy connects positive energy.

Your home is your sacred space. Protect its atmosphere with positivity, gratitude, and strong boundaries. Healthy boundaries help us keep our energy strong and positive. Genuine people will always support you openly and silently. And remember—pure intentions and positive energy are stronger than hidden negativity.

At the same time, we must ask ourselves: What kind of energy do we bring into a room? Do people feel safe and uplifted around us? True growth begins when we raise our own vibrations.

Protect the energy of your home like you protect your heart.

4.

Soulful Cooking

Soul cooking is the art of preparing food in a calm and balanced state of mind. When we cook with a calm mind and a happy heart, the food carries that energy into our home and into the lives of people who eat it. Soul cooking is not just about preparing food. It is about preparing it with love, patience, and positive intention. It is not about rushing, or feeling stressed in the kitchen. Instead, it is about slowing down, being present, and enjoying every small step of the process.

Soul cooking begins in the kitchen, but it truly starts within us. It is the soft music playing in the background, the gentle

aroma of spices filling the air, and the peaceful thoughts flowing through the mind. It is when we stir the pot slowly, not in a rush, but with care. Every ingredient is added with gratitude—the vegetables, the grains, the spices—each one respected as nourishment from nature.

When we cook peacefully, the kitchen becomes a quiet and happy space. The sound of vegetables being chopped, the gentle boiling of water, and the soft sizzle of tempering create a soothing atmosphere. In the quiet kitchen, the tempering sings a warm and comforting song.

Peaceful cooking begins with intention. Before starting, we can take a deep breath and clear our thoughts. We can remind

ourselves that we are cooking to nourish our family with love and care. This simple thought changes the entire energy of the meal.

Food doesn't just carry nutrients; it carries energy.

Food is believed to absorb the energy and emotions of the person preparing it.

In a calm kitchen, magic is created.

Cooking with peace teaches mindfulness. When we focus on chopping vegetables carefully, stirring gently, and tasting thoughtfully, we become present in the moment. Cooking becomes a form of meditation. Stress is reduced, and gratitude increases. Instead of seeing it as a daily duty, we can see it as a mindful activity. When our mind is calm, the food

tastes better, and the home feels more harmonious.

When hands cook with gratitude, hearts eat with happiness. It reminds us that food is not only for the body but also for the heart. In every bite, there is comfort and care. The warmth of the food stays long after the plates are cleared.

In many Indian homes, soul cooking is a tradition passed down through generations. A mother's curry, a grandmother's special recipe, or a simple cup of tea made with affection can bring comfort like nothing else. The taste feels different because it carries emotion. Even simple food becomes special when it is made with sincerity.

Soul cooking also brings families together. When we cook with love, we naturally want everyone to sit together, eat together, and talk together. The dining table becomes a place of connection, not just consumption. There are smiles, conversations, and laughter. That is the true flavour of soul cooking.

I love to cook for my family. I enjoy preparing different dishes and trying new recipes. Cooking is not just a daily task for me—it is my passion and my way of expressing love.

I feel happy when I plan meals and step into my kitchen. I like to keep my kitchen clean, peaceful, and organized. When I cook, I put my heart into every dish. I choose ingredients carefully, add spices

with confidence, and serve the food with a smile.

I believe I am a kitchen queen—not because I cook fancy food every day, but because I cook with love and dedication. I enjoy experimenting with flavours and learning new recipes. I try to balance taste and health, so my family feels nourished and cared for.

When my family sits together and enjoys the food I prepare, my heart feels full. Their happiness is my biggest reward.

Loving to cook for your family is a beautiful gift. When you prepare different dishes with excitement and creativity, you are not just feeding them—you are caring for their hearts.

Being a “kitchen queen” is not about making extraordinary food every day. It is about:

- Cooking with love
- Trying new recipes with confidence
- Keeping your kitchen organized
- Serving food with a happy smile
- Serving love in the simplest meals
- Feeding hearts, not impressing anyone
- Adding warmth to every bite
- Making ordinary ingredients into moments of togetherness.
- When you enjoy cooking, every recipe becomes a celebration. Joy in cooking adds a special flavour, no spice can replace. A home where food is made

with joy always feels more connected and alive.

My family's appreciation is the secret ingredient in every dish I make. A kitchen becomes magical when love is noticed and admired.

When my family appreciates my food, I feel truly happy and blessed. All the effort, time, and love I put into cooking feels valued. The small words like "It's so tasty" or "you made this so well" bring a smile to my face. In that moment, I don't feel tired—I feel proud and fulfilled.

Their appreciation is more than just praise for the food. It feels like appreciation for my care, my dedication, and my love for them. It motivates me to try new dishes and cook with even more joy.

When my family enjoys what I prepare, my heart feels warm. I realize that cooking is not just about recipes-It is about connection, gratitude, and togetherness.

My Backbone in the Kitchen:

My husband always supports me in my cooking. He appreciates my efforts and encourages me to keep learning new dishes. His words give me confidence and motivation.

He encouraged me to learn baking at this stage of my life. He made me believe that there is no age limit for learning something new. Because of him, I stepped out of my comfort zone and tried new recipes with excitement instead of fear.

I am very thankful to my husband because he protects my cooking journey with so

much love and care. He never laughs at my mistakes. Instead, he motivates me to try again. He appreciates my efforts, even when I am still learning. His support gives me confidence to experiment with new dishes and improve my skills.

He understands that cooking is not just a duty for me—it is my passion. He respects my time in the kitchen and encourages me to grow. His support means a lot to me. When someone believes in you, it gives you courage to grow. I feel grateful to have a partner who motivates me and stands by me. With his encouragement, I continue to learn, improve, and enjoy my journey in the kitchen. And that makes my passion even more special.

“Most of the time, my husband cooks with me. We cook together as a team. He loves being in the kitchen with me and helping me prepare our meals.”

“He is not just my husband; he is my favourite sous chef, my partner in every recipe and every dream.”

I have taught my husband everything I know about cooking. I am the head chef, and he is my forever sous chef, my true partner in the kitchen. Today he understands, every step—from chopping and seasoning to plating and cleaning.

He can handle the kitchen just like I do. I feel proud seeing how confidently he manages everything. Whether I am busy or tired, I know he can take charge without any stress.

Whenever I am unwell, he handles the kitchen very calmly and confidently, without any stress. In those moments, I truly feel cared for and supported. When I am weak, he becomes strong for our home. Sometimes our son also wishes to cook with us. When he sees me and my husband cooking together, he feels excited and wants to join. He comes into the kitchen with curiosity and a big smile, asking how he can help.

It makes me so happy to see his interest. Even if he only mixes something small or helps arrange the plates, I feel proud. These little moments are not just about cooking—they are about learning, bonding, and creating memories.

When all three of us stand in the kitchen together, it feels warm and special. I believe he is learning teamwork, responsibility, and the joy of helping. He sees that cooking is not just one person's job—it is something we do together with love.

When I am free, I often go into the kitchen and make something special for my family. The kitchen is my happy place. I don't go there because I have to—I go there because I want to. Cooking relaxes my mind and fills my heart with joy.

I especially love to bake for my son. Watching him smile when he sees freshly baked cupcakes, breads, cookies, tiramisu, or a warm cake makes me so happy. I enjoy measuring the ingredients carefully,

mixing the batter, and waiting patiently while it bakes. The sweet aroma that fills the house feels magical.

Baking for my son is my way of showing love. It is not just about the dessert-It is about the excitement in his eyes and the memories we create. Sometimes he may even help me stir or decorate, and those small moments become precious.

For me, cooking and baking are not just tasks. They are expressions of care, creativity, and love for my family. And that makes my heart feel full.

Cooking together as a family makes our bond stronger. The laughter, the small mess, and the shared joy make everything special. Meals taste better when everyone adds a little love.

The Value of Providing Healthy Food to Our Family:

Serving the right food to our family is one of the greatest responsibilities in a home. Food is not just something that fills our stomach; it builds our body, shapes our health, and influences our energy. There is a saying, “you are what you eat,” and it is very true. The food we serve today becomes the strength, immunity, and mindset of our family tomorrow.

When we choose fresh, balanced, and nourishing meals, we are choosing long-term health for our loved ones. Healthy food gives children the energy to study and play. It gives the adults the strength to work and manage daily responsibilities. It also keeps the mind calm and focused. On

the other hand, unhealthy eating habits can slowly affect both physical and mental well-being.

We rarely eat outside food because we believe home-cooked meals are healthier, cleaner, and filled with positive energy.

Cooking at home with care and love makes a big difference. A homemade meal is not only healthier but also filled with positive emotions. When family members sit together and enjoy a meal, it strengthens relationships and creates beautiful memories. Food becomes a way of expressing love, care, and protection.

As a mother and wife, serving the right food is my way of nurturing my family. I believe that a strong and happy family begins in the kitchen. By choosing the right

ingredients and cooking with love, we are building a healthier and brighter future for the people we cherish the most.

Self-Prepared Meals:

In today's busy world, many families depend on outside help for cooking. While support in the kitchen can be helpful, there is something very special about preparing food with our own hands. Cooking is not just a daily task; it is an expression of love, care, and responsibility toward our family.

When we cook for our loved ones with our own hands, we choose the ingredients carefully. We think about their health, their preferences, and their happiness. Every meal becomes personal. The time and effort we put into cooking shows how much we value our family's well-being.

Food prepared at home often carries warmth and comfort that cannot easily be replaced.

This does not mean that taking help is wrong. Sometimes help is necessary, especially when life becomes busy. However, making an effort to cook regularly for our family strengthens emotional bonds.

Home-cooked meals allow us to maintain hygiene and quality. We know what goes into our food, and we can ensure it is fresh and balanced. In this way, cooking becomes not only an act of love but also a way to protect our family's health.

I choose to cook for my family with my own hands, because it brings me joy and peace.

Turning My Cooking Skills into a Source of Family Income:

I have run a cloud kitchen in Indonesia to support my household. That experience was not just about earning—it was about learning, growing, and becoming stronger. Managing a cloud kitchen taught me how to handle the kitchen in a professional way. I learned about planning menus, managing time, maintaining hygiene, handling orders, and balancing costs. It made me more organized and disciplined.

I understood the importance of consistency—every dish had to taste good every single time. I learned how to work under pressure and still stay calm. It improved my confidence and sharpened my skills.

That journey made me more independent and capable. It was not easy, but it taught me responsibility, patience, and professionalism.

I proudly ran my cloud kitchen with dedication. It was more than a business; it was my passion, my strength, and my pride.

Today, I carry those lessons with pride. My cloud kitchen experience shaped me into stronger and more confident kitchen queen.

How I Started My Cooking Journey:

I started cooking after I passed my 10th standard. Before that, I was not interested in cooking at all. My mother always told me to learn cooking, but I never took it seriously. She used to encourage me again

and again, but I would avoid it and show very little interest.

Seeing that I was not learning properly at home, my mother finally registered me for a cooking class. At first, I joined without much excitement. However, the cooking class turned out to be a wonderful experience. The teacher was very supportive, and I enjoyed learning new recipes and techniques.

Slowly, my interest in cooking started growing. Every single day I attended the class, my passion increased. What once felt like a forced task became something I truly loved. I began experimenting with flavours, trying new dishes, and understanding the beauty of cooking.

From that time onwards, I became crazy about cooking. It was no longer just a skill to learn; it became my passion and my identity. That small push from my mother changed my life completely and became the beginning of my beautiful cooking journey.

After learning new recipes in my cooking class, I would come home and try making them for my family. I was excited to practice everything I had learned. Slowly, I became more confident in kitchen.

Whenever I prepared something new, my family appreciated my cooking. They felt happy and satisfied with the food I made. The appreciation from everyone made me even more interested in cooking. It motivated me to learn more, improve my

skills, and try different dishes. Their encouragement gave me confidence and made me believe in myself. That appreciation was the spark that turned my interest into true passion.

Today, many people love my dishes and appreciate my cooking. What once started as a simple learning experience has now become something meaningful and special in my life.

Many people learn new recipes from me and try them in their own kitchens. It makes me feel proud when they tell me that my recipes turned out delicious. Some people even wait eagerly to eat the food I prepare. Their excitement and love motivate me to keep improving every day.

They often ask me for cooking tips and techniques. I happily share my knowledge because cooking is not just about food—it is about spreading happiness and warmth.

The most special moment for me is that today, even my mother learns some cooking tips from me. The same mother who once forced me to join cooking classes, now admires my journey in the kitchen.

Cooking is not just something I do every day; It is a beautiful journey that has shaped my confidence, patience, and creativity. From learning simple recipes to creating my own special dishes, every step has taught me something valuable. Through cooking, I have understood that it is not only about flavours and ingredients,

but about care, connection, and togetherness.

In conclusion, Cooking is more than a routine task in my life. Through cooking, I express care, gratitude, and positive energy, making my home warmer and more peaceful. For me, the kitchen is not just a place to prepare meals—it is a space where love is expressed, memories are created, and souls are nourished.

A meal made with love, leaves a lasting taste in the heart.

5.

Cleaning with Love

Taking care of a home is not just about cleaning walls or arranging furniture. It is an art filled with love, patience, and responsibility. A house becomes a home when we care for it with our heart. Every small effort we make adds warmth and positive energy to the place where our family lives and grows together.

The art of taking care of a home begins with simple daily habits. Sweeping the floors, dusting the shelves, watering the plants, and arranging things neatly may look ordinary, but they create peace and comfort. A clean and organized home makes everyone feel relaxed. When we

clean with love, every small action becomes meaningful. It is an expression of care, respect, and gratitude for our home.

Taking care of a home means taking care of the people inside it. Cleaning with love means doing each chore patiently, without frustration or haste. It means understanding that our home protects us, gives us comfort, and deserves our attention.

Soft cleaning of our house means cleaning with calmness, care, and positive intention. It is not about rushing or doing heavy work in a state of stress. It is about maintaining our home gently, regularly, and peacefully. When we clean softly, we do not just remove dust—we also remove negativity, tiredness, and unwanted

clutter from our surroundings and our minds. Simple habits like wiping surfaces daily, arranging things neatly, opening windows for fresh air, and keeping the kitchen clean create a peaceful atmosphere.

Soft cleaning also means being mindful while cleaning. Instead of complaining, we can feel grateful for our home and the life within it. When we value our space and maintain it properly, we protect the positive atmosphere of our house. A clean and organized home reduces stress and brings mental peace and clarity. It also sets good example for children. They learn responsibility, discipline, and respect for their surroundings by watching us.

Cleaning With Your Own Hands:

Maintaining cleanliness with your own hands means taking personal responsibility for your home. Cleaning the house yourself is not just a task—it is a way of staying connected to your home.

When you clean on your own, you pay attention to every detail. You know which corner needs extra care and which space needs organizing. This personal effort brings satisfaction and a sense of pride. It also creates a peaceful and positive atmosphere because the work is done with intention and love.

When you clean your house with your own hands, you are not just removing dust—you are putting your personal energy, care, and love into every corner. It creates a

deeper connection with your space. As you clean, wipe, and arrange things, you are silently expressing love and gratitude. Your thoughts, mood, and feelings while cleaning influence the atmosphere of your home. When you clean calmly and positively, the house feels lighter, warmer, and more peaceful.

When family members enter a home cleaned with love, they feel comfort and warmth without even knowing why. This happens because the space carries your care and sincerity.

I clean my house by myself with love and dedication. For me, cleaning is not just a daily duty—it is a way of caring for my family and maintaining a peaceful environment. When I sweep, arrange, and

organize each corner, I feel connected to my home. It gives me satisfaction to see everything neat and fresh.

At the same time, I am grateful that my husband helps me in every household task. We believe that a home runs smoothly when both partners share responsibilities. Whether it is cleaning, cooking, or managing small daily chores, we support each other as a team.

When we work together, the burden feels lighter and the atmosphere feels happier. Cleaning becomes less stressful and more meaningful. It also strengthens our bond because we are building and maintaining our home together. Mutual support and understanding make our home peaceful and balanced.

My husband works from home in the morning. Even with his busy schedule, he always finds time to help me with the housework. In his free moments, he supports me with small tasks, making my work lighter and easier.

When he goes for his work, I take care of all the household duties myself. I manage everything with responsibility and love. But whenever he is at home, he never lets me handle everything alone. He believes that a home is not one person's responsibility—it belongs to both of us.

I feel truly fortunate that in today's world, I have a husband who is so supportive and able to understand and share household responsibilities.

Psychology of People Who Love Cleaning Their Home:

People who love cleaning their house often have certain psychological patterns—not in a negative way, but as part of their personality, habits, and emotional needs.

Have you ever noticed how some people don't just clean their homes?

They enjoy it, they relax while doing it, they feel better after it.

Why does wiping a table, arranging a shelf, or mopping the floor, feel oddly satisfying to them?

Here's the psychology behind people who love cleaning their home:

- **Need for control and stability**—They crave control in a chaotic world. When life feels unpredictable,

organizing and cleaning can feel calming and grounding.

- **Mental clarity**—A clean space often leads to a clear mind. Many people feel less stressed and more focused when their surroundings are tidy.
- **Emotional regulation**—For some, cleaning works like therapy. It helps release stress, anger, or anxiety and brings a sense of peace.
- **Self-respect and pride**—Keeping the home clean can be a reflection of self-care and personal standards. It shows they value their space and themselves.
- **Perfectionist tendencies**—Some people who love cleaning many have perfectionist traits. They feel satisfied when everything is in order.

- **Comfort in routine**—Cleaning provides structure. Repeating simple tasks daily gives comfort, especially to people who like discipline and routine.
- **Expression of love**—Many people clean not just for themselves, but for their family. It's their way of showing care and creating a peaceful environment for loved ones.

Cleaning is not just for appearance; it is for calm. A neat space helps you feel emotionally balanced and mentally relaxed.

We are all Human Beings:

Not depending completely on household helpers does not mean disrespecting their work. It simply means not becoming careless about your own responsibilities.

When we rely too much on others, we may lose the habit of maintaining discipline in our home. Doing it ourselves keeps us active, responsible, and mindful.

Household helpers are also human beings. They wake up early, leave their homes, and work the whole day to earn money for their families. They clean, cook, wash, and manage many houses every single day. Their work is not easy. It requires strength, patience, and dedication.

I have noticed that if even for one day household helpers are not available, many people begin to panic. They find it difficult to manage their own homes even for a single day. It is truly sad to see how dependent we have become. It makes me

realize how important it is for us to stay capable and responsible.

In today's world, many people feel too busy to give time to their homes and children. However, the same people may spend long hours on their screens and social lives. They have the time, but sometimes it gets wasted on unnecessary distractions. It makes us realize that the problem is not always a lack of time, but how we choose to use it.

Each of us should dedicate some time to caring for our homes, just as our household helpers sincerely dedicate their time and effort.

If household helpers can work so hard every day, then why can't we do our work at home? We are also human beings like

them. We have hands, energy, and the ability to take care of our own space. Sometimes we depend too much on others for small tasks, but doing our own household work teaches us discipline and responsibility.

When we clean our home by ourselves, we understand the value of effort. We respect the work more. We also begin to respect the people who help us. Instead of seeing household helpers as “helpers,” we should see them as hardworking individuals who deserve kindness and appreciation.

Working in our own home is not a small thing. It builds character. It keeps us active and makes us independent. When every family member contributes a little, the burden becomes lighter for everyone.

Ultimately, the message is simple: household helpers are human beings, and so are we. If they can work with dedication, we too can learn to take responsibility for our own homes—with respect, gratitude, and understanding.

My Home, My Child:

I understand that for many people, it may feel difficult or even impossible to clean their house with their own hands. Nowadays, many people are not used to doing household work themselves and depend mostly on household helpers for cleaning and organizing. Everyone has their own lifestyle and responsibilities, and each family manages their home in their own way.

But for me, my house is very special. I see my home as my second child. Just like a child needs love, attention, and daily care, my house also needs the same nurturing. I do not see cleaning as a burden. I see it as an act of love.

When I clean, arrange, and organize every corner, I feel like I am protecting and caring for something precious. I pay attention to small details, just like a mother notices every small need of her child. I want my home to feel safe, peaceful, and warm for my family.

Taking care of my house gives me emotional satisfaction. It makes me feel responsible and grounded. A well-maintained home creates comfort,

stability, and positive feelings for everyone who lives in it.

Bringing Life to Every Corner of My Home:

For me, making every corner of my home lively is not a duty—it is my passion. When I give my time and love to my home, it gives me peace, comfort, and beautiful memories in return. When my family sits together and shares laughter, every corner of my home feels warm and alive.

One of the most positive corners of my home is where my plants are kept. Their greenery fills the space with calm energy and makes my home feel alive.

I have placed real, natural plants in my kitchen to make the space feel fresh and pleasing to my eyes. They bring freshness

and add beauty to my kitchen and bring a calm, refreshing energy while I cook.

I take care of my plants regularly because they are a beautiful and living part of my home. Watering them, cleaning their leaves, and placing them in the right sunlight is not just a routine for me—it is something I truly enjoy. Plants add freshness, colour, and natural beauty to the house.

I also talk to my plants and treat them with kindness. When I care for them with positive thoughts, it makes me feel peaceful and connected to the nature. Whether or not plants understand words, the act of speaking gently and caring for them fills my heart with calmness. It creates a soothing atmosphere inside the house.

By taking care of my plants and maintaining my home with love, I feel like I am putting life into every corner of my house.

One more beautiful part of my home:

One more beautiful part of my house is my crockery. I truly love my crockery because it adds elegance and charm to my home. Each plate, cup, and bowl is special to me. I do not see them as simple utensils—I see them as delicate pieces that deserve care and respect.

I love maintaining my crockery and keeping it neat and organized. Every crockery item feels fragile to me. I handle them gently, wash them carefully, and arrange them neatly in their place. I make sure they are clean, shiny, and well

organized. When everything is arranged properly, it gives my kitchen a graceful and peaceful look.

Maintaining my crockery also teaches me patience and attentiveness. It reminds me to slow down and be careful in my work. I feel happy when I open my cabinet and see everything placed beautifully. It gives me a sense of satisfaction and pride.

For me, loving my crockery is part of loving my home. Small details like this make a house feel elegant, organized, and full of personal care. When we value even the delicate things in our home, it reflects the respect and affection we have for our living space.

Cleaning While Cooking:

A clean kitchen is the heart of a happy home. When I cook, I like to stay organized and mindful. While my dish is cooking on the stove, I make sure my used utensils are cleaned along the way. I do not wait for everything to pile up. I believe that keeping the kitchen clean while cooking makes the entire process smoother and more peaceful.

As one dish simmers or cooks slowly, I wash the cutting boards, knives, and bowls that I have already used. By the time my food is ready, most of my cleaning is also done. This habit saves time and keeps my kitchen neat and fresh.

A clean kitchen while cooking feels calm and stress-free. It allows me to focus on

the taste and presentation of my dish without worrying about a messy sink later. It also brings a sense of discipline and satisfaction.

For me, cooking and cleaning go hand in hand. Managing both together keeps my kitchen organized and my mind relaxed. It turns cooking into a joyful and well-balanced experience.

Welcoming guests with grace:

A gracious welcome makes every guest feel at home. Hospitality is the art of making guests feel comfortable and valued. When guests come to my house, I make sure everything is arranged beautifully and neatly. I believe that presentation is just as important as taste. So, I present every dish in a very organized and graceful manner.

I carefully choose the right plates and bowls, arrange the food neatly, and keep the table clean and inviting.

My guests often appreciate my food, my crockery and the way I present the food. They notice the small details—the matching plates, the clean serving spoons, and the neat arrangement of dishes. Their compliments make me feel happy and proud.

For me, serving food is an expression of respect and love. When I take time to present it nicely, it shows how much I value my guests. A well-organized table creates a warm and welcoming atmosphere.

I believe that beautiful presentation adds charm to the meal. It makes the guests feel

special and comfortable. In the end, it is not just about serving food—it is about creating pleasant and memorable experience for everyone who comes to my home.

To conclude, taking care of a home gently with all your heart fills it with warmth and happiness. When we clean, cook, and maintain our home with love, every corner feels peaceful and lively. A home cared for with sincerity becomes a place full of comfort, memories, and positive energy.

True beauty of a home lies in the love and care we give to it.

6.

Important Things to Follow at Home

Every home is guided by certain rules that keep it peaceful and organized. In my home, cleanliness and order are very important. I have obsessive-compulsive disorder (OCD), so I naturally like everything to be neat, tidy, and in its proper place. Because of this, the rules in my house are quite strict.

I am very particular about hygiene and the energy of my home. I never allow my family members to sit on the bed, sofa, or chairs without changing their outside clothes or taking a bath. When we go outside, we sit on many couches, chairs,

and other public sitting areas that may not always be clean. Because of this, our clothes and body can collect dust, germs, and unwanted energy. Taking a bath or changing clothes helps us wash away the dirt and feel fresh again. I also believe it helps remove the outside energy and keeps the atmosphere of the home positive. This simple habit helps maintain hygiene.

Another important rule in my house is that outside shoes are never allowed inside. Our entrance is a very pure and important part of our home. It is the place through which positive energy enters the house. That is why we avoid keeping any negative or unclean things at the entrance.

Shoes walk on roads, public places, and many unclean surfaces, so they bring dirt,

germs, and unwanted energy into the house. By leaving the shoes outside, the home stays cleaner, pure, and positive.

Another important rule in my home is that screens are not allowed at the dining table. Mobile phones, tablets, or television are usually kept away while eating. I believe that mealtime should be peaceful and focused on the food and the people around us. When we sit together without screens, we can talk, share our day, and enjoy the meal with full attention. Screens are only allowed if something is very important. This small rule helps keep our dining time calm, respectful, and meaningful for everyone.

Another important thing in my house is teamwork. We believe in sharing our

responsibilities and helping each other with daily work. No matter what the task is, we try to do it together. When everyone contributes a little, the work becomes easier and the home runs smoothly. Working as a team also brings family members closer and creates a feeling of unity and support in the house. This habit teaches us cooperation and makes our home a happy and balanced place.

Another important thing in our home is giving proper time and attention to our son. We believe that spending time with children is very important for their growth and happiness. In today's busy world, many children spend most of their time alone, without their parents. They are forced to spend most of their time with

screens, because parents do not have any time for their children.

I want to share one example here:

There is a boy who spends most of his time sitting in front of his computer and playing games. His parents are very busy with their social lives and spend much of their time convincing and pleasing others. Because of this, they hardly have time for their own child. They think that providing all the material comforts fulfils their responsibilities as parents. They believe that giving their child expensive things, a comfortable room, and every facility is enough.

The boy has everything money can buy. He has an expensive computer and the air conditioner runs in his room the whole

day. He lives a very comfortable life, but he does not have the most important thing—his parents' time and attention. Over time, the room becomes his only world, while the warmth of family slowly fades away.

However, a child needs much more than material things. A child needs love, attention, guidance, and time from parents. Without these, even a house full of luxuries can feel lonely and empty for a child.

The boy becomes so addicted to games and sitting alone in his room that he slowly starts disrespecting the elders of the house. He does not even allow his grandfather to enter his room, not even for a minute, because he wants privacy to sit with his

online friends. His whole world becomes limited to the computer and virtual friendships. This situation develops because his parents are too busy with their own social lives.

When children do not receive enough love, guidance, and attention from their parents, they may slowly start losing respect for elders and family values. The boy's misbehaviour is not only his fault, but also the result of the lack of time and care from his parents.

Because of all this, it is very important for parents to give proper time to their children.

Parental attention builds responsible children; neglect creates confusion.

We especially take care to give proper time to our son. We try to sit with him, talk to him, and listen to his thoughts. This helps him feel supported, and connected to the family.

Giving time to our child strengthens our bond and fills the home with warmth and understanding.

We teach him to respect everyone and speak politely with adults. Good manners and respectful behaviours are very important values in our home.

We teach our child that when adults are talking, he should not interrupt in between. Instead, he should raise his hand and wait patiently for his turn to speak. This habit teaches patience and respect for others. By following such simple manners,

a child learns how to behave politely and respectfully in every situation.

Another rule in our home is limiting unnecessary social life so that we can focus more on our family. We believe that spending quality time together helps us teach strong family values to our son. Our goal is to help him grow up understanding the true value of family, feelings, and meaningful connections.

I want to share one more example:

There is a group of friends I know, who often sit together late at night for gatherings and parties. They gather with unproductive and distracting friends and spend the whole night in unnecessary enjoyment. They enjoy their own time and ignore the most important people in their

lives—their children. Instead of spending time with their kids, they choose to sit with useless friends for hours. The children are asked to go out and play among themselves and are told not to disturb the adults. The parents remain busy in their parties, doing sheesha and sitting together till 4,5, or even 6 in the morning.

Meanwhile, the children also stay awake in their rooms, spending the whole night on their screens until morning.

When it comes to taking care of the children, the responsibility is often passed from one parent to the other. The wife may ask the husband to look after the kids, while the husband tells the wife to handle the children's responsibilities. In this way, both parents avoid giving proper attention

to their children. However, raising children is a shared responsibility.

In such situations, one must ask: Are these parents truly being responsible? Are they setting the right example for their children?

Children learn most from what they see at home. If parents do not guide them with discipline, care, and attention, it becomes difficult for children to develop healthy habits and strong family values.

This kind of behaviour slowly creates distance between parents and children, because children need their parents' presence, love, and care more than anything else.

When children do not receive proper attention, discipline, and guidance from

parents, they may grow up with negative behaviour and can turn into bullies.

“Children observe their parents’ lifestyle closely and often follow the same path when they grow up.”

Because of all this, **another belief** in our home is that family should always come first. We do not want our son to grow up thinking that only outside people deserve importance. We teach him that the first priority in life should always be family and blood relations.

Friends and society are important, but the strongest support in life comes from our own family. By teaching him this value, we want him to understand the importance of love, respect, and loyalty within the family.

One more **important thing** in our home is valuing food. We believe that food should always be respected and never wasted. Every meal prepared at home is made with effort and gratitude. By valuing food, we also teach our child to appreciate the hard work behind every meal and to always be thankful for it.

In our home, we always follow the rule of finishing the food on our plates and never throwing food away. We believe that food is a blessing and should always be respected. Many people in the world do not get food to eat, so wasting it is not right. By finishing the food and taking only what we can eat, we learn gratitude and responsibility. This simple habit also teaches our child to value the food.

I have often seen people throwing their leftover food into dustbins without any hesitation. Even in restaurants, they order more food than they need and leave it unfinished on the table. There is very little value given to the food. When children see this behaviour, they also learn the same habit. People may spend thousands of money on food, but later they waste it by not eating it. Food should always be respected and valued because it is a blessing that many people in the world still struggle to have.

“When we waste food, we forget the true blessings on our plate.”

“When parents live with values, children naturally grow with values.”

“That is why following these basic values and rules in my home is very important to me.”

“Values may not always be easy to follow, but they help create a balanced and meaningful life.”

In the beginning, these things were not easy for my husband and my son to follow. They sometimes felt that the rules were too strict and difficult to maintain. However, with time, they slowly understood the reason behind them. Now they also feel that these habits help keep our home clean, peaceful, and positive. Today, they support these rules and follow them willingly because they understand that everything we do is for the happiness and positivity of our home.

The way we live every day quietly builds the foundation of our family.

7.

Still Moments with Tea (A Gentle Pause)

Tea moments are small but beautiful parts of everyday life. A cup of tea brings warmth, comfort, and peace to our busy days. It is not only about drinking tea, but also about the moments we spend with family or friends while enjoying it.

“Whether it is morning or evening, tea time should be a little pause from our busy lives.”

For many people, tea time is about enjoying peaceful moments. Sometimes tea is enjoyed alone in a peaceful corner of the home, giving time to think and feel calm. At other times, it becomes a joyful

moment shared with loved ones, filled with conversations and laughter. These small moments create warmth and togetherness in the home.

In our fast-moving lives, such simple pauses are very important. A cup of tea refreshes the mind and gives us the energy to continue the day with a fresh and positive feeling.

My Personal Pause:

For me, tea time is more than just having a cup of tea. It is a moment of relaxation and a way of recharging myself after a busy day. In our daily lives, we are often surrounded by responsibilities, work, and many small tasks. Because of this, taking a small break becomes very important. Tea time gives me that peaceful pause.

I always wait for my magical tea time.

It is my special “me time.”

My favourite moment of the day, when the clock whispers—it's tea o'clock.

During this time, I prefer not to have any disturbances around me. I keep my phone away and try not to think about any work or responsibilities. I believe tea time should be calm and free from distractions. It is a moment to slow down, relax, and enjoy the present.

Sometimes I enjoy my tea while watching my favourite movie or series on television. It helps me relax and forget about the stress of the day for a little while. At other times, I like to spend this time with my family. Sitting together, talking, and

sharing simple conversations during tea time creates precious and happy moments. Sometimes I enjoy my tea in the balcony, surrounded by the beauty of nature. The fresh air and peaceful view make the moment even more relaxing. I love listening to my favourite songs while slowly sipping my tea in the balcony.

The tea time becomes even more special during the rainy season. Watching the rain, feeling the cool breeze, and enjoying a warm cup of tea and fritters, creates a beautiful and comforting experience. The sound of rain and the music together make tea time feel magical and peaceful.

“At such moments, I truly feel grateful for these simple pleasures of life.”

*In the middle of a busy life, everyone needs
a gentle pause—sometimes to relax, refresh
the mind, and continue with new energy.*

One sip of tea, and you're hooked.

Tea it, sip it, love it.

8.

A Life Away from Social Noise

In today's fast-moving world, many people believe that having a busy social life is the key to happiness. They are always out and about, attending parties and gatherings. However, sometimes it is wiser not to follow the crowd and instead focus on what truly matters.

When people avoid unnecessary social activities, they gain more time to focus on their home and family. A peaceful home is where love, respect, and care grow naturally. Instead of trying to burn the candle at both ends, people can live a calm and balanced life.

Many individuals spend hours socializing and often lose track of time, forgetting their responsibilities. On the other hand, those who stay closer to home can “kill two birds with one stone”—they take care of their family while also maintaining a peaceful environment.

Choosing Peace Over Social Noise:

My life is far from a busy social life. I do not enjoy running from one gathering to another or spending my time in unnecessary social activities. Instead, I prefer a simple and peaceful life focused on my home, family, and personal values.

One of the main reasons I avoid social life is that when you sit many people, you often feel pressured to agree with their opinions. Whether they are right or wrong,

people expect you to support what they say. Sometimes, you have to pretend to agree just to maintain the conversation.

In many social situations, people also expect buttering up or unnecessary praise, even when it is not genuine. I personally do not like doing such things. I believe in being honest and expressing my true thoughts rather than agreeing just to please others.

For this reason, I prefer a simple and peaceful life rather than being part of unnecessary social gatherings. Staying away from such situations helps me maintain my values and live with honesty and peace of mind. “

I prefer small family gatherings with my close loved ones rather than large social gatherings. Spending time with family

brings comfort, understanding, and genuine happiness. With close family members, there is no need to pretend or agree with things just to please others. Everyone can be natural and honest. These simple moments with loved ones are more meaningful to me than being part of large social circles.

However, I have also seen some family members who behave two-faced. In front of us, they act very sweet and friendly, but in their hearts, they think negatively about us. Sometimes jealousy hides behind their smiles. Instead of wishing for our growth, they feel uncomfortable seeing us progress financially and personally. Such people often try to bring others down rather than support them. Experiences like these have

made me more careful about whom I trust and keep close in my life.

When Friends and Brands Become the Priority:

Many people today seem to run behind brands and show-off. They focus more on impressing friends and other people with expensive labels rather than valuing their family, children, or the people around them. In the race to appear successful in front of friends, they often forget the importance of relationships, time, and emotional connection at home. When children grow up watching this behaviour, they may also start believing that brands and appearances matter more than kindness, family bonds, and real values.

When some people go on holidays, they do not choose destinations according to their budget or comfort. Instead, they spend unnecessarily just to show off. They often select places where they can impress others and display their lifestyle. For them, the holiday becomes more about appearances than real enjoyment. Many people choose their holiday destinations by copying their friends instead of deciding what truly suits them.

True richness, however, lies not in brands or copying others, but in the love, respect, and time we give to our family.

I do have branded clothes and I enjoy wearing them, but I wear them for my own happiness, not to show off to others. My clothes, my beauty, and my talents are

things I enjoy for myself. I believe these things are meant to bring personal joy, not to impress people. I also go on holidays, but my purpose is simply to spend quality time and create happy memories with my family. For me, true happiness comes from enjoying life quietly rather than displaying it to the world.

False Bonds and Forced Connections:

I have often seen people spend thousands of rupees on wedding gifts or festival presents for their friends—not always out of love, but sometimes to maintain a certain image—to appear generous, to fit into a social standard, or to prove their status. These gestures may look impressive on the outside, but they don't always reflect the truth of the relationship.

Some people don't follow friendship, they follow trends. They see others giving expensive gifts and feel pressured to do the same.

If they give expensive gifts, they expect the same in return. They measure friendships with price tags, not with feeling.

It's not friendship, it's a social competition.

It's not a bond; it's a battle of status.

True friendship is never about how much money you spend. It is not about grand gestures or costly exchanges. It is about being present, being honest, and being real with each other. It is about standing by someone in difficult times, understanding them without judgement, and respecting them unconditionally.

A real friendship does not demand anything material. Instead, it grows through small, meaningful moments—through support, loyalty, and mutual respect.

Where there is comparison, true friendship cannot exist.

I have a friend from my childhood—we shared our school journey together. She may not be rich, but she has never expected or demanded anything from me. Our friendship was never about money, gifts, or social status. It was always about understanding, support, trust, and the beautiful, simple moments we created together.

Life changed with time, but our bond only grew stronger. Today, she is not just my

friend anymore—she is a part of my family. She is the only friend I truly have in my social life, and honestly, she is more than enough.

In a world full of fake and forced friendships, I found one that is real, pure, and lasting. And that is what makes it truly special and priceless.

Some friendships are not measured by money, but by memories.

The Real Talent:

Sometimes I see people who say they do not have time to cook for their own family, yet they always find time to cook for their friends just to impress them. They may claim to be busy when it comes to their children or family, but they can spend the whole day preparing gifts or special things

for their friends. Often this is done to show others how talented or generous they are. In my opinion, family should always come first, because the love and care given to our own family is far more meaningful than trying to impress others.

For me, the real talent is not how well you manage your social life, but how well you handle your family. True talent is shown in the way you care for your loved ones, support them, and keep your home peaceful and happy. What truly matters is not how much society praises you, but how happy and satisfied your family members are with you.

Raising a child with good care and values is one of the greatest talents of a parent. A child should never feel unattended or

ignored. The real talent of a woman is seen in the way she guides her child and shapes their character. But if these values are missing in the parents themselves, it becomes hard for them to pass those values on to their children.

I have often seen some parents leaving their children with grandparents, so they can go out for late-night parties, concerts, or holidays with friends. This clearly shows how much responsibility a parent feels toward their child. When parents begin to give more importance to their social life than to their children, it raises questions about their priorities.

Because of all this, I prefer to keep my life a little away from unnecessary crowds. I choose peace over noise and meaningful

moments over social show-offs. My focus is on my home, my child, and my personal growth.

There is nothing I love more than minding my own business, finding new ways to grow, and thriving in silence or privacy.

People may say antisocial, but for me, this is peace.

Focusing on my own life and spending time with people who are pure-hearted is what I truly like.

I appreciate people who are genuine and true to themselves. Two-faced behaviour is something I cannot tolerate.

Staying away from unnecessary people is not attitude, it is self-respect.

I love when people are real. No pretending, no hiding, just honest vibes.

I like when someone shows up as their true self, the same way I do. It feels good when we don't have to wear masks, just open talk, genuine energy, and no fear of being who we really are.

I choose a small circle with real people over a big crowd with fake ones.

9.

The Beauty of Motherhood

Motherhood is one of the most beautiful and meaningful journeys in a woman's life. It is filled with love, patience, and sacrifices, and countless emotions. From the moment a child enters the world, a mother's life changes in the most magical way.

A mother becomes a guide, a teacher, and a protector. She learns to care, nurture, and give unconditional love every single day. The sleepless nights, the little worries, and the endless responsibilities all become worthwhile when she sees her child smile and grow.

Motherhood also teaches strength and patience. A mother constantly learns, adapts, and grows along with her child. Every small milestone of the child becomes a moment of pride and happiness for her. Above all, motherhood is not just about raising a child; it is about shaping a life with love, values, and care. It is a journey that fills the heart with purpose and joy, making every moment precious and unforgettable.

My son is very close to my heart. He is the most precious part of my life and my greatest blessing. His presence fills my days with love, warmth, and happiness.

When he is with me, I forget all the difficulties and worries of life. No matter how tiring or challenging the day may be,

seeing him around brings peace and comfort to my heart.

The bond I share with my son is very special. His smile has the power to brighten my entire day. Whenever he smiles, I automatically smile too. His happiness becomes my happiness, and his moment of joy mean the world to me.

Being a mother has taught me unconditional love. For my son, I feel a strength within me that I never knew I had. I feel ready to face any challenge, overcome any difficulty, and do everything possible just to see him happy and safe.

For me, my son is not just a part of my life—he is my life itself. He is my strength, my motivation, and the most beautiful blessing that has filled my heart with

endless love and purpose. Watching him grow, guiding him with good values, and being there for him at every step is the most meaningful and beautiful journey of my life.

I love spending time playing with my son and giving him my complete attention. In those moments, nothing else matters.

I keep all the work aside and simply enjoy being with him. These simple moments together are very precious to me.

Giving Wings to My Son's Confidence:

I have always encouraged my son to express his thoughts and feelings openly. There was a time when he was deeply hurt because he was being bullied within the family. Those experiences made him very upset and affected him emotionally.

As a mother, it was painful for me to see him going through such moments. Instead of letting those feelings stay inside his heart, I encouraged him to express them in a positive way. I asked him to pen down all his experiences, thoughts, and emotions. This is how the idea of writing his first book was born. I told him that sometimes writing can become a powerful way to heal, to understand our feelings, and to turn pain into strength.

Through this journey, I wanted him to realize that difficult experiences can also teach us important lessons and make us stronger. His story deserves to be heard, and writing his book became a way for him to express his voice with courage and honesty.

His first book is “No More ~~Bullying~~” by Vihaan Karamchandani.

I would sincerely encourage everyone to read this book and understand the experiences and lessons shared in it.

As a proud mother, I will always stand firmly by my son's side. No matter what challenges or negativity come his way, my support and love for him will never change.

A mother's heart naturally wants to protect her child, guide him, and give him the strength to face the world with confidence.

I always try to shield him from negativity and surround him with positivity, encouragement, and love. My wish is that he grows up feeling safe, valued, and strong from within.

In my heart, I always imagine covering him with a beautiful green, **Positive Aura**—a space filled with peace, protection, and healing energy. It is my way of sending him strength, calmness, and positivity so that he can move forward in life with courage and happiness.

For me, being his mother means standing beside him through every moment—supporting him, protecting him, and believing in him with all my heart.

A True Blessing in My Life:

My son is a very good child. He has a kind heart and a gentle nature. He is always caring, supportive, and respectful towards others. His kindness and understanding make me feel proud as a mother every single day.

Even at the age of 10, he often behaves with surprising maturity. In his own little ways, he shows so much care and concern for me, which truly touches my heart as a mother.

Having a son like him is truly a blessing in my life. I feel very lucky and grateful to have a child who is so down-to-earth, humble, and thoughtful. Despite being clever and smart, he carries himself with simplicity and respect for everyone around him.

His intelligence, combined with his good values and kind nature, makes him very special to me.

As a mother, nothing gives me more happiness than seeing him grow into such a wonderful human being.

I feel proud, thankful, and blessed to call him my son. Watching him grow with wisdom, kindness, and humility is one of the greatest joys of my life.

A mother's greatest happiness is seeing her child grow into a kind and responsible person.

10.

Release Expectations and Welcome Joy

Expectation is a very common part of relationships. We often expect love, respect, support, and understanding from the people around us. These expectations usually come from our emotional connection with them. When we care for someone, it feels natural to hope that they will treat us with the same kindness and sincerity.

However, too many expectations from people can sometimes lead to disappointment. When our expectations become too high, we may feel hurt if others are not able to meet them.

Expectations From the Closest Ones:

We often expect the most support from the people closest to us. When we go through difficult situations, we naturally expect these people to stand by us and support us.

Sometimes we hope that they will take a stand for us, protect us, and show trust in us. These expectations come from the deep bond we share with them.

There were times in my life when I expected many people to take a stand for me. I believed they would support me, understand me, and stand beside me when I needed them the most. But life had a different lesson waiting for me.

Instead of support, I faced betrayal. The people I trusted did not stand with me.

Some stayed silent, and some even laughed at my struggles.

Those moments were painful and heartbreaking. But those same moments changed me.

I stopped waiting for others to fight my battles. I started supporting myself. I took a stand for myself and faced every challenge with courage.

Slowly, the pain turned into strength. I became mentally stronger, braver, and more confident. I learned to face my battles alone, with courage and determination. And in that journey, I discovered a strength within me that I never knew I had.

However, life had another truth to show me. I still supported the same people who

once laughed at my struggles. When they were going through difficult times in their lives, I chose to stand beside them.

Even when the same people who had betrayed me also betrayed others around them, I did not turn away. Instead, I stood with them when they needed someone the most.

I helped them not because they deserved it, but because that is the kind of person I am. Their actions did not change my values. I chose kindness, support, and humanity over bitterness.

Sometimes strength is not only standing up for yourself, but also about choosing to do the right thing even for those who once hurt you.

Because of these experiences, I made a conscious decision to change the way I live my life.

Instead of wasting my energy on people who never valued my feelings, I chose to focus on myself and the things that truly matter to me.

I chose to stay busy in my life.

I chose to enjoy my life by doing the things I truly love.

I chose my **hobbies**, because they give me peace and allow my creativity to grow.

I chose **cooking**, because preparing food for my family fills my heart with warmth and happiness.

I chose my **family**, because they are my true strength and the most important part of my life.

I chose my home, because building a peaceful and loving home is one of the most meaningful things in my life.

Slowly, I started filling my days with meaningful moments— moments that make me feel calm, grateful, and content, moments where I can focus on what I have rather than what I lost.

I decided to make my life so full of positivity, purpose, and love that there is simply no space left for hurt, bitterness, or disappointment. Instead of holding on to pain from the past, I chose to move forward with strength. Instead of expecting support from others, I learned to support myself.

This change gave me a different kind of freedom—a freedom where my happiness

no longer depends on people's opinions, behaviour, or validation.

I now find joy in simple things—spending time with my family, enjoying my hobbies, cooking with love, and living my life peacefully.

In this journey, I realized something very important:

“The less you expect from people, the less power they have to hurt you.”

When you stop expecting from people and start investing your energy in your own life, you slowly discover a deeper happiness and inner strength that no one can take away.

“Your happiness should never be in someone else's hands. Learn to create it for yourself.”

Self-created happiness is the strongest happiness.

The moment you release expectations from people; you begin to experience real peace in life.

11.

Stand Strong with Grace

Being graceful and standing strong in life is very important. When you face situations with dignity and strength, it brings confidence and inner peace. It truly feels good to know that you can handle life with grace.

“I carry grace within me because I know I am more than enough. I stand proudly and confidently because of the way I handle the challenges and responsibilities in my life.”

I feel proud of myself because I can manage many responsibilities on my own. As a homemaker, I take care of my house and family without depending on others. Multitasking is not always easy, but it has

made me stronger, more capable, and confident in myself.

Multitasking means doing more than one task at the same time or managing different responsibilities together. It requires good time management, focus, and the ability to handle many things efficiently.

Multitasking builds important qualities such as patience, responsibility, and confidence.

When done well, it helps a person manage life smoothly and balance different duties successfully.

Multitasking with Love:

I am a homemaker, and I take care of my home with all my heart. My home is my

responsibility and also my happiness. I make sure that everything in my house runs smoothly—from keeping it clean and organized to creating a peaceful and loving environment for my family.

I am also a **chef** in my home. I cook for my family by myself, making sure that every meal is prepared with care and love. “The best ingredient I put in every meal is **my love.**”

At times, I also become a **driver** for my son. Whenever my husband goes on a business trip, I make sure to drop my son at school and bring him back safely. For me, these small responsibilities are very important because they are a part of being there for my child.

I am also a **teacher** at home. I help my son with his studies and guide him whenever he needs support. Teaching him is not just about schoolwork; it is about helping him grow into a good, responsible, and kind human being. I enjoy helping my son in his studies.

Sometimes, I also play the role of a **doctor**. Whenever someone in my family is not feeling well, I take care of them with love and patience. I make sure they feel comfortable, supported, and cared for until they feel better.

I also play the role of my son's **friend and companion**. I spend time playing with him whenever he needs me or when he feels alone, because those moments make our bond stronger.

I am a **source of positivity** in my home. I teach my son and my husband about positivity and the importance of good energy in life. I believe that positive energy creates a peaceful and happy environment. I share this belief with my son and my husband and guide them to think positively in every situation.

Along with all these roles, I am also the **peacemaker** of my home. I try to maintain harmony and understanding in my family. I believe that a peaceful home brings happiness and strength to everyone living in it.

All these roles may seem like many responsibilities, but for me they are simply different ways of loving and caring for my

family. I manage them with dedication and patience every single day.

Sometimes I lose my patience when I am extremely tired, unwell, or facing too much work pressure. It is natural because handling many responsibilities can be exhausting. But I try to pause, regain my calmness, and bring back the positive energy within myself.

In those moments, my husband and my son become my biggest supporters. Their love, understanding, and care give me strength and help me feel better.

“Apart from all these roles, I also play the role of a mother, a wife, and an individual who values her own identity.”

And because of this, I feel proud of myself. Being a homemaker means being many

things at the same time, and I carry each role with love, strength, and pride.

Old is Gold:

In a world chasing trends, I find my identity in the elegance of the past—because old is truly gold.

I don't follow what's popular, I follow what's meaningful—old songs, traditional values, and timeless style.

“Old is gold” is not just a saying for me; it's a way of living with authenticity.

- Old traditional clothes like sarees and dupattas are my favourite because they carry grace, culture, and timeless beauty.

Some people in this generation wear very revealing clothes just to show off

or to prove that they are modern. But true modernity is not about how much you show-it is about confidence, values, and self-respect. Real elegance is found in simplicity. Dressing with grace and comfort reflects a deeper sense of style and personality than following trends only to impress others.

For me, tradition is not old-it is timeless beauty carried with grace.

My elegance comes from the way I carry my personality. I wear traditional clothes with grace and confidence.

- Old Hindi songs are my favourite because they have deep emotions,

meaningful lyrics, and soothing music.

Some people in this generation listen to English music just to show off or to fit in with others. Even if they do not truly enjoy it, they force themselves to follow the trend. But real taste in music should come from the heart.

Everyone should listen to the kind of music that genuinely brings them peace and happiness, whether it is old Hindi songs, classical music, or any other style they truly love.

Empaths don't just listen to music for entertainment. It is a spiritual experience. When we listen to music we like, it does something to our soul.

People may call me old-fashioned because I love old songs and traditions, but I am happy being who I am—and that's enough.

If loving old traditions makes me “old-fashioned,” then I wear that tag with *pride and grace*.

- Listening to the experiences of older people is one of my favourite things because their wisdom and life lessons teach us so much about life.

Older people give us life lessons and experiences that no one else can truly teach. They don't just share stories; they share lessons shaped by years of experience.

Their experiences teach us what books and trends never can. The guidance

of elders carries a depth that no one else can offer.

What older people have learned through time is something no shortcut can replace. Their life stories are quiet lessons that stay with us forever.

I gracefully follow the values and lessons I have learned from my elders.

Supporting What Is Right:

Standing strong with grace means having the courage to support what is right while maintaining dignity, calmness, and respect. In life, we often face situations where it is easier to stay silent or follow the crowd. However, true strength is shown when we stand up for what is right, even if it is difficult.

Grace means handling situations with patience, kindness, and maturity. When a person stands strong with grace, they do not react with anger or negativity. Instead, they remain calm and firm in their values and beliefs. This kind of strength reflects inner confidence and strong character.

Standing for the right things is very important in life. It shows honesty, integrity, and self-respect. Whether it is supporting truth, protecting someone who is being treated unfairly, or defending your own rights, choosing the right path builds a strong and meaningful life.

At times, people may misunderstand or criticize us when we stand for the truth. But standing strong with grace means

believing in what is right and not losing our dignity in the process. It teaches us to remain confident and peaceful even during challenges.

Taking a Stand for My Son:

There was a time when my son was being bullied. As a mother, it was very painful for me to see him go through that experience. No parent wants to see their child hurt or treated unfairly. At that moment, I knew I had to stand up for him. I spoke for the truth and tried to protect my child. However, many people misunderstood my intentions. Instead of supporting me, almost everyone blamed me for speaking up. Even though I knew I was right, it was not easy to face so much criticism and judgement.

But as a mother, my child's dignity and well-being were more important than people's opinions. I chose to stand strong and support my son. I wanted him to know that he was not alone and that someone would always stand by him when he faced injustice.

That experience taught me an important lesson. Sometimes, doing the right thing means standing alone. People may misunderstand you, judge you, or blame you, but when you know you are standing for truth and protecting your child, you must remain strong.

Today, I feel proud that I stood up for my son when he needed me the most. A mother's strength is not just in loving her child, but also in having the courage to

protect and support him no matter what others say.

“I believe in standing up for what is right, especially when it comes to my family and my self-respect.”

For me, standing up is not about proving others wrong. It is about protecting the values of respect, truth, and unity within the family. It takes courage, patience, and wisdom to handle such situations with grace.

In the end, standing up for your rights and standing by the people you love shows inner strength. It shows that you value both your self-respect and your relationships. And that balance is what keeps a family strong and united.

Take a stand only when you know in your heart that you and your family are right. But if your behaviour is wrong, it is important to accept it instead of defending it.

I have seen many parents around me who try to defend their children's mistakes, even when they know their children are wrong and have hurt my son. Instead of accepting the truth, they try to argue, manipulate the situation, and fight with me when I stand up for my son.

As a mother, it is my responsibility to protect my child and support him when he is treated unfairly. At the same time, I also believe that if my son is ever wrong, I should guide him to accept his mistake and learn from it. Teaching children honesty,

responsibility, and kindness is much more important than blindly defending their mistakes.

However, some parents behave differently. Instead of accepting their children's mistake, they choose to run away from the situation just to avoid admitting that they are wrong.

For them, saying "sorry" feels like losing, so they avoid it.

Apologizing requires courage and emotional strength. People who avoid it often haven't developed that maturity yet.

What surprises me the most is that many of these parents are well-educated. Some of them are even teachers. Yet they do not seem to care about their children's behaviour. They focus more on maintaining

their fake status and image instead of teaching their children what is right and what is wrong.

Some people hurt others and walk away as if nothing happened—not because they are right, but because their ego is louder than their conscience. True grace, however, lies in acknowledging when you are wrong. A sincere apology does not make a person small—it reveals the depth of their character.

Supporting wrong behaviour is not standing with grace. True grace is shown when you teach your child the right values and guide them towards what is right. Standing with grace means supporting your family when they are doing the right

thing and helping them learn when they make mistakes.

Be a graceful mother. Set a strong, positive example for your child so that when he grows up, he carries forward the same values and lessons you teach him today.

“He will treat others the same way you teach him to treat them today.”

Be Aware of Toxic People:

I once read: “When toxic people realize they can’t control you, their next move is to hurt you by changing how others see you.”

This is next-level manipulation. They twist stories, play the victim, and convince others that you’re the problem—all because they lost control over you.

They form opinions, spread negativity, and sometimes even rally others against you.

But remember—this is not a reflection of your weakness. It is a reflection of your strength.

When you stop being controlled, you challenge their comfort, and not everyone can accept that.

Sometimes people don't even see the problem with their own behaviour because they surround themselves with those who accept it.

“Being disliked by small minds is the price of thinking differently.”

The less talent they have, the more pride, vanity and arrogance they display. And these people often find others who applaud them.

Just remember—if they feel the need to gang up on you, it's because your presence alone feels too powerful for them to handle.

- Attractive people compliment.
- Happy people encourage.
- Successful people support.
- Those who have nothing to offer try to bring others down.

Always remember: haters don't hate the weak. They hate the ones who are rising.

Avoid people who stay close to people who dislike you.

They are dangerous.

Not everyone around you is neutral; some carry hidden intentions.

Back in the day, real friends had the same enemies—today, you might find your enemy sitting comfortably in your friend's house.

Protect your peace by keeping a distance from indirect negativity.

I remain graceful, because my energy speaks louder than their behaviour.

I don't believe in revenge; people with ugly hearts eventually destroy themselves on their own.

The Power of a Strong Aries Girl:

I am an Aries, and I am proud of it. Being an Aries is not just a zodiac sign—it is strength, fire, courage, and a fearless heart. A strong Aries girl does not wait for opportunities; she creates them. She walks

with confidence, speaks with honesty, and lives life on her own terms.

She is bold, independent, and full of passion. When she believes in something, she stands by it with unwavering strength. She is not afraid to speak the truth, even if her voice shakes the room. Her spirit is like fire—powerful, unstoppable, and impossible to ignore.

A strong Aries girl does not follow the crowd. She chooses her own path, even if it means walking alone. Challenges do not scare her; they make her stronger. Every setback becomes a lesson, and every obstacle becomes a stepping stone.

She has a kind heart, but she knows her worth. She does not allow anyone to control or disrespect her. If someone

crosses her limits, she walks away with dignity. Her strength is not just in her boldness, but also in her ability to stay graceful in difficult situations.

Being an Aries means having a warrior's mindset and a soft heart at the same time. It means rising every time life tries to bring you down. A strong Aries girl is not perfect, but she is real, powerful, and fearless.

I am proud to be that **strong Aries girl**—full of fire, full of strength, and full of life.

A.R.I.E.S—Always right in every situation

Blinded by Ego:

Many people have taken advantage of my goodness and behaved wrongly toward me because of their own mistakes. Even though I have always supported them during

difficult times, when it comes to accepting their own faults, they try to prove me wrong. Rather than taking responsibility for their actions, they play the victim and shift the blame onto me.

They care more about their ego than about relationships. Some even stop talking to me for years just to satisfy their pride. Others may blindly follow their behaviour, thinking that I am not important. But this is not grace.

True grace means having the courage to accept your mistakes when you know you are wrong.

Grace is not about social show-off or ego. It is about humility, values, and doing what is right. It takes courage to be truly graceful.

12.

Some Lessons I Learned in Life

This chapter of my life feels different. I'm no longer chasing approval or trying to squeeze myself into places I was never meant to belong.

My focus now is *peace*.

I've let go of shrinking myself just to keep others comfortable.

I am at a point in my life, where peace matters more than popularity. I no longer feel the need to impress everyone or seek approval from others.

I don't want a crowd around me. I want few genuine souls—who are honest, loyal, and positive.

People who bring calm, not chaos. People who understand peace, respect boundaries, and value genuine relationships.

What truly matters to me now is a calm mind and a life filled with positivity.

I believe I am living my life on my own terms. I no longer worry about what others think. This is my life, and I choose to live it fully, with confidence and freedom.

No gossip, no drama, no bad energy...just me, my peace, my little happy world, and the people who bring good vibes.

Every woman reaches a phase where she doesn't want parties, crowds, or noise, just peace, purpose, and clarity. Emotionally healthy people have fewer friends. They

are selective, set boundaries, and are content being alone.

Strong Morals, Clear Principles-That's My Identity:

- If you like me, you're welcome.

If you don't and I have to be fake for you to like me, there is no space for you in my life.

- My mindset is different from most people.

I don't vibe with many people, but when I do, it's ***genuine***.

- Not everyone deserves a front seat in your life,

Move a few to the back seat quietly and watch how everything changes.

- Sometimes you have to be a little firm to make people understand that you don't tolerate their misbehaviour.
- Let them call you hard to handle,
The ocean was never meant to be controlled.
- Don't be like the moon that everyone can stare at.

Be like the sun—so powerful no one dares to challenge your light.

- You must develop the ability to be disliked, in order to free yourself from the prison of other people's opinions.
- I forgive, but I don't reopen doors.
Apology accepted, access denied.

- I never play games first, but if you try to play with me, I know exactly how to play—and win.
- There is no competition between me and anyone, you could never be me and I'd never want to be you.
- I stay humble because I've seen people become what they laughed at.
- My nervous system doesn't tolerate sugarcoating or fakeness.

Speak to me straightforwardly or don't speak at all.

- I have only one rule.

Stay loyal, stay real or stay away.

- The most dangerous woman you will ever meet is the one who healed alone.

She faced her storms alone; that's why she walks like thunder.

She rebuilt herself in silence—now her presence speaks louder than words.

The real luxury in life:

Inner peace is the real luxury in life. Many people dream of buying expensive watches, big homes, and luxurious cars, believing that these things define success and happiness. But in reality, true luxury is something much deeper. It is living a positive life, having a peaceful mind, and enjoying good health every day.

A life with no health problems, less stress, and genuine happiness is far more valuable than any material possession. When your mind is peaceful and your body is healthy,

you already have the greatest wealth in life.

For me, inner peace and positivity are the most precious luxuries anyone can have.

Rich vs Poor:

- A rich man often enjoys his life quietly,
a poor man tries to show a rich lifestyle on social media.
- A rich man studies,
a poor man scrolls endlessly.
- A rich man invests his money,
a poor man spends it all.
- A rich man does not look for validation from others,
a poor man seeks approval by posting everything online.

- *A rich man builds skills,
a poor man wastes time.*
- *A rich man reads books,
a poor man watches endless videos.*
- *A rich man values time,
a poor man kills time.*
- *A rich man creates opportunities,
a poor man waits for luck.*
- *A rich man works on his goals,
a poor man complains about
problems.*
- *A rich man thinks about the future,
a poor man lives only for today.*
- *A rich man plans his life,
a poor man follows the crowd.*
- *A rich man invests in knowledge,*

a poor man invests in appearance.

- *A rich man stays quiet and focused,
a poor man shows off to impress
others.*
- *A rich man works in silence,
a poor man announces everything.*

Weak vs Strong:

- *A weak person is found in the crowds,
seeking validation and attention,
a strong person is found alone,
seeking the higher self and healing
themselves.*
- *Weak people gossip about others to
build fake connections,
strong people express vulnerability to
build real ones.*

- Weak people envy those ahead of them,
strong people study those ahead of them.
- Weak people complain about problems,
strong people find solutions.
- Weak people talk about people,
strong people talk about ideas.
- Weak people fear failure,
strong people learn from failure.
- Weak people give excuses,
strong people take action.
- Weak people follow the crowd,
strong people follow their purpose.
- Weak people blame others,

strong people take responsibility.

Real vs Fake:

- *Real people support you in your absence,
fake people talk about you behind your back.*
- *Real people celebrate your success,
fake people feel jealous of it.*
- *Real people stay with you in tough times,
fake people disappear when you need them.*
- *Real people tell you the truth,
fake people say only what you want to hear.*
- *Real people respect you genuinely,*

fake people respect you only when they need something.

- *Real people care about your feelings, fake people care only about their own benefit.*
- *Real people are honest and simple, fake people pretend to be someone they are not.*
- *Real people stand by you, fake people change sides easily.*
- *Real people build trust, fake people break trust.*
- *Real people show kindness quietly, fake people show kindness for attention.*

Some people are spiritually literate. They can read energy.

They can sense real intentions and feelings, no matter what comes out of someone's mouth.

High Energy vs Low Energy People:

- *High-energy people spread positivity, low-energy people spread negativity.*
- *High-energy people encourage others, low-energy people discourage others.*
- *High-energy people focus on solutions, low-energy people focus on problems.*
- *High-energy people stay calm and peaceful, low-energy people create drama and conflict.*
- *High-energy people bring peace to a room,*

low-energy people bring tension.

- *High-energy people work on self-growth,*

low-energy people criticize others.

Happiness is not always found in living a luxurious life with money. Sometimes, happiness is found in the simplest things in life.

Peace within yourself is the beginning of true happiness.

The simplest moments often bring the greatest joy.

A calm mind and a kind heart are the real sources of happiness.

Sometimes, happiness comes from:

- *A peaceful mind*
- *Good health*

- A clean space
- Spending time with family
- Simple moments in life
- Helping someone
- Being grateful for what you have
- Doing what you love
- Listening to your favourite music
- Cooking your favourite meal
- A kind word or a small act of love
- Inner peace and contentment
- Living without trying to impress others
- Wearing your favourite dress
- Shopping mindfully
- When someone appreciates you
- Doing something meaningful for others

- Playing with kids
- Being real

The Power of a Small Circle:

Study shows that highly intelligent people don't need many friends to be happy.

A calm life is enough. A small circle is enough. A heart that loves is enough.

The world will always push for more—

More noise, more people, more chaos. But “enough” is not about quantity, it's about quality.

Peace doesn't come from excess; it comes from choosing what truly matters.

And when you realize that less is enough, you finally have more than you ever needed.

People are afraid of being alone. I'm afraid of wasting my time with people who aren't worth it.

It takes time to learn how to be alone without being lonely, but once you do, it's called *freedom*.

Signs You Have a Strong Personality:

- You stand by your values, even when others disagree.
- You are not afraid to say “no” when something doesn't feel right.
- You don't seek constant validation from others.
- You respect others, but you don't let anyone disrespect you.
- You are comfortable being alone and don't depend on others for happiness.

- You take responsibility for your actions instead of blaming others.
- You don't follow the crowd blindly—you think for yourself.
- You set boundaries and protect your peace.
- You learn from your mistakes and keep growing.
- You don't try to prove yourself to everyone—you know your worth.

Lessons That Hit You When You Grow Up:

- At some point, you will have to disappoint others to stay true to yourself—and that's okay.
- You can't keep everyone happy without losing yourself, so choose your own peace sometimes.

- Not everyone will understand your choices, but your happiness doesn't need approval.
- Sometimes choosing yourself means disappointing others—and that's a necessary step in life.
- The day you choose your happiness over people-pleasing is the day your life truly begins.
- You are not responsible for meeting everyone else's expectations.
- You can disappoint people and still be a good person.

Nowadays, People Are Jealous Of:

- Character
- Success
- Intelligence

- Class
- Manners
- Morals
- Aura
- Love
- Common sense
- Courage
- Personality
- Peace of mind
- Maturity
- Self-respect and boundaries
- The ability to stay calm and unbothered
- Authenticity in a fake world
- Consistency and discipline
- Growth and self-improvement
- Happiness, even if it is simple

- Confidence and self-worth
- Independence
- Quiet life with no drama
- Clarity and strong mindset
- Healing and inner peace

The real envy today isn't for wealth, but for what money can't buy.

People don't just envy success; they envy the confidence, clarity, and peace you carry.

Spiritual Truths You Will Learn Over Time:

- Magic really happens
- The universe is listening
- Healing works
- Meditation works
- Aura is real
- Energy is real

- Raising your vibration will automatically heal your soul
- Protecting your energy is an act of self-worth

Make it a habit to talk about blessings more than burdens. When you spread positivity, the universe blesses you with even more blessings. Energy flows where focus goes.

Be crystal clear on what you want. The universe can't deliver a blurry request.

I have learned to heal and take charge of my life, and today I stand in my own power with grace.

Healing has taught me strength, and now I know I have the power to create the life I deserve.

I Carry the Power to Rise and Grow:

- I have the power to control my reactions*
- I have the power to heal from my past*
- I have the power to forgive and move forward*
- I have the power to build a peaceful life*
- I have the power to set boundaries*
- I have the power to protect my energy*
- I have the power to stay calm in difficult situations*
- I have the power to turn pain into strength*
- I have the power to learn from my mistakes*

- I have the power to create positivity around me
- I have the power to focus on what truly matters
- I have the power to walk away from negativity
- I have the power to grow through every experience
- I have the power to keep going even when things are hard.
- I have the power to live life on my own terms
- I have the power to choose peace over negativity
- I have the power to stand strong for what is right
- I have the power to create my own happiness

- I have the power to let go of what hurts me
- I have the power to grow stronger every day
- I have the power to believe in myself
- I have the power to become the best version of myself
- I have the power to stay true to my values and principles
- I have the power to control my screen time.

In today's world, it is easy to become controlled by our mobile phones without even realizing it. What starts as a simple habit slowly turns into dependency.

We begin to lose our time, focus, and even our peace of mind to endless scrolling and distractions.

But a phone is meant to serve us, not rule us.

The moment we become aware and take back control, we start living more consciously, valuing real moments over virtual ones.

Digital Discipline:

- Your phone is a tool, not your master—use it with purpose.
- Constant scrolling slowly steals your time and focus.
- Too much screen time affects your mental peace and clarity.
- Real life is happening around you—don't miss it for a screen.
- Notifications control your attention—you don't need to respond instantly.

- Social media often creates comparison and dissatisfaction.
- Give priority to real conversations over virtual ones.
- Start your day without your phone to build a calm and focused mindset.
- Set boundaries—decide when to use your phone and when not to.
- Take breaks—disconnect to reconnect with yourself.
- Don't let your mood depend on likes, messages, or online validation.
- Give priority to your family, not your phone.
- Your life is bigger than your phone—stop checking it all the time.
- Control your phone, or it will start controlling you.

Be proud of yourself because nobody knows how many times you've rebuilt yourself from scratch to have the life you have today.

Master Your 7 M's:

- *Mind-Control your thoughts, because they shape your life.*
- *Mouth-Speak wisely; words have power.*
- *Mood-Don't let emotions control your actions.*
- *Manners-Kindness and respect define your character.*
- *Money-Practice financial discipline.*
- *Morals-Stay true to your values and principles.*

- **Movement**—Take action; growth comes from doing.

Lessons From Nature:

- Let the **trees** teach you that growth requires patience.
- Let the **wind** teach you that you can change direction and speed as you desire.
- Let the **flowers** teach you that beautiful things do not bloom all year long.
- Let the **ocean** teach you that you can be both calm & chaotic, gentle & strong.
- Let the **stars** teach you that darkness is needed to see the light.

- Let the **sun** teach you that no matter how long you've been hidden, you will always rise again.

Nature teaches us **acceptance**—every season has its purpose.

It teaches us to **stay grounded** while reaching high.

It teaches us **strength**—roots grow deep before anything rises above.

Life doesn't just happen to you; it teaches you if you are willing to learn.

I have learned many valuable lessons in life from **nature, people, and my experiences.**

I have grown through what I've seen, felt, and experienced from the world around me.

Life lessons may be tough, but they always make you stronger.

The greatest lessons in life are often learned in silence and struggle.

Some lessons are blessings in disguise—they shape you into who you're meant to be.

A Gentle Reminder for All:

- If you hang around five confident people, you'll become the sixth.
- If you hang around five successful people, you'll become the sixth.
- If you hang around five early risers, you'll become the sixth.
- If you hang around five readers, you'll become the sixth.
- If you hang around five friends who gossip, you'll become the sixth.

- If you hang around five fools, you'll become one of them.

Your circle shapes you.

Stay around people with no direction, and you'll lose yours too.

The wrong circle doesn't just waste your time—it shapes your mindset.

Your circle is your mirror—choose wisely.

Energy is contagious—protect yours.

Reflections and Ideas:

- The best graduation degree in life is **B. Calm.**
- Don't ever trade your authenticity for approval. Let people dislike you.
- Never respond to insults. The main purpose of an insulter is to make you act without thinking.

Frustrate them with silence.

- *Switching your mentality from “why is this happening to me” to “what is this trying to teach me” is a game changer.*
- *Losers blame others to feel better; Winners blame themselves to get better.*
- *The last stroke of the hammer breaks a stone. This doesn't mean the first stroke is useless. Success is the result of continuous effort.*
- *A man asked a gardener why his plants grew so beautifully.*

The gardener said:

*“I don't force them to grow.
I remove what stops them.”*

- “If your peace depends on everything going right, that’s not peace—that’s control.

Learning to be steady in uncertainty is real growth.”

- Never be ashamed of work that puts food on your table.

A small salary is better than waiting for someone to give you money.

- You must know who is *gold* and who is *gold-plated*.
- Remember, everyone has the same eyes but not the same vision.
- The nearer a person is to a calm mind, the closer they are to strength.
- Your competition isn’t someone else.

Your competition is your *attitude, habits, discipline, and choices* on a daily basis.

- Make peace with the fact that people will always see their own version of you in their minds.

You don't have to be responsible for who they think you are.

- If someone treats you badly, just remember that there is something wrong with them, *not you*.

Normal people don't go around destroying others.

- The things that make you happy don't have to make sense to anybody else.
- Unfortunately, some people will never bother to ask for your side of the

story, because the side they heard, fits how they want to feel about you.

- If you want to be authentic, be prepared to be disliked.

If you want to be private, be prepared to be gossiped about.

If you want to stick to your boundaries, be prepared to be seen as unfriendly.

If you don't want to explain yourself, be prepared to be misunderstood.

- Everyone has a different clock, so wait for your time.

Life teaches you more through challenges than comfort ever can.

Conclusion

In a world that constantly tells us to chase more, be more, and prove more, we often forget the quiet beauty of simply being.

True luxury does not lie in expensive possessions, social status, or the approval of others—it lies in peace of mind, genuine relationships, and the freedom to live life on your own terms.

We spend so much of our lives chasing things we think we need, only to realize later that the most valuable moments were always simple—quiet mornings, genuine smiles, and the comfort of being at peace with yourself.

A simple life becomes truly luxurious when it is surrounded by genuine family. Not the

kind that is perfect, but the kind that is real—full of love, support, and honest connection.

In the middle of chaos, family gives you a reason to pause, breathe, and feel grounded.

They remind you that you don't need a perfect world to feel complete—you just need the right people beside you.

A simple life is not an empty life; it is a meaningful one. It is choosing clarity over chaos, contentment over comparison, and peace over everything.

It is understanding that not everything that shines is valuable, and not everything valuable needs to shine.

A simple life becomes truly luxurious when you stop allowing mean people to disturb your peace.

Throughout life, you will come across people who misunderstand you, judge you, or try to bring you down—not because of who you are, but because of who they are.

Remember, people who try to dim your light are already struggling with their own darkness. Keep shining—not to prove anything to them, but to stay true to yourself.

True strength lies in staying calm when others are negative, walking away when respect is missing, and choosing peace over unnecessary conflict. Not every reaction deserves your energy.

When you choose distance over negativity, you are not losing people—you are protecting yourself. And that is one of the greatest forms of self-respect.

As you grow, you will realize that your power is not in changing others, but in controlling how you respond.

As you close this book, remember that you don't need to impress the world to feel worthy. Protect your energy, choose your circle wisely, and stay grounded in what truly matters. Because at the end of the day, the richest life is not the one filled with things—but the one filled with peace, purpose, and authenticity.

A simple life is a peaceful life.

A peaceful life is a luxurious life.

I don't measure life by what I own.

I measure it by how I feel.

That's my definition of luxury.

That's my simple life.

Acknowledgement

This book is not just a collection of words—it is a reflection of my journey, my experiences, my silence, and my strength. Every page carries a piece of what I have lived, felt, learned, and overcome.

I would like to express my heartfelt gratitude to everyone who has been a part of my life, directly or indirectly. To those who stood by me with love, support, and understanding—thank you for being my strength during moments when I needed it the most. Your presence gave me comfort, courage, and the belief that I could rise above anything.

At the same time, I also want to acknowledge those who hurt me, doubted

me, misunderstood me, or showed their true faces when I was at my lowest. It may not have been easy, but those experiences became my greatest teachers. They helped me grow stronger, wiser, and more aware. They taught me the importance of self-respect, boundaries, and standing firm on my own terms.

A special thanks to my husband and my son, whose presence in my life is my greatest blessing. Your love, patience, and support have been my foundation. In moments of weakness, you became my strength, and in moments of doubt, you reminded me of who I truly am.

Through this journey, I have also come to understand that true luxury is not found

in material things, but in simple living, a peaceful home, and a calm

mind. In a world that constantly chases more, I found meaning in choosing less—less noise, less chaos, and more peace. This belief has not only shaped my life but also the soul of this book.

I am also grateful to life itself—for every challenge, every lesson, and every situation that pushed me to evolve. Without those moments, this book would not exist. What once felt like pain has now transformed into purpose, and what once felt like confusion has turned into clarity.

This book is for every person who has ever felt alone, misunderstood, or manipulated. It is a reminder that even in solitude, you

can find your strength, your voice, and your truth.

Lastly, I thank myself for not giving up, for choosing to heal, and for having the courage to turn my experience into words. This book is proof that even the hardest lessons can create something meaningful.

About the Author

The author, Neeta Bhatia (Meher Karamchandani), is a woman of strength, simplicity, and deep self-awareness. She believes that life's true beauty lies not in material things, but in peaceful moments, meaningful experiences, and a calm state of mind.

Her personality is rooted in quiet confidence, resilience, and the courage to stand firmly on her own terms.

As a homemaker and an individual with a strong sense of self, she gracefully balances multiple roles while staying true to her values. She finds joy in the simplest things—slow, early mornings, sitting on her balcony, listening to the silence, and

reflecting on life. For her, these small moments are not ordinary; they are the purest form of luxury.

Her journey has not been without challenges. Through experiences with people, relationships, and life's unexpected situations, she has learned powerful lessons about trust, boundaries, self-respect, and inner strength. She believes that difficult times do not break you—they reveal who you truly are, and often reveal the true faces of those around you.

Writing became her way of expressing what she observed, felt, and understood. Her words are not just thoughts; they are lived experiences shaped into meaningful reflections. This book is a result of those moments when silence spoke louder than

words and when strength was built quietly within.

She strongly believes in simple living and high thinking. In a world that often glorifies excess and noise, she chooses peace, clarity, and authenticity. Her perspective is grounded in the idea that luxury is a peaceful home, a healthy mind, and the freedom to live life on your own terms.

Through her writing, she hopes to connect with those who have ever felt alone, misunderstood, or emotionally challenged. Her intention is not just to share her story, but to remind others of their own strength, their worth, and their ability to rise above any situation.

Above all, she is someone who continues to learn, grow, and evolve—turning every lesson life gives into wisdom, and every experience into something meaningful.