

Ancient Indian Philosophy
talks about:

“The Five Principals of Spirituality”

The First Principal states:

**“Every Person you encounter
is the right one”**

This means that no one comes into our life by chance. Everyone who is around us, every person with whom we interact, has a defined purpose – whether to teach us something, or to help us cope with a current situation.

The Second Principal states:

**“Whatever has happened, is the only thing that
could have happened”**

Nothing, absolutely nothing of that which we experienced could have been any other way. Not even in the least important detail.

There is no “if only I have done that differently..., then it would have been different... .”

No. What happened is the only thing that could have taken place and must have taken place for us to learn our lesson in order to move forward.

Every single situation in life which we encounter is absolutely perfect, even when it defies our understanding and our ego.

The Third Principal states:

**“Each Moment, in which something begins
is the right moment”**

Everything begins at exactly the right moment, neither earlier nor later. When we are ready for it, for that something new in our life, it will be there – ready to begin.

The Fourth Principal states:

“What is Over, is Over”

It is that simple. When something in our life ends, it helps our evolution. That is why, enriched by each recent experience, it is better to let go of the past and move on.

The Fifth and Final Principal states...

NOTHING IS PERMANENT

This is the UNIVERSAL TRUTH. Nothing in our Lives is Eternal. Everything will CHANGE – some things earlier, some things later, but change is inevitable.

Once this is understood and accepted, Life becomes simpler because there are no more stresses of anticipation, no more expectations, no more surprises, no more sorrows.

**Be good to yourself. Love with your whole being.
Always Be Happy.**

**Believe in God and TRUST HIM to do
what is BEST for you.**

And believe in YOURSELF to ACCEPT what you DESERVE.