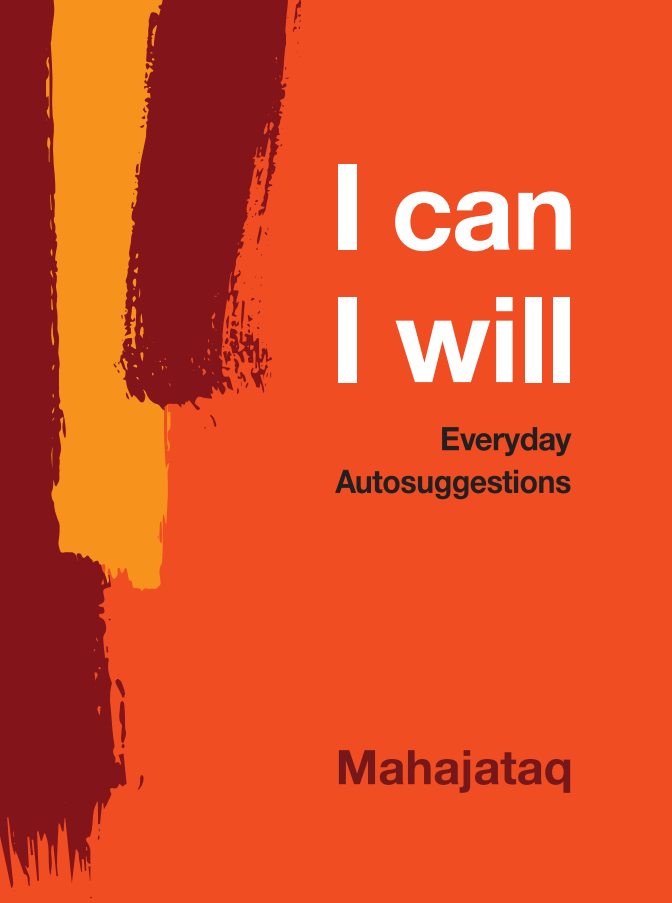




I can I will

**Everyday
Autosuggestions**

Mahajataq

Good Desire
Proper Action
Happy Life

I can I will

Everyday Autosuggestions

I Can I Will

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I Can I Will

Mahajataq

By Mahajataq

- 1001 Autosuggestions to change your life
- Everyday Parenting Tips

Dedication

Professor M U Ahmed (1909-1988)

Pioneer of applied psychology in the Indian subcontinent. For successful application of autosuggestion, he will be remembered forever.

Apply the power of words

Autosuggestion. Some words, some phrases, some sentences. Just recite over and over. Silently in your mind. And even loudly whenever you can.

Autosuggestion works like a mantra. Repeated utterance turns words into sound vibes. The fusion of these sounds shapes new ideas, and those ideas turn into belief. That belief creates a great wave of positive energy.

Negative thoughts will float away like dry leaves. New positive thoughts

build new beliefs, and those beliefs create a new reality — a new life.

Start with a small sentence: 'I can, I will'. Say it silently, again and again. Make it a daily ritual.

As weeks, months, and years pass, you'll be amazed observing how much you have changed — your beliefs, your personality, your achievements.

Browse through this booklet. Choose the autosuggestions that speak to you most. And start now!

I will think good.
I will speak nicely.
I will act right.
I will stay well.

I am a believer.

I am brave.

I can.

I will.

It is my life.

I will build it.

The whole world is mine.
I will go wherever
I am needed,
take what I require,
achieve whatever I want.
I can. I will.

It is my life.
The responsibility to live
an enlightened life
is also mine.

I know
if I change my attitude,
my life will change.
I will change my attitude
and advance toward
a better life.

Live long,
happy strong,
stay young.

Serenity
springs from gratitude.
I will be grateful.
Serenity will follow me
everywhere.

Fear engulfs us
when we become
afraid of change.
I will welcome change.

In all conditions and
circumstances,
I will say,
'Thank You, Lord!
Thanks for everything!'

I will start
my day with donation
and begin my work
with meditation.

To be happy,
one should forget
unnecessary issues.
I will let go of
unnecessary issues.

He who can laugh
from the heart
knows how to live well.

Whenever I can,
I will laugh and
make others laugh.

Doubt is the first
deviance from belief.
I will keep my belief
free from doubts.

Prayer without deed
does not get accepted.
I will focus on
both prayer and deed.

I will always
stay away from
negative and
pessimistic people.

I will do unto others
what I expect
others to do unto me.

I know,
'If you get angry,
you lose.'
I will always be victorious
by controlling my anger.

The arrogant perishes.
I will be humble
in my words and deeds.

I will always
stay away from
dispute, gossip
and backbiting.

In an angry state,
I will never—
make any promise,
give any order,
take any oath,
punish anybody.

A good follower
makes a good leader.
I am a good follower,
and I will be a great leader.

Inner power lies
in true personality,
not in the social mask.
I will develop
an attractive personality.

Honesty is valueless
without skill.
Skill is worthless
without honesty.
I am skilled,
I am honest.

I will ponder before
making any promise.
But once I have given word,
I will uphold that.

Fire of hatred
transforms even
the good into ashes.
I will stay free of hatred.

I will accept
praise and criticism
with equal ease.

Sometimes opportunity
knocks on the door
very silently.
I will always be alert
to seize the opportunity.

I will always
be humble and tactful
while speaking the truth.

Whatever may be
the cause of my suffering,
I will always refrain from
hurting others.

I will abstain from
insulting anybody in public,
even my enemy.

I will use
my intellect
not to win
but to avoid disputes.

The learned speak
while the wise listen.
I will listen more,
speak less.

Everyday I will recite
at least 20 times—
‘Shokor Alhamdulillah
(all praise to Lord),
I am very fine.’

The world
salutes the brave.
I am brave,
I am fearless.

Prayer soothes the heart.
I will pray regularly.

I know,
those who are
caring to their family
are truly good human beings.
I will take good care
of my family.

Whatever problem
may arise,
I will not be
a part of the problem.
I will always be
a part of the solution.

If I cannot or
will not do anything,
I will politely say
'No' in the very beginning.

Every challenge offers
a new opportunity.
I will always seize
the opportunity.

Forgiveness is divine.
I am nurturing forgiveness.
My life will be blissful.

Whoever rises,
rises from dust.
Whatever my present
condition may be,
I will rise above it.

I am stronger
than my pain
and suffering.
I will triumph over
all adversities.

Charity drives away
poverty and misfortune.
I will donate regularly.

The companion
of wisdom
is patience.
My patience will
sharpen my wisdom.

From now on,
I will remember
the essential parts
of everything
I observe and listen.

Self-analysis is
the key to
self-development.
Every night
before going to bed,
I will evaluate
my daily activities.

I will cut my coat
according to my cloth.
I will always avoid debt.

I was born
to do something great.
I will achieve greatness
through unshakeable faith
and tireless effort.

Every day I will identify
the faults in my behavior.
Good behavior will
become my habit.

In any discussion,
I will express
my views nicely,
concisely and sincerely.

I am always open
to new ideas.
Thus, I will always be
able to reach the
right decision.

I do not need
to wander here and there
to find the truth.
The truth is within me.

Mindful work never
bores anyone.
I will be mindful
in all my work.
My work will be
the source of my joy.

No matter how small
the task is,
I will do it
to the best of my ability.

I am a believer.
I am not alone.
The Lord is with me.
I will be victorious.

My mission is
more important than
temporary pleasure.
I will keep my impulses
under control and
stay true to my goal.

When desire
exceeds its limit,
it becomes addiction.
Addiction is the cause
of all sufferings.
I will be free of
all addictions.

I will be
Jack of all trades
but master of one.

My memory is getting
sharper every day.

My aim in life is clear.
Every day I am striving
to get closer to it.

Every morning,
I will begin my day
with a plan.
It will ensure
a wonderful rhythm
for the rest of my day.

I am always ready
to take responsibility.
The more responsibilities
I take, the higher I rise.

People get deceived
because of greed for
quick money.
I only desire the fruits
of my own labor.

I am a good speaker.
My sincere words
will easily inspire others.

Knowledge is useless,
if not translated
into action.
I will act upon
my knowledge.

My faith, my hope,
and my endurance
have no limit.
I shall overcome every hurdle.

I will always say
the right thing
at the right place
at the right time.

Nothing has the power
to unsettle me.
I am always in peace.

I will utilize every day
as if it were
the last day of my life.

Even in the face of death
my faith will remain
unshakeable.

Day by day
in every way
I am getting
better and better.

The power to control
my moods is within me.
My moods will always be
under my control.

Under all circumstances,
proactive people
can remain calm
and make better decisions.
I will always be proactive.

Good desire,
proper action,
happy life.

I can think.
I can endure.
I can wait.
Victory is mine.

Knowledge and courage
can move mountains.
I have both.

Wisdom is the ability
to spontaneously choose
the best amongst
a thousand options.
My wisdom is increasing
day by day.

I am at peace.
My very presence will make
my surroundings
peaceful.

Today I will devote
my intelligence, effort,
wealth and time
in the service of humanity.

A curious mind
learns easily.
I am nurturing
constructive curiosity.

Everyone wants to be loved;
only a blessed few
are ready to give
selfless love.
I am among
the blessed few.

I will never do
anything that may destroy
my inner peace.

I am responsible
for my own health.
I will do everything
I can to keep myself
healthy and fit.

Happiness is my birthright.
I will achieve happiness
by adopting
the right attitude.

True strength
lies in unity.
I will always be
with the *sangha*
(an association of
good people).

I will rejoice
at the success of others
as if it were my own.

Being first in class
will put me
in the first row of life.
I will be first in my class.

Recognition is
the outcome of
honest and sincere work.
I will always be
sincere in my work.

I know
only I can realize
my dreams.
I will utilize every second
to make my dream
come true.

Character enhances beauty.
My beautiful character
will attract
everyone towards me.

I will tackle
every situation
with tact and confidence.

Before taking a decision,
I will consider all options.
I will face reality
in the simplest
and most accurate way.

Intelligent people know
their limitations.
So, they start with
what they have.
I am intelligent.
I will start with what I have.

I am enjoying meditation.
Every day
my meditative level
is becoming
deeper and deeper.

God has created
mankind for toil and trial.
I am resilient.
I find joy in toiling.
Success is mine.

I will not sit around for
outside help.
I will start from
wherever I am and
with whatever I have.

Fools seek leisure.
The intelligent pursues work.
I am intelligent.
I will always
devote myself to work.

The more comfort,
the more sickness.

The busier,
the healthier.

I will always
keep myself busy
in good work.

I will not indulge in
procrastination or laziness.

I will never
set aside for tomorrow
what I can accomplish today.

I will buy things
only out of necessity;
never out of temptation,
trend or glamour.

I will always be
on my guard
about those who have
nothing to lose.

Food is a blessing from God.
I will always
thank God before I eat.

I will never discriminate
on the basis of race,
religion, caste or creed.
I will evaluate everyone
based on their effort.

Every day my attention
is getting deeper.
I can concentrate on
important tasks or
thoughts more easily.
So, I am doing more work
in less time.

Success is not a magic lamp.
Success is a process.
I will tirelessly follow this process.

Sorrow leads mankind
towards new heights
of realization.

I will transform my sorrow
into an invincible power.

A warm heart and
a cool brain
makes one truly great.
I am following
the path of greatness.

In any conversation,
I will be careful
not to criticize
or demean others.

Knowledge is my strength.
Persistence is my armor.
Skill is my weapon.
Success is mine.

I can think.
I can fast.
I can wait.
I can love.
I can serve.
I am unique.
I am invincible.

I will never hesitate
to learn necessary lessons
even from my competitors.

Comparing oneself
to others is
the root cause
of ingratitude.
I will not compare.
To be happy,
I will look into my heart.

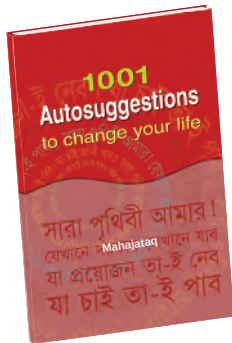
Fools complain while
the weak grumble.
I am intelligent.
I will use
my intelligence and skill
to resolve the complaint.

My true character
reveals how I act
when there is no one
to observe me.
In such cases,
I will be my own observer.

Transgression
in either good or evil
leads to disaster.
I will not exceed the limit.

I am a cosmic traveler.
Death will be the beginning
of the next phase
of my cosmic journey.
My last word will be
the name of my Lord.
Eternal joy will be mine.

In life,
I will be
the shelter for millions.
In death,
they will say goodbye
with heartfelt tears.
As a source of
everlasting inspiration,
I will live in the joy,
sorrow, problems
and promises of
successive generations.



Autosuggestions

Simple words and statements when repeated regularly creates new beliefs. As a result, a new reality emerges.

Slowly and silently
you will change from within.
You will have a new life.

কোয়ান্টাম ফাউন্ডেশন
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