

# 40 KEYS UNLOCKING YOUR HIGHEST PO- TENTIAL

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"In life, it is not what we have that makes us happy, it is the *attitude* towards what we have that does."

"It is only right to thank the Creator for what we already have!"

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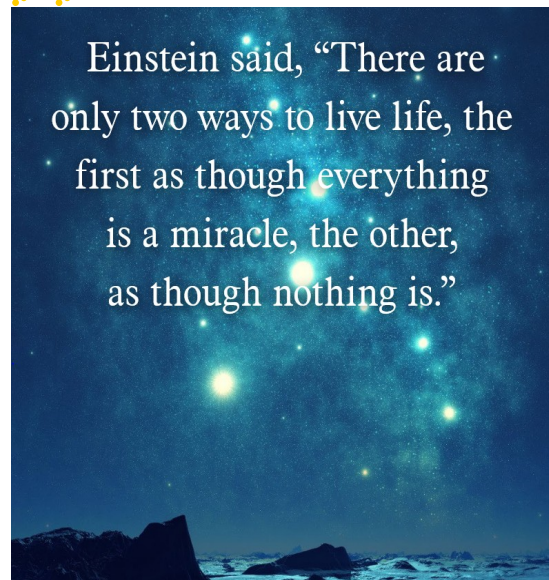
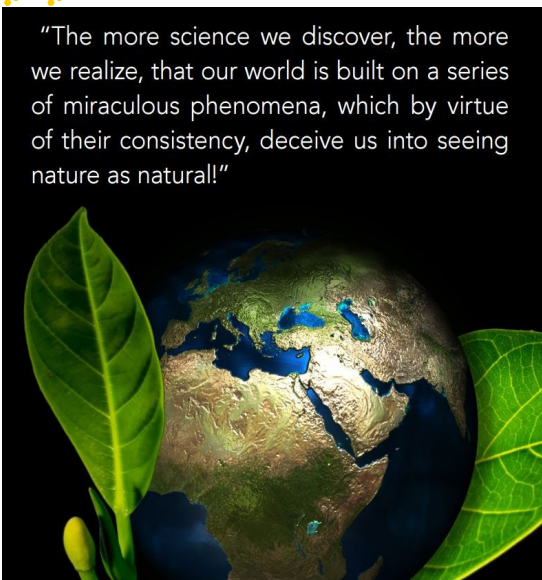
"If we consciously create gratitude in the beginning of our day, we will create the mechanism for a happy, grateful and joyous day!"

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"The more science we discover, the more we realize, that our world is built on a series of miraculous phenomena, which by virtue of their consistency, deceive us into seeing nature as natural!"

Einstein said, "There are only two ways to live life, the first as though everything is a miracle, the other, as though nothing is."



“Rabbi Yisroel Baal Shem Tov explains, that what comes to us from the Creator is actually a reflection of our own mood and attitude.”

“Love your friend as much as you love yourself!”

“The only, and in fact All important message (whether we like it or not) we are constantly giving people, is whether they are lovable or not.”

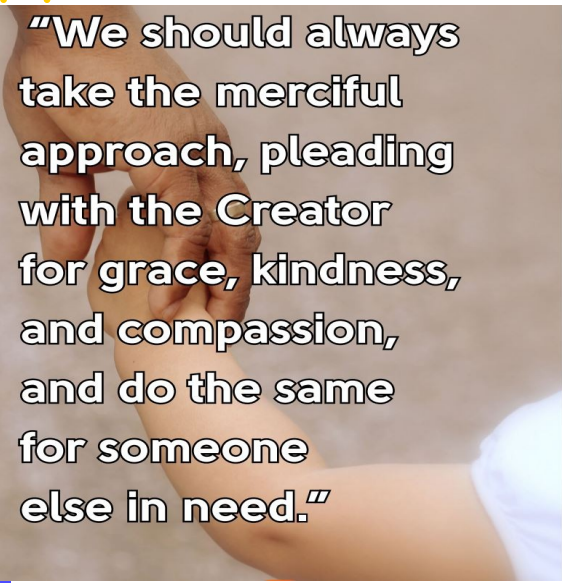
“Actually we are all Divine light, we sparkle, we glow; But when fear arrives, it, like water on fire, quenches our hearts warmth.”

“It is both possible and highly probable that the Creator can do something beneficial for us, without us being capable of understanding the methodology.”

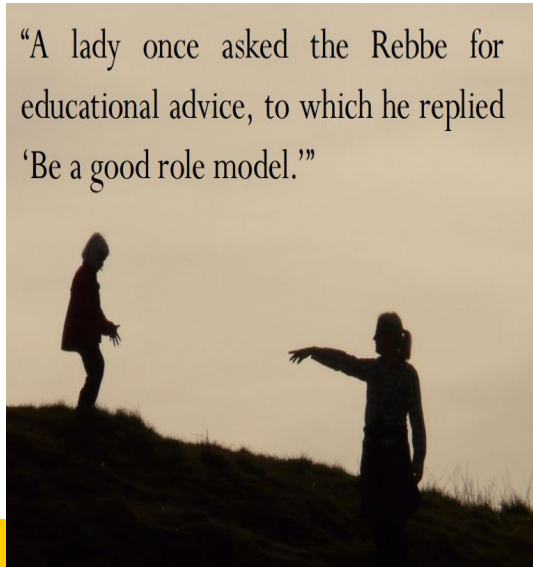


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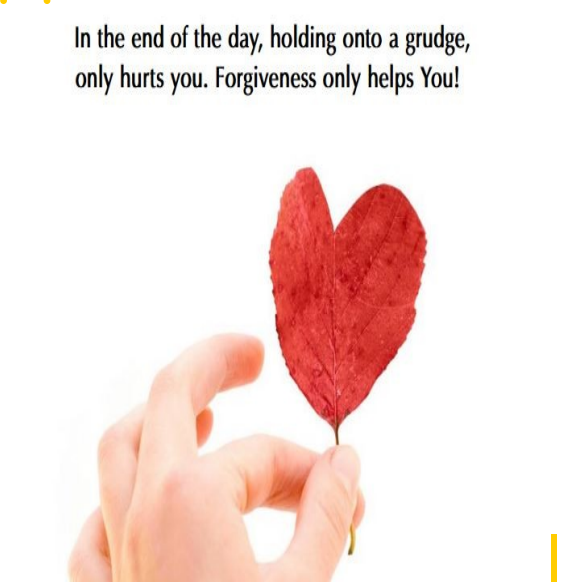


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“The simple act of forgiveness causes an immediate lowering of blood pressure, by a whopping 30%!”



**"FINDING GOOD IN BAD,  
ACTUALLY  
TRANSFORMS BAD TO GOOD!"**



**"Life is not a game;  
it is about doing  
acts of goodness  
and kindness."**



**"THE JEWISH SAGES  
TEACH, 'WHO IS  
WEALTHY?**

**WHOEVER  
APPRECIATES  
WHATEVER  
THEY HAVE"**



**"It is merely due to the Creator's  
great ongoing kindness that our  
universe, continuously exists."**



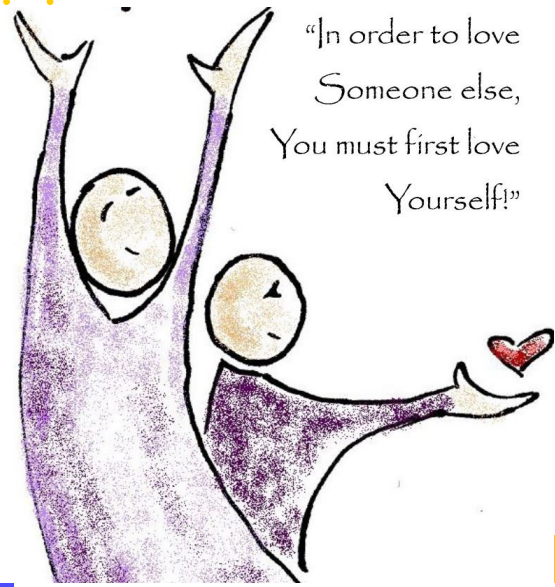
**"'What goes around comes around,'  
is a true saying, albeit, with a time  
delay involved; which results in our  
failing to recognize the truth of it!"**



**“GOOD Is All That Is Selfless.**

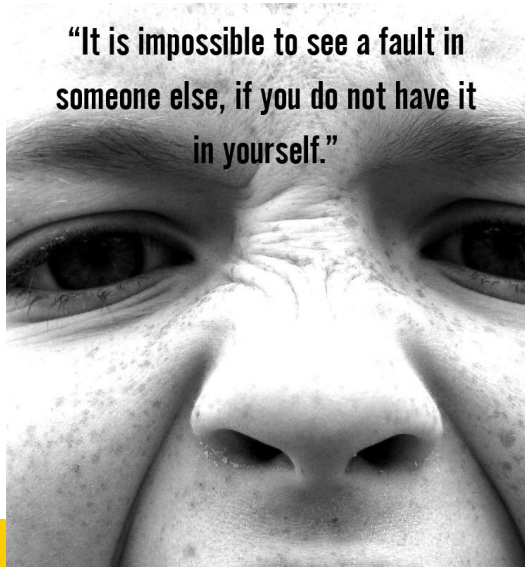
**NEUTRAL Is All That Is Self-Serving, Yet Not Cruel**

**EVIL, Is All That Is Cruel.”**



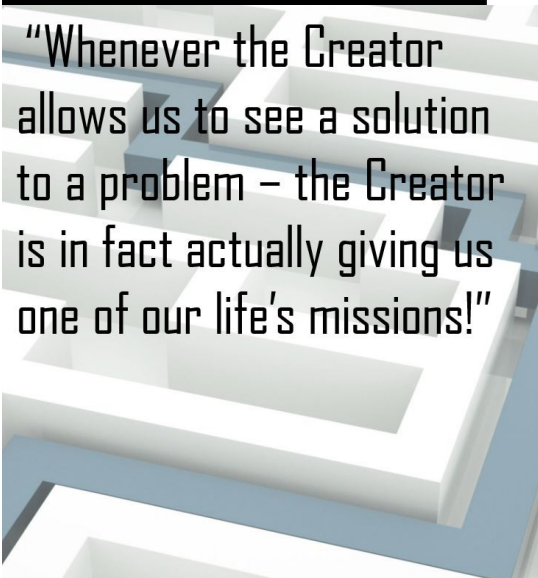
**“In order to love Someone else, You must first love Yourself!”**

**“It is impossible to see a fault in someone else, if you do not have it in yourself.”**



**“Guilt is the biggest energy waster in the world!”**

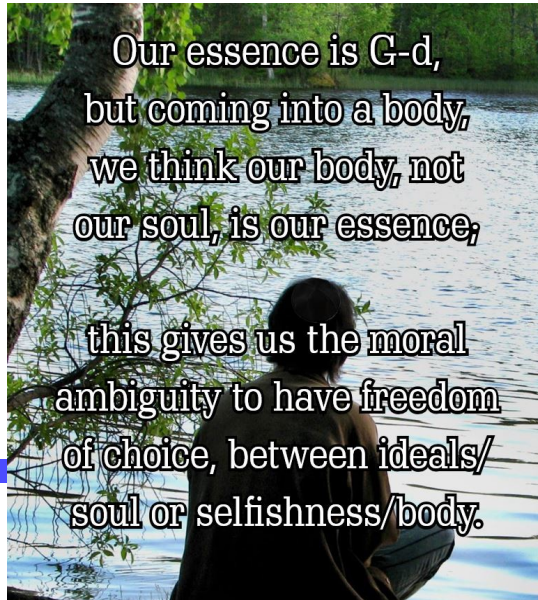
**“Whenever the Creator allows us to see a solution to a problem – the Creator is in fact actually giving us one of our life’s missions!”**



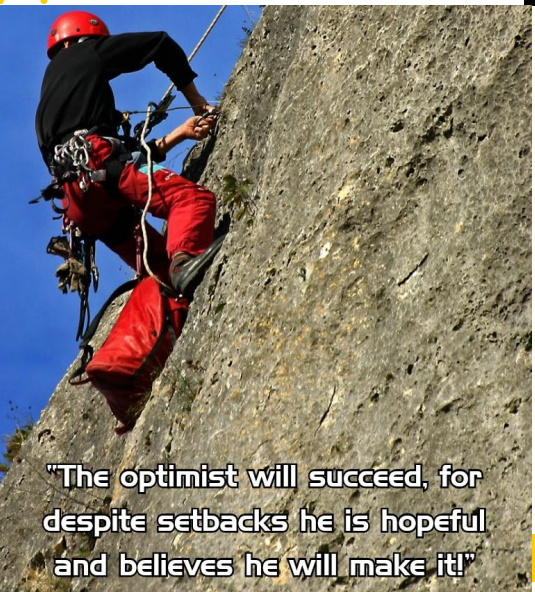


“The Creator is good and is looking to reward you for being good!”

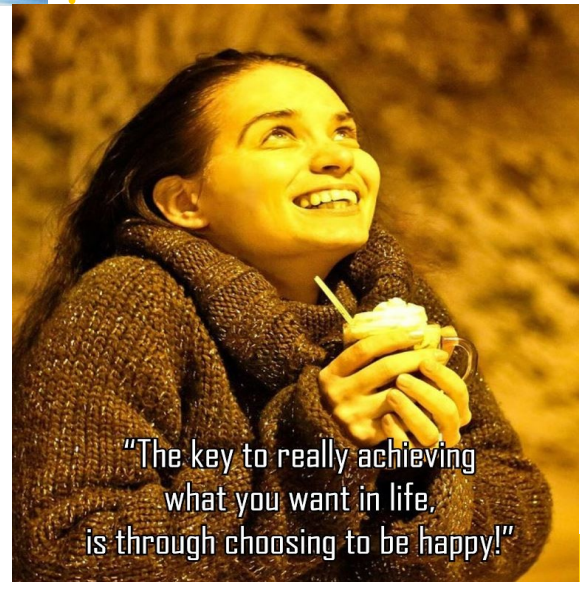
“Everyone would like to be remembered positively by their family and friends, which only comes from unconditionally loving them, and hence giving to them.”



Our essence is G-d, but coming into a body, we think our body, not our soul, is our essence, this gives us the moral ambiguity to have freedom of choice, between ideals/soul or selfishness/body.



“The optimist will succeed, for despite setbacks he is hopeful and believes he will make it!”



“The key to really achieving what you want in life, is through choosing to be happy!”

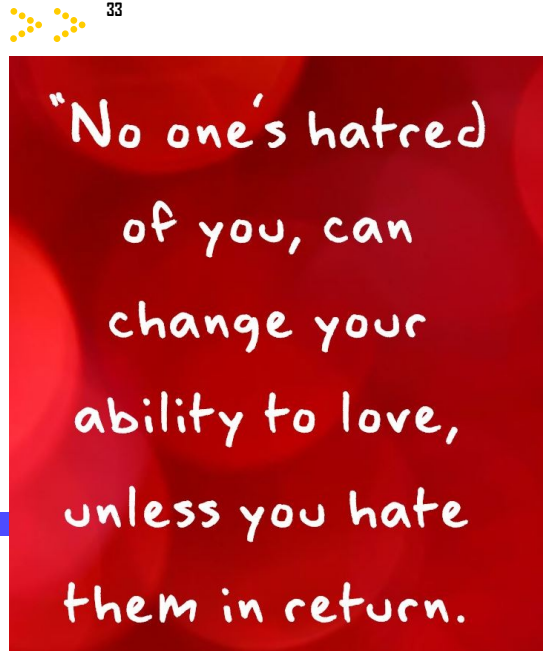
“Eating healthy foods and not becoming filled from unhealthy non-nutritious food, is the key to not getting sick in the first place.”



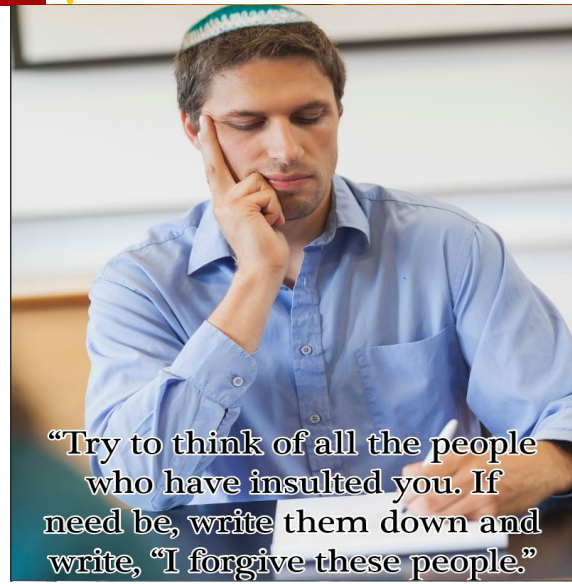
“We can love or hate, but we can't love and hate - which is quite simply, like driving in forward and reverse simultaneously.”



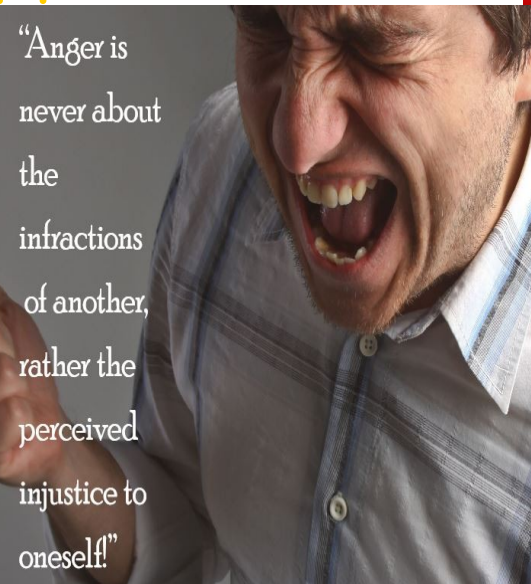
“No one's hatred of you, can change your ability to love, unless you hate them in return.”



“Try to think of all the people who have insulted you. If need be, write them down and write, “I forgive these people.”



“Anger is never about the infractions of another, rather the perceived injustice to oneself!”



"The effect of love is unity, for when you love others, hearts being mirrors, hence their heart will feel your love, and love you in return; and when two hearts love one another, there is unity!"

"If a person loves another unconditionally, they will not become depressed even if they receive nothing in return, for they are happy just to love the other person."

"THERE IS NOTHING IN G-D'S WORLD THAT DOESN'T SERVE AN EXACT MEANINGFUL PURPOSE, THE ONLY QUESTION OF COURSE IS, TO DISCERN WHAT IS THE LESSON EACH THING CAN TEACH YOU?"

"Can an infinitely powerful Creator, need a human to fulfill his will? Rather, the challenge of life, is not whether or not we succeed; but whether or not we overcome our fears, and try."

"The main thing is to love, for then you not only do good for others, but you do a world of good for yourself!"