



### 10 Steps to Happiness

Ten Keys to Happiness  
By Deepak Chopra

Physical well being is inseparable from emotional well being. Happy people are healthy people. The wisdom traditions of the world tell us that happiness does not depend on what you have, but on who you are. Let's take a moment to reflect on what really creates happiness in us.

The following ten keys, gleaned from the wisdom traditions, may give us some insight.

1. Listen to your body's wisdom, which expresses itself through signals of comfort and discomfort. When choosing a certain behavior, ask your body, 'How do you feel about this?' If your body sends a signal of physical or emotional distress, watch out. If your body sends a signal of comfort and eagerness, proceed.
2. Live in the present, for it is the only moment you have. Keep your attention on what is here and now; look for the fullness in every moment. Accept what comes to you totally and completely so that you can appreciate it, learn from it, and then let it go. The present is as it should be. It reflects infinite laws of Nature that have brought you this exact thought, this exact physical response. This moment is as it is because the universe is as it is. Don't struggle against the infinite scheme of things; instead, be at one with it.
3. Take time to be silent, to meditate, to quiet the internal dialogue. In moments of silence, realize that you are recontacting your source of pure awareness. Pay attention to your inner life so that you can be guided by intuition rather than externally imposed interpretations of what is or isn't good for you.
4. Relinquish your need for external approval. You alone are the judge of your worth, and your goal is to discover infinite worth in yourself, no matter what anyone else thinks. There is great freedom in this realization.
5. When you find yourself reacting with anger or opposition to any person or circumstance, realize that you are only struggling with yourself. Putting up resistance is the

response of defenses created by old hurts. When you relinquish this anger, you will be healing yourself and cooperating with the flow of the universe.

6. Know that the world 'out there' reflects your reality 'in here.' The people you react to most strongly, whether with love or hate, are projections of your inner world. What you most hate is what you most deny in yourself. What you most love is what you most wish for in yourself. Use the mirror of relationships to guide your evolution. The goal is total self-knowledge. When you achieve that, what you most want will automatically be there, and what you most dislike will disappear.

7. Shed the burden of judgment you will feel much lighter. Judgment imposes right and wrong on situations that just are. Everything can be understood and forgiven, but when you judge, you cut off understanding and shut down the process of learning to love. In judging others, you reflect your lack of self-acceptance. Remember that every person you forgive adds to your self love.

8. Don't contaminate your body with toxins, either through food, drink, or toxic emotions. Your body is more than a life-support system. It is the vehicle that will carry you on the journey of your evolution. The health of every cell directly contributes to your state of well being, because every cell is a point of awareness within the field of awareness that is you.

9. Replace fear-motivated behavior with love-motivated behavior. Fear is the product of memory, which dwells in the past. Remembering what hurt us before, we direct our energies toward making certain that an old hurt will not repeat itself. But trying to impose the past on the present will never wipe out the threat of being hurt. That happens only when you find the security of your own being, which is love. Motivated by the truth inside you, you can face any threat because your inner strength is invulnerable to fear.

10. Understand that the physical world is just a mirror of a deeper intelligence. Intelligence is the invisible organizer of all matter and energy, and since a portion of this intelligence resides in you, you share in the organizing power of the cosmos. Because you are inseparably linked to everything, you cannot afford to foul the planet's air and water. But at a deeper level, you cannot afford to live with a toxic mind, because every thought makes an impression on the whole field of intelligence. Living in balance and purity is the highest good for you and the Earth. -Deepak Chopra

### Eau de Parfum The Label

If you've been shopping for fragrances lately, you may have noticed that some versions of the same fragrance tend to be sold at different price points. This could be due to the concentration of the fragrance in the bottle, which is why you may see an 'eau de toilette' or 'eau de parfum' label on the fragrance you're buying. But what is the difference? And how can you be sure that you're getting the best deal for your money?

Eau de parfum is the label that is given to perfume that has a higher concentration of natural oils in it. All fragrances are made of natural materials, such as plant and flower extracts, and these oils and extracts determine how intense the scent and how the perfume will last when sprayed on the skin. In order to stretch the scent, alcohol is used as the base for the perfume.

The strongest concentration of perfume, which is referred to as extract, can contain up to 40 percent of perfume concentrates, which means that the oil contains much of its original scents. This is the most expensive form of perfume you can purchase, since it is more authentic and could last you for years depending on the size of the bottle.

Eau de parfum is not quite as concentrated as extract, but is still very potent. It is the most common form of perfume, and retains about 15% of the fragrance's natural oils. If you use this form of perfume, you can



expect the scent to last all day long, and to linger on your clothes for few days.

Eau de toilette and eau de cologne contain the lowest amount of natural oils for perfume, which is why most people prefer eau de parfum. There is only 6 percent natural oil in these varieties, and is only supposed to be used as a refresher, similar to an aftershave.

You can find eau de parfum varieties at your local department store; designers like Versace and Dolce and Gabbana have created colognes and perfumes that have a medium concentration to them at prices that are much more affordable than purchasing the extracts. You can also search online for your favorite scents by going to www.fragrancewarehouse.com, where you can find fragrances from designers like Chanel and Escada.

If you're trying your fragrance on in a store and want to make sure that the scent will last, do a little shopping for about 30 minutes or so, and check to see if the scent is still strong. You should be able to smell a small (not overwhelming) cloud of fragrance around you. Also, take some samples home to see if the eau de parfum fragrance you like will last all day. Happy shopping!



"Kamranga" fruits in Bangladesh

### Infertility Treatments Age and Multiples

by Magic Dragon Currently the world record holder for oldest woman to give birth is Adriana Iliescu from Hungary. At an incredible sixty-six years of age, an age normally reserved for grandmothers, this woman gave birth to a healthy baby girl. How did she do so since her ovaries had long since stopped producing viable eggs? She did it through infertility treatments which under normal circumstances are given to younger women desiring to have children.

Infertility treatments are for those men or women that are unable to conceive through a natural process or in other words, by producing fertile eggs, motile and plenty of sperm without outside help. When a couple has infertility problems, the doctors need to step in and help nature along. In some cases even if the couple has passed the natural age limit imposed by biology and the eggs are no longer viable, due to older age it is still possible to have a child, or even more than one.

When a woman reaches menopause her body no longer undergoes ovulation and eggs are not released from her ovary this means that has reached the age when Nature has decided the woman can't have a child anymore. The debate over the age where limits should be imposed for infertility treatments is a hot topic, I don't want to get into the politics here, but should be noticed that it is acceptable for a man to have children well into his eighties and nineties, but a woman should be refused fertility treatment if she is past a certain age? Freedom of choice and equality is very respected in our modern society. Is it?

Fertility rates increase dramatically if drugs or treatments are used. With this increase of fertility also the number of children born in one gestation cycle, goes up, that why infertility treatments have brought a great number of multiple births as you probably heard, in recent years. It is quite common to hear about twins, triplets or even quadruplets being born. The highest number of fetuses recorded has been fifteen but the highest number born and surviving more than a few days has been eight babies. Imagine the amounts of diapers and bottles you have to handle for eight babies.

Fertility clinics are aware of the controversies regarding the age of the mother-to-be as well as the requirements and responsibilities of multiple births. Some people think that many of these parents of multiple babies, assume that the government will step in and help them with financial-ly to sustain the burden that multiple children can bring along. Maybe they hope that there will be some sort of contribution on behalf of the government, corporations or maybe even a television show that might be interested in detailing their lives.

Not everyone wants to go through the lengthy

and costly procedures of infertility treatments. It often requires huge amounts of money and is often not covered by insurance plans. There are also the risks of having multiple births and the risks associated with multiples. It is not for everyone but for those willing to go through with it, knowledge and careful planning are the keys to getting through it in one piece

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## Alcohol Addiction

by Magic Dragon

Where does one draw the line between being a social drinker and having an alcohol addiction? For many people, the lines aren't always so clear, especially when everyone around them seems to be binge drinking, drinking on a daily basis or glamorizing alcohol use. Social drinking can easily progress into a psychological, or even physical, dependence over time, as it becomes habitually ingrained in our behavioral patterns. Suddenly, we drink to be more interesting, drink to make others more interesting, drink for courage in social settings, drink to give ourselves a boost of energy, or drink to cover up negative feelings like pain, depression or anxiety.



Prior to an addiction to alcohol, there is generally a prolonged time period when the social drinker finds that he or she is drinking more frequently, experiencing more adverse effects and is slightly losing control. Alcohol abusers start showing signs like drinking and driving, participating in dangerous activities while under the influence, continuing to drink even when problems with friends or family happen as a result of alcohol consumption and getting into physical fights. Drinking alcohol begins to interfere with not only social relations, but also obligations at work and school, and in some cases, drinking may even land an individual in legal trouble. These are early warning signs that alcohol use is crossing over into alcohol abuse.

The next stage is alcohol addiction, or as it is sometimes called, alcoholism or alcohol dependency. Now the drinker loses all control and the physiological/psychological effects of alcohol surface. Drinkers find that they're consuming more than they originally intended to, find that they can't stop or cut back drinking, and find that they need to drink more to get drunk. They may have trouble sleeping, have shaky hands, sweating, nausea, nervousness or the feeling of bugs crawling all over them. They likely drink or take medication to avoid hangovers and continue drinking alcohol to cover up sadness, anger or anxiety. The binge drinking bouts become progressively longer and the individual often loses interest in all other hobbies in favor of drinking.

If you or a loved one is experiencing signs of alcohol addiction, then you are not alone. Approximately 14 million (or 7%) of the American population is suffering with you. Half of the adults in the United States know someone who is an alcoholic and 1/4 of the children under 18 are exposed to some form of alcohol abuse. The effects of alcohol far surpass one's own depression or anxiety and ripple out to everyone around them. Alcoholics Anonymous is a good start to recognizing the problem and breaking oneself free from the steely grips of addiction.

