



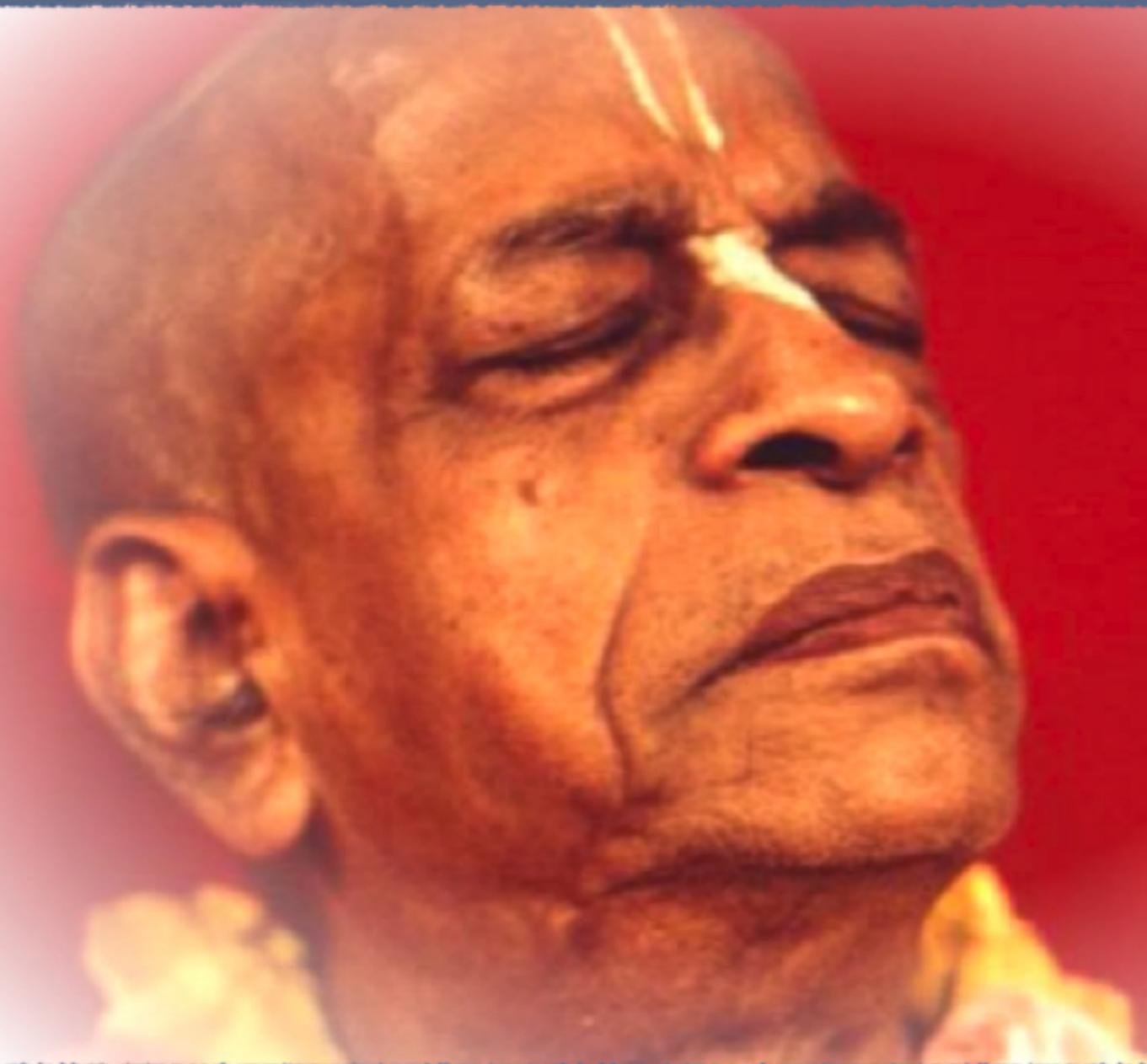
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Based on the divine teachings of

**A.C. Bhaktivedanta Swami
Prabhupada**

International Society of Krishna Consciousness

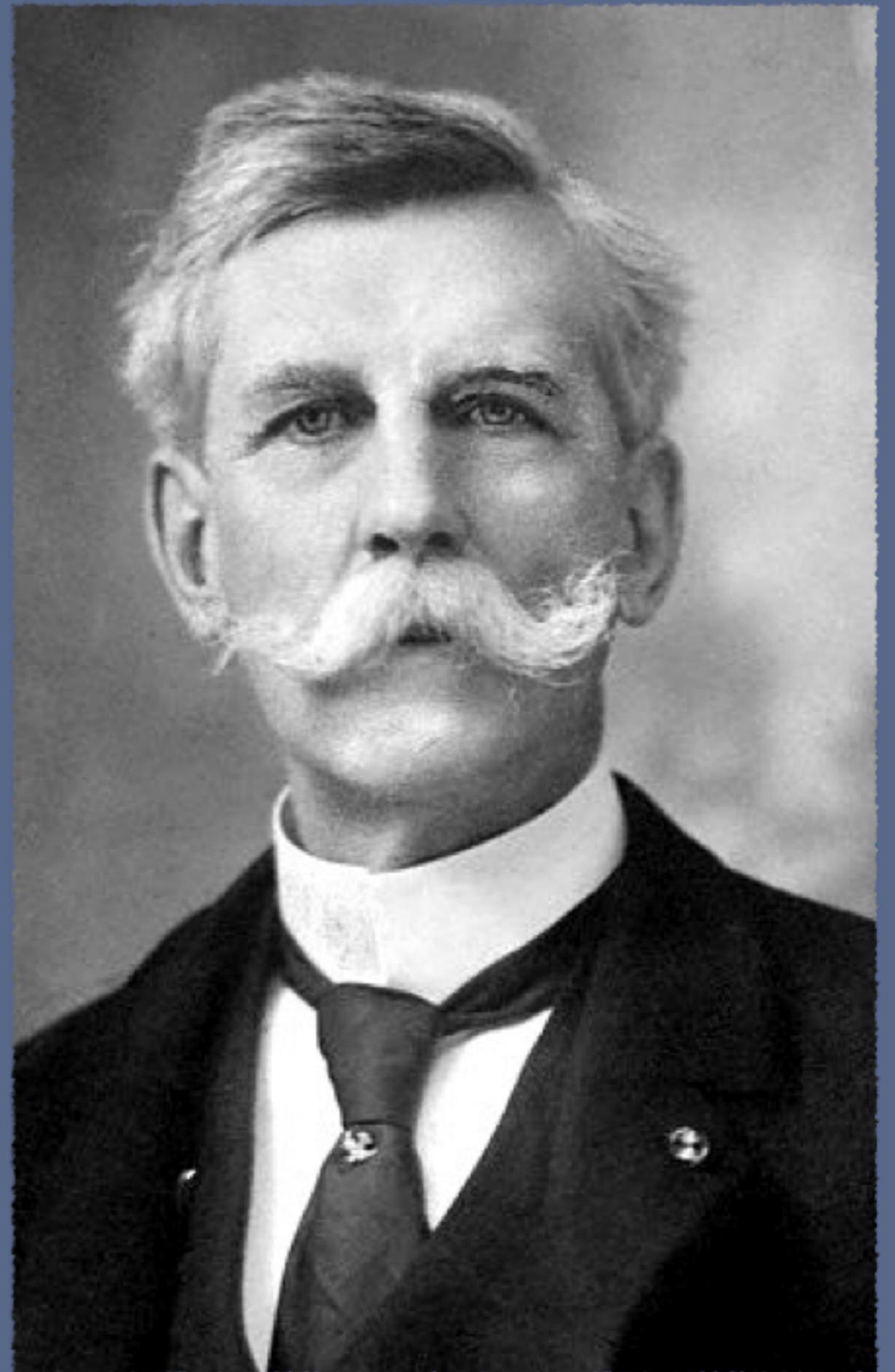


Switch on Your Joy

Sri.Sri.Radha
Kṛṣṇa Temple

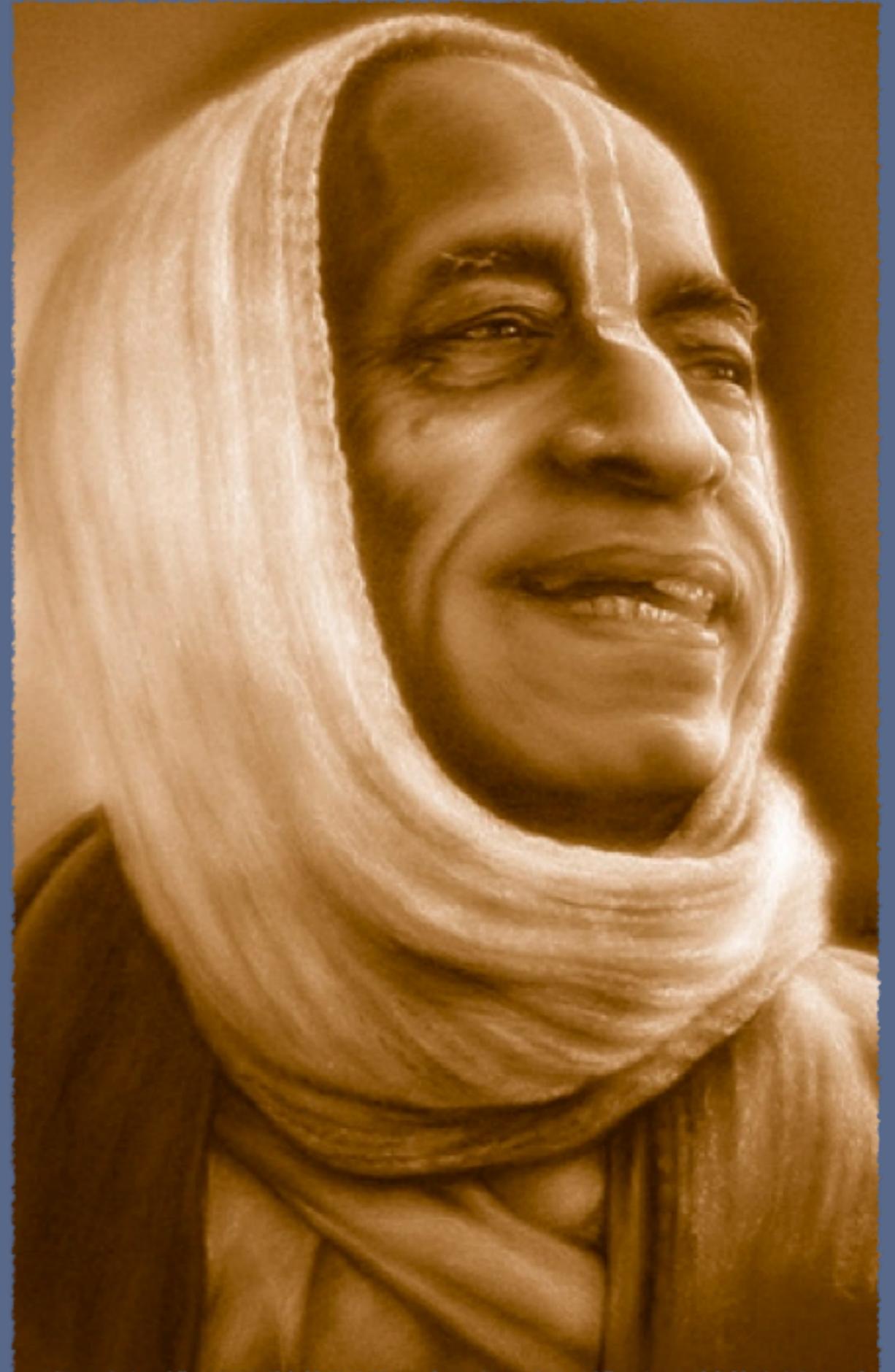


Oliver Wendell Holmes, Jr., was a member of the U.S. Supreme Court for 30 years. At one point in his life, Justice Holmes explained his choice of a career by saying: "I might have entered the ministry if certain clergymen I knew had not looked and acted so much like undertakers."



If you've got
joy..

need to notify your face.



This knowledge is the king of education, the most secret of all secrets. It is the purest knowledge, and because it gives direct perception of the self by realization, it is the perfection of religion. It is everlasting, and it is joyfully performed.

Bhagavad Gita 9/2



Delight the Lord



Lord Krishna is the worshipable master of even planetary rulers like Lord Brahma and Lord Shiva, yet as soon as He saw that Narada Muni had arrived, He joyfully stood up along with His ministers and secretaries to receive the great sage and offer His respectful obeisances by bowing His head. SB 10/70/33

If you're not happy.

*with what you are getting back,
need to check up on what you
are sending out.*



Will be difficulties

*but have to brighten up even
when we don't feel like it*

Sometimes we have to smile by faith. Everything says I should be depressed, X discouraged, X worried. I'm not moved by what I see, but by what I know. And I know this is a day the Lord has made, & going to chose to live it happy.





Sad Depressed Face



Cheer up by faith.

joy!



Rub Off

Develop Character



Don't just give a surly waitress a piece of your mind & repent on Sunday. You can't control other people's faces, but you can control yours.

62 muscles to frown 26 to smile

People Who Smile Frequently

- ◆ Get promoted more often, have higher paying jobs
- ◆ Why is that? People like people who are happy, friendly, good natured. If you don't do it naturally, repattern your behavior, practice with waitress, parking attendant, receptionist, person in elevator, grocery store..incredible asset..
- ◆ Story: 75 per cent off on the outfit..If I keep smiling, I'll get this for free!
- ◆ Smile on Purpose

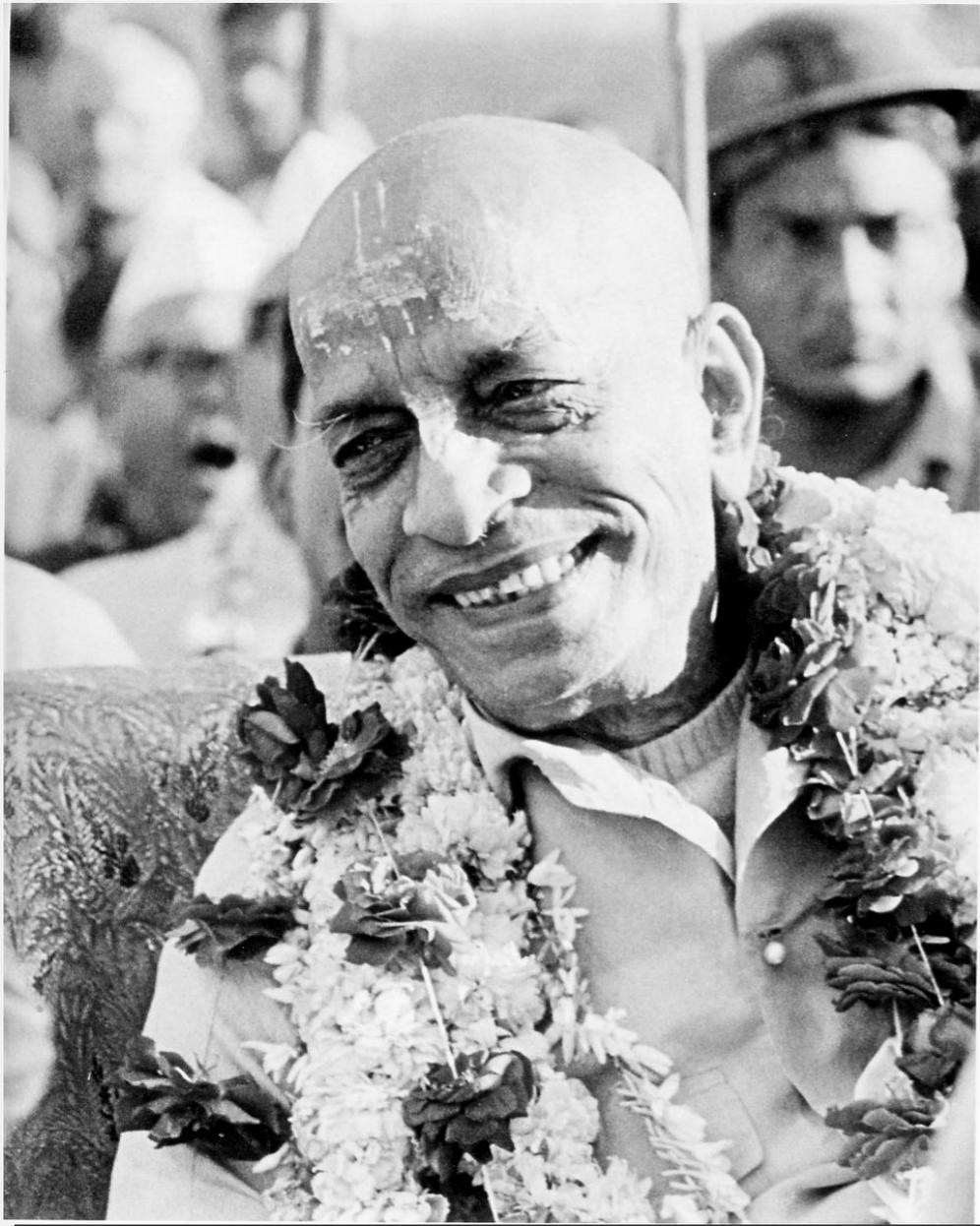


Smile of a Friend

What Message are You Giving?

- ◆ Are you friendly, good natured, do they want what you have?
- ◆ Or are you stressed, grumpy, sour, discouraged, pushing people away. Doing more harm than good. Don't put a "Honk if you love Krishna bumper sticker on your car". That's going to make it harder on the rest of us.
- ◆ In a negative world be guilty of happiness, enthusiasm, be guilty of enjoying your life. When we go into a store like that, people should identify us as Krishna devotees.

Not Enough Hours in the Day



There are always activities, engagements both day and night, which the student of Krishna consciousness performs joyfully. That is the stage of real happiness—constant engagement for Krishna and spreading Krishna consciousness around the world. In the material world one may become very tired if he works all the time, but if one works in Krishna consciousness, he can chant Hare Krishna and engage in devotional service twenty-four hours a day and never get tired. Perfection of Yoga



If We are Supposed to
be the Light



**HARE KRISHNA HARE KRISHNA
KRISHNA KRISHNA HARE HARE
HARE RAMA HARE RAMA
RAMA RAMA HARE HARE**