

Lessons Learnt By Living

30 Life Lessons We All Should
Know Before The Death

Sanath Dasanayaka

A silhouette of a person standing and looking up at the night sky, positioned at the bottom center of the cover. The background is a vibrant, colorful night sky with a prominent pink and purple nebula or galaxy streak running vertically through the center, transitioning from purple at the top to orange and yellow at the bottom. The overall scene is filled with numerous small, bright stars.

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Lessons Learnt By Living

30 Life Lessons We All Should Know Before The Death: For Self-Esteem,
Personal Development and Self-Help

Sanath Dasanayaka

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DEDICATION

TO ALL MEN, WHO INSPIRE ME ALWAYS...

“Life is an amazing journey that should be really lived fully. Yet, most of us forget fully living it, by being busy with our lives. Most of us try harder to put bread on our table and to live better, by ignoring the very best truth of life itself; enjoying and living it. Many people rest on their deathbed, worrying of a half-lived life and leave this world with broken heart. This shall not be mine. So, life is all about the journey not about the destination.”

-Sanath Dasanayaka

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NOTE FROM THE AUTHOR

Dear reader,

This book is an account of my personal experiences and insights in my own mind. For years, I have been exploring deep bottoms in my mind, searching for the ways to have more love, happiness and better relationships in my life. This is the ultimate result of my searching for years.

As I believe, man has the potential to make his life either heaven or hell. The destiny of a man is in his own hands, not elsewhere. The destiny is what a man crafts for himself. Nothing more. He has the potential to make his destiny whatever he needs. As I have seen for years, all of us are able to change our entire life and make it better with simple positive changes in every day life.

Finally, all of us are here, in this world, to gain more love, happiness and better relationships in our life aren't we? Right here, with these 30 simple lessons, you will indeed have more love, happiness and better relationships in your life. You will follow one simple way a day and have amazing results. You will certainly transform yourself to the next level. You will feel more successful and accomplished. Simply, you will transform your life with this ultimate guide.

After reading this, you will change the way you think, the way you see the world and the way you understand happenings to you. Certainly, you will become more mature and understanding. You will lead a happy life.

With unconditional love,

Sanath Dasanayaka

10th June 2016

Colombo, Sri Lanka

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01. GET YOUR MOMENT

Several months ago, in a cold evening, I was relaxing under a well-grown tree in my garden. Cold air blew, chilling my entire body. It made my body more relaxed. I was there, lying under the tree, for around ten minutes. For years, I have been searching for the ways to live better and achieve more in life. Suddenly, I got a flash in my mind. A guiding light. "Sanath, it is your time now." My heart said. "Don't wait anymore. Start writing your book you ever wanted to write about life." It said again. I listened to my heart, since it better knew what was best for me, always. So, from that day, I started writing this book.

This is my story about the life and ways to live it better.

Did you suddenly get a flash in your mind recently? An amazing idea about something unique? A title to write a marvelous book?

If yes.

Did you act on it?

If no, you have missed a way to wealth in your life. But, don't worry. There will be a second chance for you.

As I believe, all of us have our chances to achieve more in life. Our life, itself sends us flashing lights from time to time. It believes each of us deserves more love, a good health, good money, better relationships and a happy family life.

We, humans have to recognize the chances given to us. Those chances are turning points in your life. They can change the way you live, your finances, your health and happiness instantly. In no time.

Some get amazing ideas that can make them billionaires. Some get ideas that will revolutionize the entire world. They will change everything. Entire society. People's lifestyle.

But, some poor fellows think, "This idea is impossible." "I cannot do it alone." "I am not that worthy." He doesn't act on it. His negative mind doesn't let him to act on insights and become successful. He neglects it. The idea goes to another man, who is brilliant, energetic. He thinks the idea is marvelous. He acts on it as soon as possible. With time, he becomes successful and creates a greater fortune. He was not lucky. But, he was conscious and decisive. Believed in his potential.

So, never ignore a flash coming to your mind. It can be your gold mine. Your way to wealth. As soon as you get an idea, write it down and act on it right away. Don't wait for the perfect time. Now is the best time to be successful.

Sooner or later, you will have your calling. Never ignore it. Ignore it, you will miss a fortune.

You got an idea of a book?

Start writing right now. Publish it as an eBook on Amazon. You may become the next bestselling author.

No one knows what will happen in the future.

02. LOVE UNCONDITIONALLY

I loved many women in my life. Some women, I loved have long gone. Did I ever love any of them unconditionally? I asked myself. I cannot be certain. But, for sure, it was not unconditionally. My love was with conditions. Most of time, I said women “I love you. Only you. But, till you are with me. If you are not. Not anymore.”

When the time passed, I became mature. Now, I realize that love binds the whole world together, keeps people connected, strengthens relationships, makes people strong, heals the world, creates a new world free from boundaries. After all, it makes the world a better place.

This world is a better place that we can live in happy, since the great men and women lived here, loved this world unconditionally; a great love in heart for the humanity. Mother Teresa loved this world so much and devoted her lifetime to heal it. Mahatma Gandhi loved his nation unconditionally, fought for the very soul of his own nation and won freedom. Abraham Lincoln, one of the greatest presidents of the USA, loved his nation limitlessly and eradicated slavery, healing the nation. He wrote a golden chapter of great men lived, living and will live again here, in this world.

Loving the entire world is not different from the mother’s love for the child in her womb. From the early beginning of our civilization, love healed the world over and over again. Love wrote about golden eras of our history and great men, who unconditionally loved and healed the world. Love made people civilized and moral. It retained us together for more than thousands of years. And, love made us stand for the man next to us.

Love your spouse, kids, parents, friends and all of people, living in the world unconditionally. Love the humanity. You do not need to be next Mahatma Gandhi or Mother Teresa to do so. No matter whatever happens. No matter how others treat you. Love all unconditionally. With unconditional love in heart, you will stand apart from others as a real man, who actually can be called human.

03. LIVE YOUR DAY FULLY

Recently, one of my friends died. He was a successful entrepreneur and a well-known person in the society. Yet, when he was resting on his deathbed, he worried about the life half-lived. Worried about not being a good husband and a father. Although he was rich, he died broken. He was in his forties when he died. He left world with a half-lived life and a broken heart. My good friend, not only him, so many people die with a half-lived life. They just forget to live their days fully.

I have lived a half of my life. Only a half is still to come. We will live for around 60 years. If you are 30 years old when reading this, you have about 30 more years to live. Only 360 months. 1460 weeks. Only about 11,000 days. So, life is not too long as you think. 30 years will run faster than you ever imagine. All of us will be resting on our deathbed. Personally, I am not willing to die with a half-lived life and a broken heart. It shall not be for me.

I am not willing to die as a great author or one of the richest men lived in this world. I will rather die as a man, who lived life fully and understood its secrets. Material objectives are important. But, living your life fully comes first. We are here for it.

So, think about the best way to live your day. Kiss your spouse. Hug your kids. Be kind to your parents and look after them. Be kind to your coworkers and subordinates. Go for a walk with your family. Travel world and have new experiences. Meditate for a while.

Live your day fully, since so many days are together is a life. So, what is the meaning of hatred and jealous? What is the meaning of holding rude things that done and said to you in your heart? No meaning at all. You are here to be noble and gain more knowledge of life. Sooner or later, all of us will be buried next to each other. We all will end up as dust.

There won't be a second chance for you. A day passed cannot be lived again. It is gone. Days are gone means life is gone. Clock is ticking. Take actions right now. Live your day fully, before it is too late.

04. LITTLE THINGS MATTER

Little drops of water, flowing into the same direction creates a vast river. A little change in public opinion grows massive and outcasts the president of the country (just happened in Arabic Spring in Egypt). A man, who commits little crimes every day, becomes a fierce criminal ending up in the gallows. A little practice of good habits every day, leads to a happy life.

So, little things matter. Never underestimate the power of them. When accumulated, they can be greater or worse.

So, smile with the man next to you, help a man in need, assist the poor, help a kid, who is good at learning, plant a tree, smile with the lady sweeping the floor in your office, give the way to a stranger in the street, kiss your wife every day, say your kids every day that you love them so much, help your wife in cooking, give a hand to your mother at home. They will love to be around you. Respect you. You also be so happy and satisfied with your little acts of kindness.

Do one little good thing every day. It will come to you in thousand-fold. You will feel great. Starting from you, the entire world will change.

05. SMILE MORE

Several days ago, I went to a nearby store to buy some groceries. Very disappointed about their service. There was a pretty sales girl to assist customers. I kindly asked for something I needed. But, the answer was “No” in a neglecting way. She was very arrogant and annoying. There was not even a smile on her face. The beauty of her face was not in the behavior. No manners at all. May be, she does not simply know how to deal with customers. However, I will never go to that store again.

Today, most of us have forgotten the value of our smile with our busy lifestyle. Smile makes people to feel happy, it encourages other to work with us and corporate. Smile actually makes us charming and more appealing.

It does not cost a penny to smile with a coworker at work, a stranger in the street or when traveling, and even when you at home with your spouse, kids and parents. Smile can be something more for others. It will inspire them to feel great feelings. It is true that we are too busy and stressed with our daily tasks around us. Yet, practicing a worthy habit does not cost much, but makes us invaluable among others. And, those habits will remain with us for the entire lifetime.

WISH YOU A HAPPY LIFE JOURNEY

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