

Lift Yourself by Yourself

1. Self Effort is Necessary
2. The Teacher is only a Guide
3. Have an Ideal or Goals
4. Mind Controlled by the Intellect
5. Introspection
6. Do not Fall Back
7. You are your own Friend or Enemy
8. Surrender to the Highest
9. Remain Alert
10. Change is Slow
11. God-seed is Within Everyone of Us