

The Three Last Wishes of Alexander the Great



Alexander, after conquering many kingdoms, was returning home. On the way, he fell ill. With death staring him in his face, Alexander realized how his conquests, his great army, his sharp sword and all his wealth were of no consequence. He now longed to reach home to see his mother's face. But, he had to accept the fact that his sinking health would not permit him to reach his distant homeland. So, the mighty conqueror lay prostrate and pale, helplessly waiting to die.

He called his generals and said, "I will depart this world soon, and I have three last wishes."

With tears flowing down their cheeks, the generals agreed to abide by their king's last wishes.

1) "My first desire is that", said Alexander, "My physicians alone must carry my coffin."

2) After a pause, he continued, "Secondly, I desire that when my coffin is being carried to the grave, the path leading to the graveyard be strewn with gold, silver and precious stones which I have collected in my treasury".

3) The king felt exhausted after saying this. He took a minute's rest and continued. "My third and last wish is that both my hands be kept dangling out of my coffin".

"O king, we assure you that all your wishes will be fulfilled. But tell us why do you make such strange wishes?"

To this Alexander said:"I would like the world to know of the three lessons I have learnt. I want my physicians to carry my coffin because people should realize that no doctor on this earth can really cure any body. They are powerless and cannot save a person from the clutches of death. So let not people take life for granted.

Let riches cover my path to the grave to show that not a piece of gold will come with me. I spent my life earning riches but cannot take them with me. Let people know that it is a waste of life to chase wealth.

And dangle my hands from my coffin to show that I came into this world as I leave it. With empty hands.

With these words, the king closed his eyes. Soon he let death conquer him and breathed his last. . .

These Six, one word resolutions will change your year for the better.

1. Go: According to recent studies published in the Journal of Environmental Psychology, simply spending time outside with nature contributes to increased energy, wards off feelings of exhaustion, and results in a heightened sense of well-being.

2. Read: Recently, researchers have begun studying the physical impact reading stories has on our brain. As you might expect, they are discovering reading results in heightened connectivity and brain activity. If you read fiction, you already know this to be true.

3. Give: Numerous studies show charitable giving boosts happiness and reduces stress—especially when the generosity promotes positive social connection. If you don't already, find a cause or person you believe in and offer them consistent monthly support. They will benefit. You will benefit. And the world will be a better place.

4. Serve: Volunteering provides great value for our lives and the lives of those we choose to enrich. One study found that when a person volunteers their time, they begin to feel like they have more time and are more efficient. Additionally, volunteers feel better about themselves, experience lower stress levels, and develop a deeper connection with others.

5. Experience: In studies presented at the Society for Personality and Social Psychology, researchers suggest that having life experiences rather than material possessions leads to greater happiness for both the consumer and those around them.

6. Thank: Psychologists have scientifically proven that one of the greatest contributing factors to overall happiness in your life is how much gratitude you show. And it can be experienced with as little as three expressions each day.