

DIAMOND WITHIN

Dr. Venniladevisuresh



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DEDICATED TO MY PARENTS



MR. S.SELVARAJ

Former secretary and correspondent ,

MNUJNHSS

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Madurai .

From Author's Desk

Dr. Venniladevi Suresh

76390 73991



In this Universe each and every one wish to lead a healthy, happy life. In order to become a healthy, wealthy, person one must know about themselves and various methods of strategies to follow in one's life to become a Succeeder in life.

Here after reading this book Diamond within, it's crystal clear that one must bring his Values out (hidden diamond within) and focus on the guided attractive affirmations to become a Master Piece in this wonderful world. If you change your thoughts you can change your life. The human mind is the powerful tool to change the way you think and take the world in your style stride. Everyone is unique creature by God.

This book guides the individual to go beyond the rock walls of contemporary conditioning , perfect perceptions and innovative intuition to achieve success and fulfillment in their lives. Filter your thoughts, Since thoughts should serve a useful purpose in action. The quality of our thoughts determines the quality of our lives. Our decisions will design our destiny. Clear

thinking needs training, so bounce back no looking back. Become a Succeeder in order to live a happy, healthy, wealthy contentment lifestyle. Be a best version of yourself by changing choice into crystal clear clarity which reflects your diamond within your inner self..

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Congratulations with Warmest Regards

This work, "**DIAMOND WITHIN U(S)**", which serves as a guide and life compass for future youth and students, is highly commendable. The effort of the TAMILNADU BEST TEACHER AWARDEE Mrs. Venniladevi in creating this is structured in a way that motivates young people towards progress and development in life. With my heartfelt congratulations, I wish that such motivational materials continue to be

compiled and produced, and that they are widely published at the national level.

Some of the remarkable features of these creations are worthy of appreciation. **THINK BIG** is filled with revolutionary ideas. "THINK BIG" means that a person's greatness lies in the height of their thoughts.

Thiruvalluvar, in his few words, encapsulates this profound idea:

"The flowering of abundant thoughts is personhood;

the greatness within is what truly matters."

The birth, continuation, and end of thoughts are all rooted in the mind. Based on this, human elevation is achieved. The saying "Thoughts are life" is not just simple words. From birth to death, a person's life depends on their thoughts.

It is in this context that Bharathiyar states:

"One's thinking should be complete,

Thinking should be good,

A noble heart is needed,

Clear understanding is essential."

My congratulations to this work, which presents excellent thoughts that students should emulate—truthful thinking, perseverance, determination to reach their goals, choosing the right path, teamwork, and a giving nature. Smart work is better than hard work.

Congratulations and best wishes.

Thank you,

Yours sincerely,

A handwritten signature in dark ink, appearing to be 'N. Sivasubramanian', with a horizontal line underneath the name.

Dr. N. Sivasubramanian

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1. BE A SUCCEEDER



who is said to be a winner? we all wish to be a winner in our routine life. Winners don't do different things, they do things differently. Generally Successful people do what unsuccessful people are not willing to do!

Winners embrace hard work and never quit! In General winner is one who lives a life of fulfillment where they achieve purpose, goals and happiness. A winner will

- ❖ Turn challenges into opportunities
- ❖ Learn and Capitalise from mistakes

Are you afraid of your mistakes? Each day is a fresh new day. So look at it with more hope and enthusiasm.

Past is past. Yesterday is over. Still why are you not removed that garbage from your mind?

One who Learns from the failure will Push out of their Comfort Zones, make the neurons in their brains from Stronger Connections which, over time means that they will be more Smarter.

If you have done a mistake, then have the moral Courage to accept and acknowledge it in order to put it right without delay.

Branding over past mistakes Cripples Positive thinking and creates unnecessary stress and depression in your mind and life.

If one thinks and dwells in the Past with guilt then no further change or improvement in their life. Let it go. Change your environment and Surroundings and move on. (Live what you learn from your mistakes. Never give up on yourself.) Humans won't like to change since it affect their comfort Zone. If you change everything this Universe will change. Change your life style. Don't let circumstances control you. You charge your circumstances.

"Mistakes are always forgivable if one has the courage to admit them" - Bruce Lee.

You must be the Change you wish to see in the world. Don't worry if you fail once. Edison failed 2774 times before perfecting the incandescent electric light bulb. He once said I've successfully found 2774 ways

that will not work. You must not be afraid of making mistakes. Here you must know and keep in mind that even the wisest person is likely to error.

To face the challenges one need to develop 21st Century Soft Skills, for a Work-Life Balance.

1. Analytical Skills
2. Critical thinking Skills
3. Creativity Skills
4. Collaboration Skills
5. Communication skills
6. Cognitive Skills
7. Inter-personal relationship skills.
8. Initiative Skills
9. Information Literacy Skills
10. Flexibility Skills
11. Leadership Skills
12. Personal Skills
13. Psychological Skills
14. Productivity Skills
15. Professional skills
16. Problem Solving & Decision making Skills
17. Social skills

In order to maintain a work-life balance, first we need to reduce our stress which is the 21st Century Syndrome. Your attitude and not your aptitude which determines your altitude.

How to like your Job? Keen interest in work will help you to go up! Love your job. Never Condemn it. Love of work fosters the spirit of Perseverance. When your passion becomes your job, you are more gifted. Put all your emotions to work. Everyone will prefer a good company of nice person since it will bring happiness to them. Similarly with good emotions, why not can't you show peak performance in job. value your blessings. Life is not a Competition So don't compare with anyone. Life is not a race to run, run always. Be relaxed. Be friendly with all Do your work Properly and don't Compare (or) involve in Other's work. Speak Politely, Relaxed and leave Some gap in between while speaking continuously. Try to be a Charismatic Person.

Reflect on the criticism. Do not be afraid of criticism. The one who achieve, is not the one who goes to pieces on their first encounter with other's disapproval. Vulgar People take huge delight in the faults and follies of great men.

If you wish to excel have a healthy approach to criticism. If you want to shine like a Sun, first ready to burn like a Sun. Even if your work is inspired by many best motives, there will be always some People to throw stones & mud at you. Hence stop making

excuses, Execute Your Plan, Focus on Priorities. Time Management is the key factor for a Successful Person. All winner must aware of the value of Time. Hence master your Year Plan, Month Plan, Week Plan, Day plan effectively and finish your target by prioritizing your list.

[Talent without the will to work is as useless as a boat through without an oar. It is through work alone one can demonstrate our intelligence and talent to others. To attract People's attention call by their Name. In General People likes it always!]

Team work is the key for a successful Profession! one who dedicate themselves whole heartedly in work by creating a team spirit among the colleagues will definitely came as a Successful Winner. The Characters (6 C's) needed for team work are, Co-operation, Communication, Compromise, Commitment, Confident, Collaboration.

Earn other people's respect by improving your personality & Profession. Your personality is the ultimate tool for your fortune. Hence get rid of the tyranny of bad habits and bad Companies. Watch and develop your character to be a winner. One must know, What is right and how to make people right in the desired manner. There is a Psychological fact that the first Seven Seconds of meeting a Person influences the impression about a Person. Hence ancient Tamil Proverb Say, "Half man half cloth" and advised to dress accordingly so as to get a good first impression.

What to speak is Knowledge and When to Speak is Intelligence. Words are indeed life-blood of human communication. Words that flowed from the mouth of great personalities like Mahatma Gandhi, Abraham Lincoln have become immortal differences and are perennial sources of inspiration to mankind.

Finally, Sound body in a Sound Mind. Everything is your mindset. As you think, So shall you become! If you think you will win, then definitely you are a Winner.

Visualize your imagination, Be clear in your Vision. Be focused. Change your negative thoughts into Positive Perception. Remove fear and doubt which is the enemy for a winner. Procrastination is the opponent to transformation. Align Your behavior and build your character. Turn your envy into inspiration. Emotions and feelings are a cycle, Be aware of it.

For a Sound body, have a regular eating habits, routine bed time for a Proper deep 7 hrs sleep. Regular Exercise, Yoga, Meditation are the Powerful tools we can adapt for a sound body.

Your decision is your destiny.

Past is a Waste paper

Present is a News Paper

Future is a Question Paper - So read and write Carefully, Otherwise

Life will be a Tissue Paper.

Communication will win you the Outer world,
Silence will win you the inner world. Holistic Living is
in winning both the world.

In order to become a succeder in life then think
like a Scientist.

- | | | |
|---------------------|---|--|
| 1. Observe | → | Using 5 Senses of
our body. |
| 2. Question | → | Looking for
Patterns, asking
questions. |
| 3. Hypothesis | → | Trying to guess
the answers. |
| 4. Plan& Test | → | Testing if the
guess is
right/wrong |
| 5. Record & Analyse | → | Looking
carefully at the
results of the
tests |
| 6. Conclude | → | That our guess
was right. |

The words you choose, the way you hold your
body, the clothes you wear and even the way you sit
and walk can Communicate messages about you.
Hence Select the most effective words and try to use it
on that day, anywhere since we live in a Social lab.

To be a Succeeder in life,

1. 3-5 times a week is ideal for exercise.
2. Maintain a sound diet && sleep well for a sound mind.
3. Variety of activities, Plan during Holidays.
4. Be sure to make the most of your abilities, today.
5. Present is a Present from God, so live in that moment.

Let us survive in this Universe as a Succeeder.

2. PACE OF LIFE



A paper by Robert Levine of California State University, Fresno defines the Pace of life as the rate ; Speed and Relative Rapidity of meanings, density of experiences, Perceptions and activities. In other words we can explain Our Pace of life by Carrying out those activities that make up our lives like building relationships, making new friends, going to work, building a Career, running a business etc.,

Even Sometimes for Pace of life, is a slower Pace of life good, or shall I say better than a faster Pace of life? To explore the consequences of the Pace of life for the well-being of individuals and their Communities.

Considering the general quest for a slower Pace of life, People believe that a slower pace of life will have

measurably positive effect on their well-being, be it mental, physical or social. But is there any validity to this? The study offered evidence that the Pace of life is related to the physical and Psychological well-being of communities. But there may be some arguments with traditional and cultural belief, lower energy or Purchasing Power and thus a reduced ability to increase one's income.

In fact the Latin word Pace is a form of Pax, meaning 'Peace' or 'Permission'. If you do something at your own pace, you do it at a Speed that is Comfortable for you. New technology in Computers will give students a chance or opportunity to learn at their own Pace. So Pace Yourself Since Life is Mercy and Marvelous.

Everything happens for a Reason, your highs your lows your happiest moments & the most painful ones, your failures and your success. People can't come in & out of your life for no reason. The lessons you learn & the growth that you experience is never spontaneous it's always meant to be. There is a higher Purpose, a goal, a final destination or a peak in your journey. That you will have no idea of until you reach it, but for that you need to climb the Mountain.

There are some lessons that only people in their existence can give you. There are some lessons that only pain can bring out. There are Some lessons that the biggest joys of your life will reveal to you. There are

some lessons that you never knew where lessons until they walked out of your life.

Everything in life is temporary. Pain is a Part of life. Other people's negativity is not your problem. Every End is a New Beginning.

Pacing Yourself allows for small, intermittent rewards. Keep your energy up with breaks, some fun with limits & those things that will nourish Your Soul & fire up Your Passion. Pacing Yourself is methodical. It means that there is no room for Over indulgence, but some room for errors and the time & energy that consumes. Pacing yourself requires valuing free hours or rest times. Pacing Yourself as you look towards a final push should include more rest & all other manners of self care. Pacing yourself requires focus. There is a little room for luxury of entertaining distractions. Stay focused on your goals. That type of focus is intentional it often requires reminders and Practice...

Pacing yourself means letting go of extras. It implies a skill of Prioritizing -which is difficult challenge for over-committers, over thinker, People-pleasers and Perfectionists.

Sometimes you need to slowdown, remain Calm, and simply let life happen. Take a deep breath & focus on important things the simple that you are alive, You are breathing and you are enough as you are.

❖ waking up early:

If you wake up early means you are already ahead of everyone else. It gives you more time to,

- Work out
- Plan your day
- Work as Business
- Be more productive

It is a huge life hack & gives you more time to achieve your goals.

❖ Before bed write down your thoughts:

It will improve your quality of sleep.

- Your goals for tomorrow
- What you're grateful for
- Any Positive thoughts dramatically

} This will
improve
your
mental
Health

❖ Learn any online Skill for 30mins a day:

With inflation & taxes rising, an online skill will save you financially.

❖ Spend an hour a day for exercising:

To have a good mental health, you also must have a good physical health.

❖ Sit in Silence 10 minutes a day:

Your mind is racing with hundreds of thoughts every minute. Meditate Think about how you want your dream life to be.

You are your thoughts. What you feed your mind feeds your life. Emotions are not problems they are signals. Fear means something matters to you. Anger means your boundaries have been Crossed. Anxiety you are living in the future. Never lose hope, just when you think it's over God and the universe send a miracle your way.

Stay calm when people blame you. focus on your actions, not their reactions. You have control over your actions, not over what others say or think. Keep doing your duty.

Detach from their opinions, what people say about you is their perception, not your truth. Don't take it personally.

Stay balanced in Praise & Blame - Remain steady in both praise of criticism. True Strength lies in emotional balance.

Know your worth from within - Your values comes from self-awareness, not from anyone's judgement. Stay rooted in yourself. Bring your diamond within out!

Be calm, be still, be unshaken - The one who doesn't disturb others and isn't disturbed by anyone. Such a soul is truly peaceful.

Learning that some people come & go is something you have to accept, people can't stay forever, so learn to be enough for yourself. Do not settle where you are not respected, it's better to leave. Find the strength to walk away when you need to.

"Finding Contentment in the little things is rare"
Real happiness is when you find it within when there's nothing else to lose.

"You don't need a reason to be happy, you just are"
Pay attention to the things you dismiss. What you turn away from could be a piece of what you are missing. A steady mind holds power. Those who know Stillness know how to shift anything around them.

❖ Create a proper sleep schedule :

Sleep is essential for your performance, Mental health, Reducing stress & improving your mood. For a Quality Sleep no Screen for 1 hour before bed and after you wake up.

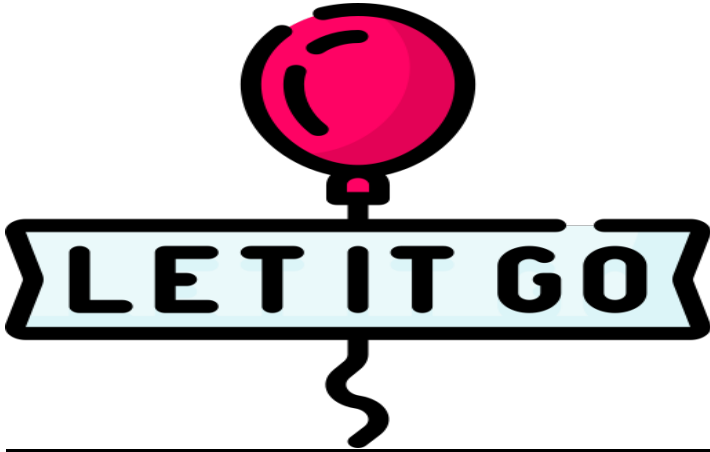
1. No eating 3 hrs before bed.
2. Make your room cooler and clean
3. Read 10 Pages a day:

Reading will strengthen your mind & increase your focus, knowledge & Self-Confidence.

Standard of living says you have a bigger House, Car, go for destination holidays and you put your kids in a reputed schools and colleges. Quality of life means

you don't have an EMI, you live within the means, Couples spend lot of time together, they don't waste their time, in running around. Caring for their Child, guiding the child to become more Strong, more powerful & more Successful. This is the difference between Standard of life and Quality of life.

3 LET IT GO...



Whatever is happening in your life, even If the worst things are happening to you, still there is no reason for you to get frustrated, miserable, depressed since you came here in this universe with nothing whatever is happening and you experience all are taken from this universe, any way you are on the profit side and you all know the assurance that there is nothing to take when you go. If you are making yourself stressed, frustrated, miserable and depressed you don't need any enemies, you are on self help and you are doing great.

Whenever something that we don't want happened to us, we can either be wounded or wise. Every memories pleasant or unpleasant can be used to your

wellness. If lot of unnecessary, unpleasant things happen you should become wiser sooner than everybody else. You must treasure your past. The memories are not living things. You must know how to utilise that to make yourself into

much bigger human being than what you are right now, with all these learning experiences.

Instead, if you try to hurt yourself with it, you are the loser. The most painful feeling is when you know you need to let go but you can't because you are still waiting for the impossible to happen.

“Love is not about being together all the time. It's about feeling each other's presence even when miles apart....”

**Some connections exist beyond time and space.
Not every love story needs a happy ending....**

Radha's love was devotion not desperation. she didn't collapse when krishna left. She expanded. she didn't beg him to stay. She became a legend without him. Since she knows her love is eternal. Are you living your life in such a way that you are moving closer and closer to God?

Radha once looked at Krishna and whispered “ if we are meant to be together in this life..” why does it still feel like you are mine? Krishna gently replied, because some souls are connected beyond lifetimes Radha, not by Promises... but by Presence in every

breath, "we may not walk side by Side but our hearts beat in the same rhythm-forever.."

Block Toxic people from your life. Don't let toxic people control your emotions. Detach yourself from their negativity. Choose your company wisely so that you Surround yourself with those who uplift you and walk away from those who drain you and let them go. Control your emotions, Silence is often the best response. Prioritize your mental peace over toxic relationships. Let go of those who disturb your balance. you don't need revenge, trust that karma will take care of their actions. Shift your focus to your dharma / duty. Ask yourself in how many more lives am I becoming useful?

Stop replaying the Past and Start engaging fully in the Present with purpose. Acceptance is the first step towards peace. Moving on becomes easier when you stop clinging to "What could have been" . Focus on your inner growth instead. Understand the temporary nature of things in this universe. People, Relationships & Situation are all temporary. Gita reminds us not to let temporary Pain, Stop Our eternal journey. Free your heart from bitterness by forgiveness which helps you to move ahead.

Peace comes from letting go. There is peace in letting things flow. Sometimes all we need is time in nature to ease our mind and soul to soothe our soul and mind, no matter how overwhelmed or busy you are.

Rivers can be gentle calmness across the earth. Simply open your heart and let it pour in. Nature has a special way of healing us forever.

Who is wearing better clothes? Who is driving better car? Whose house is better than mine? Who is having better mobile phone? If you look at this, your life is ruined. Because forever somebody will be wearing better than you. Somebody will be driving better car than you. Somebody will be living in a better home than you. Forever you will become enslaved on this nonsense. Don't ever compare your life with others.

What to do, when someone triggers you badly. Observe, Don't react. Use your intelligence to stay calm and respond mindfully instead of reacting emotionally. People act according to their Gunas (Characters). Detach yourself from their behavior and stay grounded In your own values.

Instead of blaming others, turn inward towards you. Peace comes from mastering your own mind, not controlling others.

Anger leads to confusion and destruction. So stop a while, breathe and let clarity return before acting. Focus on what is in your control, your actions and attitude not how others behave.

In life you cannot control anything around you. But you can definitely control everything inside you.

Worrying is waste of time. It does not change anything instead it steals your happiness.

“Never get too attached to anyone unless they also feel the same towards you, because one sided expectations can mentally destroy you” - Dr. APJ Kalam.

Tips to calm your mind by letting go... Take a break, Spend time in nature, do creative, swear a prayer, visualize yourself as calm, Try guided meditation, Focus your thoughts, practice deep breathing.

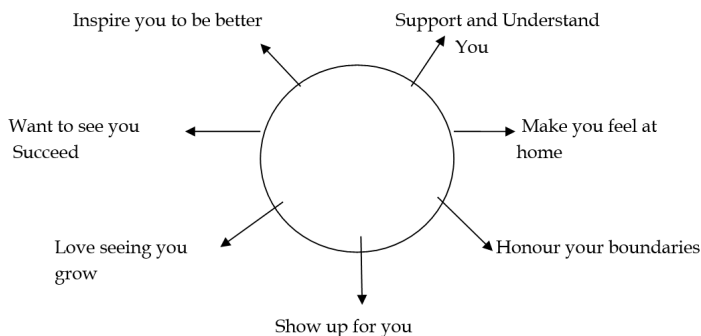
All things work together for good to those who love and believe In God.

God can turn "Scars into stars". God wants to bring out the potential that lies within you and transform you So that others can find strength and comfort in you. You will understand that all the benefits and joy in this materialistic world are just temporary. “Service to humanity” is the rent we pay for living in this planet. When we do for ourselves will die with us whatever we do for others and for the world will be left behind and it will remain Immortal.

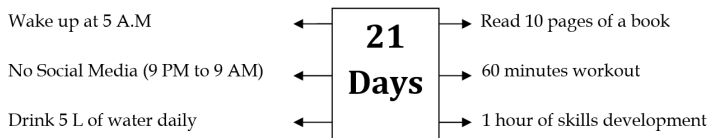
The ultimate truth is your well being is the important task in life. If you put bananas and money in front of monkeys. Monkeys will choose bananas because they don't know that money can buy even more bananas. In reality, if you put money and health in front of people, people tend to choose money

because too many people don't know that health can bring more money and happiness. Hence prioritize your well-being just as much as your success!

Choose People who



Make A Challenge



2025 June 12 Ahmedabad Plane Crash.

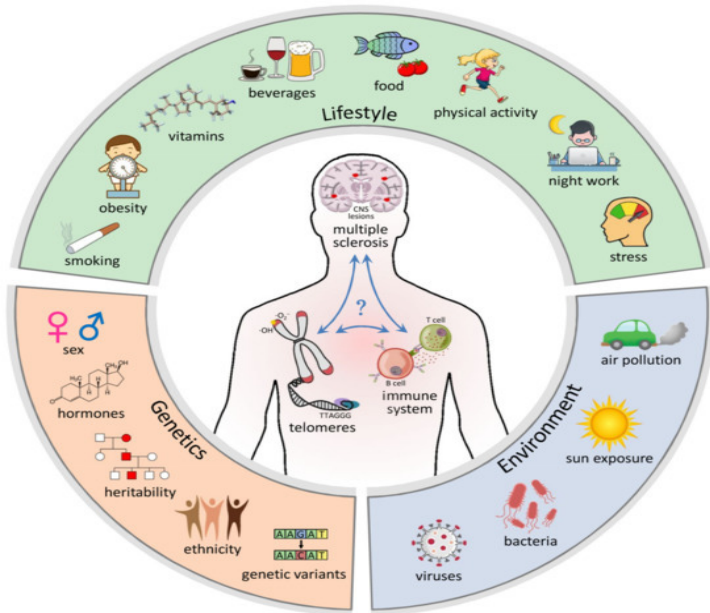
She missed the flight,

She missed the crash,

She didn't miss what Life had planned for her.

When things don't go your way. May be they're going God's way. Hence let it go... Just focus on your own Journey, don't waste energy on who dislikes you, Who has more or what others are doing. Stay true, Stay grateful and Keep growing, by let it go.....

4. HOW TO PREVENT AGEING



Do you Know a Surprise that if you protect your Telomeres (which are present in your Chromosomes) then we can prevent ageing and looking young always.

Telomeres are the protective caps at the ends of Chromosomes found in nucleus, that shorten with age. During each cell replication (mitosis), this shortening of telomere is associated with aging and age - related diseases.

Telomere shortening is a well-known hall-mark of both cellular senescence and organismal ageing-no more cell division into its daughter cells.

Disorders associated with short telomeres include Headache, Body ache Hypertension, Inflammation, Arthritis, Fibrosis, Liver cirrhosis, Bone marrow failure.

Stress weakens Telomere and so ageing occurs. A person with stress usually live in the mode of flight mechanism. To control stress, one need to increase their immunity. Telomerase is the enzyme hormone that helps to rebuild Telomere. But we can't inject Telomerase into one's body which may lead to more cell division artificially which lead to cancer. Do you aware that smoking affects the length of Telomere?

Chronic Stress is always dangerous. A person with Chronic Stress always dwells in past memories or mistakes or guilt. They look so miserable and always found to be alone. They express passivation and negative thinking. One can get rid of chronic stress or depression by adapting simple **Six** life style process as follows:

1.Regular Exercise - Researchers found that 33% chance of your death by today will be reduced. When you start workout from now. Wake up at dawn and begin your day with work out in order to live a healthy life. During dawn (4.00 to 5:30 AM) cosmic radiations from universe will reach earth. Fresh air in fresh mind

rejuvenate the each and every cell of our whole body. N₂ content in cosmic radiations are enriched with memory power. Our brain gets more focussed and think laterally.

2.High Intensity Interval Training plays a vital role in human health. Walking and Swimming is the best exercise. In between your exercise or work out Small intervals - duration upto 10 minutes can lengthen your work outs. Yoga and Meditation too can be done at regular intervals. Aerobics, Classical dance also comes under High Intensity Interval Training.

3.Regular Eating habits - improves the metabolism of our body. Increase the intake of proteins and decrease the amount of Carbohydrates and Sugars. If the sugars are not converted by insulin they are formed as Sediments of fats, which leads to many health issues like Diabetes, Cardio vascular diseases etc.

4.Stress damages Telomere Quality Proper Sleep is a must. Deep sleep of 8 Hours is needed without any electronic items (or) mobile screens near your bed. No Tea or coffee before bedtime. Read any book of your interest before sleep. Make a routine of regular bed time in order to live a Stress-free life.

5.Good Environment without Pollution is the key tool for looking young always. Be selective in natural or herbal products. Ban the usage of plastics. Make and create PBA free-toxin free eco-system. Let the plants surround your living room. Avoid usage of Teflon

Coated vessels in the kitchen. Instead use Steel and Ceramic and earthenware Pots for Cooking, in order to live a healthy life.

6. Eat one gooseberry and a Carrot everyday in order to prevent ageing. They are the rich source of Vitamin C and A respectively. "An apple a day keeps the doctor away Similarly a gooseberry (Indian Apple) a day keep your ageing away".

Be optimistic. Think positive. Have confidence and courage to face any Challenges in life!

Thus Telomeres have been recognized for a long time as one of the best bio-markers of aging! By following the above tips one can protect their Telomere and thus Prevent aging.

Meet your happy chemicals or hormones which can reduce stress by inducing happiness, thus protecting the Telomere indirectly. They are as follows:

YOUR DAILY D.O.S.E

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DAILY PRACTICES TO RELEASE YOUR "HAPPY HORMONES"

1. Serotonin - Will Power Hormone called as Feel-good Hormone. Serotonin act as a mood stabilizer. It is more sensitive to proper diet. Be with nature in order to increase the production of Serotonin hormone in our body. Some regular routines like Meditation, Swimming, Exposure to Sunlight, Listening to music and Mindfulness boosts the secretion of Serotonin in our brain.

2. Dopamine - Happy Hormone. Also called as Reward Chemical which will be released during pleasurable situations. Chocolates can increase the Dopamine level in one's brain. Regular exercise, Protein intake, Self care activities , trying something creative and innovative can boosts the Dopamine

hormone. Dopamine acts as an achieving agent this helps to complete the tasks effectively.

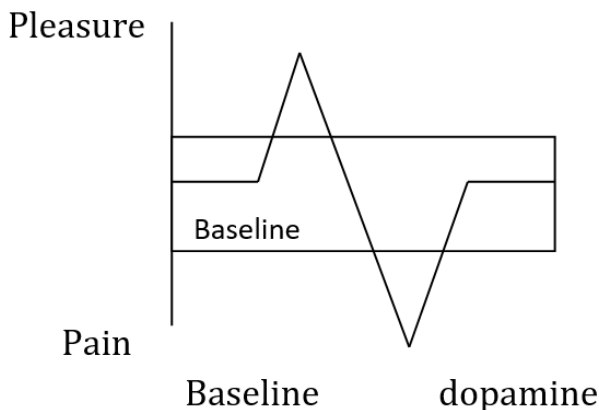
3. Endorphin - Calm Hormone also called Natural Morphine. It works as a pain killer. Spicy food and dark chocolates increases Endorphin level in brain. Watching a funny movie, laughing, listening to music and use of essential oils boosts up the secretion of Endorphin in one's brain, thereby reducing the stress and indirectly helps to protect the size of Telomere.

4. Oxytocin - Love Hormone released during child birth and lactation. Act kindly, Pet an animal, Giving compliments. Socialising, Physical Touch, Petting animals and helping others will release Oxytocin Chemical/Hormone in our brain.

In order to boost your happy hormones, the following foods will be taken as supplement.

1. Bananas
2. Green beans
3. Oats
4. Kiwis
5. Pine apple
6. Popcorn
7. Cherries
8. Nuts and Seeds
9. Plums

10. Dark Chocolates



If there is a pleasure above that and pain below, if we are going towards pleasure and cheap dopamine for example eating more chocolates, sugar candies, ice-creams, drugs, smoke, alcohol etc. We get pleasure for short time but the baseline is getting hurt for that short time of pleasure, the baseline goes down, now we are in pain for long time, the more the baseline goes down, the more we feel sad, eventually there are many chance of depression let's look at another side let's say we intentionally put ourselves in pain, by doing running, working out etc, we would have be in pain for a short time but the baseline would have come up for a long time, we will be pleasure whole day.

Thus with knowing the important of happy chemicals in brain and Telomeres in DNA, one can prevent ageing.

5. DESIGN YOUR DESTINY



A change of feeling is a change in your destiny.

Be Stronger and more prepared for a beautiful future. If you touch the Still core within yourself, you will touch the original nature of your existence.

"Take Small steps Everyday to see big changes for your future" make your life simple but significant.

Once, A Teacher in a class ask one of the student to hold a glass a water in his hand for 10 minutes to 30 minutes. He find it difficult to hold as time proceeds. Now the teacher explains, this is life. Don't hold your sadness, depression or anger for more than 30 minutes that will destroy your inner peace and lead pain.

Life is like a dice you never know what comes next. Wake up in the fancy time and be the first to begin your day. The real magic is you don't know how it's going to happen? You don't know you ever going to make it? You don't know where this Road will take you? But still you step forward and keep showing up,

even on your hardest days. Sometimes your steps are small, other times there are little bigger. You don't worry about the pace because you trust that what is meant for you, won't miss you. You are the magnet to attract that in this moment that you are exactly where you are meant to be. The real mystery/miracle is when your mind tries to convince you that you can't, your beating heart tells you that you can

The real magic is being you. It's your Courage and Commitment makes things possible to manifest accordingly to your wish. Your refusal to listen to the outer voices over that quiet voice within. (Diamond within)

It's in your breath...

It's in your energy...

It's in your power...

You are the gift...

You are the spark...

You are the real magic and miracle...

Spend some time with People who are good for your mental health. It's not how big the House is, its how happy the People in that home is.

If you cannot do great things do small small things in a great unique way!

Never lose Today's happiness by thinking about Yesterday's pain. Every next level of your life will demand a different you. The Five most famous laws in the world

1. Murphy Law - The more you fear Something happening, the more likely it is to occur.

2. Kidlin law - If you write a problem down clearly and specifically, you have solved half of it

3. Gilbert law - When you take on a task, finding the best ways to achieve the desired result is always your responsibility

4. Wilson law - If you priorities knowledge and intelligence money will continue to come.

5. Falkland Low - If you don't have to make decision about something, then don't decide

Everyone we meet is a part of your journey. But not all of them are meant to Stay in your life. Some people are just passing clouds to bring you some gifts of joy either they are blessing or lesson, And in this journey you must learn to appreciate the transient nature of relationships, understanding each Connection has its purpose. Shaping your character, teaching you life

morals, and preparing you for the deeper bond that lie ahead. Someone wonders why he/she came in life and after few years if they left, again the question came in their mind as why they left without any strong reason. Many experiences this scenario in their life atleast once.

Everyone expects that hardwork lead to success straightly. But the reality is if you work hard you must face more to problems to solve. After few attempts or failure you set back again to face the challenges in order to cross your barriers and obstacles in life, which will lead to success. Smart work with the sound knowledge in skills and technology lead to Success nowadays. It's not your mistake if you born as poor but it is your mistake If you will die as a poor. In order to design your destiny 3p's viz. Proper Planning, Patience and Perseverance is a must. Planning may be either Day plan, Week plan, Month plan or even Year plan. But you should not procrastinate your to do plan.

When you wait for someone a few minutes it's your need. For few hours it's your trust. For few weeks, it's your friendship. But to wait when you know the person will not come it's your love. Generally people say never expect anything in return from anyone but the truth is when we really loved someone, we naturally expect a little care and love from them. If there is love in your heart, it will guide you through your life. Love has it's own intelligence.

At Your death threshold even for a second can't postpone, so your time spend not it in love, not in ego.

"Time and tide wait for none". Prioritize your work, each and every hour in order to build your destiny as you wish. Don't wait for the opportunity, create it. Children will follow your example more than your advice. Remember, when you forgive, you heal. And when you let go, you grow.... and thus it induces to design your destiny.

Love that's real will find its way and when the timing is right everything will fall into your feet. True love doesn't just fade away it grows even through the distance and the waiting. So hold on, be patient and believe in what's meant to be.

Sometimes love isn't about rushing or to make things happen right now. It's trusting that if it's meant to be it will happen for Sure. May be today isn't the right moment for you both but that doesn't mean the future won't bring you together. In the mean while focus on being the best version of yourself on growing and on building a life you are proud of. Let the Universe work its magic and when the time is right you'll find yourselves together.

A person becomes ten times more attractive not by their looks but by their acts of kindness, love, respect, honesty and loyalty they show. Florence Nightingale and Mother Teresa were both remarkable women known for their selfless service and dedication to humanitarian work, but they focused on different aspects of care.

"Relationship is not about who came first it's about who waits for you and becomes your last" People remember our good work only till our next mistake. So never feel proud on someone's appreciation and never feel depressed on someone's criticism. Just keep on doing your best and be you ever. No one gets a sudden rise, not even the Sun. It takes time to rise to the peak of Success. Just keep your efforts going and stay Positive till you reach the heights of success.

When a karmic bond with someone is fulfilled, they will naturally leave your life. At that time don't try to hold onto sorrow or speak ill of them when they depart : Instead, view it as closure. a sign that the purpose has been fulfilled. Embrace the growth it brought, and honour the lessons they brought, Cherish the journey you shared, and move forward with grace, knowing that each relationship serves a purpose in your way.

Alone I can 'Say' but
together we can 'Talk'
Alone I can 'Enjoy'
but together we can 'Celebrate'
Alone I can 'Smile' but
together we can Laugh... That's the beauty of
Human Relationship.

It's not what we have in life but who we have in our life that matters.

“To the Youth, dream big. Align your Passion and Purpose in life with a goal”

- Mukesh Ambani

“Business is all about risk taking and managing uncertainties and turbulence”

-Gautam Adani

“An Important attribute of Success is to be yourself. Never hide what make you, You”

-Indra Nooyi

“If You are born poor it's not your fault but If you die poor it's your own fault”

- Dhirubhai Ambani

“Don't wait for opportunities to come to you, Create your own opportunities”

- Ratan Tata

“If People are not laughing at your goal, your goals are too Small” - Azim Premji

“It is better to under promise and over deliver than vice versa” -Narayana Murthy

“Once you Start Succeeding, you start dreaming big. For me, it was that way”

-Kiran Mazumdan Shaw

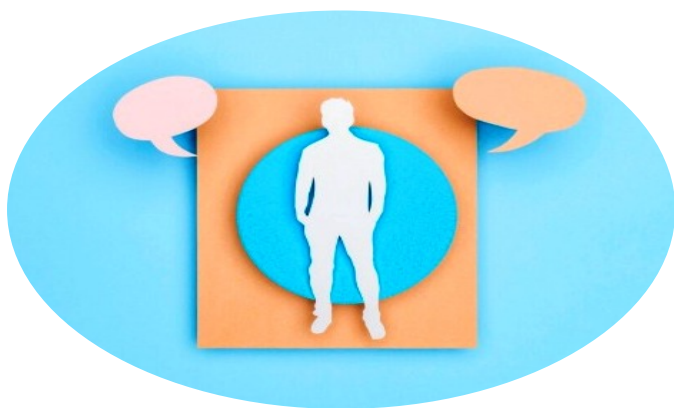
“Leaders don't look behind or to the side. Instead they look ahead”

-Anand Mahindra.

“Success is not just about making Money, it's about making a difference”

-Kumar M Birla.

6. KNOW YOURSELF



7 chakras in our body and its color

S.NO	CHAKRA	COLOR	MANTRA	STAR	AFFIRMATIONS
1.	ROOT	Red	LAM	MARS	I am safe
2.	SACRAL	Orange	VAM	VENUS	I am creative
3.	MANIPURA	Yellow	RAM	SUN	I am strong
4.	HEART	Green	YAM	MOON	I am loved
5.	THROAT	Blue	HAM	MERCURY	I am expressive
6.	AJNA	Indigo	OM	SATURN	I am connected
7.	CROWN	Purple	ANG	JUPITER	I am divine

The universe is responding to the vibrational attitude that you are emitting. Our life's major part is connecting the inner world, since 3/4th is inner world. Hence focus on the inner world since outer world is the print out of our inner world. Your inner world creates your outer world.

In General, in one's life,

Physical	-	Outer world	
Mental	-	Inner world	} major part
Emotional	-	Inner world	
Spiritual	-	Inner world	

According to scientist view, Energy is inside you, Energy is in every cell, Energy is everywhere. One can retune that energy according to one's vibration.

Make a wish box in order to receive your wish from the Universe. First of all take any wooden box or a closed container covered by Golden decoration papers, Feathers and Crystals. Write your one wish with trust and hope and drop the paper and close the box. Energize that box daily in order to manifest. Within a month you will get your wish from the Universe.

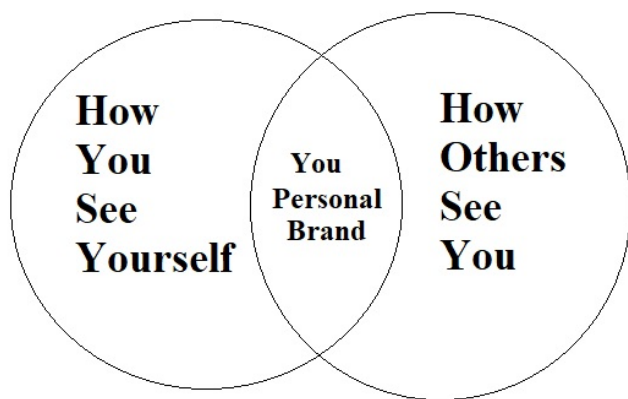
Make a vision Board

Take a cardboard and paste the Pictures, that you wish to become or get from the Universe. Let us imagine that you wish to buy a beautiful **Red** color **Kia**

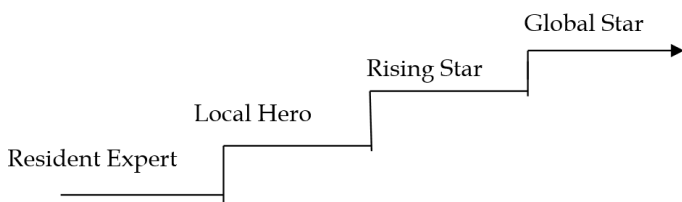
car next year means, then you need to paste that image or picture of that car in the vision board and daily in your morning routine. First look at the vision board as soon as you wake up. The great things will manifest for you and you will receive it, from the Universe if you practice daily. Next year you can paste the image/picture of your next target and make your vision board ready.

Build Your Personal Brand

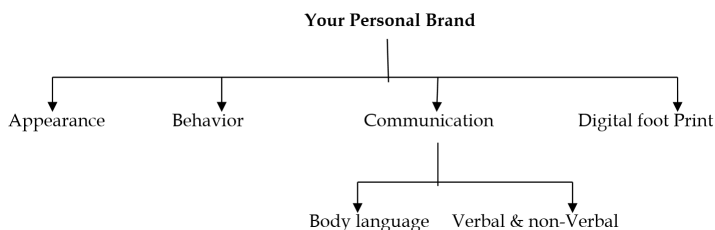
In your life journey, focus and watch your style and character.



Hence from the above Ven Diagram, it's clear that there is a Perception Gap between how you and others see yourself.



Here is the flow chart of becoming a Global Star.



Alankar is the best way of keeping your energy high, so that you radiate and operate from a different consciousness. In our culture we wore gold in upper body, cloths made of Silk and go to temple to imbibe that stored energy.

AURA→ Ancient Understanding of Reality and Atmosphere. Aura is the light and electromagnetic field produced by our cells when they vibrate and produce energy field. Aura is often described as a subtle energy field or luminous radiation that surrounds a person or object. It is thought to reflect a Person's emotional, mental, physical and spiritual state. Some believe it can be felt by others. Actually Aura is blue print of life - the body, mind and soul. Aura is transparent white colored layer of 5 bodies - Red, Yellow, Green, Blue and Purple.

- ❖ Soul Star - Above head (Divine intuition)
- ❖ Earth Star - Below feet (Divine power of Soul)

Our thoughts are like electric waves and emotional feelings as magnetic waves-Here only picture is enough. Intuition is prime tool. We can differentiate between true intuition (from heart and soul) and thought (from mind) by studying Aura.

Lack of self care by neglecting self care practices such as proper rest, nutrition, diet, exercise can lower one's vibration energy.

‘Grow through what you go through’.

Dr. Joseph Murfey - 1963, explained how to manifest the power of sub-conscious mind? Thank you, Universe for a perfect day. Your wisdom are guiding me. By rewiring your mind, raising your vibration and putting yourself in a harmonious energy to attract from the Universe. All that you desire.

Each part of our body is connected to a planet.

Mind → Moon ; If you are not okay they called you as lunatic.

Sun is connected to our Soul - Self and Eyes.

Saturn → Teeth and Bones.

Mars → Liver.

Jupiter → Nose → Wisdom & Awareness - Medical Astrology

Every parts of our body resonates to certain particular vibration, certain herbs, certain grains & macrocosmic level certain planets.

How to protect our AURA?

By doing this mudra [Thumb in between Ring and Middle fingers both hand] Say to yourself, I only allow positive energy to enter my Aura, All negative energy (if any) grounded to earth. Do **light** invocation prayer for raising your Vibrations, I invoke the light of God within me, I am a clear and perfect channel. Light is my guide. (Repeat it for 3 times)

Manifestation is a tool to transform one's life. Manifestation in its simplest form is the act of bringing something into reality, often through focused thoughts, beliefs and acting it's a concept rooted in new thoughts Philosophy, Suggesting that our thoughts can influence our experiences. While some see it as a deeper practice of aligning with one's desires and taking inspired action. Thus in order to Know Yourself one should know within.... (Diamond within)

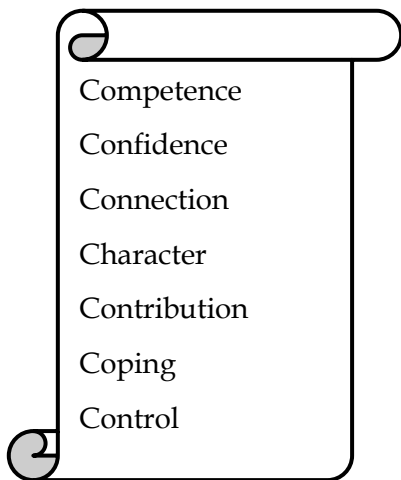
7. RESILIENCE



Resilience means ‘bouncing back’ like a phoenix bird. It is the ability to cope with Adversity, Change trauma, Depression, finally bouncing back from difficult experiences, Maintaining psychological well being.

Cultivating the "7Cs" of resilience

Viz,



‘Resilience in the face of adversity’

❖ Your life will change when you understand this

Study while others are Sleeping

Decide while others are Delaying

Prepare while others are Daydreaming

Begin while others are Procrastinating

Work while others are Wishing

Save while others are Wasting

Listen while others are Talking

Smile while others are Frowning

Persist while others are Quitting

Learn this from

- Lion - Alone but Powerful
- Fox - Silent but dangerous
- Eagle - Next Stop, the Top
- Bear - No matter what comes my way, I will face it.

Be silent in 3 situations.

- (i) When you are Angry.
- (ii) When people don't value your words.
- (iii) When you want to listen to people.

Moral values and Learnings from Bhagavad Gita,

1. Wrong thinking is the only problem in life.
2. Right knowledge is the ultimate solution to all our problems.
3. Selfishness is the only way to progress & prosperity.
4. Every act can be an act of Prayer.
5. Renounce the ego & individuality & rejoice in the bliss of infinity.
6. Connect to the higher consciousness .
7. Live what you learn.
8. Value your blessings.
9. Never give up on yourself
- 10 . See divinity all around

Think, React and behave according to the situation. This will help in developing a flexible attitude towards life.

Try to face and love challenges. Without challenge life becomes dull and boring. If you wish to walk fast, then walk alone but if you wish to walk far, then walk together. Ups and downs in life is just like in ECG. Take and turn the stones people throw at you into sculptures, building and monuments. If you don't believe in taking right decisions, take decision first and make them right.

“None can destroy Iron but its own rust likewise

No one can destroy a Person but his own mind set”.

Once in a forest, on a rainy day 3 frogs play and all on a sudden they fell into a deep pit. They jumped and jumped in order to get up from that pit. Other frogs in that jungle came around to see and talked loudly how they will climb up. All gone, Since it's more slippery due to rain they will not climb up? Many frogs even laugh at those 3 frogs. Few frogs ridicule and yell at them. But among those 3 frogs one frog alone keep on trying and finally climbed up too. All asked the reason how that frog alone able to climb up. Later on they came to know that, that little frog was deaf. So that little frog didn't able to listen to their criticism and hence able to climb up and survive in life. Hence right decision at the right time is the secret of Success.

You can never do enough for someone you love.
Keep asking what else can I do... What more can I do...

In order to 'bouncing back' like a phoenix bird, in life one should follow Time Management.



Three Secrets of Time Management

1. Value of time
2. Time budgeting
3. Concentration

❖ Value of time

Mr. Henry Ford once said '**The busy man has time for everything**'.

The life of great leaders in the world teaches us one lesson. They have done many creative things in spite of their busy schedule. Their secret lies in the Scientific Management of Time.

'Like an arrow which has left the bow, TIME does not come back'. '**Time is Unidirectional**'. Time once lost is lost, can't be substituted.

❖ Time budgeting

Every moment's delay means loss of production and therefore loss of money. "**Time is simply Money**". Charles Kettering once told "My interest is in the

future, because 'I am going to spend the rest of my life there'.

8760 Hours we have for every year.

To Know the Value of Time

Value of	Ask From
One year	A student who has failed in an exam.
One month	A mother who has delivered Premature baby.
One day	An editor of a weekly magazine.
One minute	A person who has missed a train.
one second	A man who have survived in an accident.
One millisecond	An athlete who came as second in an Olympics.

❖ **Concentration**

All great and Successful men have one common characteristic - Concentration (Complete involvement in their work). Napoleon- The Great, Mahatma Gandhiji do many things at a time.

Division of Time

1. Biological Time - Body requirement like sleep, wake up etc.,

2. Social Time - Self development, Society, Family etc.,

3. Business Time - Profession, Passion, Job etc.,

❖ **Biological time : 3 principles**

1. Treat all days like. Treating some days as holidays and Some others as working days upsets the routine.
2. Find out time saving efficiency technique.
3. Regulate activity in a clock wise direction.

❖ **Business Time - 4 principles**

1. Feel Fresh and Start work.
2. Be prepared to face problems and crisis.
3. Organize your articles / things effectively.
4. If you wish to get a grip over the day's work, go to work spot early before others come.

❖ **Social Time: 3 principles**

1. A successful Social Time is the foundation for a Successful Professional life.
2. Spend time with your family, friends and well wishers since they are your stress busters.
3. Update your social activities then and now.

Thus I conclude reason for Procrastination is laziness, boring, need of extra effort and soon. Procrastination is waste of time. "**Time is precious**". we

can't save time and keep it in **Bank (or) Custody**. Time is like a **ready cash** - spend purposefully and usefully.

In summary, resilience and a growth mindset are interconnected traits that empower individuals and organizations to not just keep face with progress but to thrive in a dynamic world. India's rise to a Superpower status is a testament to its resilience and determination. With Continued Progress, India will shape the global landscape in a new era of Co-operation and Prosperity. Please know that this is not the end of your Journey. Your higher self chose this path for you. So however painful it may feel, Sail through it. Wisdom comes from Pain and not from Pleasure. Hence bring out your Diamond within...

8. ATTRACTIVE AFFIRMATIONS



‘Everything in life is a Vibration’ -Albert Einstein

Affirmation is a Positive sentence said in the Present tense.

Reiki literally meaning

Rei → Universal / Spiritual

Ki → Life force energy.

According to the Principle of Reiki. If you want to find the secret of the universe, than think in terms of Energy, Frequency and Vibration.

Promoter of Reiki was **Mikao Usui** (1920). His fellow Student **Chuyiro Hayashi** (1925) transmitted Reiki Out of Japan. But in 1940, **Hawayo Takata** introduce '**Reiki**' to Western World. The main five Principles of Reiki, according to her are as follows.

Just for Today

- I will not worry.
- I will be grateful.
- I will do my work honestly.
- I will not be angry.
- I will be kind to every living thing.

Repeat these 5 Principles of Reiki for your mind, body and soul. Do this attractive affirmations daily before sleep and as soon as you wake up.

For a miracle manifestation start with small steps. Successful Morning Routine will bring a complete transformation in you. **Day by day, in every way, I am becoming more and more healthy, wealthy, loving, blissful and enlightened.**

All human have energy fields that keep them alive. When this energy is low or blocked, physical, mental and emotional issues can occur. According to many

Eastern Spiritual traditions, Using affirmations and meditation may help restore energy in the body's chakras.

In Reiki, there are Seven Chakra's and to heal chakra's certain affirmations can be repeated routinely.

Chakra Affirmations

CHAKRA	AFFIRMATIONS
ROOT	I am safe and confident, well grounded.
SACRAL	I am creative and full of Joy and nurtured.
SOLAR PLEXVS	I am strong and completely capable of doing great things.
HEART	I am loved and love freely.
THROAT	I am expressive and speak emotional.
THIRD EYE	I am calm and peace and solve any problem.
CROWN	I am divinely Connected and discerning.

- ❖ You are making a decision.
- ❖ You are feeling reflective (or) stuck.
- ❖ You need inspiration.

❖ You are going through a major life.

❖ Transition by manifestation.

Positive Affirmations At dawn...

I am Worthy.

I am whole.

I am loved.

I am full of light.

I am full of energy.

I am abundant.

I am blessed.

I am Powerful.

I am Strong.

❖ I am open and ready to receive.

❖ I am beautiful from the inside out.

❖ Everything I wish is coming to me.

❖ I am in alignment with my divine purpose.

❖ Let me attract the beautiful prosperous of this Universe. Give this heavenly energy for healing your chakras. This energy is manifestation energy which activates a powerful energy for self empowerment and used for opening spiritual connection and intuition.

Affirmations to feel connected to the UNIVERSE

- Every day, I deepen my connection to the Universe and I am filled with a sense of purpose and belonging. My life unfolds with grace and ease.
- I send out love and positive energy to the Universe, knowing it will return to me magnified
- I am a cosmic being, and my existence is a part of the grand tapestry of the Universe.
- I am open to receive the wisdom and guidance that the Universe offers.
- The Universe supports me in my Journey, and I am grateful for its abundant blessings.
- I align my energy with the natural rhythms of the Universe.

Every night – Affirmations

Every night if you start telling this affirmation you not only raise your inner vibrations but also start attracting everything that you want in life. I am a magnet for abundance and success. I am always at the right place at the right time and I effortlessly draw opportunities into my life. Everything that's happening in my life is happening for the highest good, and I am grateful for all that I have and everything that is yet to come into my life. I am worthy of all the good things

that life has to offer and I open myself up to receive joy and gratitude.

Once you have done this affirmation whole heartedly, feel those emotions of gratitude in your heart and go to sleep. Now be open to receive all the chances and opportunities that will help you manifest your goal.

Always decide what you believe and believe what you decide to manifest.

Water Manifestation

Take a tall glass of water. Hold one hand on top of it and close your eyes and set an intention for what you want to manifest in your life. Health, Peace, Relationship, Career etc., Set an intention and stay in it for 60 seconds then drink that water. We all know that our body is made up of 70% water when you chant

certain things on the water, it orients the water molecule. When you drink that water you are changing the orientation of water molecules of your body. You align it by taking those actions.

Let's heal from our mother of nature as,

- When you feel attached tell it to the fire. Fire is the great master at transmitting states of mind and attain transformation.
- When you feel stagnant talk to the Water. Water knows about movement, flows ever and doesn't hold on to anything.

- When you understand nothing, just speak to the Wind it will bring you to here and now and clarity will come to your Soul.
- When you want to give up talk to mother Earth, as Earth teaches you Perseverance and Rebirths.
- When you feel that life overwhelms. You just talk to the Plants they are guardians of Patience and Growth.
- When you feel you can't take it anymore, talk to the Stars their light will remind you that even if the path is dark, there is always a spark of hope.
- When you feel like you have lost your way, talk to the Mountains, they are eternal witness of Stability and Strong.
- When you feel your heart broken talk to the Moon, since Moon shows you how to shine again even after the darkness.
- When you feel like confused to take a decision, talk to the Sky, since it's a Vast Source of Ideas.

To connect with and identify your guiding angel, you can pay attention to various signs and sensations, including intuitive feelings, physical sensations and recurring symbols. These include seeing Angel numbers like 11:11. 777, 222 or 333, experiencing unusual comfort and blessings or noticing specific animals or birds or objects. Contact your angels for Empowerment

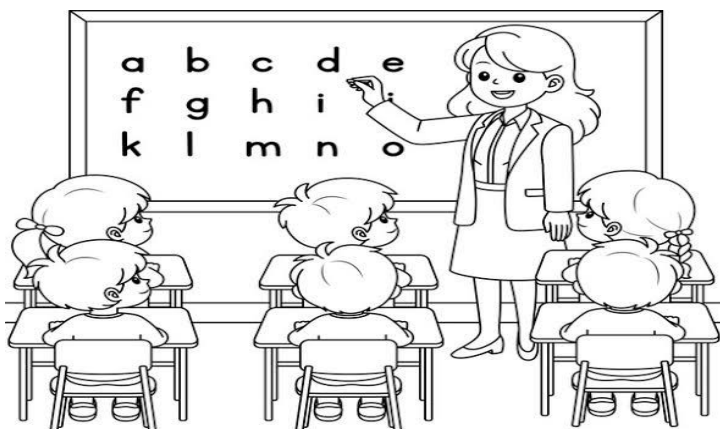
unleash your Creativity, Cultivate your inner peace. You will see some symbolic objects like feathers, coins especially when you are thinking about them (Angels)

Self-esteem Affirmations

- ❖ I have remarkably clear mind. It helps me to see and judge everything clearly.
- ❖ I have a superb memory, so I recall quickly.
- ❖ Like an outstanding Chess Player, I can concentrate & foresee simultaneously.
- ❖ I know how to focus my thinking precisely.
- ❖ I can see solutions to even the most complex problems.
- ❖ I always look ahead, whether driving my car, riding a bike, planning for the day, thinking about life.
- ❖ I always think big. The bigger are thinks, the bigger are achievers.
- ❖ I love sportive competition which brings out the best in me and others.
- ❖ I have a positive and constructive attitude towards life.

Thus with the above guided affirmations bring out your diamond within...

9. IF TEACHING IS YOUR PASSION...



Being a teacher, build your character, word by word, block by block, in day by day. Develop your personality in meeting challenges and responses. When we step into a new role, We are able to bring out our hidden talents. Hence take the responsibility and utilize the open chances in front of you.

If we are all smart, with growing attitude and with a desire to learn, to work hard and have the capability of getting along with people well in any institutions or organization, then we are the best employee forever.

Daily take a minute to look at your Goals and behavior and see if your behavior matches your Goal. The choice to make your life legendary or ordinary is

in your hands only. You are the destiny of your own future. So create it colorfully.

If only you can appreciate all the blessings showered on you. You will visualize the truth. That “Life is a miracle”.

Improve Your Quality of thoughts, since you all know. What you think, So you become. If I take rest I will become rust, hence flow like a river always. Even your heart muscle says use me or you will lose me!

Begin your day with salutations to Mother, Father, Guru and God while end your day with introspecting yourself with honest and say words of gratitude to all.

A teacher one who is not updated will be outdated! So be prepared always, be Unique in your approach towards the Students Community and think different to create innovative ideas beyond the classrooms. Selflessness is the only way to Progress and Prosperity.

Right knowledge is the ultimate Solution to all your problems. So deep Knowledge in subject is a must for an effective teacher. Meanwhile communication skills and inter-personal relationships plays a vital role in moulding a teacher. Identify and focus on high-priority tasks that align with your goals and values. Plan out all the tasks required to complete a project, including any dependent or overlapping tasks. Consider the consequences and make effective clear decisions that complete your vision.

See divinity all around. Renounce the ego of individuality and rejoice in the bliss of infinity. Every act can be an act of prayer. Connect to the higher consciousness daily. Value your blessings.

Set clear and specific goals that give you a sense of purpose. Stay on target with deadlines and learn (or) manage to handle unexpected events.

Learn to manage your time better to reduce stress which will lead to many health related issues.

- ❖ Prepare a day plan or to-do list.
- ❖ Break down large tasks into smaller chunks.
- ❖ Eliminate distractions from smart gadgets.
- ❖ Manage Stress which affects concentration.
- ❖ Learning to say no and set boundaries.
- ❖ Avoid procrastination.
- ❖ Make time for yourself.

"Bring the world into your classroom and not the textbook and classroom your world"

In order to make a live classroom, interact with the students.

"If you tell them and they forget

If you show them and they remember

When you involve them and they understand"

Hence involve each and every student, in any form of Classroom Activities, Group Projects etc.,

As soon as you enter the classroom, it take a minute out of your day every now and then to look into the faces of your students, your gesture and eye contact help the students to reach their full potential which catch them doing something marvelous.

Based on Psychological Principles to make one's teaching effective, there comes certain maxims of teaching method, through we can teach teaching through senses.

- ❖ From Known to Unknown
- ❖ From Simple to Complex
- ❖ From Indefinite to Definite
- ❖ From Concrete to Abstract
- ❖ From Particular to General
- ❖ From Empirical to Rational
- ❖ From Practical to Logic
- ❖ From Seen to Unseen
- ❖ From Whole to Part by Part.

Teachers supports student development in many ways viz. Encompassing academic, Social, Emotional and Physical growth. Here are some key areas where as a teacher can boosts students and bring out the hidden talents in them. Never be embarrassed to

showcase your talents. Pace your progress in the following,

1. Academic Development:

1. Curriculum design and delivery.
2. Access to resources and technology.
3. Assessment and feedback modes.

2. Social Development:

1. Peer interactions
2. Team work.
3. Extra curricular activities (clubs, sports, cultures etc).
4. Collaboration opportunities

3. Emotional Development:

1. Career guidance and counseling.
2. Mindfulness and well-being initiatives.
3. Support to manage stress and depression.

4. Physical Development:

1. Special needs and Basic needs.
2. Community Service Opportunities. (CSO)
3. Parent - Teacher Associations (PTA)
4. The School Management Committee (SMC)

If a students like a teacher, then they will like the subject and lessons they taught. Hence the teacher has

to enter into the eyes and hearts of their student before going deep into the lessons. A great teacher's ultimate mission is raising curious, well-educated, disciplined children with humanity outside the conventional classroom.

It is very valuable to consider that students are best educated when they pursue their interests and make sense of every day experiences for themselves.

A best teacher aims at emotional well-being by focus on reducing stress among students and creating a life-long love for learning that is intrinsic rather than imposed.

But nowadays, education system among schools are alarmic. They imposed the students to run in a race and aim at their scores only. Life is not a competition to run always and compare with someone.

An ideal teacher allows students to explore in their topics of interest. A good teacher kindles children to ask questions, seek answers and think independently, thus preparing them for real-world challenges. By removing the pressure of grades, scores, marks and ranks, children can learn in a more relaxed environment at their own pace and can adapt their learning paths based on their needs and interests.

Teachers are man-makers. They exercised a deep influence in one's character. They are forbearing, understanding, compassionate and role model to their students. One's favorite teacher has a smile on their

face and make their students feel happy. They reach out to parents often, with both updates and concerns.

Thus,

Talented

Educated

Adorable

Charming

Helpful

Encouraging

Responsible

When the teachers dress up with dignity, the predominant thought that will arise is respect. So dress up well and take the world in your Stride

They are the nation builders, as they are responsible for teaching and nurturing the future of the world. Teachers are the resources of a Country. An ordinary teacher gives information, good teacher gives keen knowledge, excellent teachers

kindles the students and bring out the hidden talents in them. Guru promotes wisdom of power in them. The task of modern educator is not to cut down jungles, but to irrigate deserts.

- C.S. Lewis.

While Parents provide our physical growth, teachers provide our mental and intellectual growth, it

is only life's experiences that provide the much needed emotional growth.

Teachers are ethereal, exotic and eternal. A best teacher, have a strong passion to enlighten the young minds, who are going to be future architects of our nation and of the world. It brings a sense of excitement when the students are around the teacher. When a teacher teaches effectively they can make a positive difference to one's lives by enabling students to reach their goal or a dream or by inspiring them to love learning and self-development.

"Teaching is more than imparting knowledge, it is inspiring change. Likewise leaning is more than absorbing facts it is acquiring understanding and building one's character".

- William Arthur Ward

Teaching is the greatest act of optimism. - Colleen wilcox.

The examination system in India, a corner stone of the educational framework is not uniform throughout the Country It is multifaceted syllabus followed by many States, catering to various stages of a student's academic journey from School to higher education. We explode its various dimensions including its structure, reforms, challenges and the impact of technology.

Examination plays a crucial role in the learning and teaching process. Often exams make children fearful

and unable to engage their minds fully in learning. Examinations also serve a pedagogical function. They encourage students to consolidate their learning, develop critical thinking, problem-solving skills and engage in self-directed Study.

In India, Competitive examinations like NEET & JEE held for Students learning from different boards with various Syllabus. It is logical or transparent exam for a un-uniform Syllabus learnt by ,students through out the state and

appear for a All India Competitive exams? This makes teaching as irrelevant and inculcate the importance of coaching which is the brainstrom of many organisation nowadays.

It is the right time to find the difference between Teaching and Coaching. Teaching is about sharing knowledge while Coaching is about drawing out knowledge. The purpose of teaching and coaching is to help others grow and realize their potential. But In general Teaching is more effective than Coaching.

But nowadays, Coaching predominates teaching due to the examination pattern. Teaching is the practice implemented by a teacher aimed at transmitting skills to a learner. Teaching theories can be organized into four categories based on two major parameters

1. A teacher-centered approach versus
2. A student - centered approach

3. Low-Tech material use versus High-Tech material use

Nowadays student-centered approach is practised in many institutions.

Thus in order to make teaching a noble profession, education system a and pattern of examination will be affordable to overall students living in various areas, regions, villages, hills and rural remote areas.

A Good Teacher must have a sound

1. Subject Knowledge
2. Professional experience
3. Communication Skills
4. Caring and Understanding
5. Analytical ability
6. Passion for Teaching
7. Discipline and Character

Don't run after Money, Money
runs away from you.

Run after your Passion, Money
will follow you

Work for Passion

Excel in your Passion

Only a Person whose thoughts, words, deeds are in harmony they become a teacher.

When a teacher's love and skill work together. You can expect a Master piece Sympathy, Encouragement & Dignity will hold us together for a better world. Think highly of yourself, for the world takes you at your own estimate. Our dress is never complete without an enchanting Smile! Let us be cheerful, joyful and blissful to be wonderful and shine like a Diamond...

10. YOU ARE A MASTERPIECE



You become what you think. Thoughts are life. What goes inside your sub -conscious mind decides how your life will be.

You are nothing but your behavior and action. Your behavior is based on what your thoughts. Your thoughts depend on what input goes inside, which is highly determined by the company of people you keep.

Lotus is a symbol of divinity and Purity which comes from sluggish mud and dirty water. Be a Lotus.

In a fertile mind. Positive, Powerful, Potent and Energised thoughts Provoke.

How to change and set your mind set in 21 days?
If you practice anything in life consistently, then it will become your habit and routine. You will become a masterpiece, If you train your mind and master your actions

SET SMART GOALS

You have to set ambitious goals and execute a plan to achieve in life. Break down your goal's into smaller manageable tasks and hold yourself.

For example:

Your goal is to get into a better Shape. Do regular workout routine with balanced diet. Block your time for training every day. It is important to establish a daily routine that include specific goals, tasks, habits, etc., Consistency plays a big role here!

How do we create structure and consistency in our daily life:

1. Identify your priorities
2. Plan ahead... the night before
3. Start up your day with fresh mind and gratitude thoughts that something wonderful is about to happen.
4. Wake up early and you will find time for yourself
5. Control your emotions and be productive.

7 Japanese Techniques:

- ❖ **Wabi Sabi** is about finding beauty in imperfection. Instead of trying to be perfect right away, your aim is to get a little bit better each day.

- ❖ **Ikigai is about finding your purpose in life - It's based on 4 ideas:**

Do what you love

Do what you're good at

Do what the world needs

Do what you can be paid for

- ❖ **Shoshin** means having a beginner's mindset. It's about being open to new ideas and possibilities, like a beginner rather than thinking that you already know everything.

- ❖ **Canbaru** is about being patient and doing your best. It means staying determined and working hard, especially when things are tough, to achieve your goals.

- ❖ **Shinrin Yoku: (au) forest bathing (or) nature bath** is about spending time in nature. This therapy help to reduce blood pressure, stress, and body heat. Improve your mindset and make you feel fresh and healthier overall.

- ❖ **Floor Sitting** Studies co-relate the ability to Sit and Rise from the floor without support with a

longer life expectancy. It also develops musculoskeletal fitness. To get started set up a corner of your room where you can sit, read or do work on ground.

- ❖ **Hara hachi bu:** Many ancient people of Okinawa in Japan say the word hara hachi bu out loud before they eat a meal as a blessing and also as a reminder to stop eating when you are 80% full. This Cultural Practice and calorie restriction and mindful eating is part of the reason for their happy living and hence Okinawa has a higher percentage of Centenarians than anywhere else in the world. Hence do follow this 7 Japanese techniques to excel your life as a Master Piece. Often follow **ASAP**

As Slow as Possible

As Soft as Possible

As Sustainable as Possible

As Sincere as Possible

As Steady as Possible

Allow Space and Pause.

Think, once...

Lamborghini was a Tractor Company,

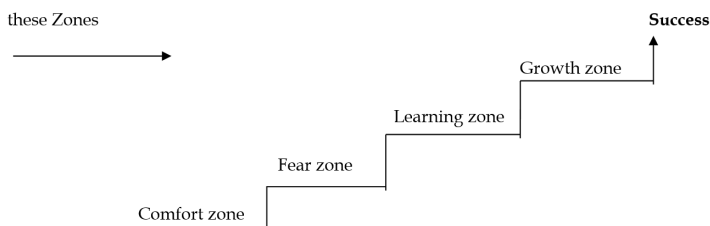
Reliance was a Textile Company,

LG was a facial Cream Company,

Samsung was a Grocery Store,

Your current situation doesn't define your future -
Keep Pivoting, keep evolving!

If you want Success, then came out of



Once a father said to his daughter, "I congratulate you on your graduation. I wish to present a car to you But before I give it to you, take it to a Car dealer and ask how much it's worth. She went and asked the Car dealer. He told to offer her Rs. 2 lakhs because the car looked old. The father replied okay. Now take it to the Pawn shop and ask for his offer She went, and he told to give Rs. One lakh because the car is old and in need of repair. Now the father asked her to show the car to a Car Club with enthusiast and experts. Some People in the club Offered me 10 lakhs! They said it's a rare car in good Condition. Now the father explained : Your worth often depends on the place and people that surround you. If you feel undervalued, may be you are not in the right place. This story tells the truth, that find places and people who value you, Know your own worth. A Diamond does not shine at the bottom of a cave.

Be aware of your mindset across different domains in your life, viz. work, relationship, leadership, leisure etc., Practice adopting a growth mindset as often as you can. Focus on having fun on learning something new. Remove judgement Focus on the process rather than the results (Outcome).

What is a mind Set?

Oxford dictionary describes it as “A set of attitudes or fixed ideas that somebody has and that are often difficult to change.

Mindset → Attitude → Behaviour → Actions → Results → Performance

"Until you make the unconscious conscious, it will direct your life and you will

call it fate"

- C. G. Jung.

Growth vs Fixed Mindset

Scarcity vs Abundance Mindset

Saboteur vs Sage Mindset

"The mind is everything. What you think, you become" - Buddha.

All existence, from the smallest atom to the greatest cosmic galaxy, it all comes out of your mind. Realize that everything is a projection of your mind.

It is true that mind is restless and difficult to control. But it can be conquered, through regular practice and detachment. Those who lack self-control will find it difficult to progress in meditation. But those who are self-controlled striving earnestly through the right means, will attain the goal.

Train your mind like you would train your muscles. Choose your thoughts. Focus on the good. Visualize your success. Repeat often.

Wealth is a **Mindset**

Love is a **Mindset**

Success is a **Mindset**

Failure is a **Mindset**

Being Broke is a **Mindset**

Being Lonely is a **Mindset**

Being Lovely is a **Mindset**

There are few ways to train your Subconscious Mind :-

1. Precision Affirmations:

When you make a clear, definitive statement about yourself as if it is already true, Your Subconscious mind takes over and will act under that belief

2. Meditation:

It is a Powerful brain retraining method because it transcends any form of Conscious thought.

3. Visualizations

Visualization is a powerful tool to retrain your subconscious mind because it allows you to feel and experience a situation that hasn't happened yet - as if it were real.

Our challenge is to manage the forces inside. If we can conquer ourselves, we can inevitably conquer the forces outside. Bring out the diamond within free yourself. Live from your imagination. Be relaxed and fulfilled. Go within as often as possible.

Imagine yourself as a magnetic person who always attracts great experiences, unlimited opportunities and good news. Believe that you are just naturally blessed all the time.

A change of Circumstance happens as a result of a change in your state of Consciousness.

-Neville Goddard

"If something doesn't manifest, may be the Universe says it's not for you". So let it go... Take responsibility for the fact that everything in your life is determined by you.

Life always works out. Things always turns out in your favour, even if it doesn't go according to the original plan. Find Comfort In knowing that all that you are currently experiencing is a transition and transformation period that's leading you to your bliss and abundance

The first step in 'renewing of the mind' is desire. You must want to be different before you can begin to change yourself. Then You must make your future dream a present fact

- Neville Goddard.

Whatever you think, that you will be. If you think yourself weak, Weak you will be ; If you think yourself strong, Strong you will be.

-Swami Vivekananda

You have chosen this path for yourself. So trust it and move ahead.

You are made for bigger things so think big. Don't run away from the pain, embrace it since the secret of success is sweat. 'If you wish to shine like a Sun then first burn like a Sun'. Disconnect from the mind of others and Connect with your higher self.

Last but not the least,

Self confidence is a super power, all you start to believe in yourself, magic starts happening. Only you can make your life a masterpiece, So make it...