

Conscious & Thoughtful Living

Reflections on Life, Karma, and Inner Growth

Sanjay Raiani



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DEDICATION

Dedicated to my beloved grandson,
Nivaan,
Whose arrival brought new light,
New purpose,
And inspired the birth of this book.

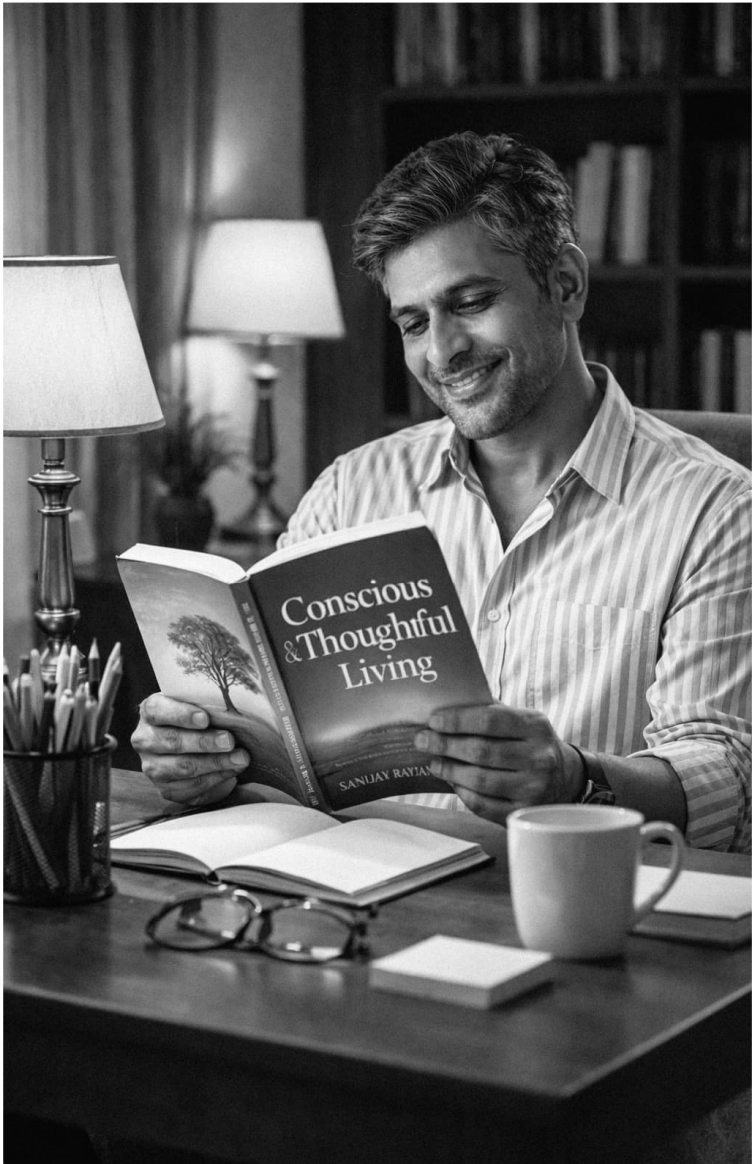


When we can see the person behind the words,
understanding becomes more natural and meaningful.

I am a fellow traveler in life, learning and growing
through experiences just like you.

If this sense of familiarity allows you to receive these
thoughts with greater openness,
then this photograph has fulfilled its purpose.

— *Sanjay Raiani*



PREFACE

This book is not meant to be read in a rigid or fixed order. You are free to begin with any chapter you choose. Each chapter is independent, yet equally important and useful. You may start with the first chapter, move to the fifth, or even begin with the last. This freedom keeps the mind open, relaxed, and psychologically unburdened.

I invite you to read this book slowly and consciously. Keep different coloured pens with you. Underline the lines that feel important, meaningful, or worthy of repetition.

Use **green colour** for what you have understood and agree with. Use **red colour** for what you wish to read again and understand more deeply. Use **blue colour** for writing your notes in the margins.

For your personal notes, use **alternate black and blue ink** so that notes from different paragraphs are clearly demarcated, making it easy to see where one point begins and where it ends.

Read the book line by line and paragraph by paragraph. Pause often. Form simple questions from each line to understand it deeply and allow it to settle into your mind. Repetition is not weakness; it is the gateway to clarity. The margins are freely to write your own thoughts, reflections, and insights. Note down the important points from each paragraph. After reading a page, ensure that you have not only understood the content but have also begun to digest it.

Follow this method for one chapter, then repeat the same process for the next—until you reach the final chapter. By the

time you complete the book, the content will no longer remain outside you. It will become a part of you.

This is not merely the completion of a book. It is a journey—from one point of life to another. And somewhere along the way, life shifts.

THE PATH OF LIFE

The road on the cover is not merely a road.

It is a **reflection of life itself**.

At places it is **smooth and easy**, and at others it becomes **uneven, bumpy, and challenging**.

Sometimes it moves straight, sometimes it turns suddenly,
and at times it even demands a **complete U-turn**.

Life unfolds in the same way.

There are **bright sunny days** filled with clarity, energy, and hope.

There are **cloudy moments** that bring uncertainty and waiting.

There are **showers** that cleanse and renew.

And there are **nights - calm, quiet, and reflective** - inviting us to look within.

Along the path, water flows gently in places, stones appear as obstacles, there are rises and slopes —just like the **challenges, lessons, and growth** we encounter in life.

This path teaches us:

Keep moving.

Accept what comes.

Learn as you walk.

Do not stop.

Sunlight and darkness are both **essential**.

Comfort and difficulty are both **teachers**.

Every turn offers a **new perspective**.

Every obstacle **strengthens us**.

Life's path is not perfect —

yet it is this **imperfection that gives it meaning**.

When we walk with **awareness, patience, and courage**, the journey leads us toward **inner clarity, strength, and peace**.

This journey is not meant to be finished, but to be **understood**.

Not to be conquered, but to be **lived**.

Keep walking...

the journey itself will transform you.

ACKNOWLEDGMENTS

I express my heartfelt gratitude to God and to all my near and dear ones who have supported me throughout my journey of life.

I am equally thankful for the circumstances, difficulties, challenges, and testing moments that came my way. Whenever I struggled or failed, they taught me valuable lessons and helped me grow stronger. Each experience shaped my understanding and strengthened my resolve.

The universe has always supported me in unseen ways and guided me to this stage, where I am able to share with you what I have felt, studied, experienced, and lived.

I am grateful to our society, which has taught me countless lessons and helped me understand life more deeply. I sincerely thank my family and friends who stood beside me, listened to me, and supported me with patience and care.

I wish to express my deepest appreciation to my wife, Ketki Raiyani, who has given me a true sense of identity and belonging. She stood beside me through all my highs and lows, without ever asking for explanations, offering only quiet strength and unwavering support. Her presence has been a pillar in shaping who I am today.

Whatever I am today has been shaped by the ideals and values I received from my father and my elder brother, Narendrabhai Raiyani. From them, I have learned invaluable lessons that continue to guide my life.

With humility and gratitude,
Sanjay Raiyani

THE VOICE OF MY HEART (PERSONAL PHILOSOPHY)

I Believe in working without pressure, yet I deeply believe in punctuality. I do not like to pressurize others, nor do I burden myself with unnecessary stress. At the same time, I believe in certainty—deciding clearly and then working continuously until the desired result is achieved.

Consistency and focus have always guided me to walk any path with confidence. Unwavering faith—in myself and in others—has shaped me into who I am today. I consciously choose to trust the person standing opposite me, because trust creates strength, not weakness.

I am always ready to learn and deal with any situation. I believe that every circumstance gives something valuable—either a direct benefit, or an indirect benefit in the form of a lesson. Every lesson is carefully taken forward and deposited in my experience bank.

I see opportunity even in setbacks, and I do not remain down for long. Whenever I face defeat, I rise quickly—standing straight, learning silently, and moving forward with greater clarity. I understand that circumstances are not here to break us; they are here to offer something meaningful and wonderful, if we are willing to see it.

It is on this mindset, these values, and this philosophy that I have built my life and my work.

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Section -I

Life Philosophy

Opening Quote

“Life is not meant to be carried like a burden; it is meant to be lived with awareness and joy.”

Chapter-1

Are We Here Just to Pass Days? Absolutely Not!

We are not here just to pass days, waiting for weekends to arrive. Life is far greater than dragging through weekdays and celebrating a few holidays.

We are here to enjoy each moment, to live with **purpose, peace, and passion**.

Think deeply. **Where have we gone wrong?** Why does work feel heavy? Why do weekdays feel like a burden and weekends feel like freedom?

Think. Think. Think.

The reason lies within us **our expectations**. Expectations from ourselves. Expectations from others. Expectations from situations and results.

When we tie our happiness to results, to other people's behaviour, or to achievements, **work becomes heavy**. The mind becomes **restless and tired**.

Have you ever thought - **how often do we give without expecting anything in return?**

Look at nature:

- The sun shines **without asking for praise**.

- **Trees give fruits and shade without asking for rewards.**
- **Rivers flow without expecting appreciation.**

Nature only gives. **Without conditions.**

And remember - **we are also a part of nature.** Giving, serving, and loving without conditions is **our real nature.**

Our **primary purpose** is to serve through whatever work we do.

Our **secondary purpose** is to earn a reasonable income to live with dignity.

When this understanding settles inside you, **life becomes lighter.** You no longer work under pressure, but **work with love and joy.** **Satisfaction blooms naturally from within.**

Now, reflect on another important point.

Why do we carry **someone else's uneasiness** on our shoulders? Why do we become prisoners of **other people's goals, fears, or expectations?**

Think. Think. Think.

Is it because of hidden expectations? Fear of consequences?

Greed for rewards? Social pressure? Heavy liabilities and investments?

Somewhere, unknowingly, **we created a trap around ourselves.**

It happened out of ignorance. It happened unconsciously.

It's okay.

But now ask yourself - **Is it necessary to continue like this?**
At what cost?

Remember, **our time here is limited.**

Do you agree with me?

Just think **how fast the years have passed!**

It feels like yesterday we were carefree children going to School. Then College came, with big dreams. Then work, business, responsibilities - **all passing like a movie reel.**

Life is moving fast. **Don't delay living it.**

Remember

Happiness does not come from results. It comes from the way we live and serve each day.

A Short Message

Serve with love. Work with joy. Live without unnecessary expectations.

Conclusion

We are not here just to pass time. We are here to live consciously, serve sincerely, and enjoy deeply.

When expectations drop, life becomes lighter. When service becomes natural, joy follows automatically.

Signature Ending Line

Stop counting days. Start living life.

Opening Thought

“Your only competition is the person you were yesterday.”

Chapter-2

Become Better Than You Were in the Morning

Self-Growth as a Daily Priority

Working on yourself should always be your **top priority**.

Wherever you are and whatever you are doing, your aim should be simple - to become **slightly better than you were in the morning**. By evening, you should feel a small but meaningful shift within you.

If you wake up in the morning and go to bed at night as the **same person**, the day is partly wasted. Growth does not need to be dramatic. It only needs to be **daily**.

This should be your spirit. This should be your aim.

Small Improvements Create Big Change

Self-growth is not about perfection. It is about **progress**.

When you improve even **1% every day**, the change may feel invisible at first. But over time, those small efforts compound into powerful transformation.

Daily improvement turns ordinary days into stepping stones of evolution.

A Personal Experience

I always try to work on myself by adding **one new practice** and improving it gradually.

For example, I once attended a Vipassana meditation camp. The camp taught me the method of **dhyana**, but the real transformation happened only when I brought it into my **daily routine**. After practicing consistently for **90 days**, meditation became part of my lifestyle.

Why 90 days? Because when you do something consistently for that duration, it naturally turns into a **habit**.

Later, I learned **Sudarshan Kriya**. Again, I practiced it daily for **45 days** without fail, and it too became deeply rooted in my life.

By adding such practices step by step, I keep moving upward on the path of **positive growth**.

What This Teaches Us

- Growth happens through **consistency**, not intensity
 - Habits are built by **daily practice**, not occasional effort
 - Transformation is silent but **permanent**
-

A Quiet Reflection

Pause for a moment.

Ask yourself - **what one small thing did I do today to become better than I was in the morning?**

If the answer is clear, you are growing. If not, tomorrow gives you another chance.

Takeaway

- Self-growth is a **daily responsibility**
 - Small improvements **compound** into big change
 - Aim for **progress**, not perfection
 - Consistency builds habits - and habits shape life
-

Conclusion

When you make daily growth a habit, life becomes a journey of **continuous evolution**. Success no longer appears occasionally - it becomes your **lifestyle**.

Let every sunrise give you a new opportunity to grow. Let every sunset remind you that you are **no longer the same person**.

That is real progress. That is real success.

Opening Thought

“Life does not move by chance. It moves in the direction of our thoughts.”

Chapter-3

Your Thoughts Are the True Driver of Life

My friends, I want to share an insight drawn from **my own life experience**.

In today's world, intelligence, degrees, and qualifications are often seen as the **ultimate keys to success**. But the truth is much simpler.

Success does not depend only on how intelligent you are or how many degrees you hold.

Even the highest qualification - even a Ph.D. - **cannot override one fundamental principle:**

Your thinking must guide your actions.

A Simple Analogy from Life

Imagine two cars.

One is a high-end **Mercedes**. The other is a simple **Maruti 800**.

Now imagine two drivers.

One drives the Mercedes but lacks discipline, awareness, or skill. The other drives the Maruti 800 with **care, confidence, and control**.

Ask yourself honestly:

Who will have a safer and smoother journey?

The answer is obvious.

It is not about the car. It is about the driver.

What This Means for Life

Life works in the same way.

It is not about **what you have**. It is about **how you handle what you have**.

Money, education, talent, position, or social status - none of these decide your life on their own.

Your thought process decides how your life moves forward.

The Chain Reaction of Thoughts

Your thoughts quietly create a powerful chain reaction:

- **Your thoughts shape your attitude**
- **Your attitude drives your actions**
- **Your actions generate your energy**
- **Your energy fuels your movement**
- **Your movement influences your emotions**
- **Your emotions define the quality of your life**

In short:

Your thoughts are the steering wheel of your life.

Why Awareness Matters

If you do not take **conscious control** of your thoughts, even the best external resources - your life's "Mercedes" - may not take you very far.

But if your thinking is **clear, disciplined, and positive**, you can reach your destination peacefully - even with life's simplest "vehicle."

Message

Guard your thoughts. Choose them carefully.

Feed your mind with:

- **Clarity**
- **Purpose**
- **Optimism**

Because happiness, fulfilment, and success are **not destinations**. They are **natural results of a well-driven life**.

Remember

Life does not ask for speed. It asks for direction.

Conclusion

When you drive your life with awareness, you begin to enjoy the journey - whatever the road may be.

So keep driving with **conscious thinking**. Keep living with **clear intention**.

That is how life becomes **balanced, meaningful, and fulfilling**.

Signature Ending Line

Drive your life with awareness - your thoughts decide the journey.

Reflection

Pause for a moment and reflect honestly:

*“If my thoughts are the driver of my life, where am I driving myself
right now - consciously or unconsciously?”*

Opening Thought

*“If you don’t change, nothing changes.
When you change, everything begins to change.”*

Chapter-4

First Rule of Changing Results

A Common Illusion

We often think:

- If the **government** changes, things will improve
- If I change my **city**, life will be better
- If I change my **job**, circumstances will improve
- If my **boss** changes, work will become easy

Students think:

- If the **school** changes, everything will be better

Business owners think:

- If the **staff** changes, results will improve

But my friend, this is only an **illusion**.

If **you** do not change, **nothing else will**. Everything will remain the same.

The First Rule of Changing Results

The first and most important rule is simple:

Change yourself.

How Everything Can Change

If you:

- change your **thinking**,
- learn **new skills**,
- respect and manage **time**,
- and align your **habits** in the right direction,

your **entire life can change**.

But if you continue living the same way you have lived for years, then even after the next **6 to 10 years**, life will look exactly the same.

Only **time and age** will change. Circumstances will not.

Change Yourself, Life Will Change

If you make **better changes**, life becomes **better**.

If you want a better life, **change is unavoidable**. Change yourself - and only then will life appear changed.

Dreams Do Come True

I say this with confidence.

I have **seen dreams come true**. I have **lived them**.

The secret was very simple: **I changed myself**.

The Simple Secret of Success

- Decide clearly that you want to **succeed**

- Take only those steps that success demands
- Bring a little **discipline** into life
- Change your **daily routine**
- Write down what you want
- Track what you do every day

Leave the rest to life.

If you do this sincerely, **success becomes inevitable.**

A Quiet Reflection

Pause for a moment and ask yourself:

Am I waiting for situations to change - or am I ready to change myself?

Your answer decides your future.

Conclusion

Life does not change automatically. Results do not change accidentally.

People change - and results follow.

The moment you accept responsibility for changing yourself, life starts responding differently.

Closing Note

Don't wait for life to change. Change yourself - and life will have no option but to change with you.

Opening Quote

*“Life gives equal time to everyone,
but reveals its potential only to those who take responsibility.”*

Chapter-5

Life Has So Much Potential

Life has **so much potential** - if we choose to recognize it.

I have met many people who only want to **rest, sleep, and do nothing**. Whatever little they do, they do only for **survival**. Otherwise, time is spent in idle talk and routine living.

At such moments, a question rises strongly within me:

“Am I here on this earth just to pass time?”

And the answer is always clear:

“No. Not at all.”

Perhaps this question has visited **you all** too - quietly, at some point in life.

Awareness Is the Turning Point

Whenever this awareness comes, it **wakes me up**. I become conscious of my mental state.

When my mind starts drifting toward comfort or meaninglessness, I gently guide it back toward **something creative, useful, and meaningful**.

That shift changes everything. It makes me feel **worthy in my own eyes**.

I truly believe this is possible for **all of us**.

Choosing Responsibility

I see myself as a **responsible person**. In many situations, whether we like it or not, **others are watching us**.

So I remind myself:

My behaviour matters.

If I expect a better society, I must **be an example first** -in my family, among friends, at work, and in daily life.

Leadership is not a position. It is **how we live when no one is forcing us**.

A Sentence I Live By

I often say this to myself:

“I am responsible.”

Not because I have to - but because I **choose to**.

Responsibility does not make life heavy. It gives life **direction and meaning**.

Life does not ask for perfection - **it asks for participation**.

Message

Start today. Take full responsibility for your **body**, your **mind**, and your **choices**.

This is the **first real step** toward becoming the **best version** of yourself.

Remember

Passing time is easy.
Living consciously takes courage.

Conclusion

Life is not meant to be spent waiting. It is meant to be lived, shaped, and expressed.

When we stop escaping responsibility and start embracing it, life slowly reveals its **hidden potential**.

Life has already given us enough. Now it is our turn to respond consciously.

Signature Ending Line

Take responsibility - and life will show you how powerful it can be.

Opening Thought

“Don’t live your life only reading headlines. Live in a way that one day, you become one.”

Chapter-6

Be the Headline, Not Just the Reader

From Reading to Becoming

I have always believed in one simple idea - **be the headline, not just the reader of headlines.**

Doing something worthwhile is far more meaningful than watching others do it. Life is not meant only for observation. It is meant for **participation, creation, and achievement.**

Imagine not just reading the newspaper, but seeing **your own name** there - associated with something meaningful you have achieved. Allow yourself to **dream big.**

Know Your Strengths

Ask yourself honestly:

- Where am I naturally good?
- What can I do better than most?
- What are my real strengths?

This self-study is essential.

Once you identify your strengths, **develop them patiently.** Give them time. Work on them daily - just like watering a plant. Slowly, silently, they will grow.

One day, without noise or force, **you will become the headline.**

Dream, Then Do

First, **see the dream clearly.** Then, **work on it daily.**

Visualise yourself achieving it. Feel the joy of reaching there through the right process. When **right thinking** is combined with the **right action**, progress becomes inevitable.

Be your **own hero first.** Only then can you inspire others.

A Life That Became the Headline

The life of **A. P. J. Abdul Kalam** is a timeless example.

Born in a small town, once selling newspapers as a boy, he dreamed of science, space, and serving the nation. Step by step, through discipline and daily effort, he became the *Missile Man of India* and later the *People's President*.

His life did not become a headline once - it became a headline **forever.**

A Quiet Reflection

Pause for a moment.

Ask yourself - **Am I only reading about great lives, or am I building one of my own?**

The choice you make today decides the story of tomorrow.

Simple Practices for Daily Life

- **Morning visualisation:** Spend 5 minutes imagining your success
 - **Daily action:** Do one small task toward your goal
 - **Journaling:** Write even small achievements
 - **Positive self-talk:** *"I am growing every day."*
 - **Consistency:** Feed your dream daily, like a plant
-

Takeaway

- Headlines are written for **achievers**, not spectators
 - Dreams without action remain wishes
 - Small daily efforts build big success
 - You must see yourself as a hero first
-

Conclusion

Life is not about watching others succeed. It is about becoming **your own success story**.

When you focus on your strengths, nurture them consistently, and keep faith in your dream, your life naturally becomes **headline-worthy**.

Closing Note

Don't just read headlines - create them. If you don't create your own story, someone else's story will always control your attention.

Section -II

The Inner Pillars That Shape a Meaningful Life

Opening Thought

“What you believe today quietly decides where you will stand tomorrow.”

Chapter-7

Your Belief Creates Your Future

Belief Opens or Closes the Door

If you believe you can do something, you surely can. If you believe you cannot, you are also right - because your **belief has already closed the door**.

This leads to the most important question: **How do we create the belief that we can?**

Every limitation you feel begins with a thought -“I can’t.”The moment you replace it with **“I can”**, something changes inside you.

Belief is not magic. Belief is **permission** - permission to try, to act, and to persist.

How to Build the Right Belief

Whatever you currently believe you cannot do, **pause**.

Gently replace:

- “I can’t do it” with
- “I can do it.”

Plant this new belief in your mind and **nurture it daily**.

When **right belief** is combined with:

- **positive action**, and
- **right emotions**,

Nothing can stop you. This is not motivation - it is how the mind works.

When Belief Aligns the Whole Being

When belief becomes strong, your **mind and body align** with it.

You begin to feel:

- **energy instead of fear**
- **confidence instead of doubt**
- **courage instead of hesitation**

Your belief starts attracting the **right opportunities**, creating the **right environment**, and opening doors that once seemed impossible.

What Successful People Have in Common

Look at any successful person in the world. Their real strength is not only talent, money, or background.

Their true power lies in their **belief system**.

They carry a clear inner picture of success. They trust that their future is shaped by their **thoughts**, strengthened by their **belief**, and realised through **action**.

It is truly that simple: **Believe you can - and you will.**

Real-Life Examples

Consider **Thomas Edison**.

He failed thousands of times before inventing the light bulb. If his belief had been “*I can’t do it*,” the world might have remained dark much longer. Instead, his belief was firm: “**I can, and I will.**” Every failure became a step forward.

Closer to home, look at **M. S. Dhoni**.

Coming from a small town, with no special background, he believed he could lead India to success. That belief shaped his actions - and those actions shaped history.

A Simple Daily Practice

Every morning, stand in front of a mirror and say with conviction:

“I believe in myself. I can do it. I will do it.”

Then:

- **Visualise** yourself already succeeding
- Take **one small action** aligned with that belief

This simple daily ritual **plants the seed of belief** - and repetition makes it strong.

Reflective Pause

Ask yourself honestly: Which belief is silently controlling my life right now—faith or fear?

Takeaway

- Change “**I can’t**” into “**I can.**”
 - **Plant and nurture** the right belief.
 - Combine belief with **action and emotion**.
 - **Believe first - reality will follow.**
-

Conclusion

Success is not about what you lack. It is about **what you believe**.

The moment doubt is replaced with belief; life starts moving in a new direction. Half the battle is already won when your **thought process is right**. The remaining half is won through **confident execution**, powered by emotions that support you - not sabotage you.

The Fruits of Right Belief

- You gain **self-confidence**
- You develop a **positive mindset**
- You start seeing **opportunities instead of obstacles**
- You create a life guided by **faith, not fear**

Believe in yourself. That single decision can become the turning point of your life.

Opening Thought

“Talent may begin the journey, but passion carries it forward.”

Chapter-8

Passion: The Fire That Transforms Life

What Passion Really Is

One word that has deeply shaped my life is **passion**.

Passion is not a casual interest. It is something you **love deeply**, something you pursue **wholeheartedly**, even when challenges appear. It gives life **energy, direction, and purpose**.

For me, passion means **learning, experiencing**, and then **sharing** those lessons so others may benefit. Passion is the inner fire that keeps us moving, growing, and contributing.

How Passion Is Discovered

Passion is **not gifted** - it is **discovered**.

When we observe our daily life calmly, we begin to notice:

- what excites us,
- what energises us,
- What makes us forget time.

That is where passion lives.

Every person is unique. What excites one may not excite another. This uniqueness is life's hidden beauty. Instead of feeling jealous of someone who has found their passion, we

should respect their journey. Their success is an invitation for us to find our own flame.

Passion grows slowly - **interest becomes consistency, and consistency becomes mastery.**

From Rejection to Stardom

The life of **Amitabh Bachchan** proves this truth.

Early in his career, he faced rejection—his voice, height, and appearance were considered unsuitable. Even his initial films failed. Yet, his **passion for acting never weakened**. He continued refining his craft, and with *Zanjeer*, his journey changed forever.

He became the **Superstar of the Century**, not because success came easily, but because **passion refused to let him quit.**

My Own Journey

In my own life, passion guided me beyond professional boundaries. Along with my work as a tax consultant, I chose to write on **self-help, life wisdom, poetry, spirituality, and numerology.**

I believe in **learning deeply, applying practically, and sharing honestly.** Practices like meditation and Sudarshan Kriya became part of my life - not only for personal growth, but to encourage others toward balance and clarity.

This journey taught me that **passion is not only about personal success - it is about uplifting others.**

A Quiet Reflection

Pause for a moment.

Think about the activity that makes you feel **alive**, the one where time seems to disappear. Now ask yourself - how much space have you truly given it in your daily life?

Often, passion does not need discovery. It needs **permission**.

The Fruits of Passion

Passion brings:

- **Fulfilment**
 - **Mastery**
 - **Resilience**
 - **Inspiration**
 - **Meaningful contribution**
-

Conclusion

Life becomes meaningful when driven by **passion**. Passion brings clarity, joy, and purpose - not only to our life, but to the lives we touch.

If passion could transform rejection into greatness, it can surely transform your life too. The fire already exists within you.

Recognise it. Nurture it. Let it shine.

Opening Thought

“Belief shows the direction. Passion gives the energy. Persistence makes the journey possible.”

Chapter-9

Persistence: The Third Pillar of Success

Why Persistence Matters

We have already spoken about **belief** and **passion** - two essential qualities for a meaningful and successful life. Without them, even small achievements feel difficult.

But there is a third quality, equally important and often the most demanded by life - **persistence**.

Without persistence, there is no **consistency**. And without consistency, nothing worthwhile can be achieved.

What Persistence Really Means

Persistence simply means **continuing**, even when things become difficult.

It is the ability to:

- keep trying despite obstacles,
- move forward despite delays,
- Stay committed until the goal reaches its **final outcome**.

Life demands persistence everywhere - while learning a new skill, mastering a profession, improving health, or growing

spiritually. Without it, life slowly turns into a routine of passing days, with no inner growth or deep satisfaction.

I believe you are not among those who merely pass time. If you are reading this, it means you want to **upgrade yourself** and live with purpose.

My Personal Experience

When I look back at my life, one quality stands out clearly - **persistence has always been my nature.**

Whatever I start, I do not leave it incomplete. I continue until it reaches **ANJAM** - the final outcome.

Whether it was my journey as a tax consultant, my habit of writing articles and poetry, or personal practices like meditation, walking, and continuous learning, I never allowed myself to stop halfway.

There were challenges, distractions, and moments of doubt. But one belief remained strong within me: **If I have started something, I must complete it.**

Interestingly, with enough persistence, many things that once felt impossible slowly become possible. This commitment has shaped my life, giving me confidence, respect, and above all, **fulfilment.**

For me, persistence is not just a quality - it is my **personal signature.**

A Timeless Example

Consider **Thomas Edison**.

He failed more than a thousand times before inventing the electric bulb. When asked about his failures, he calmly said, “*I have not failed. I’ve just found 1,000 ways that won’t work.*”

That is persistence in its purest form - the courage to continue until success finally arrives.

What Persistence Gives You

When persistence becomes part of your life, it brings powerful results:

- **Mastery** – Skill and confidence grow naturally
 - **Success** – Achievements follow steady effort
 - **Resilience** – Failures no longer break you
 - **Respect** – Society honours those who don’t quit
 - **Fulfilment** – Inner satisfaction replaces regret
-

Making Persistence a Daily Habit

- **Set small daily goals** and complete them
 - **Fix a routine** for learning or practice
 - **Track progress**, even small wins
 - **Stay inspired** through books or affirmations
 - **Practice patience**—great results take time
-

A Quiet Reflection

Pause for a moment.

Think of something important you once started but left unfinished. Now ask yourself - was it lack of ability, or lack of **persistence?**

Often, success is closer than we think - just one more step away.

Conclusion

Persistence is not just a word. It is the **backbone of every success story.**

Belief gives direction. Passion gives fire. But persistence keeps you walking, even when the road becomes rough.

Failures may delay you, but they can never defeat you - if persistence is on your side.

Takeaway

Passion lights the fire. Belief keeps it alive. Persistence turns it into a lifelong success story.

*If I can live this truth in my own life, **so can you.***

Opening Thought

“Without patience, effort is wasted, belief is shaken, and purpose is lost.

With patience, even the impossible becomes possible. ”

Chapter-10

Patience: The Crown Jewel of Life

Why Patience Comes Last - and Matters Most

Life needs many strengths: a **positive mindset**, **strong belief**, **burning passion**, and **deep persistence**. If you develop these, you can truly become the **Maharaja of your own life**.

Yet even with all these qualities, one jewel is still required - the rarest and most powerful one.

That jewel is **patience**.

Without patience, how long can belief survive? How long can passion burn without frustration? How long can persistence continue without exhaustion?

Patience is what keeps everything **alive**.

What Patience Really Is

Patience is not weakness. It is not delay. It is not passive waiting.

Patience is strength with calm.

It is the ability to stay steady when results are slow, to trust the process when progress is invisible, and to continue walking without losing faith.

Patience is the **glue** that holds belief, passion, persistence, and purpose together - until success finally arrives.

Why Life Demands Patience

Without patience, even good efforts collapse. Skills remain unfinished. Plans break halfway.

Life constantly shows us how impatience turns **near-success into failure**. That is why patience is not optional - it is **essential**.

Every meaningful achievement needs **time**, just like seeds need time to become trees.

My Personal Experience

I have always believed in giving **time its due respect**.

Whenever I start something, I commit to finishing it with the same energy I had on day one. Challenges appear, distractions test focus, but patience keeps me moving forward.

This approach taught me an important lesson: **Patience is not about waiting - it is about progressing steadily until the goal is achieved**.

Lives That Prove the Power of Patience

- **Mahatma Gandhi** followed patience and non-violence for years - and changed the destiny of a nation.

- **Kapil Dev** believed patiently in a dream no one else believed in. Years of discipline and patience led India to the historic **1983 World Cup**, transforming Indian cricket forever.

- **Virat Kohli** became a legend not overnight, but through years of **patient practice, discipline, and self-belief**.

These lives teach one truth: **Patience is believing, preparing, and continuing - until success comes.**

A Quiet Reflection

Pause for a moment.

Are you tired because the journey is wrong - or because you are trying to rush what needs time?

Sometimes, patience is the only missing piece.

Takeaway

**Purpose + Belief + Passion + Persistence + Patience =
Unstoppable Success**

Conclusion

Patience is not just a virtue. It is a **life skill**.

It keeps you grounded when results are delayed and strong when the road is long. Those who master patience rarely fail - because they simply **outlast difficulties**.

Closing Note

Great achievements take time. Don't quit before the harvest. With patience, success has no choice but to arrive.

Opening Thought

“Belief shows the way. Passion gives the energy. Persistence keeps us moving. Purpose gives direction.”

Chapter-11

Purpose: The Rudder of Life

Why Purpose Matters Most

We have already explored four powerful qualities - **belief**, **passion**, **persistence** and **patience**. Yet without **purpose**, even these strengths lose direction.

Life without purpose is like a **ship without a rudder** - moving, but not knowing where it is going.

If you observe closely, people who lack purpose often end up living according to **someone else's purpose**. They drift from one influence to another, with no fixed routine, no discipline, and no clear priorities. Their days have no structure, and their life slowly slips out of control.

Such a life may appear free, but in reality, it is **directionless**.

The Cost of a Purposeless Life

Indiscipline spreads quickly. So do **bad habits**.

When we spend too much time with purposeless people, we unknowingly absorb their lifestyle - late nights, late mornings, wasted hours, and careless thinking. Slowly, this drains our energy and reduces our usefulness.

That is why it is important to **protect your direction**.

Once you discover your purpose and hold on to it firmly, time stops slipping away. You begin to use every day wisely, focusing only on what truly matters.

Purpose brings **clarity**. Clarity brings **achievement**. Achievement brings **self-respect and fulfilment**.

What Purpose Does to Your Life

A life guided by purpose feels different.

You wake up with **energy**. You know **what to start** and **why it matters**. Your day has meaning, direction, and momentum.

Purpose keeps you **alive, vibrant, and motivated** - not occasionally, but **every single day**.

This is the kind of life I personally love to live - **purposeful, disciplined, and fully alive**.

A Life Lived with Purpose

The life of **A. P. J. Abdul Kalam** is a shining example.

Coming from a humble background, he lived with one clear purpose - to make India strong in **science and technology**. That purpose kept him disciplined, focused, and dedicated throughout his life. He rose to become one of India's greatest scientists and later the People's President.

Even in his final moments, he was doing what defined his purpose - inspiring young minds.

His life proves a simple truth: **Purpose keeps you valuable till your last breath.**

A Powerful Reminder

As **Steve Jobs** once said:

“Your time is limited, so don’t waste it living someone else’s life.”

Purpose is **personal**. It cannot be borrowed, copied, or imposed. It must come from **within**.

A Quiet Reflection

Pause for a moment.

Ask yourself honestly - **Am I living my own purpose, or adjusting my life to someone else’s expectations?**

Clarity begins with this question.

Conclusion

Purpose is the **foundation of success**.

Belief, passion, and persistence become powerful only when guided by a clear purpose. Without it, achievements feel scattered and incomplete. With it, even small efforts feel meaningful.

Purpose turns time into **strength**, effort into **progress**, and life into a **journey worth living**.

Takeaway

- A life without purpose has no direction
 - Bad habits grow faster in purposeless surroundings
 - Purpose makes you disciplined, focused, and energetic
 - With purpose, you don't just survive - you **truly live**
-

Closing Note

Your purpose is your compass. It tells you where to go and keeps you from drifting. Without it, life moves. With it, life progresses.

Opening Quote

*“Success does not respond to desire;
It responds to discipline practiced with consistency, daily.”*

Chapter-12

Consistency and Discipline: Two Sides of the Same Coin

Do what is required. Consistency is the base of success, and consistency needs discipline. Discipline means **controlling yourself** and **rising above temporary comfort and pleasure.** This small sacrifice is **the real price of long-term success.**

Life demands sacrifice. It asks for **firm discipline - almost like military discipline** - where you show up every day and **do your duty without excuses.** If you follow this path and work on it continuously, you slowly move toward **remarkable achievements.**

Never wait for approval from others. Be your own guide. **Lead yourself on the right path** in every situation. Keep balance in life. If you fall, **stand up again and continue moving forward.** Do not stop.

There will be days when **motivation is missing.** On such days, **talk to yourself.** Remind yourself **how far you have already come** and **how close you are to your goal.** Your thinking is your **strongest support.** Believe that you are different - not because you are better, but because **you stay focused when others give up.**

Step by step, you will reach your goal and also enjoy the journey. Every successful person walks this same path. They face **failure, doubt, and setbacks.** What makes them successful

is their **habit of rising after every fall**. They never quit. This quality keeps them connected to their **purpose** and helps them **leave a mark in the world**.

Remember

Discipline is the decision you take within yourself.

Consistency is doing that same right thing every day.

A Short Story

A young man once asked a senior worker, “**What is the secret of your success?**”

The man replied, “**I come here every day.**”

The young man asked, “**Even when you don’t feel like working?**”

The man smiled and said, “**Yes. Because discipline works even when feelings do not.**”

Years later, the young man understood that **success is not made by big efforts once in a while**, but by **small efforts done daily**.

Conclusion

Success is not built by desire alone.

It is built by discipline and consistency, practiced daily.

Signature Ending Line

Stay disciplined. Stay consistent. The rest will follow.

Opening Thought

“Creativity is not about doing different things - it is about doing things differently.”

Chapter-13

Creativity: The Art of New Thinking

Why Creativity Matters

Everyone knows the word **creativity**, but knowing the word is not enough. Creativity must be **felt**, **lived**, and **applied**. Only then do we understand its real power.

Creativity is not rare. It is not difficult. It is meant to be a **natural part of daily life**.

What creativity truly needs is **courage** - the courage to think differently, to step out of comfort zones and to question fixed thinking patterns.

The Courage to Think Differently

Many limitations come from old thoughts like: *“Why step beyond my comfort zone?”* Or sayings such as *“Stretch only as much as resources allow.”*

At such moments, **remind** yourself:

- **I can change myself**
- **I can change my thinking**
- **I can create new systems**
- **I can do what I decide to do**

Fill your mind with **positive thoughts**. Surround yourself with people who **uplift**, not those who limit your vision. Negativity shrinks creativity; positivity expands it.

What Creativity Really Is

For me, creativity is simple: **Whatever you do, do it in a better way.**

Creativity is fresh thinking followed by fresh action. It is about curiosity, courage, and improvement - not blindly repeating old methods.

The Trap of Old Methods

Many people proudly cling to age-old systems without questioning whether they still work. Times change. Situations change. But thinking often remains rigid.

Statements like *“This is how it has always been done”* silently kill creativity.

Progress begins the moment we ask: **“Why can’t I try it differently?”**

Normal Thinking vs. Creative Thinking

A normal thinker repeats what is known. A creative thinker asks, **“Can this be done better?”**

The creative mind experiments, observes results, refines methods, and keeps improving. It never settles for the first answer.

Breaking Old Beliefs

Old beliefs feel safe - but they also keep us stuck.

When resistance arises, ask yourself:

- Why do I think this is the only way?
- What stops me from trying something new?
- Am I holding on just out of habit?

Each time you replace an outdated belief with a smarter one, you don't just improve your work - you **upgrade your life**.

That is creativity in its truest form.

A Quiet Reflection

Pause for a moment.

Ask yourself - **What is one thing I can do differently today to make my life a little better?**

That single thought can unlock creativity.

Takeaway

- Creativity is a **choice**, not a gift
 - New thinking opens **new doors**
 - Positivity fuels creativity; negativity blocks it
 - Better thinking leads to better living
-

Conclusion

Creativity is the key to **growth, progress, and self-discovery**. When you dare to think differently and act differently, you break free from rigid patterns and unlock your true potential.

Remember - **A single question can change everything:**
“What if I do it differently?”

Opening Quote

"When you sell the dream and support it with action, the growth of society becomes certain."

Chapter-14

Selling the Dream- from I to We

With every passing hour, **I push myself forward**. I work on becoming a better version of myself - slowly and honestly. This journey of self-evolution starts within, but **it is not meant to be walked alone**.

When we work on ourselves, **we do more than personal growth - we uplift the world around us**.

Just imagine where we can reach if we stay committed to growth and guided by purpose. **A dream becomes powerful when it is shared**, and it turns into reality faster when many people move in the same direction.

I believe in **active participation**. Growth does not happen by watching from the sidelines. **Step in with purpose. Take responsibility**. Let us achieve our goals not only for personal success, but **to take our society to a higher level**.

I sell the dream - not of comfort, but of **meaningful growth**. Not only for myself, but **for all of us**.

Remember

Self-growth is not selfish. When you grow with purpose, others rise with you.

A Short Story

Once, a man in a village had **a simple dream - to make his surroundings better.**

He did not give speeches. He did not wait for support. **He started with himself.**

Every morning, he cleaned the space in front of his house. People watched, but no one joined him at first. Still, **he continued - day after day.**

Slowly, one neighbour joined him. Then another. Within a short time, **many people got involved.** What began as one person's effort slowly turned into a shared purpose.

The village changed not because of words alone, but because **one dream was supported by action.**

Conclusion

One person's awareness and ability to see the dream becomes another person's inspiration. When that inspiration is backed by action, it starts spreading naturally.

More people get involved.

This is how true growth happens. **A clear mind begins the journey, and many people carry it forward.** From one person to many, **a strong chain of growth is created - moving society forward step by step.**

Signature Closing Line

From I to We, from a dream to shared dreams - moving our society toward exponential growth

Section -III

Human Behaviour & Character

Opening Thought

“Falling down is not failure. Staying down is.”

Chapter-15

Bounce Back: The Power of Resilience

Why Resilience Matters

Resilience is essential for anyone who wants to **move forward in life**.

If you don't know how to rise after a fall, progress becomes impossible. What truly matters is not just getting up again, but **how quickly** you rise and move on. The **speed of your comeback** often decides the height of your success.

The ability to face difficulty, absorb the shock, and recover with strength is real toughness. This power - to **bounce back** - is one of the most important qualities of successful people.

Personally, I welcome challenges. They give me an opportunity to grow stronger and practise the art of bouncing back.

The Real Measure of Success

Success is not measured by how many times you fall. It is measured by **how fast you rise again**.

Failure is never final - unless you stop trying. Every setback carries a lesson, but only for those who are willing to stand up again.

Resilience in Daily Life

In everyday life, disappointments are common - career setbacks, relationship issues, unmet goals, or unexpected losses.

Instead of getting stuck, train yourself to:

- **forgive yourself quickly,**
- **learn the lesson, and**
- **move forward with fresh energy.**

Just as you restart your phone when it hangs, you must **restart your mindset** when life doesn't work as expected.

A Moment That Changed History

A powerful example of resilience comes from the **1983 Cricket World Cup**.

In a crucial match against Zimbabwe, India collapsed to **17 runs for 5 wickets**. At that moment, **Kapil Dev** walked in to bat. Instead of panicking, he showed extraordinary courage and resilience. His unbeaten **175 runs** not only saved the match but kept India alive in the tournament.

Without that innings, India would never have won the World Cup.

One bounce back changed the **destiny of Indian cricket**.

My Personal Experience

In my own life, I have faced situations that could have pulled me down. But my nature has always been to **rise again**.

I never waste time asking, “*Why did this happen?*” Instead, I immediately ask, “**What should I do now?**”

I take responsibility, stand up again, and keep moving forward. This habit of bouncing back has given me **strength, clarity, and confidence** over the years.

A Quiet Reflection

Pause for a moment.

Think of a recent setback. Did you stay with the pain - or did you move toward the solution?

Your future depends on that choice.

Conclusion

Adversity is not your enemy. It is your **teacher**.

The faster you recover, the stronger you become. Resilience is the hidden strength behind every success story.

Love challenges. Respect adversity. And most importantly - **master the art of bouncing back**.

Closing Note

Strength is not measured by how many times you fall, but by how quickly you rise again.

Section –IV

Karmas Value & Ethical Living

Opening Quote

"The quality of your life is determined by the clarity of your soul."

Chapter-16

Living with Karma: The Secret to a Burden-Free Life

The Story of the Two Travellers

Two people were walking the same road. One walked with a heavy heart, just following the crowd, feeling tired and confused. The other walked with a smile, stepping firmly and with purpose. When asked why, the second traveller said, "The road is the same, but I have a **compass** in my heart that tells me exactly where to go." That compass is a set of **Values**. When you have them, even a long journey becomes a joy.

My Journey: From Routine to Joy

My life is completely different today because I choose to live according to the **Values** I have set for myself. These are not just principles; they are the **foundation** of every decision I make. I genuinely love how I live and deeply enjoy my work. This passion fills my days with **joy and purpose**.

I no longer just "go through the motions." I embrace every moment. This transformation happened because I stopped living by chance and started living with a deeper understanding of myself. When your choices are rooted in **clear principles**, they lead you in the right direction.

The Wisdom of Karma and Continuity

The knowledge of **Karma** has brought great clarity to my life. It acts as a shield: **temptation and greed keep their distance** because I know that every action has a consequence.

Most importantly, I now feel **burden-free** when making any decision. There is no more doubt or hesitation because every choice is followed by the theory of Karma. This clarity is liberating! I also believe in the **continuity of life** - the existence of past and future lives. Our **Karmas alone** shape our next birth; nothing else has that power. This realization has changed my thought process and given me a **crystal-clear vision** of how to live and truly prosper.

The Spiritual Awakening

A significant shift came from becoming more spiritual. I practice **Dhyan (meditation)** twice a day, which brings me deep calmness. In December-25, I attended a **Vipassana** course. Since then, I have experienced my **Sushumna Nadi** flowing continuously, 24/7. This subtle yet powerful awakening is a huge advantage in my journey. If you make meditation a part of your daily life, it can become a gateway to a truly transformed way of living.

The Message

Don't delay life. Do not wait for "perfect conditions" to start living fully. Life is flowing swiftly towards its end. Every moment that passes will never return. The only right time to

act or transform is **now**. Life is vast, alive, and sacred - it deserves to be lived with **presence and gratitude**.

Values to be Adopted

To experience a life of peace and clarity, these values are essential:

- **Awareness of Karma:** Use it as your decision-making tool to stay free from greed and temptation.
 - **Living with Purpose:** Choose work and activities that you truly cherish.
 - **Daily Dhyan (Meditation):** Use this to quiet the mind and connect with your inner energy.
 - **Total Responsibility:** Accept that you are the creator of your future through your current actions.
-

Remember

Real transformation begins **within**. Your routine might look the same, but your **perspective shift** makes life richer and lighter. When you follow the theory of Karma, you are no longer a victim of circumstances - you are the master of your path.

Conclusion: Awaken the Giant Within

I shared my story to show you what is possible. My life is an example of how **subtle inner changes** can bring about deep outer joy. You are closer than you think to the life you truly

desire. Just take that one conscious step, and you'll begin to experience the richness of a transformed life. I hope this awakens the giant within you.

Live your life your way. Ultimately, only you can help yourself - no one else can.

Signature Ending Line

Walking the path of conscious Karma

Opening Thought

"When actions are pure, peace follows naturally"

Chapter-17

Living by Karma: A Conscious Path to Peace and Purpose

Hello friends,

I want to draw your attention to something most of us know deep inside, but often forget to practice.

- Never play tactics with your clients or customers.
- Always offer the right advice, the right product, and genuine guidance.
- Be conscious in your conduct.
- Treat people with humility, sincerity, and care.

You may ask - What do you gain from this?

Maybe slightly less money in the short term.

But what you gain is far more valuable:

Inner peace. Deep satisfaction. Long-lasting trust.

Now ask yourself honestly:

What is better -

- Misleading someone for selfish gain?
- Or guiding them rightly, even if you gain nothing materially?

A Real Story: My Father's Unshakable Principle

Being a **tax consultant**, our profession carries power - the power to influence client decisions about tax-saving investments like **Life Insurance**, **PPF**, **ELSS**, and similar instruments.

Many professionals become **agents** of such schemes to earn commissions. But this creates a **conflict of interest**.

My father, a man of **deep values and clarity**, laid down a firm rule in our practice:

“Never become an agent of any tax-saving investment scheme. The moment you do, your advice may stop being neutral.”

He believed that once commission enters the picture, **temptation enters silently**.

His guidance was simple yet powerful:

“Never recommend what benefits your pocket. Recommend only what benefits the client.”

We followed this principle without compromise.

Yes, we may have missed some commission income. But we gained something far greater:

Unshakable trust. Credibility. Peace of mind.

A Quote That Anchors My Life

“Karmanye vadhikaraste, Ma phaleshou kada chana”

You have the right to perform your duty, but not to the fruits of your actions. - Bhagavad Gita, Chapter 2, Verse 47

This timeless wisdom reminds us:

Focus on right action. Let go of selfish expectations.

My Guiding Compass: The Principle of Karma

In moments of doubt, conflict, or temptation, I ask myself just **one question**:

“Is this action aligned with the principle of Karma?”

- If the answer is **yes**, I move forward with full confidence.
- If the answer is **no**, I stop - even if it costs me personally.

This simple check removes confusion, guilt, and regret.

My decisions remain:

- **clear**
- **stable**
- **ethically rooted**

Even in difficult situations, I try to create **win-win outcomes**, not to take the entire loaf for myself.

I believe in:

- **sharing success**
 - **uplifting others**
 - **maintaining inner harmony**
-

A Way of Living

Love everyone. Think good of everyone - before thinking of yourself.

This mindset fills:

- the heart with joy
 - and life with blessings
-

Conclusion

A life guided by Karma is not weak. It is **strong, peaceful, and fearless.**

When your actions are right, you sleep peacefully at night and walk confidently during the day.

That is true success.

Reflection

Pause for a moment and reflect honestly:

“What principle truly guides my decisions - integrity, or fear and greed?”

Let's Walk Together

I invite you - yes, **you reading this** - to walk with me on this path of **awareness, growth, and inner excellence.**

Let us evolve together. Let us live not just a **successful life**, but a **meaningful and principled one.**

Will you walk with me?

Opening Quote

“Money grows best when it is rooted in values.”

Chapter-18

When Values Lead, Money Follows

Money is one of the most discussed and desired things in the world. It plays an important role in my life and in the lives of almost everyone. **There is no denial of its importance.**

I personally **respect money** and its power. I love earning it. I enjoy seeing the results of **hard work and right decisions**. But one thing is very clear to me - **money is not the ultimate goal of life.**

Loving money is not wrong. But **excessive attachment to money can damage our values.**

The real key is **balance.**

For me, **values always come first.** When your life and work are aligned with strong values, **money follows naturally.** It comes as a **by-product**, not as the main target.

My simple principle is this: **Serve first. Earn second.**

And what I truly mean to say is this: **earning money rightfully has no limits.** I genuinely love to earn money - and I am open to earning **a lot of it**, as long as it comes through **right actions and right ways.**

According to the **Law of Attraction**, abundance flows best when we do not block its sources. That is why I have **kept all**

rightful and ethical sources open. I have blocked only one source completely - illegal and dishonest money.

I pray to the universe to grant me **money and success from all rightful and ethical sources.** This also means that abundance may come to me in many forms - by **increasing the value of what I already hold**, by growth in my assets, or even as a **gift received through love and affection.** I accept all such blessings **graciously and with gratitude.**

I clearly declare that I **believe in wealth, health, and strong relationships.** I also declare with full awareness that **there is no harm in earning wealth when it is earned in the right way.** Wealth earned through **honesty, values, and right action** uplifts life - materially, emotionally, and spiritually.

When I work for my client, I **sincerely protect their interest in every possible way.** I serve with **honesty, responsibility, and full care.**

Along with my work, I pray with humility: May I be blessed with abundance, and may my client be blessed with **enough wealth and success**, so that he can pay me **comfortably and with a smile.**

I believe this is a **natural and respectful flow of life.** When I do my duty sincerely, **the universe supports both the giver and the receiver.** So I remain open to abundance coming from **all right sources**, earned honestly and received gratefully.

This principle applies to **every profession.**

- **Traders** must give the exact **quality and quantity** for which they charge - **no compromise.**

- **Manufacturers** must deliver what they promise, **honestly and fairly.**

- **Doctors** must follow ethics and rules, keeping **humanity** above profit.

- **All Service providers** must follow ethics and rules

When professionals place **service, values, and integrity** above **money**, something beautiful happens. Not only does wealth grow, but **trust, reputation, and self-respect** grow as well.

That is **true prosperity**.

Remember

Do not block abundance. Only block what is **unethical** and **illegal**.

Message

Serve sincerely. Earn honestly. Stay open to abundance.

Conclusion

Money alone cannot give peace. But money earned through **right values, clean intentions, and honest service** brings **stability, respect, and inner satisfaction**.

Let **values** lead your life. Let money follow its rightful place.

Signature Ending Line

When intentions are pure, abundance flows freely and fearlessly.

Section -V

A Code for Conscious Living

Opening Quote

"Happiness is not always created outside; often, it is revisited from within."

Chapter -19

The Power to Revisit Joy Lies Within

Our biggest treasure is not what we possess today, but what we **carry within us**. Each of us has many good memories. Life may present thousands of problems, but surely we also carry **at least a few happy moments** in our heart.

Those good moments have already happened. The event passed with time, but we are blessed with a special power - the **power of the mind**. We can relive those moments whenever we wish. We can revisit them, feel them again, and allow them to bring happiness back into our life.

There are times when circumstances do not allow us to act. Situations may be beyond our control. At such moments, there is still **one freedom that remains untouched** - the freedom to choose how we feel inside.

This is a simple truth, yet a powerful one. **Happiness is often a choice**. We only need to choose it and **do justice to our own life**.

Remember

You may not control every situation in life, but you can always choose your inner state.

A Short Story

Once, a man went to a wise saint and said, “My life is full of problems. How can I be happy?”

The saint replied, “Close your eyes and remember a moment when you were truly happy.”

The man smiled softly.

The saint said, “That happiness has not gone anywhere. It still lives inside you. You only forgot how to return to it.”

From that day onward, whenever life felt heavy, the man returned to his memories - and found peace again.

Message

Good memories are stored blessings. Revisit them. Relive them. Recharge yourself. Happiness is often one thought away.

Conclusion

Life may not always give us the freedom to change situations, but it always gives us the freedom to choose our response. When you revisit joyful memories, you remind yourself that happiness has already been part of your life - and it can return again.

Choosing happiness is not escaping reality; it is **respecting your strength** and **honouring your journey**.

Signature Ending Line

When nothing changes outside, choose joy from within.

Opening Quote

*"Your life is not meant to be compared, copied, or traded.
It is meant to be lived and honoured."*

Chapter – 20

Your Life, Your Legacy - Untradeable and Unique

This is not just my story - it is **ours**. I have lived my life, and you have lived yours. The details may differ, but **the essence is the same**.

I have worked through every step to become who I am today. **Nothing came free. Everything was earned**. Every experience - pleasant or painful - has shaped me. From this very life, from this very karma, **my next journey will begin**.

Never trade your life - not even for that of a superstar. Let them shine in their world. **Your light is meant to shine in yours**.

Your life is yours and unique. Do not even think of bartering it with anyone, because **you are here to live your own life - a life created only for you**. That is what makes your journey **untradeable and irreplaceable**.

Never compare your life with others. Do not feel jealous, and do not become unhappy by looking at someone else's life. **Comparison is a grave mistake** - it steals your peace and creates **unnecessary unhappiness**, without adding anything meaningful to your own life.

Let others chase what glitters bright. **We hold our truth in humble light.**

Every scar and every smile has added value to this journey. **Nothing was wasted.**

What truly makes life meaningful is not only what we think - but **what we do. A good thought is a seed. Action is the water.**

So live with intention. Live with awareness. Live with responsibility.

I love my life. And so should you.

Whatever your life looks like today - simple or complex, smooth or rough - **it is yours.** And that alone makes it **precious.**

Remember

Comparison steals joy. Acceptance builds peace.

A Short Story

Once, a man wished he could live someone else's life. He admired their success, comfort, and recognition.

One day, he was asked to write down his struggles and place them in a box. Others did the same. When everyone was told to pick a box at random, the man chose one - and found struggles heavier than his own.

He quietly returned to his original box and smiled.

That day, he learned a simple truth: **every life carries weight - and every life carries worth.**

Message

**Respect your journey. Water your thoughts with action.
Live intentionally.**

Conclusion

Your life is a one-time offering. It cannot be exchanged, repeated, or replaced.

When you honour your experiences and act with purpose, you create not just a life - but a **legacy.**

Signature Ending Line

Live your life fully - because no one else can live it for you.

Opening Quote

“What we truly possess is not what we hold in our hands, but the strength, clarity, and belief we build within ourselves.”

Chapter-21

What Do We Possess?

Everything begins with a **thought**. But when a thought is supported by **firm resolve**, it gains the power to **change our destiny**.

When we ask, “*What do we possess?*”, most people think of age, money, position, or achievements. As life moves forward, we slowly realize that these are not our real possessions. **What we truly possess are our thoughts, our resolve, our discipline, our persistence, and our self-belief**. These inner qualities stay with us in every situation and quietly shape the direction of our life.

Thought has the power to do anything. It is the **first step** toward every change in life, in society, and in every invention. Nothing happens suddenly in the outer world.

Everything happens twice - first in the mind, and only then in the physical world. Before anything is created, it is **first imagined**. Before any change is seen, it is **first thought**.

A **clear thought** becomes a vision. A **repeated thought** becomes belief. And belief, when supported by action, **turns into reality**. This is how every shift begins - **quietly, from within**.

Now is the time to make an impact - not by noise, but by **inner strength and right action**.

The right mindset, **strong determination**, a little **discipline**, and the habit of **persistence** - this powerful combination lifts life to **new heights**. Life does not demand perfection; it asks for **sincerity and consistency**.

Friends, do not measure this journey by your age. **Age is only a number**. What truly matters is **how alive your thoughts are** and **how strong your intent remains**. Move forward with **passion**, but also with **wisdom**.

The moment a person makes a **firm decision**, passion is born. **Determination** gives that passion its strength. When we begin to act, a **sense of purpose** emerges - and from that purpose, we find **true peace**.

This peace slowly becomes our **identity**. It is here that **self-belief takes root**.

When confidence comes from within, a person becomes **unstoppable**. Obstacles lose their power. Every path begins to reveal its **true nature**, and every challenge turns into a **new learning ground**.

Sometimes we win. Sometimes we lose. But **every time, we learn**.

With each experience, we improve ourselves. With faith in ourselves, **no destination remains unreachable**.

Self-belief is a silent power. It not only changes our own life, but also becomes a **guiding light for others**.

Remember

Age does not define your journey. Inner strength and belief do.

A Short Story

Once, a man asked a mountain climber, “What do you carry that helps you reach the top?”

The climber replied, “Not heavy tools, but belief in my next step.”

He said, “When I trust my step, the path appears. When I doubt, even the ground beneath feels weak.”

The man understood that what we possess within decides how far we go.

Message

Think clearly. Decide firmly. Act consistently. Believe deeply.

Conclusion

What we truly possess is not money, position, or age. We possess **thought, determination, discipline, persistence, and self-belief.**

When these come together, **life rises naturally.** And when you rise from within, **the world rises with you.**

Signature Ending Line

What you build inside yourself becomes your greatest possession.

Opening Quote

"Life is too short to carry unfinished chapters."

Chapter-22

My Life's Rule: Start, Finish, and Move Forward - Because Life Is Too Short to Be Little

A Gentle Clarification (For the Reader)

Before I begin, let me say this clearly: **These are not rules I impose on anyone. These are the rules I live by - and they have shaped my life.** Take what resonates with you, and leave the rest.

Why Am I Here?

This question has always stayed with me.

From a very young age, I felt a strong pull to do **something meaningful** - something **bigger than ordinary living**. I was never comfortable with a small or half-lived life. Deep inside, I knew that **life is too short to be lived casually**.

I always felt there was **so much to do**, so much to experience, and so much to give in this limited time.

My Simple Life Rule

Over the years, I created **one simple rule** for myself:

Whatever I start, I finish it fully - and only once.

I adopted this rule so that I would not carry the mental burden of **unfinished work**. Incomplete tasks drain energy. **Completed tasks create freedom.**

Once something is finished, I move forward - **light, clear, and joyful.**

How This Rule Shaped My Life

I have lived my life by this rule.

I focus on **one task at a time**. I give it **my full attention**. I stay involved and **enjoy the process**.

When the task is complete, I **close that chapter peacefully** and move on to the next goal with fresh energy.

This simple habit - **doing things one by one, with focus and joy** - has brought me to where I am today.

It has given me:

- **Satisfaction**
- **Happiness**
- **Abundance**
- **Inner peace**

That is the true beauty of my journey.

Real joy lies in being fully involved in what you are doing.

The Moral of My Journey

Inspirational

1. The Beauty of One Task at a Time
2. Living Fully, One Goal at a Time
3. The Power of Purposeful Living

Reflective

4. Why Am I Here? - A Life of Meaning Through Action

Motivational

5. Focus. Finish. Flourish.
-

My Life's True Bank Accounts

In the bank of life, I hold many balances. Not just money - but **real wealth**.

Here are my true accounts:

1. A **Balance of Money** Earned through **focus, hard work, and right decisions**.
2. A **Balance of Happiness** Built by **living with purpose** and enjoying each moment.
3. A **Balance of Satisfaction** Gained by **finishing what I start** and giving my best.
4. A **Balance of Achievements** Created by setting **meaningful goals** and completing them **one by one**.

This is the **true richness** I carry - where **material success** and **inner fulfilment** walk together.

Remember

Unfinished work drains energy. Completion creates peace and confidence.

Message

Start with clarity. Finish with commitment. Move forward with joy.

Conclusion

Life does not reward speed alone. It rewards **focus, sincerity, and completion.**

When you finish what you start, you build self-trust. When you move forward without baggage, you live freely.

Life is too short to be little. So live fully. Act completely. And move forward without regret.

Signature Ending Line

Start it. Finish it. Then move forward - light, free, and fulfilled.

Opening Thought

“Knowledge is not power by itself. It becomes power only when it is used.”

Chapter-23

Knowledge Is Power – But Only When Used Constructively

We often hear the statement, “**Knowledge is power.**” But this is only **half the truth**.

Knowledge, by itself, is **potential power**. It becomes **real power** only when it is **applied** - and applied in a **constructive way**.

Knowing Is Not Enough

I often hear people say, “**I already know this.**”

But knowing something is not the end of the journey. The real questions are:

- **Are you using what you know?**
- **Are you using it to build, to grow, and to improve life - yours and others’?**

Only then does knowledge turn into a **powerhouse**.

Knowledge Without Action Remains Dormant

We are not new souls. This may be your **50th, 100th, or even 500th birth** - who truly knows?

Across these many lives, we have gathered **deep and powerful knowledge**. But most of it lies within us as **dormant potential**.

Only **action** can awaken it.

Action is the bridge between knowing and becoming.

A Gentle Warning

So please - never say **“I know it”** with pride or dismissal.

Because **knowing alone has no value** without application.

When knowledge is used **constructively**, it leads to:

- **Success**
 - **Satisfaction**
 - **Inner happiness**
-

Knowledge as a Reminder

Whenever you hear a lesson or message you feel you already know, don't ignore it.

See it as a **divine reminder** - perhaps a gentle message from **God or life itself**.

It may be reminding you:

- why you are here,
- what lessons you chose to learn,
- and which areas of life still need growth.

So stay **humble, open, and receptive**.

A Simple, Practical Example

Everyone knows that **waking up early** is good for health and success.

But ask yourself honestly:

Does this knowledge alone give you any power?

Absolutely not.

It becomes power **only when you actually wake up early** - and do it **consistently**.

That is when your:

- **energy changes**
- **focus improves**
- **productivity increases**
- **and life transforms**

We All Know These Truths

- **Reading** is a good habit
- **Exercising** is a good habit
- **Studying** is a good habit
- **Walking** is a good habit
- **Working sincerely** is a good habit

We all know this.

But once again -

Knowing is not power. Doing is power.

The Real Strength

True strength lies in the **constructive execution of knowledge**.

Not in collecting information. Not in proving how much you know.

But in **living what you know**.

Remember

“Knowledge is power only when it is applied.”

Turn your knowledge into **action**. Turn action into **experience**. And experience into **transformation**.

That is how life truly changes.

Reflection

Pause for a moment and reflect honestly:

“Which important knowledge do I already have, but have not yet turned into action in my life?”

Section -VI

Life Reflections & Legacy

Opening Quote

“Money lost can be earned again, but a moment lost is gone forever.”

Chapter-24

The Account of Time - Life's Real Transaction

The Story of the Two Banks

Imagine you have **two bank accounts**.

The first account holds your **Money**. You check it regularly. You plan every expense. If you spend too much, you feel uneasy and promise yourself to do better.

The second account holds your **Time**.

Every morning, **86,400 seconds** are deposited into this account. At the end of the night, the entire balance is **deleted**. You cannot save it. You cannot carry it forward.

Tomorrow, once again, **86,400 seconds** will be credited.

Most people spend their lives carefully watching the **money account**, while completely ignoring the **time account**.

Here is the truth that changes everything:

You can use time to earn money. But you can never use money to buy even one second of time.

The Message: Money vs. Time

From childhood, we are trained to be careful with **money**. We know how much to spend, how much to save, and we feel regret when money is wasted.

We ask ourselves:

- *Where did I overspend?*
- *How can I correct this mistake?*

We are very sensitive to our **financial balance**.

But ask yourself honestly:

Have we ever shown the same seriousness toward our time?

If money is lost, it can be earned again. Support may come from work, family, or friends.

But **time**, once gone, **never returns**.

Yet we take it lightly.

Why?

Because the loss of money is **visible**. The loss of time is **silent**.

There is no alert. No warning. No empty wallet to remind us.

And so, time slips away quietly.

A Thought That Completes This Comparison

One more important thought comes to mind, which completes this comparison.

We maintain proper account books for **money and finances**. We write every day - **income, expenses, savings** - everything is carefully recorded.

But when it comes to **time**...

We don't even keep a **small note** to track how our time is spent.

This clearly shows that while we understand the **value of money**, **awareness of the value of time is still missing for many of us**.

Remember

Time does not flow - we do.

People say time flows like a river. But the river does not flow. **The water flows.**

In the same way, **time does not pass. We pass through time.**

This understanding alone can **change the way we live.**

The Audit

If you want to grow in the right direction, ask yourself:

"Where am I spending my hours?"

Not once in a year. But **every day**.

Awareness begins with an **honest audit**.

The Review

Just as you maintain an **account book for money**, you must maintain an **account of your life**.

Review your:

- **day**
- **week**
- **month**

Ask honestly:

- Did my time help me grow?
 - Did it add value to my life or to others?
-

The Direction

If time is wasted **without awareness**, life slowly loses **direction**.

And when direction is missing, even hard work feels empty.

Time awareness gives life clarity and direction.

Values to Be Adopted

To master your life, you must master your **Time Account**.

- **Priority**

Give more importance to time than to money.

- **Self-Reflection**

At the end of each day, reflect whether your time was spent on **growth, learning, service, or awareness.**

- **No Procrastination** Since time never returns, the best time to do **right Karma** is **now.**

Conclusion: Your True Growth

Let us make a quiet promise today:

We will value our time even more than our money.

Money can support life. But **time defines life.**

If you do not manage your time consciously, **someone else - or something else - will spend it for you.**

Take charge of your **clock**, and you take charge of your **destiny.**

Live your life **your way.** Ultimately, **only you can help yourself - no one else can.**

Walking the Path of Conscious Karma

Use time wisely. Act consciously. Live meaningfully.

Signature Ending Line

Respect time, and life will respect you back.

Reflection

Pause for a moment and reflect honestly:

“If I had to account for my time the same way I account for my money, what would my life’s balance sheet reveal today?”

Opening Thought

“Success shines brighter when we remember the hands that lifted us.”

Chapter-25

Gratitude: The Hidden Purpose of Success

A Deeper Meaning Behind Success

On this 15th August, when the Prime Minister spoke about **Sundar Pichai**, it was not just an introduction of a global leader. It was a gentle reminder of a **deeper truth**.

Sundar Pichai understands that his success did not come only from **hard work and talent**. Yes, his effort matters. But behind him stood many **silent contributors** - parents, teachers, friends, institutions, and small acts of support that helped him move forward at the right time.

Very often, we say: *“I reached here on my own.”* But the truth is simple and honest - **no one reaches alone**.

No Journey Is Ever Only Ours

At different stages of life, someone supports us, guides us, or simply believes in us. They do not ask for anything in return. But what they truly deserve is **gratitude**.

Think of **Sachin Tendulkar**.

His journey was not built on talent alone. His elder brother, **Ajit Tendulkar**, first saw his potential and pushed him towards serious cricket. Later, his coach **Ramakant Achrekar** shaped him with discipline, patience, and values.

Sachin himself admits that without them, his life would have taken a very different direction.

The **success** was **his**, but the **foundation** came from **others**.

The Silent Strength of Family

And then comes the role of **family**.

After a mother, the truest life companion is a **wife**. She stands silently - during struggles, pressure, uncertainty, and sacrifice. Many times, her contribution is **unseen** and **unspoken**, yet it becomes the strongest pillar behind success.

True success is not loud. It is often **supported quietly**.

Success with a Purpose

Through the Prime Minister's words, Sundar Pichai reflected on something important: Success is not only about **money, position, or recognition**.

It is about:

- **Remembering who helped us climb**
- **Acknowledging their role**
- **Helping others rise in the same way**

That understanding gives something greater than success. It gives **meaning**.

The Core Message

✧ The takeaway is simple yet powerful: **Success is never just ours; it is always shared.**

When we accept this truth, we don't just grow in our careers - we grow in **character, humility, and life wisdom.**

A Personal Note of Gratitude

On a personal level, I wish to acknowledge my **larger family** - my father, mother, brothers, sisters, and during my formative years, even my uncles and aunts. Their presence shaped me in countless ways. If I try to express everything, it would take many pages.

Yet, I cannot miss recognising my **better half**, whose constant support gave me confidence and strength at every step, and whose contribution helped me become what I am today.

I am deeply thankful to my family for their support throughout my life. I also wish to acknowledge **Krish and Disha**, who have stood by us strongly over the last eight years. After Krish's arrival, our lives changed completely - we became more responsible, more grounded. He became our inspiration and, in many ways, the **reason for our existence**, reminding us daily of **love, responsibility, and purpose.**

Reflective Pause

Reflect for a moment: Who are the people whose silent support made your success possible - and have you thanked them yet?

Conclusion

Maybe this is the right time. Maybe this is the gentle **wake-up call**.

To pause. To remember. And to express **true gratitude**.

Signature Ending Note

Gratitude does not reduce success - it completes it.

Opening Thought

"Life is not measured by years lived, but by stories worth remembering."

Chapter-26

Life: A Story Waiting to Be Written

How Short a Life Story Really Is

Today, a simple thought struck me.

Whether you write about your own life or about a great legend, a life story usually takes **100 to 150 pages** when written in detail. And when summarised, it barely fills **two or three pages**.

That means something important - our entire life has **very few true talking points**.

This realisation made me pause. If life can be reduced so easily, then perhaps we should live it **more consciously** - explore more, experience more, and **add pages worth remembering** to our story.

Why Writing Your Story Matters

I love writing, and I will surely write my own story before this journey ends. I also encourage you to write about yourself - not for fame, but for **legacy**.

When future generations read about our lives, they may find:

- the struggles we faced,
- the mistakes we made,

- and the ways we overcame them.

Knowing these in advance prepares them better.
Experience recorded becomes wisdom shared.

A Personal Experience

Once, I suggested to my elder brother that we should record **Bapuji's life story**. At that time, my uncle was alive, but the idea was not pursued.

A year later, when my brother's grandson asked questions about the family's past, that old thought resurfaced. Slowly, the idea took shape. It took nearly a year, but eventually, everyone contributed.

My niece finally compiled it into a book. It became a lasting memory - almost like our own **Raiyani Encyclopedia**.

In a way, it turned into my uncle's and my brother's final meaningful achievement.

Why Everyone Should Record Their Journey

I strongly believe every person should document their **highs and lows**, their struggles, and their learning.

For future generations, it becomes a **treasure of guidance**. For you, it becomes **time well spent** - bringing clarity, confidence, and quiet satisfaction.

Sometimes, while writing, you may rediscover moments that inspire you again - especially if you feel stuck or believe, "*I have already lived my life.*"

Remember, life is not meant to be lived **only for yourself**.
You also live so that **others may learn from your journey**.

A Quiet Reflection

Pause for a moment.

If your life were written today, **would it be a short summary - or a story worth reading?**

You still hold the pen.

Conclusion

Do not allow your life to shrink into just a two-page summary.

Live fully. Explore boldly. Record honestly.

Leave behind not just memories, but a **message**.

Simple Ways to Add Pages to Your Life Story

- Try **one new thing every year**
 - Write regularly, even a few lines
 - Share experiences with children and grandchildren
 - Celebrate wins and reflect on struggles
 - Live in a way that **benefits others**
-

Closing Note

A life lived well is not counted in years, but in stories told and legacies left behind.

Opening Quote

"You cannot add more time to your life, but you can surely add more life to your time."

Chapter-27

My Powerful Thoughts and a Messge

A beautiful thought touched my heart today - **so deep and meaningful** that I felt it must be shared. It carries the power to guide us closer to **the true essence of life**.

I have always felt drawn to living a life that is **truthful, meaningful, and full of life**. And honestly, **who would not want such a life?** Somewhere deep inside, this is the **dream of every heart** - whether we realize it or not.

We all know one truth: **life is limited**. Some may live for 60 years, some for 70 or 80, and those who live longer are rare. But for everyone, **time is finite**. And within this limited time, there is **so much to experience, so much to give, and so much to become**.

So why not live this limited time with grace and purpose?

Sit quietly with yourself for a moment and ask one honest question: **"Am I truly doing justice to this precious gift called life?"**

We may not have the power to increase the number of years in our life, but we certainly have the power to **add life to our years**. **That is the real meaning of living**.

From the bottom of my heart, I urge you - **Let go of grudges. Release complaints. Drop regrets.**

Whatever joy you can create, whatever love you can give, whatever beauty you can share - **do it wholeheartedly.**

Remember this truth: **You can't add more time to your life, but you can add more life to your time.**

We are all here to make life more joyful - not only for ourselves, but **for everyone we meet.** And this becomes possible when we establish **four powerful “factories” within us.**

The Four Inner Factories

1. **A Nice Factory in the Mind** - so we **think positively and kindly** about others.

2. **A Sweet Factory on the Tongue** - so our words **heal, comfort, and uplift.**

3. **A Love Factory in the Heart** - so love **flows naturally** to everyone we meet.

4. When these three work together, the fourth appears on its own - **The Satis-Factory**, where we feel **content, fulfilled, and at peace.**

When these factories are active, you naturally **spread love, kindness, and calm.** And when you give this to others, **you become the most satisfied person on Earth.**

Everything you need is already within you. Just allow it to flow.

Remember

Life is not measured by years alone. It is measured by love, joy, and meaning added to every day.

A Short Story

Once, an old man was asked, “What is the secret of your happiness?”

He replied, “I stopped counting my days and started filling them.”

Every morning, he smiled at people, spoke kindly, forgave quickly, and slept with peace in his heart. His life was not longer than others - **but it was fuller.**

Without effort, he **added life to many lives.**

Message

Think good. Speak sweet. Love deeply. Satisfaction will follow naturally.

Conclusion

Life is a precious gift, limited in time but **unlimited in meaning.** When you choose **kindness, love, and joy** every day, you truly begin to live wholeheartedly.

Signature Ending Line

Add life to your time - and you will leave life behind in many hearts.

Section -VII

Psychology & Behaviour of Mind

Opening Quote

“The mind is a powerful tool. If you don’t lead it, it will quietly lead you - often in the wrong direction.”

Chapter-28

How the Mind Works - and How It Tries to Trick You (Part-1)

How the Mind Naturally Works

The mind works in a **very peculiar way**. Most of the time, it works on **auto-mode**. It makes decisions **without our conscious awareness**.

If you want to grow, change habits, or live intentionally, you must first **understand how the mind operates**.

The mind works mainly on **three basic tendencies**.

The Three Core Tendencies of the Mind

1. Energy Conservation

The mind is programmed to **save energy**. It avoids effort and prefers the **path of least resistance**.

Anything that looks difficult, tiring, or demanding - the mind tries to avoid it.

2. Pleasure Seeking

The mind naturally moves toward **pleasure and comfort**. It prefers enjoyment, relaxation, and instant gratification.

If something feels good now, the mind wants it - again and again.

3. Pain Avoidance

The mind avoids **pain, discomfort, and struggle**. Any activity involving effort, discipline, or challenge feels threatening to it.

Because of These Tendencies, the Mind Tries to:

- Do what feels pleasurable
- Avoid discomfort or pain
- Save energy at all costs

This is not wrong. The mind is only trying to **protect you**.

But here is the truth:

What protects comfort often blocks growth.

Simple Real-Life Examples

1. The Gym Example - Energy Conservation

You plan to go to the gym.

Immediately, the mind starts working: “Go tomorrow.”

“You are tired.” “Rest today.”

This is **energy conservation at work**.

Unless you take a **conscious decision**, the mind wins - and the gym is skipped.

2. Netflix vs. Reading — Pleasure Seeking

You choose between reading a book or watching Netflix.

The mind chooses Netflix - **instant pleasure**.

Reading needs focus. Netflix gives comfort.

This is the **pleasure-seeking nature** of the mind.

3. Sleeping In vs. Exercising - Pain + Energy Together

You plan to wake up early to exercise.

The mind says: “Sleep more.” “Exercise is painful.” “Bed is comfortable.”

Here, **pain avoidance** and **energy conservation** work together.

The Result

You stay in your **comfort zone**.

And growth stops.

The Big Realisation (Bulb on Moment)

The mind understands only the **first level** of **consciousness** - what feels good, bad, or tiring **right now**.

It **cannot see future rewards** like:

- Better health
- Strong body
- Confidence

- Success
- Growth

These belong to a **higher level of awareness**.

So whenever you try to take a **bold or disciplined decision**, the mind resists - out of **fear, laziness, or discomfort**.

Understand This Clearly

The mind is not your enemy. But it is also not your master.

So What Is the Solution?

Here is my humble suggestion for anyone fighting this inner battle:

Stay calm,
Believe in yourself,
Be courageous,
Add a little enthusiasm daily,
Stay consistent,
Be confident,
Trust the process
Be patient and persistent

Talk to Your Mind Like a Friend

Speak gently, but firmly:

“You are my servant, not my master. Work with me. Support me. Help me achieve what I have decided.”

When you lead with **awareness**, the mind slowly follows with **loyalty**.

Remember

- The mind loves comfort, not growth
 - Awareness gives you control
 - Discipline trains the mind
 - Consistency makes it obedient
-

Message

Train your mind. Do not become its slave.

Conclusion

Success does not come from defeating the mind. It comes from **understanding it and guiding it wisely**.

When your mind becomes your ally, **nothing can stop you**.

Take a deep breath. Smile gently. And remind yourself:

“I am the master of my mind. I choose growth.”

Signature Ending Line

Lead your mind with awareness and it will take you anywhere you wish to go.

Chapter-29

How the Mind Works – and How It Tries to Trick You (Part-2)

Part 2: A Powerful Technique to Help You Take Action and Grow

To walk on the path of growth and to do what we truly want to do, **right technique is essential**. Motivation alone is not enough. We need **clarity and method**.

One such **powerful and time-tested technique** is **Walt Disney's Technique**.

Remember one important truth: **Everyone faces problems - even highly successful people**. The difference is simple.

Successful people **handle problems smartly and move forward**. Others often **stop, delay, or give up**.

Walt Disney's Technique

According to this technique, **each one of us has three inner personalities** working within us:

1. The Dreamer

This part of you **imagines big goals**. It dreams, visualizes, and creates new ideas. Without the Dreamer, **nothing new is born**.

2. The Critic

This part **questions everything**. It doubts, analyses, and looks for risks.

It asks:

- “*Is this practical?*”
- “*What if it fails?*”
- “*Is this worth the effort?*”

The Critic is not negative. It is **protective by nature**.

3. The Doer

This part is ready to **take action**. But it will not move unless the Critic is satisfied.

The Doer says: “*If it is safe and sensible, I am ready.*”

How This Inner Process Works

1. First, the **Dreamer dreams**.
2. Then the **Critic steps in** and raises doubts.
3. The **Doer waits** for approval.

If the Critic says *no*, action stops.

This is where most people get stuck.

What Should We Do? (The Practical Method)

To move forward smoothly, follow this **simple inner process**:

Step 1: Listen to Your Critic

Do not fight it. Listen calmly to all doubts and fears.

Step 2: Answer with Logic and Clarity

Respond with facts, preparation, and confidence. Remove emotional fear with **clear reasoning**.

Step 3: Take the “Inner NOC”

Once the Critic is satisfied, **imagine you are taking its signature** - like getting a No Objection Certificate (NOC).

Step 4: Show the Approval to the Doer

Now tell your Doer: *“All doubts are cleared. Let us begin.”*

Action will start **smoothly and confidently**.

If the Critic Is Still Not Satisfied

Go back to the Doer and ask:

- *“What can we improve?”*
- *“What preparation is missing?”*

Take those improvements back to the Critic. Repeat this process until **the green signal is given**.

Final Thought

To succeed in any new journey, you must **coordinate these three inner voices**:

- **The Dreamer** – to create vision
- **The Critic** – to ensure safety and clarity
- **The Doer** – to take action

When all three work in harmony, you become unstoppable.

Remember

Dream freely. Question wisely. Act confidently.

Message

Do not silence your mind. Train it to cooperate.

Signature Ending Line

When you're Dreamer, Critic, and Doer walk together, growth becomes inevitable.

Opening Thought

“The one who breaks the mind stop and adopts 1% extra thinking writes his own destiny and destination.”

Chapter-30

Break the Mind Stop and Think 1% More

The Real Formula of Success

The Mind Stop: Our Real Enemy

Friends, our **capacity is huge**, but honestly, our **mind often cheats us**.

What does it do?

When we have used only **40–50%** of our real energy, the mind switches on a red light and says: “*Stop. Enough. You are tired.*”

This is what I call the **Mind Stop**—our **real enemy**.

In reality, we have not even used half of our true potential, but the mind forces us to stop early. This is where the difference between **success and failure** is created.

The one who does **not stop** wins the crown of success.

The Lesson from Thomas Edison

Imagine if **Thomas Edison** had accepted his mind stop.

It is said he failed nearly **10,000 times** while inventing the electric bulb. But he never stopped. If he had quit midway, the world might still have been in darkness.

His life teaches us one powerful lesson: **Ignore the mind stop and move forward.**

This Is the Real Difference

Successful people do not accept the mind stop. They **break it, push a little more**, and move ahead.

That is how they light up their own life - and the lives of others.

The Power of 1% Thinking

Remember this clearly:

What **99% of people do**, keeps them exactly where they are. What the **top 1% do**, gives them a different identity and success.

If you want to become different, **don't copy the crowd**. Adopt the habits of the **1%**—those who think, act, and persist differently.

Conclusion

Our limits exist **only in our thinking**.

The real obstacle is not outside - it is the **mind stop**, our inner illusion. The one who breaks this illusion achieves **real success**.

Remember

- The mind stop is only an **illusion**
 - Your energy and power are **far greater**
 - Success comes to those who turn the **red signal into green**
-

Daily Life Practice

Whenever you feel: “*I can’t do more,*” say to yourself: “**This is only 40%. My real capacity is still unused.**”

- In the gym → when you feel no more reps → do **2 more**
- While studying → when you feel bored → read **10 more pages**
- At work → when you feel tired → finish **one more task**

This daily discipline breaks the mind stop and gives you that **extra 1%**.

Final Line

The one who breaks the mind stop and adopts **1% extra thinking** creates his own fate and future.

Opening Thought

*“The mind is not meant to store everything.
It is meant to think, question, and create.”*

Chapter-31

Don't Make Your Mind a Warehouse — Use It as a Workshop for Creative Thinking

There is no need to **overload our mind** by trying to remember everything.

Personally, I never try to retain **unnecessary facts or information**. Remembering everything is far less important than **thinking positively, clearly, and constructively**.

The real power of the mind lies not in storage, but in **creative and conscious thinking**.

A Lesson from Albert Einstein

There is a famous incident from the life of **Albert Einstein**.

Once, someone asked him: *“How many feet are there in a kilometre?”*

Einstein calmly replied: **“I don't know. Why should I fill my brain with facts that I can easily find in a reference book within two minutes?”**

This simple reply reveals something profound.

Einstein believed that the brain should not be used as a **warehouse of facts**, but as a **laboratory for ideas, curiosity, and innovation**.

Thinking Is More Valuable Than Remembering

Today, information is available everywhere - through books, the internet, and now even AI.

So why waste mental energy memorizing data when the same energy can be used for:

- **creative thinking**
- **problem-solving**
- **innovation**
- **deep understanding**

Thinking and remembering are two very different faculties.

Remembering stores information. **Thinking transforms information into wisdom.**

Freedom from Information Overload

When you use your mind **wisely**, you naturally become **free from information overload**. You stop carrying unnecessary data and begin focusing on **clarity and creativity**.

This shift challenges **outdated thinking** - the belief that intelligence means remembering everything.

True intelligence lies in knowing what to keep, what to let go of, and how to think clearly.

Another Powerful Example: Henry Ford

A similar story is told about **Henry Ford**, the founder of Ford Motor Company.

Once, during a court case, he was accused of being “ignorant” because he could not answer certain historical questions.

Ford calmly replied: “**Why should I clutter my mind with every historical detail? I have people who can provide that information. My job is not to store trivia, but to build something meaningful.**”

This was not arrogance. It was **clarity of purpose**.

What This Reveals About Education

Unfortunately, our traditional education system often rewards **memory power**, not **thinking power**.

Many academic toppers are those who can:

- memorize quickly
- recall accurately

But that does not always mean them:

- think independently
- question deeply
- create something new

Innovation is born from thinking, not from memorizing.

Use Your Mind Wisely

Your mind is a **precious resource**.

Do not turn it into a crowded **warehouse**. Turn it into a **workshop** - where ideas are shaped, problems are solved and possibilities are explored.

Let tools handle information. Let **your mind handle thinking**.

That is how progress happens—personally, professionally, and globally.

Remember

Memory stores facts. Thinking creates value.

Reflection

Pause for a moment and reflect honestly:

“Am I using my mind mainly to store information, or to think creatively and solve meaningful problems?”

Section –VIII

Self Awareness & Clarity

Opening Thought

“Life does not move on its own. It moves in the direction you allow it to move.”

Chapter-32

What Do You Really Want?

Let me ask you one honest question, my friend - **What do you really want?**

Think deeply.

Why are you living as if **life is dragging you**, instead of you **leading your life?**

You already know this truth - **the reins of your life are in your own hands.**

You walk around carrying the **map of the world** in your mind.

Then surely you also know this simple fact:

Anyone who rides a horse must know how to control it. Otherwise, the horse throws the rider down.

Now pause and reflect - **you are riding the horse of life.**

If you don't learn how to guide it, **falling is not a possibility - it is certain.**

Pause and Ask Yourself

Stop for a moment. Be honest with yourself.

Are you really doing what you truly want to do?

If you don't think about **your own life**, then tell me - **who else will?**

Wake Up Before It Slips Away

Wake up. How long will you keep sleeping?

Life is **slipping out of your hands** - quietly, slowly, every single day.

Recognize it. Hold it.

Living in fear, always adjusting, always bending, always making excuses -

Is this life?

The First Lie We Tell Ourselves

If you believe that your life is stuck **because of someone else**, then listen carefully:

That is the first lie.

It is not circumstances holding you back. Not poverty. Not pain. Not society. Not even fate.

Your biggest enemy is:

- **your fear**
 - **your laziness**
 - **your excuses**
-

The Turning Point

Now is the moment to say to yourself:

“Enough is enough.”

Yes, admit it - **I have deceived myself long enough.**

My dreams. My destiny. My peace. My desires.

All of them are already within me.

And the most important truth -

The key to all of them is also with me.

Clarity Brings Responsibility

Now I am awake.

Now I understand something very clearly:

The confusions in my life were not created by anyone else.

I created them myself.

And so, **it is my responsibility to resolve them.**

Move Forward

Now is the time:

- to move forward,
- to break every wall **I myself built,**
- and to walk straight toward my destination.

I thank God - even if it happened late,

at least I woke up.

From Awakening to Action

Now the matter is no longer just about waking up.

Now it is about **walking forward**.

Every morning that comes now **belongs to me**.

Every step I take now carries my intention.

I will not give up.

Because now I understand this truth:

Life is not just to be lived. Life is to be created - in my own way, with my own courage.

My Decision

I will not stop:

- not because of circumstances,
- not because of fear,
- and not behind excuses.

I will do **what my true inner self wants**.

A Question for You

And now, I ask you -

Are you really awake?

If yes - then come, let us walk together. If not - there is still time.

Ask yourself again, honestly:

Reflection

Pause for a moment and reflect deeply:

“What do I truly want from my life - and what is stopping me from choosing it now?”

Opening Thought

“Every journey begins the moment you ask yourself an honest question.”

Chapter-33

Ask a Few Questions, Find a Few Answers

Ask a few questions. Search for a few answers. Make a little effort, my friend.

Because the truth is - **the answers you are looking for are already within you.**

You don't have to go far. You don't have to become someone else.

Just decide once. Just take the first step. Just try.

And then watch - **things will slowly start falling into place.**

Your Path Is Yours

Your path is yours. Your destination is yours.

Everything you are searching for - clarity, direction, and courage - **already belongs to you.**

But before moving ahead, ask yourself one simple and honest question:

What do I really want?

You Are Not Alone

And yes...if even after asking, a few questions still remain unanswered -

Don't worry, my friend.

I am here.

Sometimes, all we need is someone to remind us that we are capable, that we are not lost, that we just need to keep walking.

Remember

Effort opens doors. Questions bring clarity. Faith keeps you moving.

Conclusion

Life does not ask for perfection. It only asks for **honest effort**.

Ask. Try. Move.

The rest will follow.

Reflection

Pause for a moment and ask yourself quietly:

“What one honest question do I need to ask myself today - and what small step can I take toward its answer?”

Section -IX

Growth Value & Inner Foundation

Opening Thought

*“Markets may rise and fall,
but self-growth compounds for life. ”*

Chapter-34

Your Greatest Investment: Yourself

When we meet someone, the most common question we hear isn't -

“Hey, where have you invested recently?” “The stock market is booming! Which shares did you buy?” “Real estate is on fire! If you had invested there, you’d be swimming in profits.”

But very rarely - almost never - do we ask:

- What new thing have you learned lately?
- Which skill have you developed?
- Where have you invested in yourself?

That conversation hardly happens.

And even when someone does work on self-growth, no one asks which course they took or what they learned - because honestly, it is not considered **exciting** or **rewarding enough**.

Why Self-Investment Is Ignored

The reason is simple.

Self-development does not give instant returns.

It does not show numbers flashing on a screen. There is no daily profit statement. No immediate applause.

But let me share a deeper truth:

When you keep adding skills and knowledge - one by one - it is like planting a seed.

At first, nothing seems to happen. But slowly, silently, it grows into a **strong tree**.

And one day, that tree **bears fruit**.

The Mango Tree Lesson

We all know this.

A **mango tree** takes **four to five years** to give sweet mangoes. Yet, we are happy to wait for it.

But when it comes to **personal growth**, we want results **immediately**.

That impatience is where most people lose out.

Where Most People Stop Growing

Sadly, many people stop learning the moment they complete their **formal education**.

Anything that demands effort for inner growth is avoided. Some people feel disinterest. Some feel resistance. Some even feel irritation.

While reading this, some may feel uncomfortable. Some may feel like criticizing.

But before reacting, pause and ask yourself honestly:

- Have I truly invested in my personal development lately?
 - Have I given time to grow my potential, my thinking, and my skills?
-

My Humble Request

Before investing in:

- mutual funds
- stocks
- property

Start investing in yourself.

Because the **best returns in life** do not come from the market - They come from **who you become**.

When You Grow, Everything Grows

When you invest in yourself:

- your **confidence increases**
- your **value multiplies**
- your **contribution expands**

You become capable of creating value not just for yourself, but for your family, your profession, and the **society that helped you grow**.

Conclusion

Markets may fluctuate. Assets may rise and fall.

But **self-growth never goes waste.**

Think about it.

Invest in yourself - first.

Reflection

Pause for a moment and reflect honestly:

“What is one skill, habit, or area of growth I can start investing in myself - today?”

Opening Thought

“When life becomes complicated, the solution is often simple - return to the basics.”

Chapter-35

Back to Basics - The Master Key to a Smooth Life

You may have experienced this in your own life.

Everything seems to be going smoothly...and suddenly, life takes a sharp **90-degree turn**.

You keep thinking: *How did things change so much, so quickly?* You search for answers, but the way forward is not clear.

Here is the truth.

The way out is very simple.

So simple that most people **don't believe it, ignore it, or even do the opposite.**

The Master Key

When things start going against you, you don't need to do anything extraordinary.

You don't need shortcuts. You don't need miracles.

You just need to make **small, simple changes** in your daily routine and return to a few **basic habits**.

That's all.

The secret is simple: Go back to the basics.

The moment we drift away from our fundamentals, life starts falling apart.

And the moment we return to them with sincerity, life slowly begins to **align again**.

A Lesson from Cricket

Even the greatest cricketers have faced bad phases.

Sachin Tendulkar, Sourav Ganguly, Navjot Singh Sidhu, Zaheer Khan - when they went out of form, they didn't look for fancy solutions.

They returned to **domestic cricket**.

Why?

To reconnect with their **basics**.

In cricket, basics mean:

- batting drills
- bowling practice
- fielding
- catching

No glamour. Just **discipline and fundamentals**.

Another powerful example is **M. S. Dhoni**.

When his finishing form dropped, he didn't rely on power alone.

He went back to:

- footwork
- timing
- calm mindset

By sharpening his basics, he once again became **reliable and strong**.

Back to Basics in Daily Life

In life, basics are very simple:

- Waking up early
- Walking or exercising
- Meditation
- Pranayama
- Yoga
- Silence and reflection

The moment you restart these habits, life slowly shifts from **heavy to smooth**.

Within just **one week**, you begin to feel:

- more settled
 - more focused
 - more positive
-

A Simple Example

A person feeling mentally exhausted, distracted, or low does not need medicines immediately.

Just try this:

- Wake up at **5:30 a.m.**
- Take a **short walk**
- Do **10 minutes of deep breathing**
- Sit in **silent reflection**

Within **3 - 4 days**:

- clarity returns
- stress reduces
- inner strength grows

No therapy. No drama. Just basics.

Today's Generation - Losing the Basics

Sadly, many young people today are ignoring these fundamentals.

They think: *"We are young, we don't need discipline."*

Late nights. Waking up at noon. Endless Netflix. Constant phone usage. Unplanned expenses. No routine.

It may look enjoyable, but slowly it damages:

- **health**
- **focus**

- **discipline**
- **relationships**
- **career**

They waste mornings, spend instead of saving, and ignore health instead of building it.

This lifestyle quietly pushes them into: **stress, anxiety, confusion, and failure.**

This is not about stopping enjoyment.

It is about balance.

True enjoyment comes when your life is aligned and your basics are strong.

Conclusion - Back to Basics Is the Game-Changer

No success, no peace, no happiness is sustainable without a **strong foundation of daily discipline.**

When life feels off-track, don't overthink it.

Just return to the basics.

Life will gently guide you back to your **best version.**

Key Take aways

- Life goes wrong when we abandon basic discipline
- Even legends return to basics to regain strength
- Simple habits can transform life deeply

- Health, time, and savings matter more than distractions
 - Going back to basics is the smartest way forward
-

Final Word

Let us not live a life of chaos and regret.

Let us build a **strong, balanced, and beautiful** life by returning to the basics.

That is where clarity begins. That is where strength grows. That is where peace lives.

Reflection

Pause for a moment and reflect honestly:

“Which basic habit have I neglected, and what one simple step can I restart today?”

Opening Thought

“Success becomes complete only when gratitude gives it meaning.”

Chapter-36

Gratitude and the True Meaning of Success

Learning to See the Essence

One of the most important skills in life is the ability to **catch the essence**.

Our mind often tries to **over-analyse** - questioning, doubting, and complicating things that are actually simple. But real learning does not come from excessive thinking. It comes from **observation, reflection, and application**.

It does not matter whether a lesson comes from a real incident, a hypothetical situation, or a story. What matters is a simple inner question: **What does this teach me, and how can I apply it in my life?**

When something feels **right** and **meaningful**, we should accept it without unnecessary resistance. Otherwise, the mind misses the essence, loses faith, and wastes time in confusion - while powerful lessons quietly pass by.

A Story That Speaks to Millions

On the 15th of August, when **Narendra Modi** referred to **Sundar Pichai**, it was more than a formal reference. It was a reminder of a deeper truth.

Sundar Pichai understands that his success is not only the result of **hard work and intelligence**. Behind his journey stand many **silent contributors** - parents, teachers, friends, institutions, and timely support.

We often say, *"I reached here on my own."* But the truth is simple: **no one reaches alone**.

In a country where a large majority of people belong to the **lower middle class or live below the poverty line**, this story creates instant connection. It offers **hope**. It builds **belief**. And belief, when shared by millions, becomes a powerful force for national growth.

Success Is Always Shared

History repeatedly shows that success is never an individual effort. The journey of **Sachin Tendulkar** is a reminder of this truth. His talent was nurtured by the vision of his brother and the discipline of his coach. The achievements were his, but the foundation was laid by others.

The same truth applies within families.

After a mother, the most constant and silent support often comes from a **wife** - standing beside her partner through struggle, responsibility, sacrifice, and uncertainty. Her contribution may not always be visible, but it is deeply significant.

True success rests on **unseen support**.

Life as a Teacher

Life does not promise comfort. Life promises **lessons**.

Every experience - success or failure - teaches us something. We should not expect anything more from life than these lessons, because life has already fulfilled its role by guiding us.

What we truly seek - growth, meaning, fulfilment - must now come from **within us**.

Learning is offered by life.

Living the lesson is our responsibility.

From Success to Purpose

The deeper meaning of success is not in reaching the top, but in what we do **after reaching there**. Sundar Pichai's journey reflects this higher purpose - **giving back to the society that shaped him**. This is not his responsibility alone. It is a message for everyone who achieves success.

True fulfilment lies not only in personal growth, but in contribution.

Reflective Pause

▮ **Ask yourself: Who helped shape your journey - and how are you giving back today?**

Conclusion

Success finds meaning through **gratitude**. Learning finds value through **application**. Life finds purpose when wisdom is **shared**.

Perhaps this is the quiet truth behind every journey - not just to rise, but to **lift others as we rise**.

Closing Note

Gratitude completes success. Wisdom grows when it is shared.

Opening Thought

“Life’s duty is to test you; your duty is to grow through it.”

Chapter-37

Life Gives Lessons – You Give Growth

Life is a journey filled with **experiences, challenges**, and constant opportunities to grow.

When we accept life as a **learning process**, something beautiful happens - we stop getting disturbed by every situation. Instead of reacting with anger or frustration, we learn to **pause, reflect**, and ask ourselves simple questions: **How can I face this? What can I learn from this?**

That pause changes everything. It turns reaction into **response** and confusion into **clarity**.

Don’t Expect from Life - Expect from Yourself

Here is a truth we often forget: **Do not expect too much from life. Accept life as it is.**

Life’s role is very clear - to give us **experiences, challenges, and lessons**. Our role is equally clear - to **act, learn, and grow**.

Whatever you want from life - success, peace, and confidence - expect it from **yourself**, not from life. Your goals are your responsibility. Life has already done its job by testing you, shaping you, and making you stronger. Now, it is your turn.

A Simple Example

Think of a **farmer**.

Life gives him land, weather, and seasons. Some years bring good rain; some bring drought. But the farmer cannot expect a harvest without effort. He prepares the soil, plants the seeds, removes weeds, and protects the crop.

Life provides the **stage**. The farmer must **play his role**.

In the same way, life gives us opportunities and situations. What we do with them decides our growth.

Growth Comes from Repetition

Every time you face a challenge, overcome it, and move forward, you build **confidence** and **character**.

Repeat this process again and again. Keep life simple - **no complaints, no unnecessary demands**. Plan better. Learn continuously. Keep growing.

Reflective Pause

▮ Ask yourself: Am I expecting too much from life - or am I demanding enough from myself?

Takeaway

Life is the teacher. You are the student - and the doer.

Life gives lessons. You turn them into **growth and success**.

Conclusion

The experiences you have gained, the confidence you have built, and the opportunities you have received are gifts from life.

Now, use them.

Do not wait for life to give you more. Take what you already have, work with it, and grow. In the end, what matters most is not **what life gave you**, but **what you did with it**.

When Faith Is Strong, Intentions Become Powerful and
Circumstances Become Weak - What Greater Victory Is There?

Section – X

Faith Responsibility & Power

Opening Thought

"Circumstances shout, but belief whispers—and still wins"

Chapter-38

When Faith Is Strong, Intentions Become Powerful and Circumstances Become Weak – What Greater Victory Is There?

Why Control Over Life Matters

Animals also live their lives somehow. Life moves on, one way or another.

But if you want **command over your life**, if you want **control instead of drift**, then the first and most essential requirement is **faith in yourself**.

This quality is not reserved for a few special people. Every human being can develop it.

Yet, many talented and intelligent people fail - not because they lack ability, but because they lack **self-belief**.

Self-Belief: The Real Jewel

You do not need powerful weapons to change your life. You need just **one jewel - faith in yourself**.

The way to develop it is simple:

- Love yourself
- Trust yourself

- Feel, every moment: **“I can do this.”**

This belief alone can change the direction of your life.

My Journey - A Mirror for You

I have lived my life with this approach.

For me, falling down and accepting defeat was never an option. I never handed my life over to circumstances. Instead, I used my **intentions and inner fire** to shape circumstances according to my will.

This has been my experience. This has been my truth. And this is what I wish to share with you.

A Lesson from Cinema

Remember the film *Krrish*?

When Hrithik Roshan walks out of explosions, fire, and chaos - with calm confidence on his face - pause and observe that posture.

That confidence is what we need.

First, **act confident**. Then, slowly, confidence begins flowing in your veins.

This “*fake it till you make it*” approach works - because belief grows through action.

Once this attitude enters life, success follows naturally, and victories start carrying your name.

Human vs. Circumstances

Circumstances keep changing. That is why they are **weak**.

But a person remains - with intentions, courage, and inner strength. That is why a human being is **strong**.

If you work on yourself instead of fighting situations, there is **no limit** to how far you can go.

Remember:

- Circumstances exist because **we give them power**
 - Strength grows when **self-belief grows**
-

A Practical Example

Imagine you have to speak at a large gathering, and fear arises.

Circumstances whisper: *"This is not for you."*

But if you say from the heart: **"I have the strength. I can do this."**

That belief reflects in your voice, posture, and expression - and that alone brings victory.

A Quiet Reflection

Pause and ask yourself:

Am I letting circumstances control me, or am I allowing my belief to lead me?

Your answer decides your direction.

Takeaway

- Circumstances are weak; **humans are strong**
 - Real victory is when intention defeats situation
 - Self-belief is the **first step of every success**
-

Closing Note (From the Heart)

Do not live like a victim. Live like the **hero of your own story**.

The world will try to prove you weak - until you succeed. Do not take that personally.

Stay strong. Stay confident. Because in the end, **not circumstances - but your belief - decides how far you go**.

Life's Simple Truth

In life, there are only two choices: **Either play the game and keep winning, or watch others play and clap for them.**

Choose today. Live like a **Hero**.

Opening Quote

“Life is not happening to us; life is happening for us.”

Chapter 39

We Have Chosen Our Life – Our Response Is Our Power

The Story of the Two Paths

Imagine two people standing in a heavy rainstorm.

One person cries, complains, and feels like a victim of the rain. The other person smiles, opens an umbrella, and starts dancing.

The rain is **the same** for both. But their experience is **completely different**.

One chose to suffer. The other chose to live.

This is the power of attitude.

The Wisdom of Our Journey

When I look back at my own life, I realize something important. I was born into a respected joint family, but I also experienced **bias and favouritism**.

Instead of letting it break me, I chose to **become stronger**.

Today, I believe that **before we are born, we choose our life** - including the challenges we will face. These challenges are not punishments; they are **tools for growth**.

Even when some family members were unfair, I used those experiences to develop a **fighting spirit**. At the same time, I was blessed with a strong **outer circle** - friends, well-wishers, and supporters who gave me confidence and strength.

From life itself, I learned a great truth: **Positivity can be created even in negative situations.**

Difficult times are not enemies. **They are our greatest teachers.**

Message: The Power of Your Response

Your life is not shaped by what happens to you. It is shaped by **how you respond**.

Everyone faces problems. That is part of being human. But **attitude decides the outcome.**

Think of **Gaur Gopal Das**. He lives with a headache **24 hours a day**, yet he chooses to smile and spread joy. His life teaches us a powerful lesson:

Pain may be unavoidable, but suffering is a choice.

Along with attitude, **Karma** is the most powerful force in our life.

What you do today shapes your tomorrow. Life works like a mirror - **what you give out returns to you.**

If you spread kindness, kindness comes back. If you spread negativity, negativity returns.

Walking the Path of Conscious Karma

Living consciously means being aware of your **thoughts, actions, and intentions.**

When you act with awareness:

- Your thoughts become cleaner
- Your actions become purer
- Your life becomes lighter

Conscious Karma turns life into a meaningful journey.

Remember

- **You are not a victim.** You agreed to this life and its challenges for your growth.
 - **Karma is your future.** Today's actions are tomorrow's results.
 - **Energy returns.** What you release into the world always comes back.
 - **Freedom of choice remains.** You may not control situations, but you fully control your response.¹⁵⁰
-

Message

Change your response. Purify your Karma. Strengthen your attitude.

Conclusion: Living Your Masterpiece

Since we chose this life for our own growth and evolution, there is no need to complain.

Instead of feeling unhappy, **let us live fully.**

The game of life is won by:

- **A strong attitude**
- **Pure Karma**
- **Positive energy**

When you stop fighting life and start responding with wisdom, **life reflects beauty back to you.**

This life is **your own chosen masterpiece.** Live it consciously. Live it meaningfully.

Signature Ending Line

Life gives situations; you give meaning. Choose wisely

Section – XI

Reflective Section

Reflection Through Pause

Pause is necessary in life.

It is only through pause that we are able to see the reflection of our inner world, and how that inner world shapes and reflects in our outer world. Without pause, we keep moving, reacting, and acting - but we do not truly see ourselves.

Life moves continuously, but growth does not happen in constant motion. Growth happens when we consciously stop, observe, and reflect.

Why Do We Pause?

We pause to understand why we are doing what we are doing.

If we do not pause, life becomes mechanical. We may remain busy, successful, and active - yet slowly drift away from our true purpose. Pause helps us analyse ourselves honestly and periodically, so that we do not lose direction.

Through pause, we ask ourselves:

Where am I today?

What am I doing repeatedly?

Is what I am doing really required at this stage of my life?

Pause allows us to study ourselves deeply - not with judgment, but with awareness. It helps us identify what needs improvement, what needs correction, and what deserves deeper commitment.

We pause because we want to move towards something more appropriate, more meaningful, and more worthy - a life that is simple, conscious, and effective.

Pause is not stopping life.

Pause is realigning life.

Questions for Self-Reflection

Use the following questions as mirrors - not to criticise yourself, but to understand yourself.

Where am I right now in my life - mentally, emotionally, and spiritually?

Am I living consciously, or merely reacting to situations?

What am I doing repeatedly - and what is it slowly turning me into?

Am I aligned with my values, or am I compromising them for comfort or convenience?

What is truly required to be done now?

What needs improvement - not outside, but within me?

Am I learning from my experiences, or simply passing through them?

Are my actions adding clarity to my life - or creating confusion?

Am I becoming calmer, wiser, and more understanding with time?

Am I becoming a better human being and more useful to those around me?

And finally, reflect deeply:

Am I moving forward or backward toward the true purpose of my life?

Reflection creates awareness.

Awareness leads to correction.

Correction leads to growth.

And growth, guided by pause and honest reflection, helps us live a simple, meaningful, and effective life

Food for Thought, to Be Understood Wisely

We often say that nothing accompanies us when we leave this world except our karmas. Yet we repeat these words without pausing to understand their true meaning.

If only our karmas remain with us, why do we spend so much of our life chasing illusion - cheating, grabbing, deceiving, or choosing unethical paths to gain money, status, or recognition? Whatever we earn through wrong means may bring temporary comfort, but it becomes part of our karmic account. Its consequences will unfold - if not today, then tomorrow; if not in this life, then in another.

Wrongly earned wealth may increase possession, but it silently reduces peace. It disturbs sleep, weakens conscience, creates fear, and breeds uncertainty within. It inflates ego for a moment but quietly erodes inner stability. In the process, relationships suffer, patience weakens, and harmony fades.

On the other hand, when wealth is earned through right intention and ethical means, it strengthens self-respect, builds confidence, and allows the mind to remain calm even during storms. It nurtures trust, strengthens relationships, and supports physical, mental, and social well-being.

Ultimately, what do we truly seek? Happiness, peace, and contentment.

When we choose incorrect means, we unknowingly barter these very treasures. We see only the immediate gain and fail to connect the larger picture - how the means of earning influence

the power of wealth and, in turn, the health of our body, the peace of our mind, and the harmony of our relationships.

There is abundance available through right means. The choice is ours. We are mature enough to reflect, understand the consequences, and make informed decisions.

Earn, grow, and prosper - I wholeheartedly believe in abundance. But let it be with right intention, right methods, and a clear conscience.

Ethical living strengthens self-confidence, sharpens decision-making, deepens self-respect, and teaches us the art of remaining calm in storms. It enables us to live with purpose, clarity, and compassion, and to help others with sincerity.

Pause for a moment and ask yourself:

Would you trade your peace, health, relationships, and inner freedom for temporary gain?

The choice is always yours.

Water Your Roots

In life, we often focus on the branches - status, recognition, possessions, and external success - while neglecting the roots that sustain true growth.

Strong roots are built through values, character, discipline, humility, patience, and integrity. When roots are nourished, growth becomes natural and stable. When roots are weak, even rapid growth cannot sustain itself.

Watering the roots means strengthening what is unseen:

Our thoughts,

Our intentions,

Our habits,

Our character,

And our inner clarity.

The world may admire the visible tree, but its strength lies beneath the surface.

When we invest in inner growth, outer growth follows with stability and grace. But when we chase outer growth alone, we often create imbalance, stress, and insecurity.

Take time to nourish your roots. Strengthen your values. Cultivate patience. Live with integrity. Build character.

A tree with deep roots does not fear the storm.

Likewise, a person grounded in values remains steady in the face of challenges, success, or change.

Growth is not about becoming taller than others.

It is about becoming stronger within.

Divine Flow

The power and desire of the Divine flow through this book.

As the reader moves forward, a gentle and natural process unfolds — reading, understanding, pausing, and reflecting. Through this flow, one begins to understand how to live life, not through instruction, but through inner realization.

This understanding has unknowingly and incessantly flowed through me, guided by the Universe, and has taken shape in these words. I have merely been a medium - observing, experiencing, and allowing this wisdom to be expressed.

Life is no longer approached mechanically or hurriedly. Awareness arises naturally, revealing how to live with balance, clarity, and purpose.

This flow does not force change.

It allows clarity to emerge.

It teaches not by preaching, but by revealing.

In this divine flow, the reader does not learn what to do -
the reader understands how to live

Section – XII

Closing Section

With Love for My Readers

This book is meant to walk with you - like the sun during the day, offering clarity, direction, and energy, and like the moon and stars at night, providing calm, reassurance, and quiet guidance.

It will be with you in your highs and lows, gently guiding you through moments of success and moments of challenge, and steadily leading you toward growth, balance, and inner strength.

Keep this book handy and return to it again and again throughout your life. Even a brief glance may reveal timeless and effective solutions, helping you reconnect with real life, real clarity, and meaningful action.

Through its words, principles, and thought process, it seeks to illuminate your path - in times of certainty and doubt alike - and support you in living a more conscious, thoughtful, and fulfilled life.

This book is written with deep love and respect for my readers. Every thought shared here comes from a sincere intention - to support you, guide you, and walk beside you in your journey of life. If these words bring even a small sense of clarity, calm, or courage to your life, then this book has fulfilled its purpose. My love for you, the reader, lies not in giving answers, but in standing with you as you discover your own

A Humble Note of Thanks and Gratitude

I offer my sincere gratitude to all my readers who have journeyed through these pages with openness and reflection.

If this book has brought even a small shift in your understanding, a moment of calm, or a clearer direction in your life, I feel deeply grateful for its purpose being fulfilled.

Life is a continuous journey of learning, unlearning, and growing. If these thoughts have helped you pause, reflect, and move forward with greater awareness, then this shared journey has found its meaning.

If you feel that these reflections have added value to your life, I invite you to share them with others who may benefit from them. Offering clarity, encouragement, and thoughtful understanding to someone else is itself a noble act.

May you live with awareness.

May you grow with strength.

May you walk your path with peace and clarity.

With gratitude and respect,

The End...

is only a new beginning.

ABOUT THE AUTHOR

Sanjay Raiani is a thinker, writer, and life observer who believes that true wisdom emerges not from theory alone, but from lived experience. A tax consultant by profession, he combines practical insight with deep reflection, bringing clarity to both financial matters and the art of living.

He represents a legacy of professional excellence. The taxation practice was established by his father in 1949, at the very inception of the Income Tax system in the Saurashtra region. Carrying forward this tradition, Sanjay Raiani joined the practice in 1985 and has since continued the family commitment to integrity, trust, and dedicated service.

Rooted in values and guided by introspection, he has spent decades observing life, learning from circumstances, and transforming challenges into growth. His journey has been shaped by faith, discipline, and a commitment to ethical living, along with a deep belief in the power of karma and conscious decision-making.

In addition to writing on life and personal growth, he also writes on legal and taxation topics, simplifying complex subjects and making them accessible and practical for readers and professionals alike.

Beyond his professional work, he is passionate about writing, self-development, and helping individuals discover clarity, confidence, and inner balance. His reflections draw from real-life experiences, spiritual understanding, and a continuous process of learning and self-inquiry.

Through *Conscious & Thoughtful Living*, he shares insights that encourage readers to pause, reflect, and live with awareness, values, and purpose. His intention is simple – to support individuals in becoming better human beings and to contribute positively to society through thoughtful understanding.

He lives in Morbi, Gujarat, with his family and continues to learn, observe, and grow each day.