

Why another book on Life ...?

There are many books written about Life and its Philosophies, they all attend to some important aspect of it, in their own ways. I realized that despite having endless pages of wisdom in them, we find it difficult to get simple answers to the most basic questions arising in our minds every day, for example, Who are we? What's the purpose of our life? How can we succeed in our life etc. I have attempted to untangle and simplify the knowledge, philosophies, wisdom, and facts surrounding our day-to-day life and help in building a simple, logical, straightforward and rewarding thought process for a fulfilling life.

This book has been written in Question & Answer format for easy understanding, among all age groups of the readers. Every question is beautifully interwoven with each other and the flow of the subject matter has been maintained for clarity. After reading this book, I am sure you will find enrichment of thought and clarity in vision. I have tried my best to weave the fabric of wisdom by using threads of reasoning, logic, thoughts, facts, values, knowledge, experience, tradition and culture.

FIRST EDITION

**“GOOD
HEALTH
SPIRITUALITY
PROFESSION
FINANCE &
RELATIONSHIP
ARE THE KEY
SUCCESS
MARKERS”**

Lead a Wise Life

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Chapter 1.

Who are we?

This is one of the most basic questions that comes to our mind, whenever we think about life. Since ages people around the world have discovered the meaning of life in their own ways. Many philosophies have been floated which do take us into this mystery quite deeply but the validity of it depends on the realization of an individual.

For the beginners the most simplistic answer to this prominent question “Who are we?” is that we are part of this enormous ecology, a link in a large chain of self-sustenance on earth. We complete the long ecological chain as just one ring in it. We are born to our parents, quite similar to the birth of any other living being. Our life relates in the same way as any other life form, in serving the self-sustenance of this ever forming and eluding ecosystem.

Also, we know that the universe was created from a single source of energy in the Big Bang as per modern science, therefore we being a part of it, we also represent a minute energy form. As the entire universe is forming and collapsing in a cyclic process of big bang and big crunch, similarly we are also a small part of the same energy, being born and die over and over again. Like in the ocean with contained water, all aquatics are appearing and disappearing in a continuous cycle on a big timeline, similarly all life forms are just appearing and disappearing in this contained geography of earth.

Everything on this planet is made up of atoms and other subatomic particles, which finally breaks down and shows itself as wavelength and energy. We are also composed of billions and billions of subatomic particles or wavelengths or energy which is forming and disappearing in a cyclic process. Our birth and death are just a flash of light turning on and off on the large scale of the timeline in the infinite universe.

Deeper understanding of humans as souls, through ancient texts and advanced science, reveals a lot about life and its journey encompassing

many many years, forms and places not only on earth but also in the intergalactic spiritual sky. This part of advanced knowledge is for scholars who have already understood the basic questions and feel the need to dive deep into the subject for more clarity and enlightenment. Some of which we shall see in the later part of the book.

Therefore, the most basic, logical and rational understanding of “who are we?” can be summarized as, we are just a link in the natural ecosystem and a containment of energy sources. We are quite the same to any other living creatures, with a small difference, that is, our level of Intelligence, consciousness and ability to choose. Creator has twiggged us a bit and has added some spice to our life, that is the reason for all the circus around us.



**“We are just a link in
the big chain of
natural ecosystem
and a containment of
universal energy
source...”**



*“You are not a drop in the ocean.
You are the entire ocean in a drop.” -Rumi*

Chapter 2.

How are Humans different from other forms of Life?

Humans are more or less the same as any other creature in this natural ecosystem. What separates us from other life forms is the level of our Intelligence to decide, choose, envision, plan, execute, achieve, rejoice, reflect, resolve and excel in our endeavors, which is not limited to food, procreation, shelter and protection. We act with instinct, intelligence and intuition, unlike animal kingdom who act in instinct only, intelligence in them is extremely limited to food, procreation and protection. On the contrary We can envision and choose more wisely than other life forms. Level of our Intelligence, separates us from all other forms of life. With the passage of time, we were able to develop various skills like communication, then formed society and made rules. We have transformed this earth into a home for the entire population to live in, a way that we could co-exist as a community without having to kill each other for food, shelter and mating. With our intelligence we have invented Money and the institution of Marriage so that we don't need to snatch each other's material belonging to fulfil our most basic needs. This makes Money and Marriage the two most important inventions of mankind at large. There could be many others but without the invention of money and marriage, life would have been miserable. Just imagine what the fight would have been among humans, if they were to share the same resources based on their physical ability and muscle power. Human intelligence has evolved with time, with every passing day, we are learning and making our lives more and more comfortable, livable and peaceful at least on the materialistic front.

Sometimes we don't act wisely despite having all the intelligence, simply because of impatience, dishonesty, greed, unreasonable aspirations, anger, fear and ego, which costs very dearly to the society, ecology and of course to an individual in the long run. We shall endeavor to enrich our intelligence in such a way that we can serve the human community and the

ecology at the same time, without having the guilt of being selfish. We shall act, both individually and collectively to achieve it. Intelligence is the power to make a choice, so choose well and show it off.

HUMANS

CAN SHOW
HIGHER
CONSCIOUSNESS

CAN
ENVISION
AND
EXECUTE

CAN
MAKE
GREAT
CHOICES



"Being human means you can shape your life the way you want."

-SadhGuru

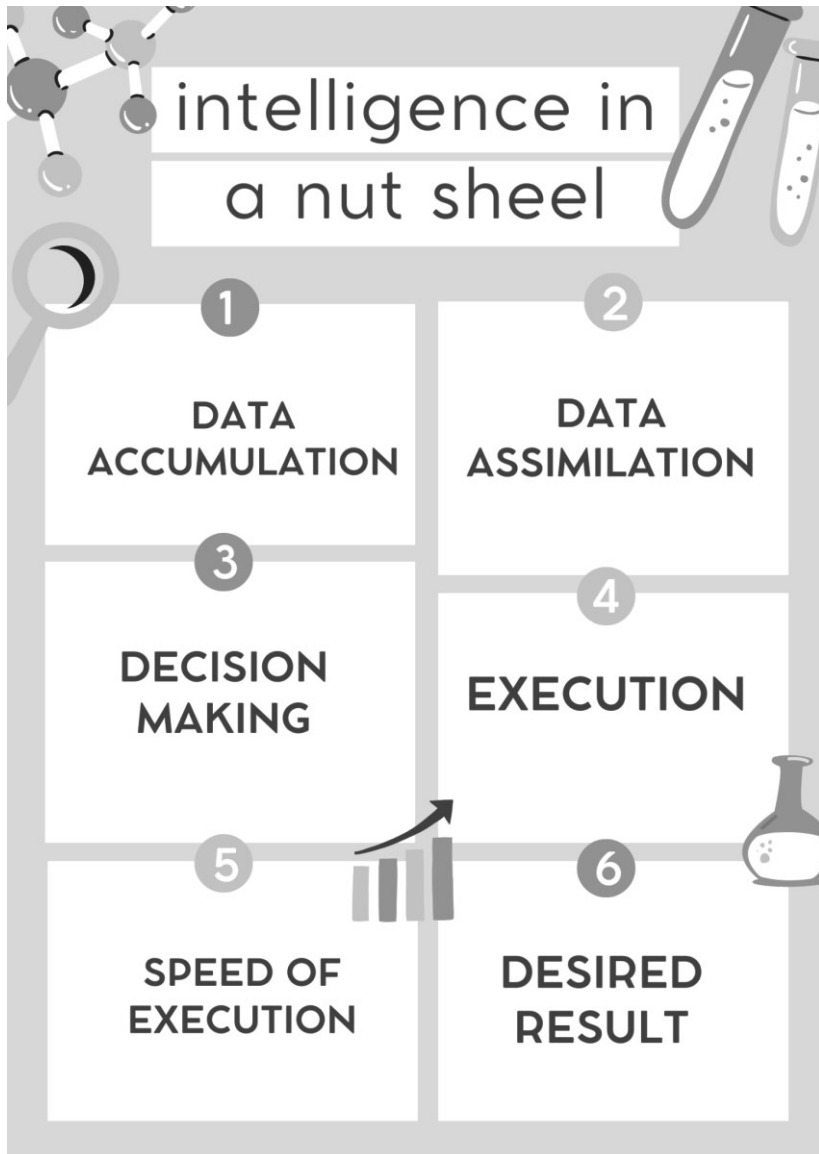
Chapter 3.

What is Intelligence?

Intelligence is the ability of the human brain to choose and act wisely. No matter what definition is given in the dictionary, I define Intelligence as a human ability. It evolves through the process of data accumulation, data assimilation, decision-making, execution, speed of execution and learning from Outcome. Intelligence is made up of all these components put together. Any missing component will totally destroy the concept of intelligence. Anything short of totality will not bear the desired results.

Assume a man who accumulates a lot of data, meaning acquiring knowledge without putting it to any use, will be like a trash bin overflowing with garbage. If he assimilates the data, meaning storing them neatly like a well-organized library in his brain and correlates them, then he will be able to use it when required during decision making. If he is unable to convert all his experience, learning and knowledge into good decision making, then the effort of data accumulation and assimilation is of no use. Therefore, decision making is an important aspect of Intelligence. After he makes a decision, he needs to act upon it to achieve results. Successful execution of any idea or decision, creates desirable outcomes. Without execution, a man's knowledge, his analytics and his decision making is of no use again. A well thought upon idea, backed by data/knowledge which is meticulously researched/analyzed and executed but without any constraint of time or understanding of time frame is an effort, totally wasted. Like a student who does all the learning but misses out on the examination dates. A crop not sowed in time or harvested in time. It's like a product designed without fulfilling any objective. Such activity is an act of foolishness. This makes it clear that Speed of implementation is equally important in an act of Intelligence along with Knowledge gathering, its assimilation, decision making, and execution. Lastly, learning from the outcome of any endeavor gives you more insight and knowledge than any written book or mentorship. Over time we have learnt this process which is very well adopted in the business environment to generate profit. Unfortunately, we

are not using it in our day-to-day life for personal excellence mainly due to ignorance of things which matter more in life, like relationship, health and environment. We are born with a certain level of intelligence, but with practice we can develop it to help us make our life much better, more organized and fulfilled.



"The true sign of intelligence is not knowledge but imagination."

-Albert Einstein

Chapter 4.

How can we develop Intelligence?

A successful product or service is born out of total intelligence, which comprises, as we mentioned earlier, the process of knowledge gathering or data accumulation, analytical study or data assimilation, decision making, execution and speed of execution. Any missing component will translate it into a foolish mission and we will not get any accomplished product.

Anyways, it does not mean that one small mistake or missed step in the process will destroy the full endeavor, but it's true that the missing effort will reduce the outcome in varying proportion, which can definitely be corrected through acknowledging the mistake and trying it again and again.

So, all humans are capable of achieving intelligence, provided we understand these basic building blocks of it. Virtues required for data accumulation or knowledge building is openness of Thought and acceptability of ideas, for data assimilation one needs unbiased mind, for Decision making one need complete justice, for implementation of decision one requires Willpower and lastly for the speed of execution, the main virtue required is Discipline and energy. Learning from mistakes and repeated tryst with destiny will bear the fruit of success. It requires Adaptability to learn, Resilience for repeated tries and Patience for your time to change.

Therefore, we can summarize that, to develop intelligence and to apply it successfully, we need to nurture, Acceptability, Unbiasedness, Justice, Willpower, Discipline, Adaptability, Resilience and Patience. We may not be able to achieve the absolute, in all our endeavors, but the most important thing is to work systematically and consistently towards the goal. If we aim, we will surely hit somewhere near the bull's eye. Still, it's better than not attempting it at all and giving up on the dreams.

It looks like only the best among us can do it perfectly. Is it true?



An Intelligent Act involves

1

**Openness of
Thought and
acceptability
of ideas**



4

**Willpower and
Commitment
in executing
Idea**



2

**Unbiased
Mind in
Analysing
facts**

3

**Complete
Justice in
Decision
Making**



6

**Learning
from
Outcome
and
Showing
up again...**

5

**Discipline
and Energy
for Speed of
Execution**

“Intelligence is the ability to adapt to change.”

-Stephen Hawking

Chapter 5.

Do we need to be the best?

Being the best is very satisfying but is it worth all the effort and is it permanent? Someone will always be better than you. And all times are not the same, the time that makes us ripe, it makes us rot too. We don't need to be the best but our efforts need to be the best. Every one of us is born with the capability to grow his Intelligence unlike the common belief that a person is naturally born intelligent. It is true that the capability to grow our intelligence varies among us , but to lead a fulfilling and satisfied life, whatever capacity we are born with, is enough to build upon and act intelligently for the good of self, family, society, country and the complete natural ecosystem. What spoils us is the ever hankering for comfort and consistent cheap desires which are purchased not by money but by time.

To be a man of intelligence, we need to display various human capabilities in totality, else the result of our endeavor would be compromised. But as we know that achieving anything in absolute nature seems impossible or it demands uncompromising effort. Sometimes that big effort may not be required at all, considering the level of our aspiration or that big effort may not be possible because of human limitations. So practically we need to display, achievable, result oriented and time bound effort to move on to the next stage of delivery or next step of the ladder.

Learning from past mistakes and ensuring not to repeat it in the next step, which could be a repeated try and engaging consistently towards the final objective, till its achieved. Human endeavor, Priority setting, Consistency are few qualities that lead to success but everyone is not born with the ability to achieve all of these, some might get it naturally, while others can achieve it through learning and practice.

Train yourself to work intelligently and you will work better than others. The best professionals in the world are born out of training, counseling and mentoring. Learn and leap forward. No one is born best, one who trains to be the best, actually wins, look at our athletes. The real question

is not about who has intelligence and who does not, the real question is who wants to understand, learn and practice the process of intelligence building to serve the purpose of human life and understand our real position in this cosmos.



"The only person you are destined to become is the person you decide to be." -Ralph Waldo Emerson

Chapter 6.

What is our real position in this Cosmos?

To understand where we stand in this cosmos, let me take you up there, in the sky. As we keep going up, we see our earth getting smaller in size, from space it just looks like a ball and even beyond its a dot, still further our whole solar system looks like a spec of sand and further more and more we are lost in galaxies, where human capability ends to see any further, surprisingly still it looks like we have navigated just few specks of particles in the sand dune therefore we call our universe infinite. Humans' purpose in this vastness looks clueless, non-existential and meaningless.

Rewind and let me take you inside our body, we see muscles, tissues, organs, cells, molecules, atoms, electrons, protons, neutrons, positroniums, muonium etc etc. Going beyond this, ceases the human capability again but the end has not reached yet. To conclude we have seen approximately ten to the power minus nineteen meter inside the subatomic particles and ten to the power plus twenty-six meters in the space. Still, it looks like we have just begun. Now in proportion we can understand where we really stand in this universe and what is considered big and small is just a perception of our understanding and ability to measure.

How vast or how tiny something is, depends on the gradients of the measuring scale, our own requirements and convenience. Another crucial factor along with Space is Time. Time is defined as how long anything is going to hold its form before being swallowed by the Space around. The life of an insect to that of a tree varies from a few days to a few hundreds of years. Looking from the farthest corner of the universe, there are so many days and night happening at the same time not just by rotating stars but by ever moving galaxies and celestial bodies all together. Time has different meanings at different parts of the Universe and for different life forms.

Our position in the cosmos is how we see ourselves inside our mind. We live in that picture, captured in our brain. We are only that individual. How we visualize ourselves is not so important to establish our position in the real cosmos because whatever be our position, we will still remain insignificant compared to the size of the space. What is important is to know our purpose in the universe.



SPACE & TIME

*"We are just a speck of sand in the vast
desert of the universe, yet at the same
time we are an entire cosmos to an
amoeba."*

*"The only reason time seems to flow is because
we are constantly creating the future." -Alan Watts*

Chapter 7.

What is time?

The next interesting thing to know is about Time. What is measured out of rotation and revolution around the sun, has given the measurement of time for us, in commensurate with our longevity and speed of our action in relation to our size. From up in space, where entire galaxies are just dots, amongst the millions and billions of revolving, rotating, dissolving and forming phenomena, you can easily understand that Time will not be the same everywhere in the universe. Simple to understand, time for a mosquito must be different. Their full life span is around a day, where they are born, grow, reproduce, live and die. Their life span is just a day for us. Similarly, there is a good possibility that our life span may be just a few seconds to say in the different time zones of the universe for some other undiscovered entities.

In Bhagwat Gita, which is Hindu's, philosophical and spiritual text says that Brahma, who is the creator of the universe that which is manifested and unmanifested, lives in a time zone whose 1 day is 432000000 years of earth time and equal number is for 1 Brahma's night. It's unbelievable, but may be true as we see many insects and microorganisms whose life span varies from a few seconds to a few days. For them it's unbelievable to understand the life of humans, which must be looking like eternity for them.

Anyways, at least we are logically correct to say that time is not what we have identified and measured. What we know about time is only our own consideration, depending on our knowledge of the universe. Every organism or life on earth and beyond, if any, for sure must be guided by some other time zone and factors. Moving fast forward on the time line we may just be a Brahmanical blink or a forming and collapsing spark of the cosmic firework.

Still, we exist and definitely we must have some important purpose to solve in the intricate fabric of life, matter, space, time and cosmos.

TIME



LIFE OF A MOSQUITO IS EQUAL
TO A DAY OF A MAN AND LIFE
OF A MAN IS JUST A SPARK IN
THE UNIVERSE

SO IT'S NOT THE SIZE BUT
THE PURPOSE OF LIFE
THAT MATTERS...

*Time is what keeps everything from happening at once." -
Stephen Hawking*

Chapter 8.

What is the importance of human life?

Understanding of Space and Time, must have painted a clear picture in our brain that we are somewhat non existential or unimportant in the Universal space and time. But this understanding will not sink in to resolve our mind from the question, what's the purpose of our life and how important is human life because we still have to face all the challenges of our life in our space and time zone. But knowing our true position with respect to space and time, will at least make us humble and considerate.

Our attempt to know what life is, its purpose and its importance, is similar to a particle of sand in a sand dune or a desert asking for the purpose of its presence. Considering its size and energy in comparison to space and time, the answer is clear, as sand makes up a tiniest of tiny parts of the universe, so do we. Because the universe may be infinite but it consists of all that we are made up of. The universe is there till we are here, which means the material is in existence only till it's conscious of their existence. This is true, both on a materialistic and spiritual level. When we sleep, the entire universe and its affairs dissolve in oblivion and as soon as we gain consciousness after waking up, our world comes alive.

As human beings we have limited sense perceptions, knowledge and experience, we tend to believe things easily which are logical and rational. To understand the importance of human life, we have to assume one thing that we cannot fully explain or conclude the question as to, why are we here? This is because of our limitation to understand, which is erred by conditioning of the brain and limitation of senses. Dogs could hear ultrasonic sounds, but we can't. That explains one limitation in sensory perception for the common folks. It's just one example, there could be many in this mother nature. So thinking ourselves as a master of the universe may be just good enough in a movie plot. We can conclude that despite not being clear about the importance of our existence, we still

continue to serve our dear ones, our family, pets and the society. This gives us some importance to our life. The most rational understanding is to serve humanity and enjoy the outcome of our efforts. We are important because many more lives depend on us, many families rely on our effort. People look up to us for support, sharing and caring. With our smallest ability and minuscule presence, we are able to nourish a family of young and old ones, support our friends, relatives and colleagues, serve the society and above all spread love and bring peace to self.

Importance OF LIFE



Nurturing family

Serving the society



Spreading Love

Bringing Peace



Helping others



"Life is either a daring adventure or nothing at all."

– Helen Keller

Chapter 9.

What are the purpose and duties of human life?

As we have said earlier, decoding the purpose of human life with limited intelligence and sensory perception will always be erroneous. However, if we remain open minded, we can understand through our consciousness that human life has five basic purposes.

The most rational, logical and obvious purpose of our life is that we are part of this cyclic ecosystem, where we just complete a link in a large chain of self-sustenance of the world and beyond. So, our most basic purpose is to engage in the ecosystem through procreation and contribute towards it so as to keep the chain intact and natural cycle moving. It's the first purpose.

The second purpose is to protect and preserve the ecosystem so that the next generation of life forms can grow, nurture and enjoy in the times to come.

No other life form on earth complains. They just live, enjoy and spend their time on this planet. Taking cues from here we shall also strive to enjoy the gift of life without complaints. This makes for the third purpose of life, that is to Live and enjoy.

The fourth purpose of life is to nurture and obey ourselves. We shall explore more in the following chapters.

And the last but not the least the fifth purpose is to surrender Yourself, your Situations, your Effort and all the Results, to The Supreme power as He is the giver and taker of all that we hold ours in this material world.

Since we live in a social and cosmic structure, our duties and responsibilities revolve around them. We have to contribute to society to the fullest by making ourselves capable and skillful. We shall obey the social and legal orders for maintaining a peaceful coexistence. And spiritually we

shall have faith in the creator and his existence as the doer of all activities for the purpose of cosmic balance. Someone might think that if it's all purpose solving throughout life, then is it worth living?

Purpose of HUMAN LIFE



PRESERVE

The nature for the next generation to utilize and enjoy



PARTICIPATE

In the nature in its progression and self sustenance

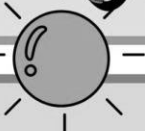
NURTURE

Your self to maintain good Physical, Mental and Spiritual health to serve the purpose of life



ENJOY

The gift of life and help others to cherish this blessing too, with acceptance and harmony



SURRENDER

Yourself, your Situations, your Effort and all the Results, to The Supreme power as He is the giver and taker of all that we hold ours in this material world



"The purpose of human life is to serve, and to show compassion and the will to help others."

– Swami Vivekananda

Chapter 10.

Is human life worth living?

If we have to consistently and relentlessly engage in purpose solving business in life, then sometime we may start to wonder, if it's worth all the struggle? It is quite natural to think so, therefore we see so many people at the verge of ending their life or have already ended it. When the purpose of life becomes overburdening or unclear then we tend to give up. Purpose becomes overburdening if the compulsion to fulfill it becomes paramount. The natural purpose of life is not so difficult to fulfill, but we tend to add too many aspirations and start believing that the fulfillment of such aspirations will make us happy. Once we accomplish it then we step up our ambition to derive more pleasure and sense gratification to satiate our greed and show off our ego.

We should train ourselves to enjoy whatever comes in the way and we should believe that our every action is a service to mankind. We should work and live without attachment to the result of our actions. If we can do so, life will give you enough to rejoice without repent. Remember God's love is such that He arranges for food of the new born through the breast of their mother and feeds milk till he starts to crawl. Love of a mother grows multi fold for her child so that she can bear all the harassing duties to nurture him. When a child grows, God installs self-love in him so that he can appreciate and nourish himself. God seems to say that you take care of today I will take care of tomorrow. If one can live life without having to worry about the past and future then he is a happiest man. Being in the present and relishing it, is not an ordinary feat. This life gives so much to experience, imaging the breeze on the top of the hill or taking a dive in a pristine lake or feeling the first rain on your face or sharing hot evening supper with parent and sibling or cuddling inside the quilt with the lady of your dream or being honored for your achievements or seeing the glow on the face of your parents on your home coming or feeling the presence of God when someone hold you right when you slipped or when your child runs towards you to hug. And so many more such soul soothing moments in life are of course worth living.



"Live in the moment, for that is the only place where life exists."— Sadhguru

Chapter 11.

How does participating in ecology become the first purpose of human life?

Ecology is a system of this earth, where all life forms and environment are related to each other for its survival and ultimately for self-sustenance and possibly in maintaining universal equilibrium.

Every life form at least procreates to participate in this ecology. Humans are no different. But we have derived new meaning and purpose of procreation because of ignorance. Ultimately, we are doing so, to simply, participate in the ecological process. We also participate towards the self-sustenance of the population and rest of the ecology through our professional duties, social duties, activism, religious and personal indulgence.

Procreation is the most important way to participate in ecology. Our participation in the service to mankind also adds up to this purpose. Almost all our actions end up in some way or the other, in feeding the six billion population on earth and in return being fed by the gigantic, intertwined effort of six billion people on earth again. So, putting honest effort is important both for us and for all. Feeding and being fed, nurtures the ecological process and procreation keeps the process rolling generation after generation. As we desire to get the best serving on our dining table for every meal, so do the rest of the population. As we can't compromise on anything on our dining table, in the same way, we shall ensure that nothing is compromised on anyone else's dining table. But how should we do so? Simply by contributing your best effort in whatever you do, with the passion of serving and not just doing. We tend to forget the enormous effort put up by the entire humanity in your support which may not be directly visible and we start believing that ourselves are the doer of all. We start to take self-credit for all our achievements. But imagine yourself

without the support of your parents, family, teachers, colleagues, mentors, competitors and everyone who is involved in making your living possible. It's imminent that we are just the doers but the final result of our action is a combined effort of everyone both known and unknown. If we choose to act in service of humanity with consciousness, keeping ego at bay, without being bothered about the result of action and precluding ourselves of sense gratification then all our action will give us pleasant times.

**ITS NOT ONLY YOU, BUT THE ENTIRE
8 BILLION PEOPLE ON EARTH, WORK
TIRELESSLY TO NOURISH YOU AND
YOUR ASPIRATIONS. ITS ALL
INTERWINED...
SO BE GRATEFUL**

**YOU ALONE
CAN'T DO IT**



*"When people unite with one mind, they achieve
what is impossible alone." – Rig Veda*

Chapter 12.

How does protecting and preserving the ecology become the second purpose of Human life?

Human life and the entire ecology is the gift of the creator. From the beginning, till the end of our life we participate in ecology for its self-sustenance through our action driven by intelligence. Since a human is an intelligent animal, he has the ability to protect and preserve the ecology as well as destroy it if he does not understand the real purpose of human life and consistently nurture his greedy aspirations. Today humans have acquired power to break the whole world into pieces by the use of nuclear war heads. This is quite an obvious and most easily understood example of human power which has the capacity to destroy the ecology, alongside there are other hidden and ignored threat perceptions, which could well do the same, like use of uncontrolled plastics, chemicals, population explosion, pollution, global warning etc.

As we are enjoying the gift of nature for our own good, similarly the generations to come should also enjoy it. This is possible only when we can preserve and protect the natural resources and ecology. We shall utilize nature in such a way that it could get replenished in our own lifetime. Our aspirations and ambitions should not be so big that they deplete the resources forever and nothing good is left for the next generations. There should be proportionate utilization and replenishment of natural resources in every generation. This way we could handover a healthy natural ecosystem to our next generation and similarly they would and should do the same.

This earth is a rented home for us, we come here temporarily. We should not damage our home to an extent that the next dwellers find it difficult to survive. We should keep repairing and restoring. This task looks quite mammoth for an individual, but in reality, it's pretty easy. We need to

individually and at a very personal level, keep the bell ringing in our minds that we have to protect and preserve the ecology and act accordingly in our capacity. Every small effort will count in achieving the final objective. Your every effort creates awareness and influences others, slowly but surely the message will reach all and slowly we would be able to build into our basic behavior to live in harmony with nature and in nature.

**HANDOVER A BETTER
WORLD TO THE NEXT
GENERATION**

**PRESERVE AND
PROTECT THE
ECOLOGY**



"The forest is not a resource for us, it is life itself."

– Amrita Devi Bishnoi

Chapter 13.

How does rejoicing the gift of Nature become the third purpose of human life?

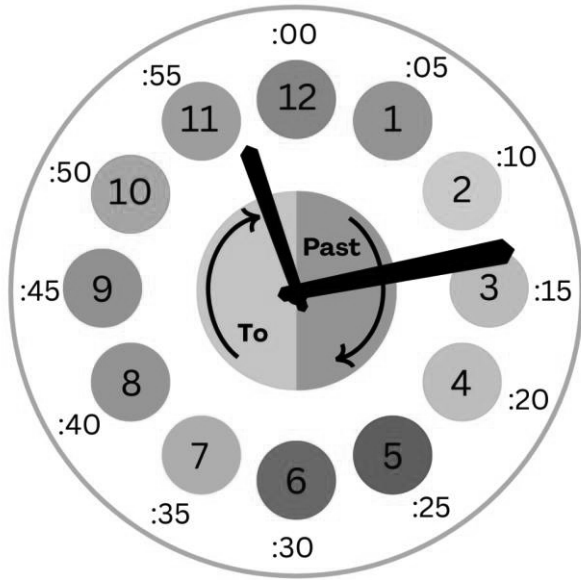
If we try to understand why we have Intelligence, we will come to know that the creator wants us to live life happily, rejoicing in the gift of nature and fulfilling our aspirations. Nature could have easily done away with it and made us similar to animals. All problems would have been solved. I am sure animals don't have as many problems as we do. We have the intelligence to understand, control and manage almost everything on earth, still we are the sufferers of greatest miseries. Is intelligence, the main cause of suffering. In fact Yes , if we don't limit it to fulfill our aspirations for endless comforts and sense gratification. And No, if we start to derive happiness from whatever we have and contribute to the best of our ability as service to all, without being attached to the result of our actions. A good service will bring in good results, it's the basic principle of Nature. Law of Karma. What you give will come back.

We have intelligence not only to fulfill our aspirations but also to rejoice the result of our actions. We have twenty-four hours in a day, eight hours of sleep, eight hours for work and eight hours to rejoice. In fact, for a true wise man, the entire twenty-four hours is pure bliss. All his actions are the sources of joy. He knows that we have a small life with an abundance of good things to enjoy like seeing the mountains, swimming in the sea, tasting the tea from the tea garden, holding the newborn, sitting by the side of a man in need, hugging your parents, proposing your love, buying a Prada for your spouse and many many more such moments to live. Missing any moment is a loss. As we don't spend money unnecessarily on items of lower importance, similarly we should not spend time on things of lower importance. Spend most of your time doing things that have the potential to change your Time.

A misguided and hopeless man sees life as a source of misery, he sees it as a hell with insects, animals, reptiles and bugs along with hunger, disease, old age, extreme climate and depleting resources whereas a man with clear purpose and hope will always see life as an opportunity to realize the higher goal and spent it into contributory effort to rejoice it. A negative person will see endless problems, whereas a positive person will see endless hope.

Genuine aspirations, passion to serve and hope for the best outcome in any situation, together brings in joy of living without doubts and fear. Rejoicing the gift of nature becomes our habit, when we start to derive pleasure and pastime from all our actions, provided our actions are performed with undivided focus and clear objective that all these are being done just to swim through the sea of life and that too with the tide. Our Life is a time deposited in our account, the day it finishes, we are gone, so every bit of time spent on anything should be counted as cash and unless a value worth it is achieved, it should not be used or given away. Time is moment, Time is life, Time well spent is life well lived.

**Time is moment, Time is life,
Time well spent is life well lived.**



**LIVE EVERY
MOMENT**

“Live life as if everything is a miracle.” – Rabindranath Tagore

Chapter 14.

What could hinder us from enjoying the gifts of Nature?

Our act whether for our own good or for the service of our community or contributory effort into the survival of the whole mankind, meaning to say, whatever we do, we shall always ensure that there is no conflict in our action, speech, emotion, thought and vision. These should be coherent and natural. Conflict creates confusion and engages our senses and intelligence into conflict solving rather than cherishing the moments in life. Life has many goals but having multiple targets at the same time, is conflicting to our brain, which creates confusion and hence increases stress and anxiety leading us into failure and varying degrees of depression.

Everyone has goals in life, sometimes too many goals, without a clear target to focus on. Or there could be shifting targets. All these make your brain tired and restless hence it's not in the state to enjoy your involvement. Having one goal with one focus at a time, relieves you of most conflicts and confusion. It helps you enjoy your journey.

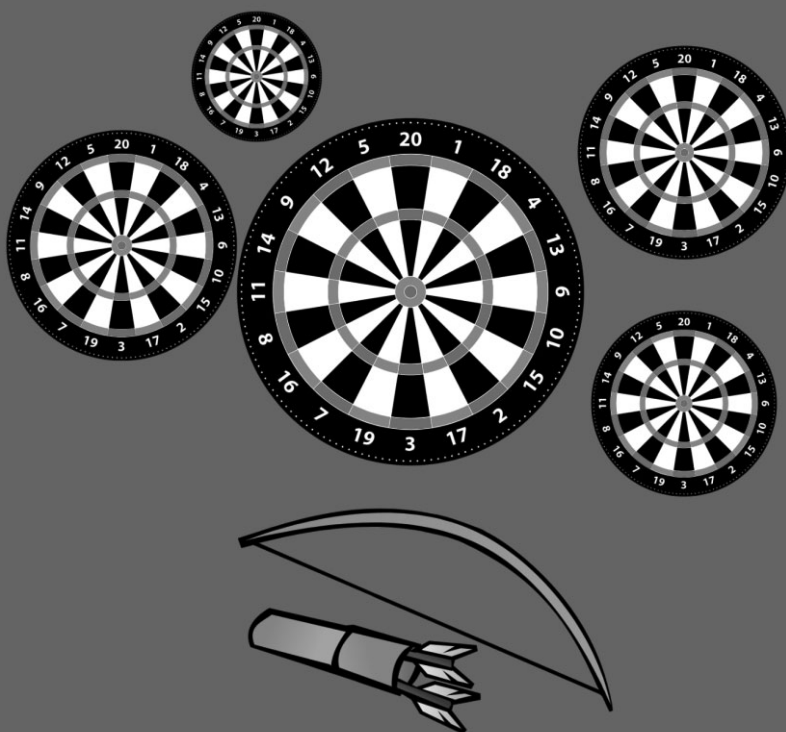
Imagine if we try to look from all the windows on a moving train, sometimes out of excitement to see more and more things, when it passes through the valleys, it only generates randomness and greediness in our behavior and we lose the moments of joy. If we can let go of what doesn't seem manageable, then we can at least enjoy what we have. Regardless of what you do, if the focus is one, there will be no stress. Naturally, as a matter of fact, focus can be only a single point activity. We are not designed for multiple focus with the same efficiency.

Focusing is the outcome of goal setting. As you can't look at two places at the same time, similarly you can't focus on two goals at the same time. Ideally there should be only one goal at a time in life to generate undivided focus.

The biggest enemy of remaining focused is having different bulls' eye or targets. If you have too many targets and try to focus on all at the same time then fulfilling even one will become difficult, it will generate huge confusion, frustration, lack of self-confidence and failure ultimately. Just to understand, Goals are long term and Targets are short term daily actionable tasks. Ideally Goals should be broken down into smaller achievable targets designed to complete on a daily basis. This will bring real results after consistently winning each day. It gives you joy of accomplishment and makes your daily journey through life enjoyable and fluidic rather than being dragged from Monday to Friday and an overdemanding weekend.

Multitasking is a fool's paradise. It makes you inefficient and imperfect. There are times, when meeting targets, is more important than being perfect. This happens during house chores, routine tasks and minor activities where accomplishment is a mere completion of a task. Single point target and single point focus is an absolute must when we talk about bigger goals in life which demands absolute discipline and dedication.

**MULTIPLE TARGETS
= ZERO FOCUS
= ZERO RESULT**



*“When the mind is scattered, strength is lost.”
– Swami Vivekananda*

Chapter 15.

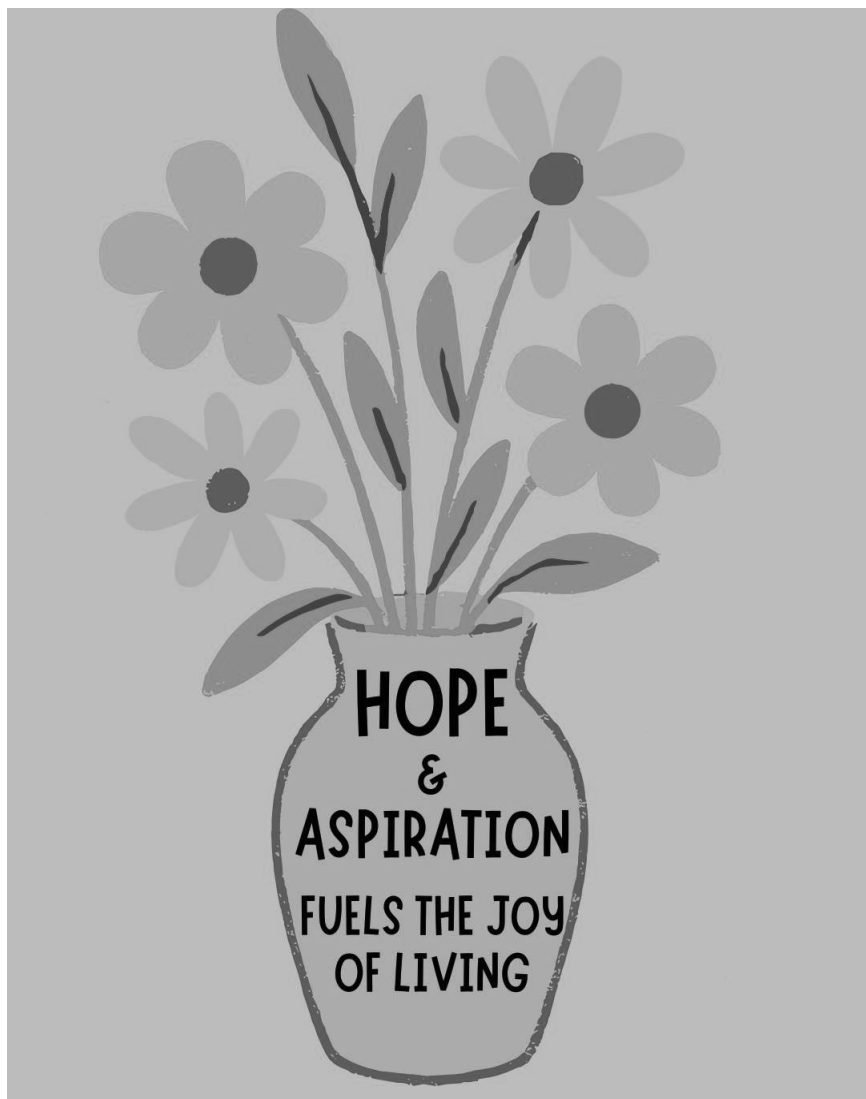
Is it possible to rejoice in life despite all the problems?

Rejoicing in life is very easy. If you have aspirations and you are hopeful then you are already enjoying the journey of life. If we try to visualize difficulties associated with human life, then mere thought of survival on earth will generate hatred, frustration and withdrawal. For example, a mosquito can make our life hell, if the menace is not tackled. The world is full of animals, insects, reptiles, bugs and viruses to make it extremely vulnerable for our survival. Apart from these we have extremes of climate, hunger, disease and depleting resources. If we are saved from these, we still have humans who can completely shatter our lives through their acts of injustice, violence, terror, corruption and hatred.

Despite all these, in reality our life is not as bad as it is perceived, neither was it in the past and I am sure it will not be any worse in the future. The only reason we could make things good for us amid all sorts of unforgiving situations is our ability to fight back and aspire to resolve any danger, which tries to sabotage our happiness. Hope and Aspiration are two most important keys for us to unlock life on this unforgiving still beautiful planet. Being hopeful is our strength. It gives us a Goal, Target and Focus. Aspiration drives us. All dark moments in life will press us hard to believe that there is no Hope. The feeling of hopelessness will completely deplete your aspirations, but remember that at the end of every tunnel there is light, there is sunshine after every dark night and there is silver lining in every cloud. Never ever allow Hopelessness to overpower you. You have the immense possibility to change any situation, through your persistent hard work, consistent wisdom and unfaltering faith and hope. The degree of your achievement is an outcome of the degree of hope and aspiration you have shown in your life. Therefore, you can rejoice in life despite problems if you can maintain high aspirations and uphold high hope in life. Wherever you are, stand up, start on anything that looks urgent to you

now, finish it up and find next... This will give clarity to your path and your joy of small wins will give you hope.

There can be times when all your aspirations keep crumbling down and you see a dead end, no hope and zero support. How to move forward from this situation? This is not uncommon with people. In fact, every situation has two outcomes, favorable and unfavorable. When we are caught into an unfavorable situation, we feel all negative and the future looks bleak but in reality, these situations were not unpredictable. These might have been ignored or could have fallen upon us through unforeseen circumstances. In either case, you are down and out. Is it true? No, you can be down and not out, till you decide to quit. You may be late but you will arrive as long as you stand up, gather your strength, start walking slowly, cover some distance, gain confidence, run, run and run fast... You will reach the finish line. Unlike on the race track you have many competitors but on the race track of life there are only two people competing.... one you and another your better self. Remember you are competing with yourself; you need to better yourself every day. Keep your aspirations alive, keep a smile on your face, hope will reignite again, situations will change. This is how nature works. Seasons change from chilling cold to warm sunshine. Nothing is permanent. You are not a loser till you believe that you have lost it.



"Hope is the power that gives us the strength to step out and try again."— A. P. J. Abdul Kalam

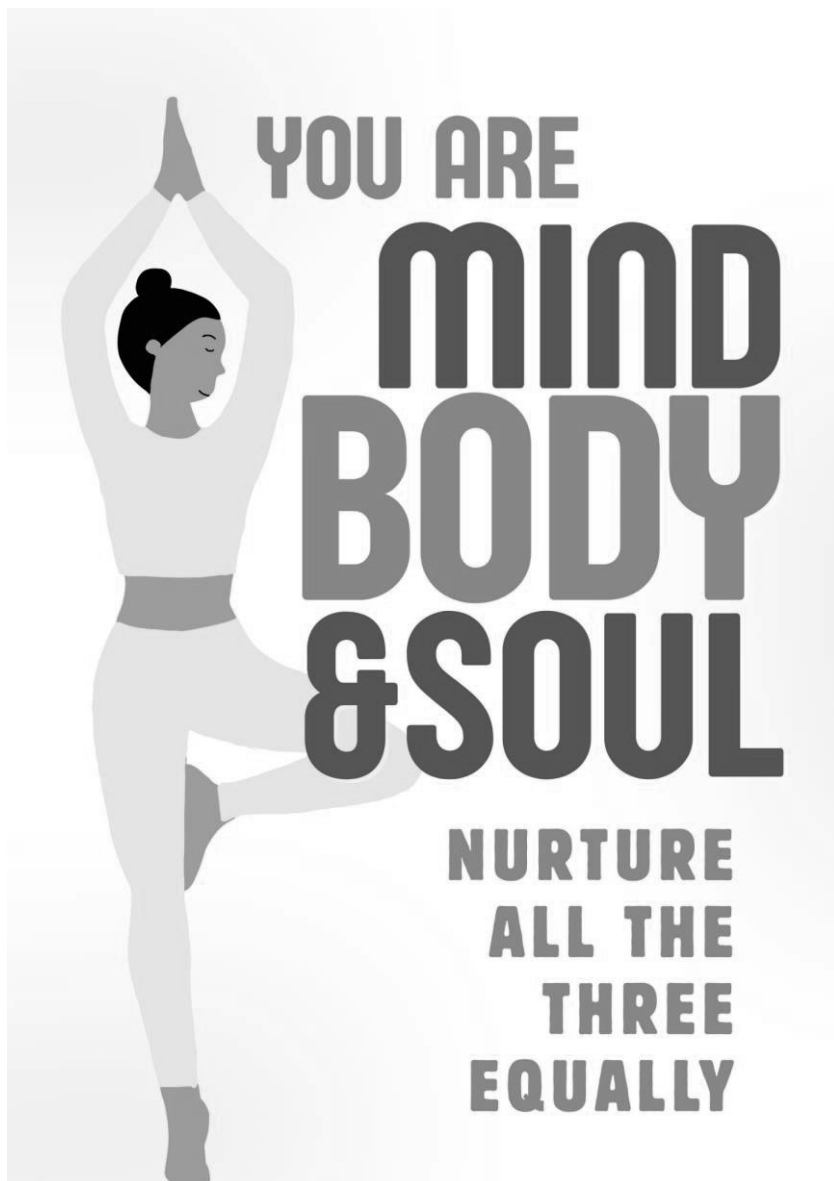
Chapter 16.

How nurturing and obeying oneself becomes the most important purpose of human life?

Everyone can enjoy the goodness of life, just by nurturing and obeying ourselves. The purpose of your life and existence can be fulfilled only when you are physically and mentally fit and capable to execute your plan and enjoy the fruit of action. Your body should obey what the mind says and the soul should enjoy the outcome of your action. If it does not happen that way, then for sure you have become the enemy of yourself. There is a consistent battle going on between your body, mind and soul, which is tiring you to the point of death.

Here it's important to understand what we mean by 'Yourself'. Anyone looking in the mirror sees himself. But the image is only one third of the whole picture, even if you are looking at yourself from head to toe. Why only one-third is visible because two-third is inside you, invisible, silent doer but the controller and enjoyer of your bodily actions. You are a body, mind, and soul. You may probably know this but it has not sunk deep within you to consider, providing enough nourishment for all the three.

We normally forget to address the concern of the brain and the soul. The body is the greediest amongst the three. It demands what it needs. If it's sick, it will cause pain, which instigates us to take care whereas in the case of Brain and Soul, they are silent doers. They don't crib. When they are sick, they manifest in your life with miserable situations. Now you know how important it is to nurture Yourself, which includes physical fitness of the body, mental fitness of the brain and spiritual fitness of the soul. A sick body can't carry you, a sick brain can't instruct you and a sick soul can't enjoy the outcome of your dearest effort. We need to take care and nurture all the three within ourselves so that we are able to do our duties wisely and enjoy the outcome. Our inner self always prompts us, what is right and what is wrong in life. If you don't ignore and always try to obey the inner voice then you are sure to live a fulfilling life.



*"The body is the servant of the mind, and
the mind is the gateway to the soul."*

— James Allen

Chapter 17.

How do you recognize a self-neglected individual?

This looks like a very stupid question. Neglecting yourself means, not eating and sleeping properly, not keeping a good hygiene, neglected grooming, addictions and no physical activity. But does the list end here. Most of us would say yes, but to our surprise this is just related to our physical body. As we have discussed earlier that we are not just a physical body, we also Mind and Soul. Neglecting yourself means neglecting your Body, Mind and Soul.

The body is neglected and abused by wrong eating and drinking habits, no physical exercise or Yoga and improper grooming, dressing and body language. Healthy living keeps us physically fit, which helps us to perform our duties appropriately. Keeping a healthy body is a must, because it houses your brain and soul. Survival of a healthy brain and soul is near impossible in an ill body. A neglected body will fall sick and suffer from pain.

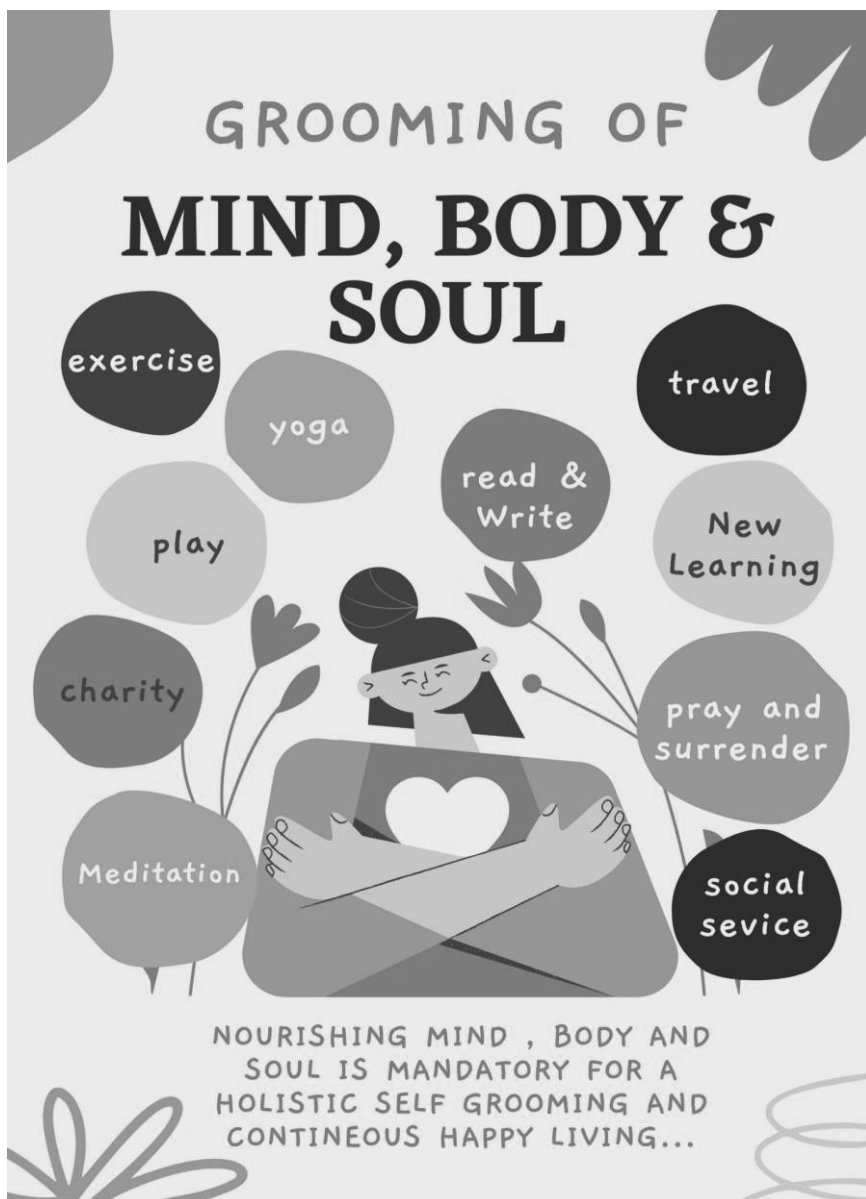
The mind is neglected and abused by feeding wrong information or depriving it of good information. Reading, writing, group discussion, seminars, tutorials, mentoring and training helps in keeping the mind fit and healthy, capable of making informed and wise decisions. Neglected Mind will not give any symptoms unless the severity is physical in nature, but it will manifest in the form of worsening situations and circumstances in your day-to-day life, be it crisis in finance, work, relationship or being engulfed in depression, anxiety, fear and hopelessness.

The soul is neglected and abused by engaging in cruel acts, injustice, hypocrisy, being inconsiderate toward less privilege, less strong, old age, sick, deprived, infants and young. A neglected soul will not show any symptoms, quite similar to the brain. It will manifest as most harrowing, painstaking, inhumanly and self-destructing situations in your life. A sick

soul will make you enjoy or feel indifferent towards wrong doings, sorrowfulness, self or inflicted pain, bad food and drinks, illicit behavior and hatred for all including God and loss of faith in humanity and the creator. A neglected soul would keep you in a state of remorse, guilt and anxiety.

The soul is kept pure and capable of making you feel elated, by immersing it into deeds of charity, mercy, social service, caring, sharing, righteousness, justice, truthfulness, simplicity etc. But these deeds of humility will not mandatorily push you into doing it unless you are propelled from within and your heart is filled with empathy, you have some sense of the law of Karma and you believe in the Almighty.

Surrendering to the supreme power means we start to believe that all that is happening to us is His multi layered grand plan and willingness, which makes us humble, this humility generates empathy for others because we begin to see others as the son and daughter of the same father, the supreme lord. This makes us engage in acts of kindness and devotion which in turn generates joy in our heart, making us feel light, full of energy and a lot of cheerfulness on our face.



"The soul is the witness to all that the mind experiences."

– Sri Aurobindo

Chapter 18.

How do you recognize a well nurtured person?

A well nurtured person is one who has maintained an agile and healthy physical body, inquisitive and well-informed Mind and purity of soul. He is always contributing, in his best capacity in whatever he does, be it in office, home, recreation or in his personal space.

A nurtured Body, Mind and Soul, carve you into an individual, capable of, best contribution for the society and ecology at large. It strengthens your faculties to serve and be served. It enhances your sensory perceptions to enjoy the abundance of materialistic nature, emotional and intellectual quotient to enjoy success and relationship and purity of soul to enjoy and absorb love and respect.

Success is not limited to physical and materialistic things. A successful individual is one, who has balanced his life with materialistic achievements, happy relationships and healthy self. Unbalanced success will make you resentful and sad in the long run. You may be successful on one front and a failure on the other. Like someone can be a very accomplished and wealthy professional, but having a broken family. Is this a success? No because it's not amounting to happiness. Success should render happiness else it's either not complete or something is ignored in your life.

Wealth, Love, Respect and Smile on face is a true manifestation of Success which is achieved through purposeful indulgence by self-nurturing and self-obedience. A good nurtured self-will plan, execute and rejoice the fruit of effort in the most satisfying way. He is able to make a near correct decision, execute it honestly and enjoy the outcome.

To accomplish anything in life, small or big, you have to primarily depend on your own self. You are the greatest friend, resource and tool, for yourself. Do you want to have an unfaithful friend, a fast-depleting resource and a blunt tool? If the answer is no then why ignore yourself, to the point

where it starts acting and working against you. Nurturing yourself is extremely important, it's the first duty, everything else comes next. Being unsuccessful in any endeavor, doesn't torture you as much as resentmentfulness does. Repent develops in your heart due to your inability to apply and utilize yourself to the fullest, thereby making it difficult to live.



Collectively, they serve as a
testimony to success

"Success is the progressive realization of a worthy goal."
– Earl Nightingale

Chapter 19.

What makes for a good social being?

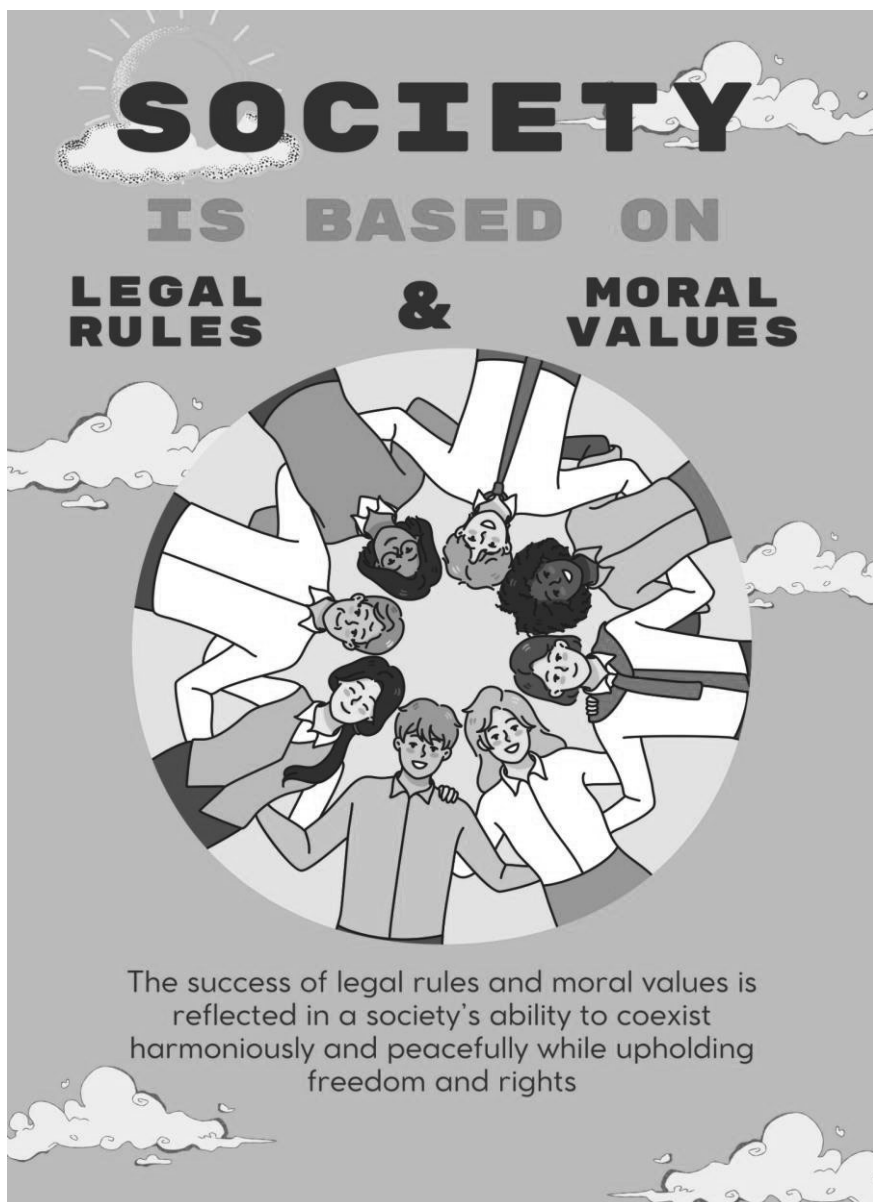
Living in a society is our necessity as well as compulsion at the same time. It's a necessity because it gives an order and organization to the human race for serving each other better and it's a compulsion because we need to follow a certain set of rules and regulations derived out of law, religion, customs and traditions, for peaceful coexistence.

Human society has been evolving since the stone age till date, we have made rules based on our needs and understanding, for our convenience, safety, peace and harmony. Religions in the old times were in fact, rule books in the absence of a proper judiciary and legal system, for guiding people belonging to a particular place, race and lineage. No particular religion could ever establish as one and only perfect set of rules for all humanity mainly because they flourished at different geographical locations catering for its own tribe.

Different places on the planet have seen the evolution of different sets of philosophies and practices but commonly they all try to figure out some form of supreme creator and protector and a certain set of lifestyles for harmonious and peaceful living. They have developed practices so that neat social order is maintained due to the fear of the creator or for the love of the creator, depending on how you understand him. Every religion is best for its followers and the same religion holds no meaning for the non-followers. Again, the belief of the follower is sacrosanct to them but it holds no meaning to others. The division of people into followers, non-followers, believers and non-believers has rendered religious rules and regulation as redundant in the modern society which requires carpet implementation of social order and justice irrespective of religion, caste, creed, gender and color. So, in the present day of heterogeneous population and cosmopolitan society, we can say that social order is maintained, largely based on the legal system rather than religious rules.

Where there are morals, ethics and civic sense among the population, the need for both religious rules and legal system becomes somewhat redundant because society then starts to respect Humanity above all.

Following moral and legal rules in the society with belief in some form of the creator, makes us a good social being.



“A nation’s culture resides in the hearts and in the soul of its people.”

– Mahatma Gandhi

Chapter 20.

Why is it necessary to believe in God?

When we live in a family, we have to believe in the family values, which is for togetherness and support and remain guided in our act to achieve it. Else we break into loneliness. When we live in a society, we have to believe in the system and follow the social and legal rules to achieve the objective of peaceful and comfortable co-existence. Else we end up in chaotic, unsafe and vulnerable livelihood. When we understand that we actually live as a part of this ecosystem, we have to believe and respect the nurturing source so that, with our act, we maintain the self-sustaining behavior of nature. Else, we will greedily utilize, accumulate, destroy and finish the nature around us as well as ourselves due to natural catastrophe.

Similarly, when we realize that we live as a part of this great universal energy source, of which we have no concrete understanding, we tend to surrender onto some higher power. Our knowledge is so limited that we have not yet completely figured out death, birth, disease, atomic energy, cosmic energy, time, space, gravity, electromagnetism etc. We have just enquired and understood them to the point of utility in our daily lives. A deeper enquiry reveals complete uncertainty, duality, doubts, ignorance, darkness and hopelessness. To remove the hopelessness arising out of deeper inquiry, we choose to surrender completely onto, some super power who is the doer of all, knower of all, reason behind all, protector and destroyer of all. Shedding the burden of duty to enquire into existence we have chosen to logically surrender onto the feet of Lord which makes us, humble to accept all arising situations in life, kind to treat all as equal, affectionate to serve mankind, fearless to enjoy and detach from material life, satisfied to die in peace and above all accept everything that's not in our control. In simple words, having a belief in the Lord, makes it easier to live life and give it up at the end in complete solace.

A pure Soul is so sensitive that it directly connects to the Lord. It understands Him, feels Him and enjoys all His work. By surrendering to the supreme power, we not only get relieved from the torture of quarrelling mind but also it helps us acquire the greatest virtue required for living peacefully and harmoniously that is “ACCEPTANCE” of things, situations and nature of people if these can't be changed for good at all without mental, physical and emotional violence. Submission to the creator is the only answer when we realize that we are too small to meaningfully rationalize the reasons for all the incidents of our life like birth, death, marriage, disease, disability and detachment. This submission does not come by default, since we tend to naturally believe in our mind that we can understand and deal with everything until situations arrive where nothing seems to be in our control. This submission or surrender to the creator comes through a long practice and process. The earlier we learn them, the easier it becomes for us to deal with unfortunate and unfavorable situations as well as this submission helps us transform ourselves into a better human being with a positive attitude and off course the blessings, if you believe, become a bonus.

Therefore, surrender and devotion to the supreme becomes the fifth purpose of Human life.

GOD

BELIEVE, SUBMISSION AND DEVOTION

GIVES US

ACCEPTANCE

HUMILITY

MENTAL PEACE

STRENGTH

POSITIVITY

BLESSINGS

BOONS

CONSCIOUSNESS

DETACHMENT



“God gives us opportunities, but it is we who must walk the path.”

– Swami Vivekanand

Chapter 21.

What is a pure Soul?

Our Mind is the planner of all activity, body is the executor of the planned work and soul is the actual beneficiary of all our deeds.

Take an example of planting a tree, mind makes all the plans, as to when it should be planted, what are the requirements to be fulfilled, then body does the physical exercise of planting the tree and it maintains the condition for it to grow and bear flowers and fruits. Later he plucks and eats the fruit. His senses produce various sensory feelings like taste, texture, smell but the actual satisfaction or happiness is the combination of all the feelings put together in varying proportions. The degree of happiness and satisfaction is an unknown formula in the brain, which takes a wide range of sensory feelings in varying proportions to produce that exact emotion which makes us feel happy and satisfied.

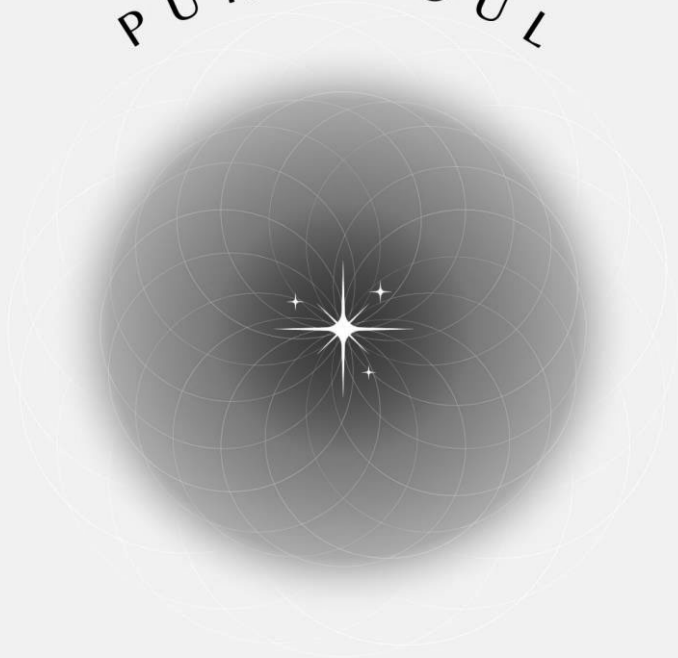
The brain secretes chemicals like dopamine, Serotonin, Oxytocin, endorphin and many more, around hundreds of them, which create various emotions causing us to feel good, bad, satisfied or frustrated. But it's interesting to know that the brain's job is to only secrete these chemicals and body to only absorb them, so where is happiness, sorrow, hope and hopelessness happening within us. It's beyond our understanding at this point of scientific development to prove where happiness and satisfaction actually happens within us and which formula or proportion of various brain secretions actually generates these feelings.

Since ages multiple philosophies and religions around the world have considered an inner energy or soul, which actually is the beneficiary of all our activities, which means the enjoyer or sufferer of our activity. It's the soul which enjoys or disdains the result of our activities. A pure soul will enjoy all your righteous acts and make you feel happy and satisfied, whereas an impure or conditioned soul will make you feel happy and satisfied even with demonic, inhuman and ignorant acts. Since we don't know the true scientific nature of the soul, we choose to believe that it all happens inside

you in a similar way as it happens in the unexplainable cosmic world. A view of greenery makes us feel happy, but a green painted wall will not give the same feeling. Why? Somehow, we are connected to nature so we feel good in nature but conditioning of the soul makes us less sensitive to natural reception and are unable to derive the same feeling of rejuvenation.

A pure soul is one which can differentiate clearly between feelings generated through acts of goodness and one done in ignorance or willful ignorance. It should be able to generate appropriate feelings and emotions and propel you to enjoy or reject depending on what's good and bad for you. The process of keeping the soul pure is through practice of acceptance, gratitude, mercy, humility and God consciousness.

PURE SOUL



ACCEPTANCE, GRATITUDE, MERCY, HUMILITY AND
GOD CONSCIOUSNESS

*"The soul is the truth of who we are;
the body and mind are only instruments."*
– Sri Aurobindo

Chapter 22.

What is meant by conditioning of the soul?

When we are surrounded by nature, we feel happy, peaceful and content. Despite all the luxuries of the city, we feel stressed, chaotic and left wanting. This is because we are part of nature and we like to be connected with it. As trees draw nourishment from mother earth and surrounding nature, similarly we too draw our nourishment from mother earth and surrounding nature, but for the city dwellers and modern life the relationship with nature has become limited to food, air and water only, that too contaminated, processed and artificial. As we lose connection with nature, we see mental, physical and spiritual degradation in ourselves. We tend to lose agility, wisdom and cheerfulness. This is not a belief, it's a proven fact and experienced reality. Make a choice some day, when you feel depressed and hopeless, just go for a walk in a garden or take a short vacation to a mountain, forest, sea or desert. Somehow get connected to nature, if you don't find any suitable connection, go and play with babies, kids, mingle in a group or talk to a friend. If you need instant results, go and take a shower. It connects you with one of the five substances of nature that you are made up of. It works. Unlike watching television, mobile, videogame which makes you tired mentally. While doing all these we are conditioning our soul.

A conditioned soul is like a small boy who is made to believe or not to believe certain things in life. When he grows up, he has a liking for certain things, which were presented good to him and disliking all that were told bad. When our acts are guided purely by five senses, then we tend to live life only for sense gratification. At this point the soul gets conditioned to ignorance of values and substance beyond senses. If one works only for the satisfaction of senses then he becomes extremely passionate and greedy towards his act and outcomes and is completely driven by cause-and-effect relationship, where fruitful results will make him happy and failure will

push him into sorrow. When one works with five senses controlled by intelligence, without fearing the outcome of action then he is able to deliver his best act of goodness and enjoy whatever comes his way. It's purely upon continuous practice and habit which will slowly condition your soul. Our nature of action is either intelligence driven by senses or senses driven by intelligence. Conditioning of the soul happens depending upon what nature of action you have chosen to form your habit. The soul is the beneficiary of all our deeds. It is either resentful, satisfied or transcendental.

Therefore, conditioning of the soul is the inner situation where we tend to become judgmental and our life is based on deciding between good and bad, satisfaction and repentance, liking and disliking. This inner situation of ours prevents us from experiencing the true nature of existence, which is beyond the qualification of good or bad. A pure transcendental soul experiences oneness, a true convergence of good and bad, liking and disliking to an extent that it sides with none and is troubled by no emotions.... This state is transcendental, which is experienced by the pure soul. Are we talking about monks, no, through practice, we all can have a monk's state of mind while being engaged in our everyday life?



SOUL

IS CONDITIONED BY YOU

**"SENSE GRATIFICATION CONDITIONS THE SOUL TOWARDS
OVER-AMBITION, ANGER, LUST, ATTACHMENT, EGO AND
JEALOUSY"**

"The soul becomes dyed with the color of its thoughts."

– Marcus Aurelius

Chapter 23.

What is meant by the transcendental nature of the soul?

Act of Ignorance and sense gratification will lead to impurity of the soul. This can be periodic, cyclic and progressive like a pendulum, swinging from purity to impurity and back, thereby making you good to bad and back to good and generating the feeling of happiness to sorrow and back. This is quite exhausting for the body and mind.

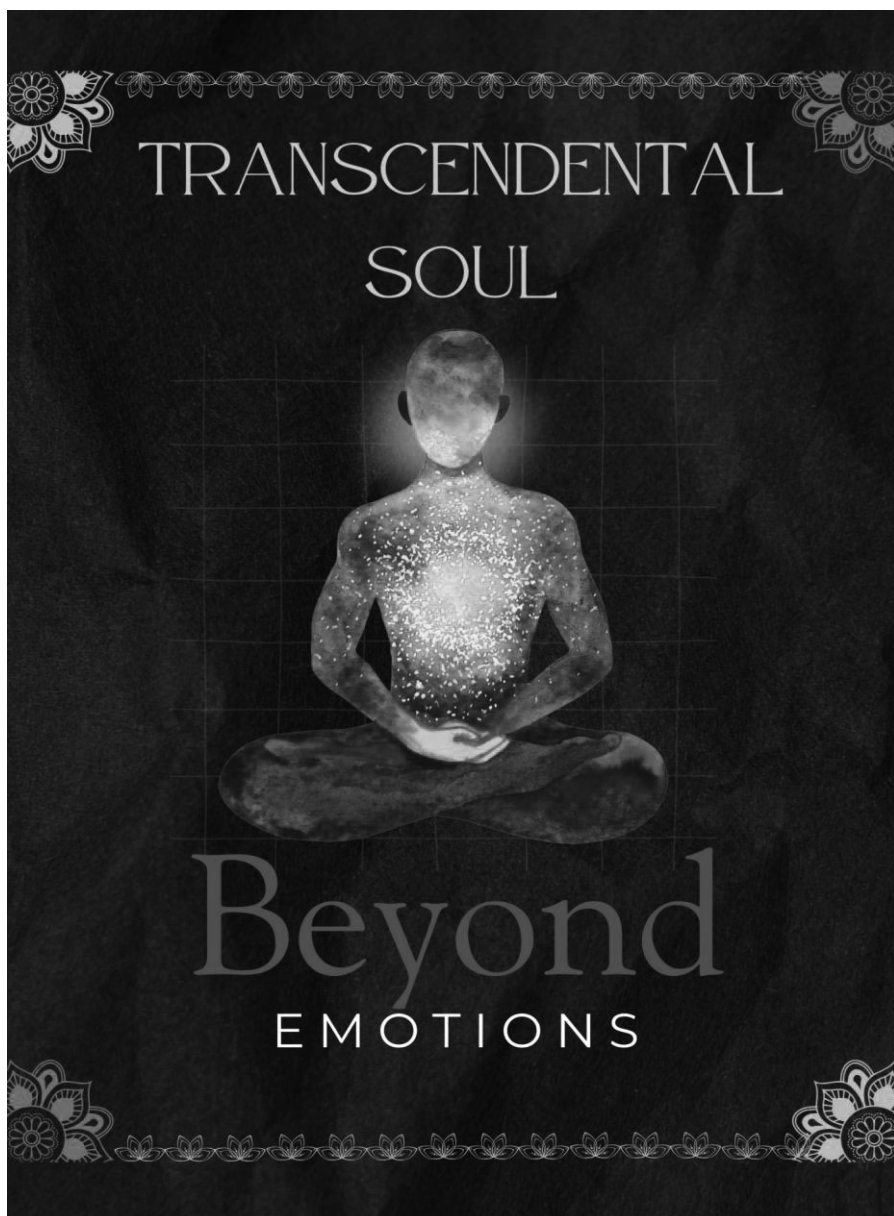
To give your body and mind a break, you need to focus on the transcendental nature of the soul. Which neither absorbs happiness nor sorrow, it's like dew drops on the lotus petal, it is sitting there without wetting it. Such a soul is protected from every kind of conditioning. To be blessed with such a soul, one needs to surrender completely to God, banishing all thoughts of future outcome, past sufferings and present conditions. And being engaged in our duties as a service to God and mankind with zero expectation of result and focusing purely on the quality of service. This will neither drain your energy with sorrow nor will pump up your energy with exuberance. When everything looks and feels like being in complete balance and synergy, then the transcendental form of soul can be experienced. This is an ideal self-nurturing, which is difficult to attain for most of us but not impossible.

Anyways, if we are able to at least understand and realize the true nature of the soul, it is enough to guide and glide through life effortlessly. A properly nurtured mind, body and soul and obeying self, is what we are aiming at, to lead a less bothersome and chaotic life.

Transcendental souls evolve beyond emotions created from over-aspirations, anger, lust, greed, attachment, ego and jealousy. It separates itself from the feeling of good and bad. It only renders the pure bliss of being into existence, not affected by anything. This state of being does not deter you from discharging your daily duties, since it is not a material state.

You continue to serve your obligations without being disturbed by the emotions involved in it, neither you look like a total careless individual not having regard to emotion. You act in accordance with the situation, deal with people with simplicity, participate and engage with enthusiasm but from within you automatically remain situated in a state of calmness and bliss. You live in the outside world amongst chaos but within you lies the silence, stillness and subtle joy. It's like you are playing the drama on the stage of the world and at the same time also looking at it from amongst the audience. Your engagement in the temporary material world does not affect your feeling and understanding of your true existence that is eternal and being part of the main creator.

There are many methods of meditation and practices around the world to achieve this kind of purity of soul and transcendental bliss. One of the oldest being mantra meditation and devotional service and surrender to the supreme personality of God head.



"The soul is unborn, eternal, and cannot be destroyed."
– Bhagavad Gita

Chapter 24.

How to nurture and obey ourselves?

To nurture oneself means nurturing one's body, mind and soul. When we nurture all the three, then we can live peacefully and happily. A nurtured body is active and presentable, Mind is able to take at least near correct decisions and Soul enjoys the outcome of rightful action.

A nurtured self, will always prompt you to do the right things and walk the right path in life. You are supposed to obey your inner voice at all times and act in coherence with it. Your inner voice is the nectar from the flowers of wisdom you hold. Your inner voice is the voice of the creator himself. Obeying it makes you lead a life without repent. Failure never brings any kind of remorse unless you know that it has been caused by your own ignorance of inner voice.

The body is nurtured through good nutrition, physical activities and hygiene. Good nutrition like a balanced diet, proper hydration, regulated fasting, refraining from processed food, more salads and natural liquids, less sugar, salt and carbs. Physical activities like gymming, yoga, swimming, cycling, walking, jogging and running. Hygiene through proper grooming and guided medical advice if needed.

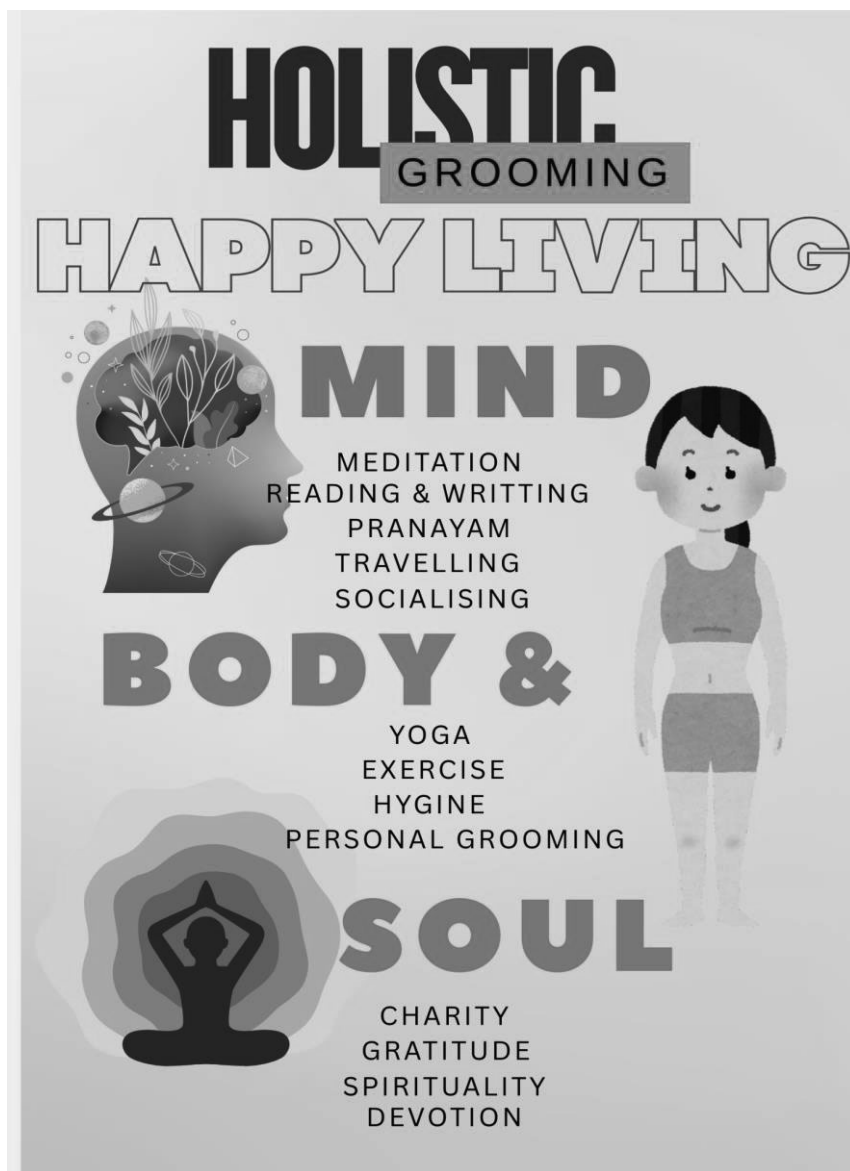
The mind is nurtured through Mindfulness and Information gathering. Mindfulness through meditation, breathing exercise, mantra recitation etc. Information gathering through reading, writing, content browsing, news, editorial, interacting with positive people, attending seminars, workshops, webinars and being unbiased and open mindedness.

Soul is nurtured through Spiritual and devotional services, practicing charity, mercifulness, gratitude, humbleness, justice and treating all with equality, respect and acceptance.

Once we develop the habit of nurturing our mind, body and soul in a holistic way, we are able to live a focused, active and conscious life generating positive results through a healthy body, calm mind and pure

soul, such self will push us to walk the right path in life by enabling us to take wise decisions. Therefore, nurturing and obeying ourselves becomes an important and mandatory purpose of life. Without fulfilling this objective, every other goal in life collapses, they don't matter at all. For a sick body, healing becomes the first priority, for a quarrelling mind, peace becomes the first priority and for a bleeding soul, love becomes the first priority. When all these three are in their best form, then we are able to enjoy all the material struggle and its result, relish the indulgence in intelligentsia and are able to garner love in our hearts.

To give something to someone, one needs to have it in the first place. A child with energy, would be able to invest energy in someone or something, a man with knowledge would be able to deliver the same to his family, friends and colleagues, a woman with love would be able to be more generous, merciful and affectionate.



"Take care of your body. It's the only place you have to live."

– Jim Rohn

Chapter 25.

How does a well nurtured Body, Mind and Soul behave?

Ideally a well nurtured Body is strong and agile. It is easy to keep it presentable by appropriate clothing, grooming and posture. Face is upright and cheerful, voice remains confident, energetic and respectful, action is planned and swift, speech is considerate and emotion is appropriate, there is no exaggeration or misappropriate.

A well nurtured Mind is always calm, concentrated and without wandering thoughts. It remains in the present and focused on dedicated goals and having an inquisitive mind. It is always hopeful and aspiring. It has clarity of thought and it always exercises Justice in decision making.

A well nurtured Soul is Pure. It's able to derive happiness and satisfaction from acts of goodness and justice and sustain remorse and distress from any act of ignorance. The soul gives you experience of happiness and sorrow depending on its conditioning. An absolute pure soul keeps you transcendent, a permanent state of peace, love and joy.

The soul is embodied alike in both cruel and a merciful person, but its impure in one and pure in the another. The impure soul cannot distinguish or faintly distinguish evil from good due to its conditioning through evil and unfair thoughts and actions repeated over and over again in the past. It's important that we keep practicing good deeds to keep our soul nurtured for goodness.

A well nurtured personality is Confident, Just and Joyous. True Confidence arising from a healthy body, Justice from a healthy Mind and Joy from purity of Soul. Fake confidence is temporary. It breaks down immediately when encountered with real situations and problem solving.

Nurturing is a process, it's not a destination that can be permanently attained. It's a continuous cycle throughout life. Everything in this

materialistic world of which our body is a part is subjected to degradation and disintegration. A consistent effort to keep our body, mind and soul in a condition of maximum efficiency, to reduce pain, suffering and repent. This is the ultimate aim of holistic grooming. It's not that something can be given a miss. The process is holistic grooming and the target is fulfillment. Action originated from a nurtured self is beneficial for all.

I AM WELL

I AM FEELING GOOD

BECAUSE I TAKE CARE OF MY BODY, MIND AND SOUL

I FEEL ...

AGILE

ACTIVE

AWAKENED

CONSCIOUS &

JOYOUS



I AM LEADING A WISE LIFE

"The body is the instrument of the mind. Keep it strong and pure."

— Swami Vivekananda

Chapter 26.

How does Body, Mind and Soul work in Harmony?

Mind is the planner of all our activity, Body is the executor and soul is the beneficiary of our deeds. A well nurtured mind, body and soul works in harmony to help achieve our goals which further translates into satisfaction and joy. But how it does it. One supports the other. When you feel active and have energy, you choose to take up new challenges, when your mind has clarity and focus, it works on your thoughts and translates into action. And when your soul knows that what you are doing is in line with the spiritual and emotional purpose of gaining happiness through ethical means then it makes your “self” enjoy the outcome of your efforts, without trapping you in the vicious circle of greed and sense gratification.

We humans have the tendency to forget. We learn and realize so many things in our life but somehow, we miss them to implement at the time of need. We generally do what we practice. It's absolutely necessary to remember the need for nourishment and practicing the methods of nourishment on a daily basis so that holistic up-keeping of Body, Mind and Soul becomes a ritualistic habit. The fundamentals of self and need for its care, should sink in our consciousness.

When knowledge becomes realization and realization translates into habitual action then we become conscious of that subject matter. Living in consciousness means we have no room for ignorance coming out of forgetfulness or casualness. Without consciousness or mindfulness, all the effort of learning, knowing, understanding and realizing has no meaning, because we tend to forget and act in ignorance. The process of reminding, self-affirmation, repeated practice, memory building or creating undivided focus, helps in attaining consciousness. Meditation is one such path.

Knowledge, Meditation and practice leads to conscious living. Nothing in our knowledge exists in absolute, so there can't be someone who leads a complete life in ignorance or in full consciousness, we all live our life somewhere in between the two ends of the rainbow, drifting on either side depending on our circumstances. It's important to understand that living our life towards the consciousness part of the rainbow will have more peace, satisfaction and joy whereas on the other side it's Chaos, repent and depression. Where you belong, solely depends on daily practice.

Nurturing self becomes the most important purpose of life because all other purposes can be fulfilled only through a well-nourished self.

HARMONIOUS

MIND - BODY - SOUL



IDEA

CHALLENGE

TARGET

REWARD

HAPPINESS

"We are what we repeatedly do. Excellence, then, is not an act but a habit."— Aristotle

Chapter 27.

How is Soul the beneficiary of our deeds?

Soul, the word in the English dictionary, means the spiritual or immaterial part of a human being or animal, regarded as immortal. We live in the age of science so we tend to believe things that are proven scientifically. Since the scope of science is pretty limited therefore, we are unable to understand the source of creation and thus Soul. We have enquired into the unknown to the extent of our utility and business. We know Gravity and Electromagnetism, but we don't know the exact reason for its existence. Same with lots of mathematical and physical laws and expressions, which we know they exist, but how and why they exist, we don't know or we know them hypothetically. Similarly, the scientific knowledge of the soul is practically non-existent.

Since ages the soul is described by our saints, priests, gurus and Gods, as an entity existing within us that makes us feel and emote for both physical and non-physical intervention. The aroma of a flower is distinguishable by the brain but the happiness and satisfaction it generates deep within us is unexplainable. The same set of situations creates different feelings. Take an example of a killing at the neighborhood generates anger and fear, but a killing at a battlefield generates pride and satisfaction. So, it's quite obvious that the chemical reactions in the brain is not the only reason for happiness or sorrow, which is the terminating result of all our deeds.

The result of all our deeds is weighed at the level of the soul, which is beyond physical or intellectual understanding, it's the matter of self-enquiry and experience. How we should be feeling is decided by the conditioning of the soul. A thief after stealing feels satisfied, whereas the same act creates guilt for some. It depends on the continuous practice of some activity that conditions our soul and makes it insensitive. Every act creates corresponding feelings and emotions which make us either happy or sad. It's like spiritual or cosmic revelation, manifested upon us in the form of

Bliss or Agony. And who relishes the happiness or sorrow, within us, probably the Soul, because the nature and form of our body and mind is limited in capacity to experience happiness or sorrow. Our Mind is only capable of emitting certain chemicals which modern science has described as happy chemicals or sad chemicals or hormones, but where is the happiness or sorrow actually happening, is it in the brain or other parts of the body? We don't know where we feel happiness or sorrow but the feeling is there for sure deep within. Body parts can feel comfort but not satisfaction. It's not designed to feel that. Happiness and satisfaction is an overall experience within us, but where and how? If we believe the ancient literature and numerous ascetic experiences that describe the existence of the soul which creates these feelings within us and itself experiences it too, making us falsely believe that we the body or mind is experiencing it. Anyways if we are experiencing, it has to be our body, mind or soul or combination of all. It's a subject of very deep self-inquiry at an individual level. Like by reading the content on the bottle of Jam, you can't generate its taste or the feeling of having it. Similarly, knowledge alone cannot give all the transcendental experience.

Concluding that the soul is experiencing or is the beneficiary of the result of all our deeds, leads us into better belief than believing it to be the mind or the body.

The Soul
experiences the
result of our
deeds...

Mind
PLANS

Body
WORKS



HAPPINESS. SATISFACTION. SORROW. ANXIETY. GUILT.

"You don't have a soul. You are a soul. You have a body." – C.S. Lewis

Chapter 28.

Can the soul become impure?

It's a myth that the soul cannot become impure. Had it been so, all human beings would have been doing only the right things. But it's clearly evident that everyone is not the same in terms of showing empathy, mercy, helpfulness and humility. Soul in its identity is always pure like any natural substance is pure in its chemical composition and is called by one certain name till that chemical composition is maintained. Unfortunately, it gets conditioned to the surroundings and circumstances causing it to get layered. Similarly, our soul suffers from conditioning from various degrading surroundings and circumstances. Anger, Greed, Lust, Ego and Jealousy layers the soul thickly, preventing its true nature to surface. Its true nature is pure joy independent of anything else.

A man does wrongful activity for the first time and he feels the guilt, the second time he feels less guilty and for the third and fourth time, the guilt disappears. The soul which is the originator and beneficiary of the ultimate result of all our deeds may get conditioned through the practice of wrongful activity by mind and body. Slowly our soul becomes indifferent towards good and bad deeds. It's unable to distinguish between an act of goodness and an act of ignorance.

Therefore, it is an important duty and responsibility to nurture the soul so that it can perform its duty of differentiating the result of action and make us feel and understand whether the deed was in the sense of goodness or ignorance.

A pure soul will make us feel satisfied and happy when we engage in an act of rightful duties, mercy, humbleness, honesty, devotion, spirituality and love whereas, in the act of cruelty, terror, dishonesty, disloyalty, sinfulness, profanity and hatred, it will fill our heart with dissatisfaction and sorrow. For an impure soul, its opposite or its indifferent.

It is extremely important for an individual to always nourish his soul through such activities which keeps it pure like charity, devotion, spirituality, humbleness, honesty and selfless service for humanity.

A well nurtured Body, Mind and Soul churns out the best product from itself. In other words, your productivity and your personality is at its best and your inner experience is peace, joy and satisfaction.



*"What lies behind us and what lies before us are
tiny matters compared to what lies within us."*

— Ralph Waldo Emerson

Chapter 29.

What is the product of a well nurtured Mind, Body and Soul?

We humans do a lot of things, we are engaged in endless activities. Every day, every hour we want something and every want is fulfilled through some kind of work. This work is the product that we generate from ourselves. How good, planned and effective the product is, decides the course of our life. How beautifully you have delivered this product is reflected in your present lifestyle. Lifestyle is the wholesome representation of your complete self, surrounding and things that you have accomplished and chosen to live with.

Action, Speech, Emotion, Thoughts and Dreams (Vision) are the products that we are generating intentionally or unintentionally as a human being. These are products that cumulatively and in compounding sense, build upon your personality, your lifestyle and your every accomplishment or failures. A quality control on these products results in a more valuable output and satisfaction of doing.

Every individual is like a small factory, producing Action, Speech, Emotions, Thoughts and Dream. A well-oiled factory with obedient and skillful workers and high-quality raw materials, produces best quality products which satisfies its customers. If the final product is bad or customer is not satisfied then it's obvious, that some input resource is not worthy or there has been some lapse in the process or it has somehow not appealed to its customer base, similarly the product you generate from your whole self i.e. body, mind and soul is directly related to the input material you have put in and the process you have followed to achieve the end result.

We know that our best self (well-nourished mind, body and soul) will produce the best Action, Speech, Thoughts, Emotions and Dreams which is appropriate to deal with any kind of internal confusion or external chaos.

Our aim, whether we have chosen intentionally or unintentionally, is to always move forward in life and achieve growth on the way. Sometimes we have a strong willingness to do it. Sometimes this journey is not well supported by our body, thoughts or emotions, we wish that we are always energetic, focused and joyful and not getting bulldozed by the consequences of its result or mere thought of it. But it does not happen that way. Most of us keep suffering and dragging on a daily basis. It's only the best among us who most often if not always is able to fulfill all his duties with enthusiasm. We want to be amongst the second. For this we have to first work on ourselves rather than other things. This will churn out the best result for us. That's the exact reason why we need a holistic nurturing of self.



"Take care of your body. It's the only place you have to live."

— Jim Rohn

Chapter 30.

Does the best nourished Mind, Body and Soul guarantee a fulfilling life?

Nourishment of self is like sharpening your axe, an adage from an old story. Through nourishment you get a self, which is ready to deliver. If it can deliver the best of Action, Speech, Emotion, Thought and Dreams then you need not to worry, it will guarantee a fulfilling and satisfied life. But in reality, there is a plague which is deadlier than the deadliest disease. You can say that it is even bigger than any pandemic for the human race. It is the biggest contributing factor for all human sufferings and failures.

It is Procrastination and Fear of failure.

Procrastination has such an immense power that it can drag down a king and make him a pauper. It makes the journey from riches to rags, from healthier to sick, from mindful to mindless and from pious to sinful, it's a simple deep nose dive.

Fear of failure is a mindset, which does not allow you to advance into any new avenue of life. If you have a hundred reasons for beginning anything new, yet fear of failure will find one new reason why you should not do it. All new entrepreneurship, enterprising effort or just an adventure, involves some risk. But fear of failure shackles you down to where you are.

The biggest and greatest of things built on this planet had involved tremendous risk potentials. Still, we see that human through their effort, risk assessment and proper check and balances have achieved the unachievable. Unless an idea meets execution, it has zero value and all execution that looks risky may not be that risky at all and even if it has come component of risk, it can be either mitigated through risk assessment or calculated risk taking so that a fall may not hurt as much as not taking that risk can do.

Procrastination and fear of failure has destroyed more lives and opportunity than any other cause of failure. An idea is a failed idea if it is not executed. You have already failed if you nip any idea at the bud, but an execution done cautiously and with clarity creates hope for success. All accomplishments around the world have happened, based on this assumption of success and hopefulness.

Plague to human society

PROCRASTINATION

the nearest word is laziness

FEAR OF FAILURE

missing the comfort zone

Overthinking and lack of clear Goals, put the best of individual into procrastination and fear of failure.



"Procrastination is the art of keeping up with yesterday."

– Don Marquis

Chapter 31.

What is procrastination and fear of failure?

Procrastination is delaying things on your To do list or priority list. In simple words it's Laziness. It is rampant among us. It's a mental disease. It never allows us to advance forward in life. Imagine you are in a huddle race and at each huddle you plan to cross it later due to various reasons suggested by your brain. Sometimes these reasons look so genuine that you may feel it's better procrastinating than doing. But remember that unless you cross one huddle you won't be able to reach for the next and the finish line ultimately. It will finally make you quit the race.

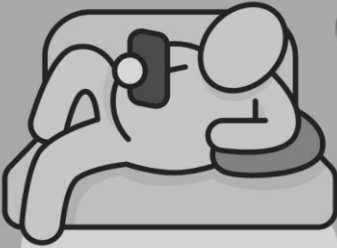
We need to decide, do we quit or do we reach the finish line. Even if you don't become the winner, you have at least completed the race and have the satisfaction and motivation to do better the next time. Since Procrastination is like a pandemic among humans, I am pretty sure it must have caught all of us at some point of time in life. The winners were able to overcome it but for the loser, it might have engulfed them and they are still finding ways to come out of it or began to live with whatever reality that manifested on them. Failed people live by default but the winners live by design. Living by design needs hard work but default life is accepting whatever falls on them without any ambition to change, improve, serve or contribute.

Fear of failure and procrastination looks similar, like siblings, both do the same thing, they put spokes in your mental mechanism of productivity, creativity and adventure. It fails your thought process associated with success. Procrastination, to some extent is related to the body, you tend to become too restive to accomplish your most basic goals on a day-to-day basis. Whereas fear of failure is more mental. It's a mind-set that attracts only negativity towards everything. Fear of failure has a lot to do with proper guidance, mentoring, training, knowledge gathering and never give up attitude whereas procrastination is a habit, which needs unfading will

power or stress simulation for achieving the required performance and above all clear goal setting and finally habit building.

CLEAR YOUR BRAIN OF

Procrastination & Fear of failure



**HAVING
CLEAR
GOALS,
POSITIVE
STRESS AND
HABIT
BUILDING**



**GUIDANCE,
MENTORING,
TRAINING,
AND NEVER
GIVE UP
ATTITUDE**

*"The greatest weapon against stress is our ability
to choose one thought over another."*

– William James

Chapter 32.

What causes Procrastination?

Why are we so lazy? This should have been the right question. We often shy away from our own shortcomings and put the blame on everything under the sun except ourselves. We can either acknowledge or we give excuses. We can't do both at the same time. Till we acknowledge our shortcomings and faults, we leave no room for learning. Excuses, quietly smoothen our subconscious mind and make it understand that there is actually no reason for concern. Our speech and behavior are markers for the subconscious mind to take reference to deal with any evolving situation in life.

We need to understand the reasons that cause procrastination and endeavor to find a solution. Success is in your hand, partially or fully, depending on how well you have dealt with procrastination and saved yourself from falling prey to it. Entire humanity is suffering from this procrastination pandemic. There seems to be no obvious quick fix solution which can eradicate it. But it's only partially true. A clear understanding can airlift you from the sludge of laziness. A disease can be cured only when the cause of it is identified.

The most obvious causes of procrastination are lack of clear goals, lack of planning, fear of failure, lack of good health and lack of motivation as well as appreciation. A simple way to overcome procrastination is the FIVE SECOND RULE. When you want to do something. Rise up immediately and begin within 5 seconds, otherwise, the brain will cook some reason for not doing it.

Lack of goals and planning to achieve it, is probably the largest contributing factor in failure stories. Fear of failure is related to individual weakness. Lack of good health is a very obvious reason. A good physical, mental and emotional health almost guarantees you both success as well as pleasure derived from it. Remember that health is your biggest resource and asset. It can also become your biggest liability if not taken care of. Every aspect of life and livelihood revolves around your health.

5-4-3-2-1 Go...



5 SECOND RULE

START

GET UP

AND GO...

**“After five seconds, your mind will
cook up enough reasons not to do it...”.**

“Well done is better than well said.”

– Benjamin Franklin

Chapter 33.

How does lack of clear goals and planning cause procrastination?

We all know that our body is composed of voluntary and involuntary organs. It's surprising that involuntary organs never give any excuse or ask for rest whereas voluntary organs like the hand, legs and mouth, seem to be constantly nagging for rest. Rest is one big reason for procrastination among others.

Just imagine one day your heart requests you for a leave. You are done. Ever imagined why, only voluntary organs ask for rest or tend to procrastinate? Our involuntary organs like Heart, Kidney, Liver etc consistently work throughout our life, without having to pause. They perform their duty almost at the same level if we ignore the normal wear and tear done by time. They are super workers. This is possible because their control is through our subconscious mind. It has given a predefined, definite and time bound action plan to all these involuntary organs. Their execution plan has no ifs and buts. They are fully aware about their duties whereas on the other hand our voluntary organs like our limbs etc are controlled by our conscious mind. A conscious mind is knowledge driven, acquired through various sources including deep thinking.

A conscious mind desires a perfect, executable plan which is the first step towards action. Most of us either don't have any plan or our plans are not definite or we are not capable of designing a good workable plan, on a lighter note some don't even have a target. Without a goal or target of course you can't plan anything. This creates a confusion whereby our mind and our voluntary organs don't know what to do, how to do and when to do? When we don't have a clear-cut plan of action, rehearsed enough like a checklist, till such time, our voluntary organs remain in the state of rest or energy saving mode. They have very high inertia to come out of it. They are like an army ready for orders. We almost kill procrastination, if we have a goal, plan and a clear visual map. It becomes easy for the brain to follow

a defined roadmap. This brings us to the importance of Planning. Intrinsically we are not lazy. We are all super workers with high doer ship quality provided we have a precisely laid down action plan and a clear vision. Laziness is a myth.

UNDERSTANDING PROCRASTINATION

Analogy of Voluntary and Involuntary Organs

Involuntary Organs

HAVE CLEAR, TIME BOUND
AND DEFINITE PLAN
FROM SUB-CONSCIOUS
MIND SO THEY DON'T
TAKE LEAVE



Voluntary Organs

WORKING DEPENDS ON
INSTRUCTIONS AND
PLANS FROM CONSCIOUS
MIND TILL THEN THEY
REMAIN RESTIVE

Success

FIRST STEP TO SUCCESS
IS TO GIVE A DEFINITE
PLAN TO OUR BRAIN, IT
KILLS PROCRASTINATION



"Setting goals is the first step in turning the invisible into the visible."

– Tony Robbins

Chapter 34.

How to make a good executable Plan?

Planning is the most important aspect of any project. This is the phase where we look into every small detail and try to minimize the risks involved and maximize the productive capabilities.

A good plan should have a sound Objective, an achievable target, a timeline, resource knowledge, defined Process, risk assessment, associated rewards and visualization. A plan with all these components is required for achieving a personal or a professional goal for an individual or for a company. It does not matter if the goal is small or big.

Objective in a plan gives us the need for accomplishment. Without need there is no invention. The objective is one broad vision, it's vague where only the result is visible.

Target is breaking down the objective into many small achievable daily goals.

Timeline is the lifespan of any plan. All activities in a plan should be linked with a timeline. If we want to kill a plan, just remove its timeline, it will become immortal and will never see the light of day.

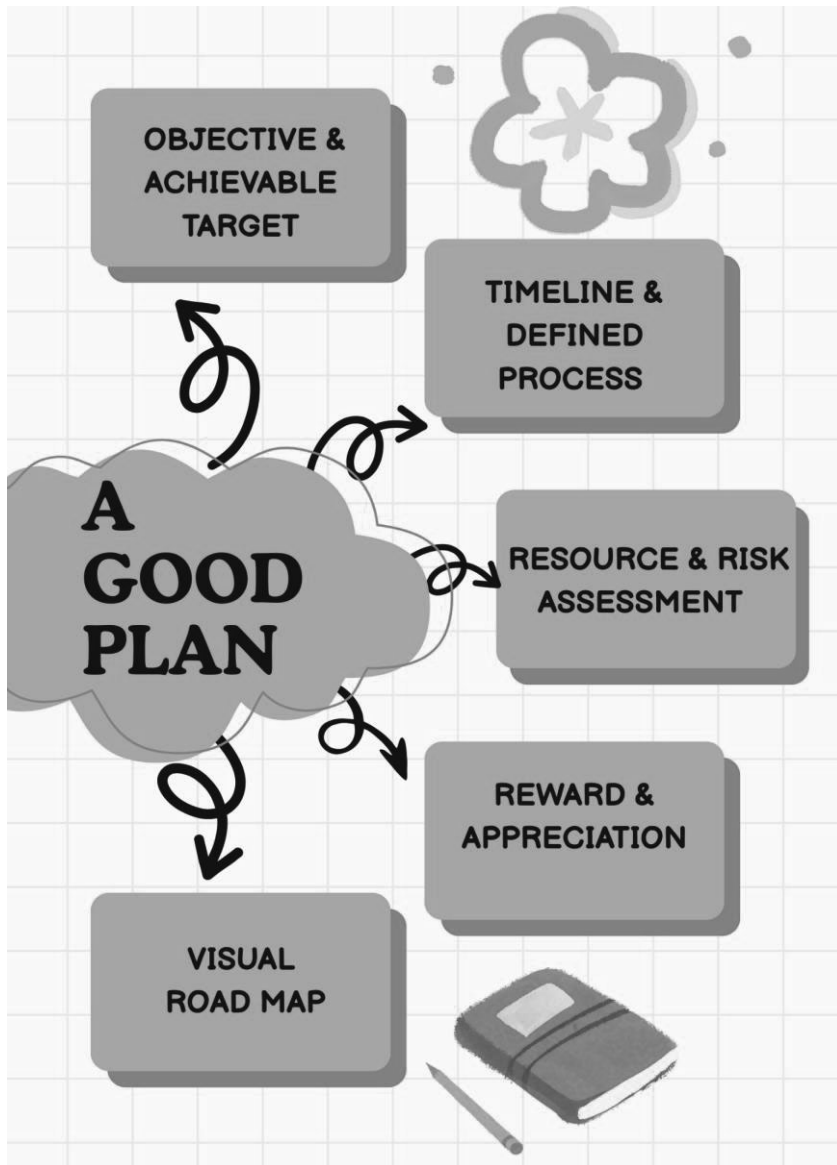
Resource and knowledge helps in compiling the requirements like, tools, equipment, raw materials, data and manpower, for quick, coordinated and unchaotic workflow.

A defined process is like a checklist. A precise checklist ensures high quality of work and prevents omission and human error. It also brings accountability.

Risk assessment of a plan, safeguards it from various foreseen and unforeseen situations leading to failure. To a large extent, risk assessment makes a plan fail proof.

Adding the associated reward in a plan gives the much-needed enthusiasm and passion to complete it. Rewards as simple as an image of a decorated framed certificate on the wall in the living room, may boost you to do more.

Above all, visualizing the entire plan from Objective to Reward in every possible detail like actually living each moment of it, enhances your chance of success many folds. Emotions generated in the process of visualization act as stimuli and boost our drive to perform and go extra miles. Visualization itches a road map in the brain which guides us from one milestone to another. Also, it acts as a precursor to incoming difficulties and prepares us to handle it strongly.



*“Give me six hours to chop down a tree and
I will spend the first four sharpening the axe.”
– Abraham Lincoln*

Chapter 35.

Why is there fear of failure and how to overcome it?

We are all subjected to negativity, rejection and unpardoning situations, sometime or the other in our life. These circumstances build up a deep fear within us. It gives us reason not to try anything that has, even the slightest possibility of failure. We start to believe that failure will bring in financial losses, social disrespect, guilt and insecurity and would ruin our lives forever.

Once we make a comfortable living, chances of breaking into a new domain becomes minimal. We don't want hardship and prefer to sneak into our comfort zone. Only the most passionate and ambitious can break the cocoon and come out of it for some bigger purpose.

If we try something new, there is definitely a chance of failure, but remember, all the developments that have happened on this planet or beyond are done by humans despite the greatest risks involved. There will always be someone to take the risk, own the responsibility and bask in the glory of success. Failure is never final. The loss you suffer is temporary but the experience and learning is permanent.

We also fear things that are unpredictable, every traveled road was untraveled one day and someone would have given it a try. Calculated risk helps in discovering your worth. Life is very small; some failures here and there are not going to be written on your grave stone. Take failure lightly, it's a blessing in disguise. It makes you more equipped to take on the challenges of the future. The best way to face any kind of fear is to live it. Take failure lightly. Treat all that is lost in failure, as investment towards the final success. Every penny and every second you spend on any venture, whether big or small, is a loss in the beginning till it starts to generate wealth for you. Every plank of the ladder does not reach you to the top, only the last step of the final plank takes you there. This does not mean that the

starting planks were of no use or those steps were failures. They were the stepping and building blocks towards the final goal. Similarly, every failed attempt pushes you closer to success and minimizes reasons for further failure.

Fear of failure is dealt through Motivation, Mentoring, Training, Counselling, Planning and Risk assessment but still the best way to get rid of any fear is to face the fear head on. Fail and rise, fail and rise again, till you master hundreds of ways as to not fail. Of course, your time and resources should allow you to do that. Taking smaller risks and winning boosts confidence and cultivates winning habits.

Dealing with **FEAR OF FAILURE**

- **COUNSELLING**
- **MENTORING**
- **MOTIVATION**
- **RISK ASSESSMENT**
- **PLANNING**
- **TRAINING**
- **BABY STEPS**

**AND THE BEST ONE IS TO
“FACE THE FEAR
HEAD ON”**



“The only thing we have to fear is fear itself.”
– Franklin D. Roosevelt

Chapter 36.

How does motivation and appreciation help us?

Unless something excites us, we don't act or we act out of compulsion. When we are not passionate about anything, we can't give our best and consequently the end product or service will be compromised in quality. Sometimes negativity in the surrounding or association of negative people or repeated failures or combination of any of these may lead to the situation of hopelessness. Motivation is a revived hope. As dust settles down on the leaves, as corrosion builds up on metal similarly, we are also exposed to hopelessness, fear, anger, frustration, jealousy, enviousness, hatred and cruelty which degrades us from inside out. Under these kinds of circumstances, we tend to lose focus and target, leading to inaction, lack of enthusiasm, slow progress, loss of interest, decline in creativity and sometimes failure. Motivation in these situations acts like medicine, it pulls us out from mental stagnation. Motivation may be temporary but it has a far-reaching effect. Sometimes a helping hand can pull you out of a slump.

Routine and ritualistic approach to physical grooming, mental motivation and emotional stabilization is needed to keep ourself agile, hopeful and peaceful. From olden times in all cultures, religion has provided the platform for nurturing hope and motivation through prayers, sermons, stories, ceremonies and gatherings. Sometimes it does go wrong if the objective of motivation is either misunderstood or malicious in nature. In present times we have professional motivators, curators, psychiatrists and social reformers along with religious leaders who work towards upliftment of holistic wellbeing of individuals and society at large.

A self-motivated individual requires less push to perform his duties and obligations, but such individuals are rare and they make a very good place in society.

Lack of appreciation also leads to loss of interest and often quitting. When we know that we matter to someone or some objective, then our zeal for life and work is enhanced. If our work or our life affects none then living seems to become useless. Appreciation is an affirmation that you matter to us, you are important to us and your effort is recognized. Appreciation can be in the form of rewards, kind words, pay hike, financial assistance, emotional support or simple togetherness. A well nurtured and motivated self can give his best effort, resulting in accomplishment of envisioned objectives.



REWARD

boosts your confidence

MOTIVATION

helps you recover



You are
halfway there!

"It does not matter how slowly you go as long as you do not stop."

– Confucius

Chapter 37.

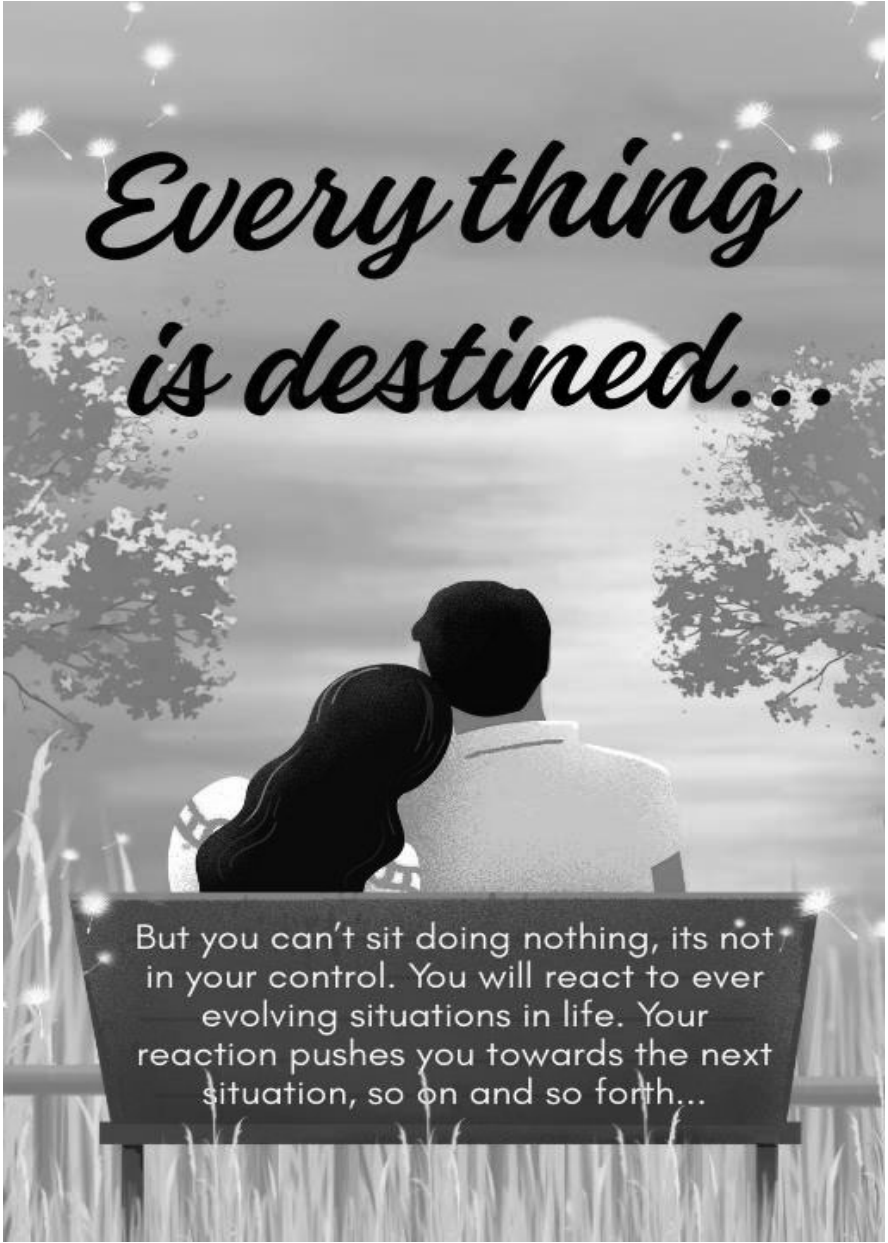
What is the role of Destiny in our life?

This question is very popular among all of us, because we fear that destiny will destroy our effort in achieving the desired goals. Well, we cannot completely rule out the role of destiny in our life but attaching every action to it, may end up in quitting or giving up and attributing it to the hands of destiny. Destiny, Fate, God, Superpower, Spirits if they exist, let's assume they do and also play a role in shaping our life, still they don't stop you from doing what you are supposed to do right now. The result of our effort and even the process is affected by both controllable and uncontrollable factors. Every uncontrollable factor builds up to one assumed giant doer called Destiny. All the factors in our life cannot be controlled but they can be managed. We can always weigh our opportunities against odds and pave a road for us with manageable paver blocks amongst the pot holes and train ourselves to deal with any unforeseen situations arising down the driveway...

A farmer cannot control rain, but he knows about the seasonal changes and crops suiting it, still if something goes wrong then it's the part of destiny but not venturing out at all or doing something without adequate domain knowledge will involve bigger risk of failure or confirmed failure. Know that every self-help book is written for you. Your action is the biggest part of your success story. Action is in your control, only the result is in the hand of destiny. Before worrying about destiny, ask yourself, did I prepare well physically, mentally and emotionally? Did I do all the requisite planning? Have I executed without compromise? If all the answers are yes, then for sure you need to visit a church, temple, mosque or gurdwara because without doubt your destiny is not on your side. But I am yet to find one person whose answer is all Yes. Role of destiny is the last missing piece of your puzzle. Why worry when you still have the rest of the puzzle to solve. Destiny does not kill as many dreams as much your own lethargy, ignorance

and negativity. It's better to try and fail than to give up or quit. Trust with destiny holds the possibility of success whereas giving up on your dreams is an instant failure.

Even if you assume that everything is destined, still you can't choose inaction. Is it in your control? When a certain situation raises its hood, can you control yourself into not doing anything? Both inaction and action are not in your control, that's destiny. Destiny builds micro situations and your response which cumulatively piles up to make up your life and the person who you are. So, questions and doubts about destiny should be put to rest and only our actions shall be weighed against our achievements and failure. That's an easy way to move out of unnecessary confusion, delusion and overthinking. Take an example of the game of dice; Is it destiny or probability? It's a probability. If you ask me what number would turn up when I roll the dice, I can say with confidence that one out of six options will turn up for sure. If you ask me to give one option, I would say, something that has a single probability will have a single option that which has six probabilities will have six options both are true. Similarly, situations in our life are related to many people, many things, many places, many other natural and manmade factors. Each domain will have hundreds of options, when you calculate the probability of all put together, the answer would be a number bigger than the computable size. Among these, one situation will pop up. Since it's unexplainable, we have named it destiny, that which is not in our control.

A romantic couple is shown from behind, sitting on a dark bench in a grassy field at night. They are looking towards a full moon in a cloudy sky, with several fireworks exploding around it. The scene is framed by silhouettes of trees on either side.

*Everything
is destined...*

But you can't sit doing nothing, its not
in your control. You will react to ever
evolving situations in life. Your
reaction pushes you towards the next
situation, so on and so forth...

*"A man's character is his fate."
– Heraclitu*

Chapter 38.

Is everything destined?

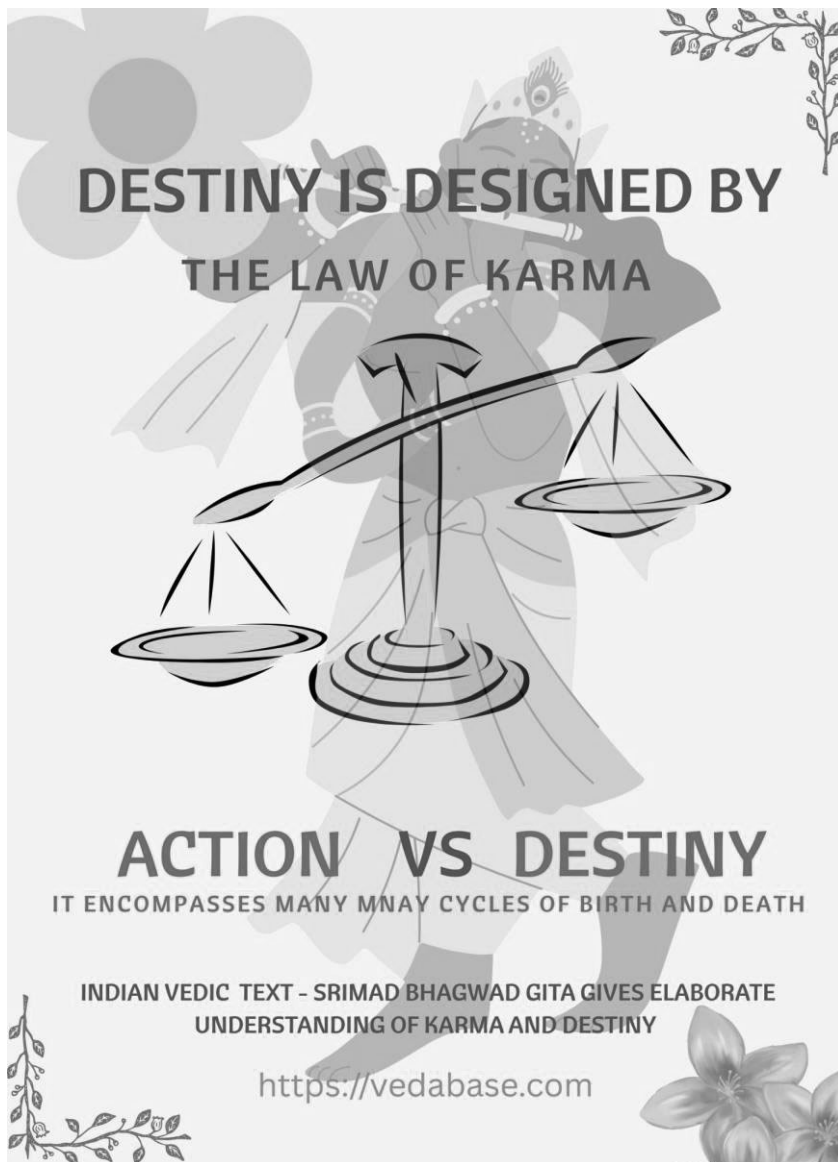
It's widely believed that everything is destined in life. Some kinds of unknown forces are controlling our action and its reaction. Its role is sometimes justified and sometimes we are unable to correlate the effort and its result with our limited senses.

Here we will have to reflect on the law of Karma. Every action is accounted for in the perennial cosmic account of natural justice and universal law. This system of self-management or self-sustenance is attributed to some form of unknown power. Depending on our knowledge, wisdom, enlightenment, consciousness and spirituality we are able to absorb this fact. All our actions will be appropriately manifested in this current life or in the following births. Sufferers of our mindless act may not be us in this life but someone in the life process spanning over various life forms and lifetimes.

One of the greatest literatures in the world “Bhagwat Gita” written by Sage Veda Vyasa beautifully explains Karma, its nature, its reactions and the ways to deal with it. It says, you should be able to do Karma and justify it with honesty and your soul should accept it without remorse or guilt. Once the karma is done, you should not be worried about its result. Karma is in your control so all your energy and focus should be in perfecting it in the most wise and justifiable way. If the outcome is not in your favor, don't blame your destiny, maybe it's for your good in the long run. God doesn't give you anything that you can't handle. Shree Krishna, the supreme personality of God head in Hindu culture speaks at length in the book Bhagwat Gita detailing all the human enquiry of mind. This sacred philosophical text was written five thousand years ago in the oldest living language, Sanskrit in the form of a poem, taken from the biggest epic literature of the world , “Mahabharat” containing 100 thousand couplets, narrating the story of India, that is Bharat. The literal translation of Bhagavad Gita is The song of God. It's an interesting read. All the nodes

of the brain nerves seem to fire up when the mind-blowing level of intelligence starts to pour out literally with every verse.

In the Karmic cycle, everything that is happening is the result of some karma done in consciousness or ignorance by me in this life or in various past life cycles. The question still remains is, if all the happening is already destined than why to put up such a great struggle in life. It's important to understand that everything is destined but you won't come to know till it happens. To have such situations manifest in life, it's important to engage in some activity or karma. It's like the key to destiny. The result is already there in the big safe, you only need to open it through the right key of Karma. Our karma is the guy to watch out for.



*“We are not permitted to choose the frame of our destiny.
But what we put into it is ours.” – Dag Hammarskjöld*

Chapter 39.

What should be the nature of our activity?

There are a lot of situations that life poses and we reply or react to it, some of which are forced on us and we oblige without any actual desire to do it while others are our decision or choice. Activities we do out of desire are not tiring mentally, unfortunately most of us are doing things which we don't like to do but somehow managing it for earning our livelihood and these activities are the largest part of our daily routine, leaving us fully drained and exhausted. Is it possible to always engage in the activity of our desire? The answer is both Yes and No.

No, because we don't have enough choices, even after making the most suitable choice there will still be some things which we will not like to do. We have to understand what we consider desirable and undesirable? Any activity whose result is not guaranteed, time bound or bearing immediate outcome that kind of activity becomes undesirable to us. To ease our mindset and derive pleasure in doing whatever comes our way, we need to draw an objective as to why these activities are important, what would be the yield, how happy will I feel after doing it and how long it's going to take? If we know these clearly then it becomes easy to overcome the negative effect of undesirability or disliking.

It's a hard fact that we have to engage in some sort of activities or karma till we survive whether we like it or not. Our day is divided into three segments of eight hours each first eight hours we devote into earning our daily bread, for making our life comfortable and for securing the future second eight hours for using the earned resources to nurture ourselves with goodness of life, relish the love of relationship and taking care of family, friends and relatives and the third eight hour is to get a good sleep. If you are able to do all of these three activities without a problem and can enjoy every hour of it being satisfied and joyous then you are among those who have made appropriate choices in life. Whatever you are doing, keep

continuing doing it. Bad effects of Karma or wrong choices manifest in our life as bad situations or unfortunate events. Knowledge of Karma is important to regulate our quality of activities and importance of our duties.

All the activities we do actually are the duties towards ourselves, family, society, nature and Divine. Even pleasure is a duty towards mental wellbeing. How well we understand our duties that good we would be able to devise our activities around it to achieve success in accomplishing such duties.

ideal Nature of our Activities

Everything we do is connected to some form of duty—
towards ourselves, our family, society, nature, and Divine



*"Before you act, you have freedom. After you act,
the effect of that action will follow you."— Sri Swami Sivananda*

Chapter 40.

What is the law of Karma?

The law of Karma ensures natural justice for all. It teaches us the ways in which we shall perform our activities in life and how to engage with nature and its inhabitants so that we remain lively, peaceful and loving. Combination of which will manifest in the form of, joyful moments, persisting happiness and tranquility. In simple words, it means, what you give will come back. But the formulation of it is not that simple, all your actions are like deposited in the eternal fixed deposit account and on reaching maturity it will come back to you, both in terms of principal and interest. Good work will multiply many folds and come back; similarly wrong deeds will also come back quantified many times. Like a seed sow will not only give back seeds but will all give numerous benefits, leaves, branches, flower, fruits, rescuing shadow and clean air. The law of Karma does the same. If you serve, you will be served,

Our actions become our most dreadful enemy if we don't do it with proper understanding and consciousness. Bhagwat Gita, one of the oldest literatures on earth explains that while engaging in any form of Karma or activity we shall ensure that:

1. Karma is done to satisfy your consciousness and senses. It's never ever done for sense gratification only. Activities done as duties which is Dharma build up positive Karma for us, which leads to fulfillment as well as liberation. Negative Karma are those which are done in ignorance. Ignorance means a compromised condition of the brain and intelligence. Brain fogging, confusion, illusion, disillusionment, forgetfulness, sleepiness, limited situational awareness are some examples. Under these conditions if any work is done, probability of it going in the wrong direction which is against yourself, your family, society, nature and divine is very high. Sense gratification leads to loss of consciousness. Ignorance becomes predominant in our behavior. One cannot live peacefully and thus happiness becomes a distant dream. Senses are such that they cannot

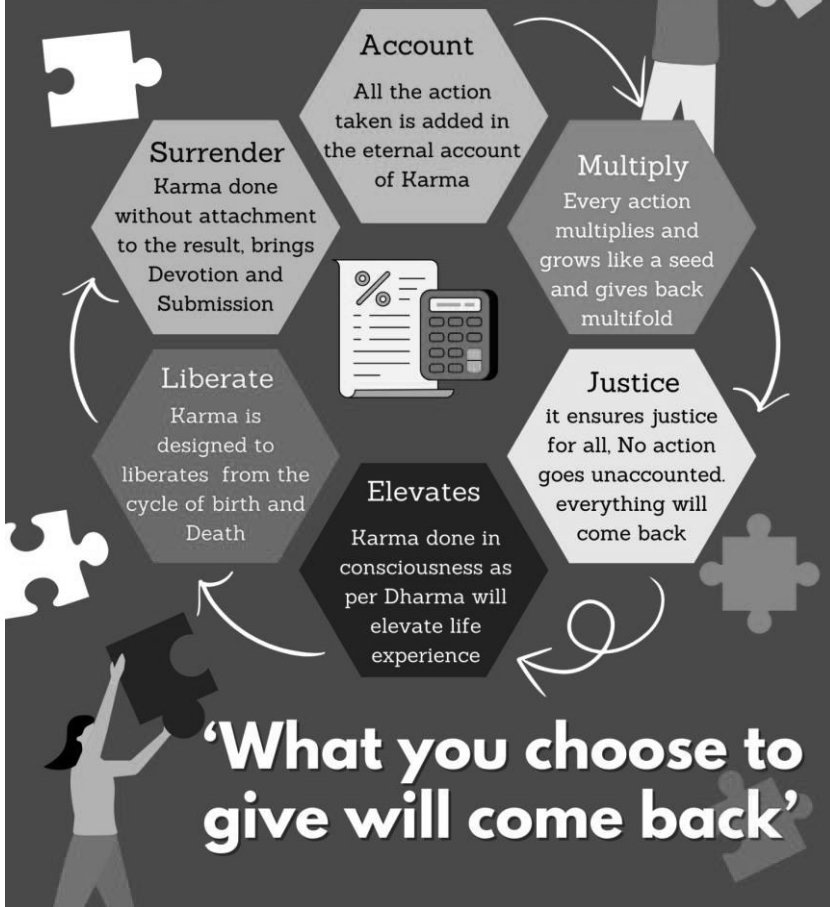
be satisfied permanently. Sensual pleasure is momentary so engaging in only sense satisfaction leads to sense gratification and finally loss of consciousness. Ignorance starts to dominate. We should try to minimize the effect of sensual craving and retract from any activity which aims only at sense gratification. This may look like a penance for many but just imagine if all the world worked on this philosophy then there shall be less greed and thus no oppression, corruption, injustice, cheating and fraud in the human society.

2. Karma is done in the best possible way by utilizing the best available knowledge through conscious effort and justice in approach dedicating all acts towards the service of the Lord, nature and mankind without having to worry about the instant result. Having a deep belief in Karma, ensures justice for all. No one is spared for his action. Detachment from the result of action and attachment towards service lead to satisfaction and thus happiness.

Knowledge gives us direction and clarity but the drive to perfectly execute lies in the physical energy, mental zeal and purity in heart.

The Law of Karma

AN ETERNAL ACCOUNT OF DEEDS



“How people treat you is their karma; how you react is yours.”

– Wayne Dyer

Chapter 41.

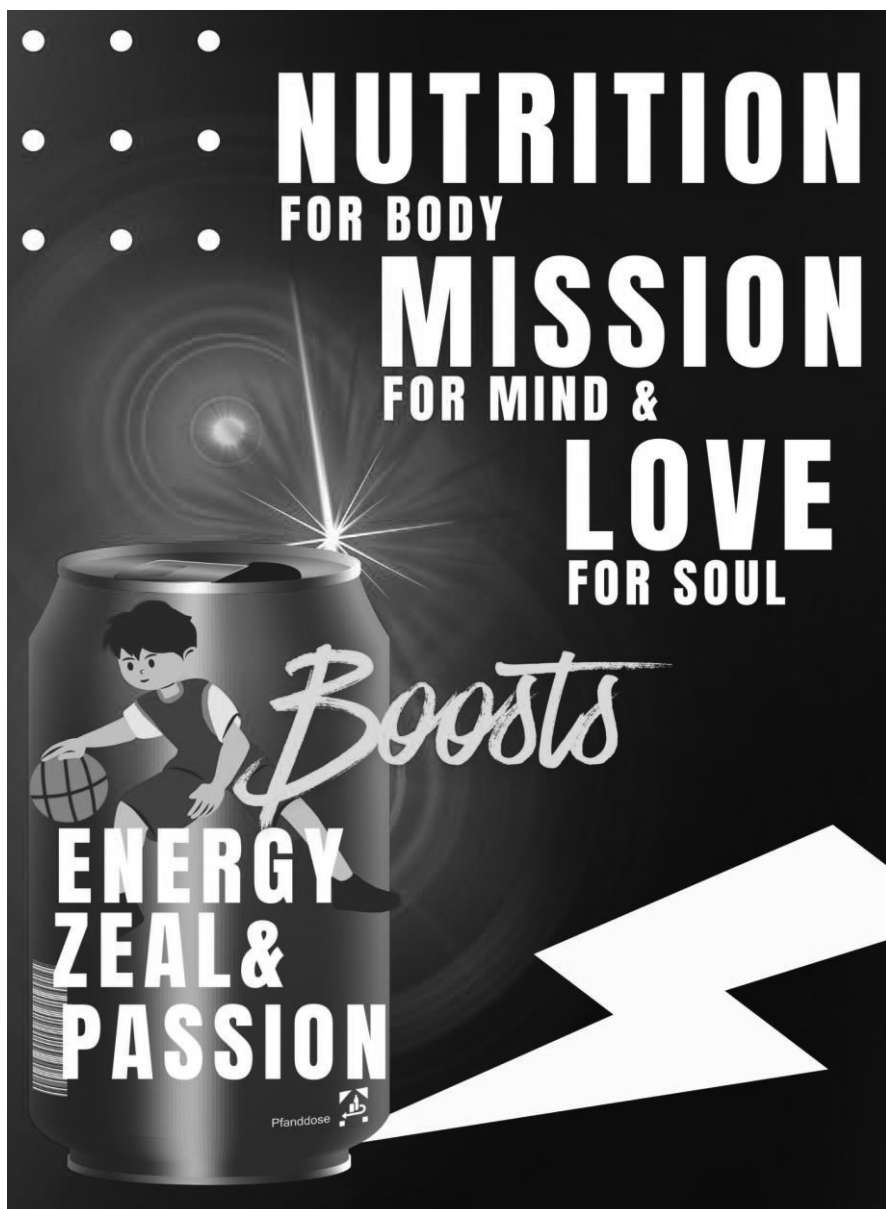
How to fill our life with Energy, Zeal and Passion?

We know that delivery is more important than dreams, execution is more important than plans and a small step is more important than a thousand pages of knowledge even if the execution is imperfect. Because dreams, plans and knowledge are all white smoke whereas real work is the true fire.

Physical energy, mental zeal and passion in heart gives you the real drive. Exercise, yoga, meditation, sleep and the right kind of food fills our body with energy. Clear vision and objective give zeal to mind and aspiration to serve generates passion.

Our activities revolve around physical work, speech, emotion, thoughts and dreams. These are our contributions to the large chain of activities which eventually brings food on our dining table and fulfills all our aspirations. Everyone is basically at work tirelessly to serve dinner to you and in return you do your job to spread a buffet on someone else's dining table. So, the more you contribute and serve in the best possible way the better dinner you are providing to some inhabitant of this beautiful world. If you are getting all the best things on your platter then understand that someone has put in his best and honest effort. So every time you feel lazy, ignorant and dishonest towards your duty, just remember that this will lessen the bread count on someone's dining table. Every day is your time to pay back with honesty, sincerity and hard work. Money doesn't make up for everything, it's the effort that actually counts. Money in the crudest sense is just a digit or a paper as reward. It's actually the effort and vision that puts up all the greatest shows on the earth. Despite money, it may be possible, but without the right effort, it's definitely not possible. Your vegetables and grains in the kitchen are not your dinner till those beautiful hearts and hands prepare them. Understand that we don't just work for ourselves, we basically contribute in the larger sense for the whole human community. The better our contribution is, the better life we get in return.

Knowing this philosophy, work will neither tire you nor taper your passion, in fact it will infuse unlimited zeal to attend to the call of duty, pump enough energy to contribute and serve at the max capacity and ignite enough passion to consistently and joyfully engage in fulfilling responsibilities.



“Where focus goes, energy flows.”

– Tony Robbins

Chapter 42.

What is Call of Duty?

Call of duty is all those tasks, which fall on us by virtue of our past activities, natural progression, mundane chores, uncertainties, ambition and emotional thirst. Paying bills, repairing lights, floor cleaning, self-grooming, attending to sick relatives, saving for the future, taking care of your parents, sharing time with family and professional commitment, all of these are simple examples of our daily call of duty. When we say duty, we think of professional tasks only but it's not so, every task that needs you or it's your obligation and responsibility is your duty. It doesn't matter whether it's professional or personal. These tasks are mandatory in nature, ignorance of which will bring in failure, degradation, chaos, isolation, hopelessness, exhaustion, anxiety and depression. Dutifully completing these tasks brings in peace, satisfaction and happiness.

Every call of duty is an opportunity for fulfillment and happiness. Remember that all those calls of duties, you have attended to or missed in the past have brought you here so never ever ignore the call of duty irrespective of how seemingly insignificant it may look like. These small duties are the building block for your picture-perfect life. Attending the call of duties are like pillars on the ground which make up for the gigantic and magnificent building with beautiful homes and wonderful love stories inside.

Professional duties bring in money, domestic duties make for a comfortable living, family duties bring in support and love, financial duties build wealth. Successfully attending to all of these, brings Fame, Respect, Wealth, Comfort, Peace, Satisfaction and Happiness in abundance. It may look uncomfortable and tiring to attend to every call of duty but remember that by not attending to it will slowly downgrade your life. Every duty that is done takes you a step nearer to a better life and every ignored duty pushes you an inch closer to losing what you already have. The loss could be peace of mind, physical strength, internal zeal, professional competence, family

support, togetherness of friends and faith in the creator. Does it look like a way to a hellish life? There are many who go through it but the hope lies in knowing the way out and coming back.



*"The price of greatness is responsibility."
– Winston Churchill*

Chapter 43.

What is the way out of hellish life?

If we don't act in time or we don't attend to the call of duties then our life will slowly slip away into ignorance and darkness. There are many who fall into self-destructive bad habits like smoking, drinking, drugs, gambling, and womanizing. There are others who fall for habits like over eating, excessive sleeping, compulsive shopping, laziness, procrastination, bullying, addiction to social media and gaming etc. All of these, prevents you from doing your duty and taking responsibility. Further it pushes you into a deep swamp of failure both professional and personal. Professional failure will cause loss of prosperity and fame. Personal failure will cause deterioration of relationships, homeliness and health.

Coming out of this hellish life depends on, realization of weakness, creating desire and reward, devising a clear plan of action and energizing your body with good food and exercise, mind with positive motivation and soul spirituality and humanity. Taking professional help, support from loved ones as mediation helps in realizing our weakness and gives strength to overcome.

All parents are mostly worried at the time of their child birth, all prayers go into calling for a healthy baby. If you are blessed with good physical and mental health, you have won half of the battle and your parents have won the full battle. Still if you indulge into a bad quality of life then it's really shameful for you and extremely disheartening for your parents and loved ones.

Our life should be a functional power house of productiveness, effectiveness, humbleness and kindness whereas in reality life has become a defunct system of producing stress, misery, sorrow, laziness, disease, quarrel and unrest. You and all that surrounds you both man and material, makes for your orchestra which is happening on the podium of time in your life. You are the Orchestra commander. It's your skill whether you create music or noise. Your life is your story of what you had and what you

made. There are some important pillars of our life. How strong are these, will eventually decide how beautiful and comfortable your life would turn out to be. Therefore, coming out of hellish life largely depends on your realization, willpower, support of your family and friends and creating a very strong purpose in life.

To begin with, take a quiet time and go for a silent walk, reflect on your situation and clearly visualize what kind of life you want in the next five years, break it down into small targets and start working on it daily. Try to do it daily even for one minute but don't break the routine. This will create new neuron pathways in the brain slowly. You will be surprised to see that within a month, you no longer need to put effort, it will start happening automatically. Pick up any self-help book and start reading at least one page daily. Also mandatorily, pray to God and ask him what you want, share your dream with Him and ask Him His blessings and help. This acts as a strong manifestation. Keep some items with you that are linked with your desire, this will act as a pulling magnet as per Law of attracting. Be resolute that you will not think, do or talk negatively at all. Put a positive filter, whenever you speak, think or act. Rephrase your sentences so that there are no negative words. Keep reminding yourself daily that "I am a hero, I will win", "Tough times don't last but tough people do".



"Turn your wounds into wisdom."

– Oprah Winfrey

Chapter 44.

What are the most important pillars of life?

The four important pillars of life are Health, Spirituality, Profession, Finance and Relationship Health being the most crucial because a healthy body houses a functional mind and soul. Health is the chariot that takes you through the journey of Life and makes you enjoy, rejoice every bit of it. Good health maximizes your ability to contribute to the world as well as consume from it. Without health, life is a falling gem from a broken necklace. For a sick man, living each day without pain, anxiety and depression becomes the aim of life, news of recovery becomes the most anticipated news and for a recovered patient, health becomes the most precious possession. Physical agility gives confidence of going places and scaling new heights.

Spirituality or having faith in some higher and hidden power helps you to establish the connection between things which are beyond our common logic, rationale and intelligence. It also helps you to deal with all kinds of fear. It builds a connection between all visible and invisible, form and formless. To keep it simple, faith in some higher power or energy gives order and meaning to our chaotic thoughts and answers to the deepest queries, which in turn, makes us peaceful and peace is the breeding ground of happiness.

Profession gives us a platform to perform what we are good at and earn our livelihood. In contrast to the life of animals, we have the choice of doing things beyond food, shelter and procreation. Unlike animals, we are guided by both need and aspiration. We are inherently problem solvers, it does not matter whose, either for satisfaction of doing or survival. These instincts of ours have put the entire humanity into action. This is our profession and duties and we need to attend it without fail both for ourselves and for the rest of humanity.

Finance is the one of the outcomes of our daily struggle, It is a testimony of you having some worth in the world. Profession and Finance are different. Profession gets you money but Finance is building wealth.

Relationships bring in love, respect, support and acceptability. We are social animals, we love company. In present times, a good relationship is the biggest asset both in the professional and personal sphere. Relationships are always about the involvement of two. A critical balance between individuality and dependence creates a sustainable relationship. It gives one immediate reason to live.

5 PILLARS OF LIFE

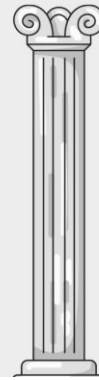
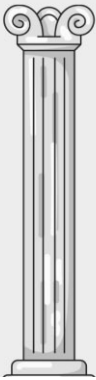
No. 1
HEALTH

No. 2
SPRITUALITY

No. 3
PROFESSION

No. 4
FINANCE

No. 5
RELATIONSHIP



"Integrity is doing the right thing, even when no one is watching."

– C.S. Lewis

Chapter 45.

How to strengthen the fundamentals of Health?

When we talk about health, we shall consider both Physical, Mental and Emotional health. To have a holistic wellbeing, we need the right kind of food, sleep, exercise, Yoga and meditation.

Good health is a complete Lifestyle program, requiring training and practice. Our food shall contain a good amount of fiber, minerals and vitamins and minimum carbohydrates, fats, sugar and salt. Eating a rich breakfast infuses the much-needed energy at the start of the day. Balancing the food habit between solid and liquid food is good for maintaining body shape. Filling the stomach is not the only objective of food and drinks, it shall give energy, induce activeness, work with the circadian cycle, allow sufficient sleep, maintain idle body sculpture, give a glowing face, hydrate the body, enhance mental focus, heighten consciousness and emotional stability. Our intake shall not churn out guilt, pain, lethargy, loss of situational awareness, confusion and mood swing.

Bad food, wrong sleeping patterns and an inactive lifestyle are basic causes of lifestyle diseases like Obesity, Diabetes, High blood pressure, IBS, Depression, Stress etc. Body Ph value is a vital indicator of quality of body fluid. All the food we eat is either acidic or alkaline. Acidic food increases toxicity of blood, inviting diseases, so we shall balance our diet with alkaline food to keep it neutral or slightly alkaline to boost immunity. Some form of Workout or simply walking for an hour a day, burns down bad fats, keep us in shape, enhances cardio vascular health, prevent glucose accumulation in the blood, thus keeping us active, secretes Adrenaline, Endorphin, Dopamine, Serotonin and Oxytocin which, de-stresses, relieves pain, enhances mood, gives high motor response and boast love feeling, zeal and enthusiasm.

Meditation scientifically increases cellular level of enzyme Telomerase, which is important for cell health. It reduces the stress hormone Cortisol. Emotions are visual expressions of feelings and feelings are the outcome of indulgence so control your quality of indulgence for emotional wellbeing. Consulting a physician for any health issue is highly recommended. Reading a self-help book on basics of nutrition is very helpful. We eat three times a day, but know the least about food science.

As per Ayurveda, an Indian ancient science of health and medicine, our digestive system becomes active as per the movement of the sun. Therefore, in the morning whatever you eat, gets well digested till afternoon. Eating after sunset causes digestive problems, which invites numerous diseases. So, it is recommended to finish the dinner either before sunset or at the earliest after sunset. Our body requires a minimum amount of balanced food for correct functioning, therefore overeating and indulgence into processed food is extremely bad for the whole body. Keeping the food habit natural like more vegetables, fruits and water causes lesser inflammation in the body thereby keeping us active. Fasting and Autophagy, living only on water, organically flush and detox our system and help in repair and recovery.

Menu for Good Health



Timely eating and
sleeping habit

Simple & Natural, balanced
diet plus good water Intake



Physical activity, Yoga
Meditation & Spirituality

Scheduled fasting and
Autophagy



"It is health that is real wealth and not pieces of gold and silver."

– Mahatma Gandhi

Chapter 46.

How to strengthen the fundamentals of Spirituality?

Everything around us is either in the form of Material or Spirit. For example, smile is material, but happiness is spirit, tears are material but sorrow is spirit, duty is material but satisfaction is spirit, statues of a God is material but his aura is spirit, devotion is material but love is spirit, silence is material but peace is spirit. Spirituality is not always connected to Divine and Devil as popularly believed. Let's make it simpler, that which can be touched and felt by our body and senses is all material and that which can be felt only inside us which cannot be physically touched or sensed are Spiritual. Nature of this world is both material and spiritual. Many natural laws are basically existing in spiritual form, we have decoded some aspects of it scientifically for commercial and social benefits, for example law of gravity, it says that mass attracts each other. That is true but why? I used AIs to find the answer but got to know that it's a mystery. Same with earth magnetism, It's there but why? Only hypotheses exist but the exact answer is still a mystery. Spirituality is neither religion.

Religion by definition itself is a set of rules in its relation to God who is believed to be a creator, controller and destroyer. But in reality, spirituality is understanding of all that which does not show up to human eyes and that which cannot be gained by materialistic means. That which is unexplainable by science and could not be verified in labs. That which can be felt, lived and experienced only. That which can be tested in the spiritual lab of mind, body and soul together, when they are put to certain methods in harmony with each other. It's an experience leading to belief in the phenomenon which is beyond materialistic in nature and happening both within us and outside us. Spirituality and Religion are not the same but they can lead to each other. Happiness, sadness, zeal, enthusiasm, mercy, humility is all spiritual in nature which is neither a measurable quantity nor a physical entity. It's within us and it's happening all the time. Similarly

experiencing the presence of some super doer, protector, creator or destroyer unseen and unknown in the physical world and which is outside us is also spiritual in nature. It can't be seen, touched or felt by our senses, it can only be experienced.

Spiritual wellbeing is necessary to ensure that we remain capable of experiencing the spirituality happening within us and outside us. As we have seen that our world is existing at both material and spiritual level so all the activities are also happening at both material and spiritual level. If we spent our life only on the materialistic level or defunct spiritual level then we have basically experienced only half of what life has to offer. Does anyone want, only half the experience by paying, a full ticket for the life journey. I am sure none. Spirituality and Materialism are like software and hardware. They are made for each other, with one of them missing, the other loses its importance. The existence of the soul is meaningless for the common folks if it loses the body where it is housed.

To strengthen Spirituality within us we have to nurture our capability of experiencing and delivering love, happiness, compassion and humility through the act of devotional service, sacrifice, charity and mercy. Spirituality itself Strengthens and breeds Spirituality.

**SPIRITUALITY STRENGTHENS
SPIRITUALITY**

**RELIGION
AND
SPIRITUALITY
IS DIFFERENT
BUT THEY DO
LEAD TO
EACH OTHER**

**DEVOTIONAL
SERVICE, CHARITY,
AND AUSTERITY
MAKE US MORE
RECEPTIVE TO LOVE
AND HAPPINESS**



"Your sacred space is where you can find yourself again and again."

– Joseph Campbell

Chapter 47.

How to strengthen the fundamentals of a relationship?

We humans live in a social structure, so we are all connected with each other through known and unknown relationships both natural and formed. We all have parents, spouses, children, brothers, sisters, cousins, uncles, aunts, colleagues, clients, customers, friends, neighbors, influencers, mentors, teachers and preachers. In fact, we are always surrounded by someone with whom we share some kind of relationship. We share most part of the day with someone and experience the emotions unveiled by them. Emotion has a unique quality of inducing the same feeling to all within its sphere of influence. So as many people you are involved with, that manifold are the chances of experiencing the multitude of emotional tides. Emotions whether good or bad tend to exhaust us, drain us and leave us wanting for more. It's important to maintain a good company of people, it does not matter if it's very small, rather it shall be less exhausting, because they are all going to induce the same feeling and emotions which they themselves are going through.

Relationship, the literal meaning itself talks about the involvement of more than one. Whenever there are two human beings then there are two different kinds of Mind, Body and Soul with different levels of knowledge bank, understanding, experience and realization about the world. Their problem-solving skills of an individual depends totally on what they have experienced or realized themselves, through their unique situations in life. As all the situations in our lives don't match, similarly our learnings and experiences from them, don't match too. We tend to agree when we have learnt the same lessons from similar situations in life. Whereas we disagree if our experiences and learnings don't match. Now we know that everyone can't go through all the same situations and experiences in one lifetime so everyone can't be uniformly educated, learned and realized and therefore there can never be an end to differences of opinion.

The only key to strengthen or form a good relationship is ACCEPTABILITY of both goodness and shortcomings weighed against compassion, dependability and trust he holds for you. Life is all about accepting, because everyone will not have everything. We have to move from judging a conversation, situation or person from the perspective of being Right or Wrong to that being Harmonious or Stressful. Replace

your RW (Right/Wrong) glasses to HS (Harmonious or Stressful) AR vision pro max.... Ha ha ha... No harm in giving it a try.

Flag red to all that is Stressful, move away and don't argue. Flag green to harmony even if it's not fully right. Don't think too much about right or wrong because nothing is either fully right or fully wrong, neither do we have that great brain to decode something as fully right or fully wrong. It's only our ego (feeling of wanting to be always right) and conditioning of brain which makes us believe that one thing is better than the other, one situation is better than the other and one person is better than the other, but time changes, our realization changes, situation changes and that which looked odd today may transpired to be the best decision, situation or person in the future. So be grateful and have acceptance and of course don't forget to wear your AR vision pro max. Ha ha ha....

HEALTHY RELATIONSHIP

“Acceptance is the key to a healthy relationship.
Remember that not everyone gets everything in life.”



“Assumptions are the termites of relationships.”

– Henry Winkler

Chapter 48.

How to strengthen our Professional and Financial position?

All the tasks related to earning money constitute our professional duties. Since we are doers and dreamers both at the same time, we never give up on working towards improving our lifestyle or contributing towards society and economy through our professional and social duties. Needs are limited but desires are unlimited. It's good to have desires if they are not bothering you or risking your health. But the list of desires keeps on growing, till we realize that there is an urgent need to stand aside from this rat race and prioritize enough to live peacefully owing to the growing stress and declining health. It happens in everyone's life at a certain stage, but the matter of fact is, till you completely renounce life and walk the path of monk, you won't be able to get rid of desires. Everyone can't do that. For common folks It's natural to have lots of desire. Maybe this quality of ours is wheeling the economy.

Everyone has to engage themselves in some sort of task, even monks walk, cook, eat, sleep, beg and meditate. This means that one who is born can't get rid of personal and professional duties. Yes, the choice of duty may be different. Whatever would have been the situation, the duties that have fallen upon us, has to be attended without fail to protect us from slipping into a degraded life. The quality of life actually depends on his quality of performance in fulfilling these duties.

To strengthen the ability to perform, I have a four-prong approach:

Firstly, develop a strong reason for doing. Any task that's unimportant should simply be removed from your To-do list at the earliest otherwise it will keep sucking energy out of you. Make two lists of tasks. In one list keep adding whatever comes to your mind and on the other add from the first list what you have planned to do today.

Secondly associate all your tasks with the emotions and rewards that it's going to bring in.

Thirdly plan and time your task, create a visual picture from start to finish, clearer the picture, stronger are the chances of getting it done.

And lastly, prepare yourself physically for the task. A hungry bird is an angry bird. Sleep well, eat well, groom well, clothe well and show up on time.

Showing up is the most important part of your effort.

We should understand that Profession helps us earn money and Finance helps us build wealth. Finance is an art of managing money. It's mathematics. Profession gives us an opportunity to contribute to the economy, through whatever labor and knowledge we have and make money out of it. Strengthening your finances depends on how well you know the available investment tools, focus on consistent long-term investing, creating some side hustle, diversification of investment, having some real physical wealth like gold and properties to work as hedge during uncertainties like economic crash, natural calamity, pandemics and war.

Being able to skill yourself and paying undivided attention to primary income sources is very very important. As the old saying goes, A bird in the hand is worth two in the bush.

Profession & Finance

**“Your job earns income;
your financial choices
build wealth.”**



**“Do not save what is left after spending; instead spend
what is left after saving.” - Warren Buffett**

Chapter 49.

What are the natural laws governing our everyday activities?

There are four laws affecting us more than any other laws of nature. Everyone should know their science, which will help them understand the world around them better. These basic Laws are Law of Gravitation and Law of Electromagnetism at the physical level and Law of Attraction and Law of Karma on the metaphysical level.

For a layman's understanding, The law of gravitation is about the force which keeps everything glued to the earth unlike in space movies where everything is floating around due to zero gravity. Understanding about gravity helps you uncover many mysteries of nature and hundreds of working principles around you.

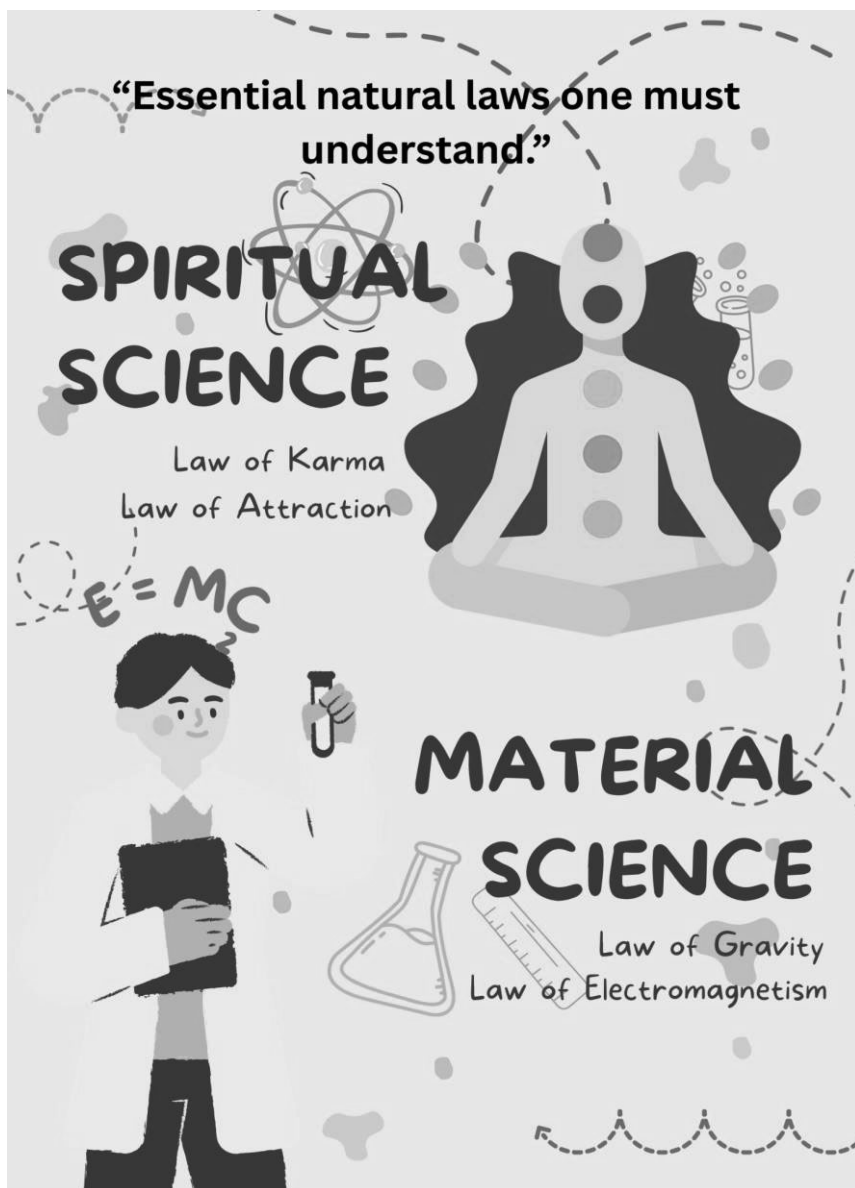
The law of electromagnetism is all about electrons, current and magnetic forces. Knowing them helps you understand the working principle of many many devices around us.

The majority of physics revolves around these two laws somehow or the other. Scientifically we have worked on them, their application and limitations but why and how they exist, is still a partially solved question. These are scientifically explored and testified in the lab, but still the core understanding as to why they exist, is unanswered. Science has its own limitations.

The Law of Karma states that every individual gets the deal he deserves, in proverbial terms, you reap what you sow, there is no free lunch, you get as much as you give, so on and so forth. Resultant Karma is the cumulative action performed in various Life over numerous births on various cosmic planets over an infinite timeline. Sometimes the result may not look consistent with our effort when we perceive it through our limited senses and intellect but it's fully in balance with our quantity and quality of

activities performed in the various past lives. In an ancient book of thoughts and lifestyle Shrimad Bhagwat Gita explains this very well.

Another law which is acting on all of us at all times is the Law of Attraction as the name implies every material, activities and situation around us will attract similar material, activities and situations. Therefore, it is paramount that we create a positive environment to live and think. Positivity attracts positivity, love attracts love, Fortune attracts fortune, fame attracts fame, a humble person attracts a humble mate and a rogue attracts a rogue. The same is true for negativity, bad omen, hardship, failure and procrastination. A famous book by Rhonda Byrne called 'Secrets' is all about Law of attraction which has sold around 30 million copies around the world. Remember that we cannot escape nature and its laws. We need to be in sync with it for the best result. Manifestation is also an extension of the Law of attraction. A positive thought or an affirmation will attract similar thoughts, vision and means.



“The whole of science is nothing more than a refinement of everyday thinking.” – Albert Einstein

Chapter 50.

How do we remain in sync with Nature for a happy feeling?

Nature plays its own part in our everyday life. We can bet on man-made theories and philosophies, but nature teaches us what is best for us. Nature affects us through various phenomena happening round the clock both inside and outside us. Outside phenomena are like celestial movements, weather, environmental composition, ecology and human emotions. Inside phenomena are feelings, inner energy, focus, body functions, intuition, dreams and vision.

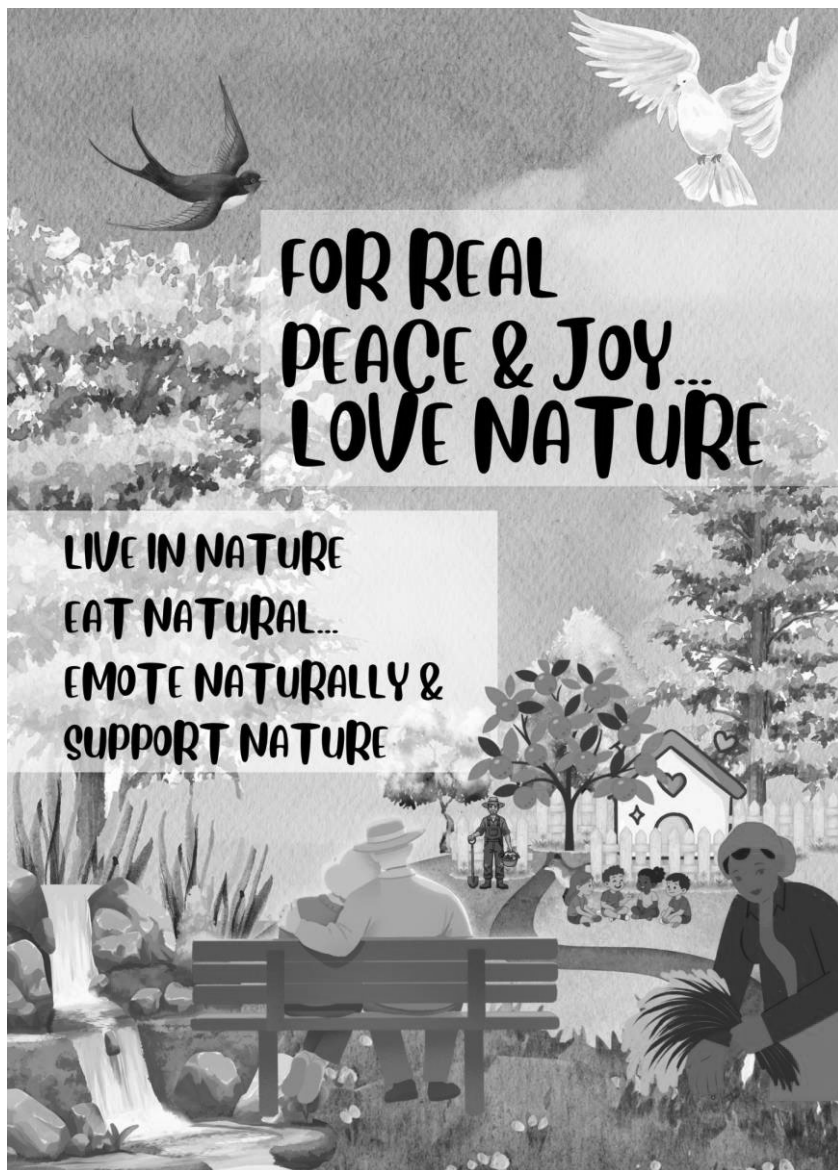
To remain in sync with nature from both inside and outside for feeling real happiness, we have to remain as close as possible to nature and show empathy towards it. This does not mean proximity in distance but proximity in sense and spirit of living. Well, living amid nature is always welcome but in present times it may not be possible therefore try to create a natural and green environment around you. Don't pollute. Spend some time every day nurturing and caring for them. We should try to maintain a harmonious living for all kinds of organisms, plants, animals, birds and humans. Always show empathy towards all living beings, because it brings out their best form and positive emotions, which help you feel and emotive in a good way. We know that negative emotions affect us in the same way as it does to the giver. To prevent this, one should never show exaggeration of emotions as it will induce the same feelings leading to a false chain of emotion, thought and action, which will manifest in unwelcoming situations.

Eating food that is natural and fresh helps nourish the body, mind and soul alike. It makes you look fresh and charming. Processed food, junk food and psychotic substances are very bad for our inner mechanisms. They generate a high amount of toxins in the body, causing lethargy, loss of focus and attention, rise in anxiety and depression, which shows on the face as being confused, unattractive, sleepy and dull.

With numerous inventions and discoveries our life has become easy. Our actions with the help of machines have started yielding results beyond our actual effort. This, in a sense, is unnatural living. To compensate for it we shall engage in physical activities or exercise, yoga and meditation. Natural lifestyle enhances the possibilities within you to perform your best.

Nature is in support of us, it provides everything for everyone. But we have been exploiting it since ever, we shall know that we exist because it exists. Our smallest contribution in this direction is like lighting a lamp in a dark forest, but still, it is good enough to light up your path out of the jungle. A small effort influences others and in no time, the entire humanity starts acting similarly because we still have a herd mentality.

So live close to nature or create one around you, eat natural, emote naturally without exaggeration and support nature somehow or the other. Your efforts are acknowledged by nature herself. Spiritually also it helps you transcend human sufferings if you show respect and believe in it. Hindu traditions, customs and practices are deeply linked to nature. In fact, in Hinduism, the God and Goddess are custodian of natural forces.



*"Look deep into nature, and then you will
understand everything better." – Albert Einstein*

Chapter 51.

Why are we so distracted despite all efforts to focus?

Distractions are at two levels, from inside and outside. Bad health, too many thoughts and loss of priority in planning distracts us from within whereas emotions of people, bad environment and untoward information affect us from outside. Despite all effort to attend to our duties, if there is distraction, you won't be able to do justice to the work. We need to have a distraction free self as well as an environment. Focus can only be a single point. We can't aim at four different targets and shoot. We are not made for it. It's a myth that we can multitask. The best quality of work is produced only with total concentration and single point focus on one task at a time. It makes our job easy and quick, contrary to the myth of multiple tasking.

Every sense activity creates feelings which secrete chemicals in our brain and forces us to emote. Feelings and emotions are not the same but are synonymous. Let's understand a bit of science. Imagine that our sense organs are like sensors fitted in your car engine, when your engine is hot the sensor senses it and generates current in the circuit. This is like feelings, this current will illuminate a light on the dashboard, this light is emotion. So we can say that emotions are like a display of your feelings which are generated by sensing certain conditions.

It's important to understand that our interaction with people, animals and environment generate lots of emotions. We get engrossed in them and lose our focus. Therefore, limiting our interaction with the surroundings helps in gaining single point focus. Another good way to remain focused is through temporary ignorance of any situation or condition, which is demanding your time. You have to fix your agenda and never deviate, till it's done or it's time unless it's a crisis. In this age of electronics and data, it's difficult to disengage but remember that it has a gargantuan competitive advantage for you, since everyone else is busy in unending scrolling and

attending to notifications. Somehow if you manage to remain focused you will accomplish your goal and get rewarded. Still the devil distraction won't allow you to relish your success. It is a mental disease.

STRONG PURPOSE GIVES **UNWAVERING FOCUS**

SAY YES TO...

- 1 CALORIE CONTROL
- 2 MODERATE SLEEP
- 3 SMALL FRIEND CIRCLE
- 4 ELECTRONIC DETOX
- 4 MEDITATION
- 4 YOGA & EXERCISE
- 4 GOOD EMOTIONS
- 4 PLANNING &
- 4 PRIORITY SETTING



"The successful warrior is the average man, with laser-like focus."

– Bruce Lee

Chapter 52.

How to relish Success?

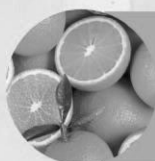
Success is the one buzz word which gives a kick to everyone. We want to be successful, but we don't know what exactly it means to be successful. For most of us success implies professional or academic achievements and milestones, without realizing that it is only one third of our daily life. Professional and Academic success doesn't guarantee a Happy family, Supportive relationship, a good Health and a sound Sleep. The point here is that we need to be successful in every aspect of livelihood. We have to be a hero in our academics and profession, an admired family man, a handsome health freak and a super cool dude with no stress.

As we know that our day is divided into three parts of eight hours each, the first eight hours is for earning our bread and butter, the second eight hours is for self, family and friends and the third eight hours is for a sound sleep. If all of these are happening without any problem, then you are good to go. You have got the visa for life. But most of us are struggling in balancing these three segments of a day.

Due to the setup of this modern world, we have put all our focus only on profession and academic success and forgotten or neglected family and self. We have taken these two for guarantee as if they are going to be with us forever in the same potency and form. Disharmony in the family and separation from loved ones more in the mental space, leaves us with the feeling of being failed ultimately. Bad health due to fast paced life, takes away from us that we have accumulated over time by running from pillar to post. A disturbed life or an unorganized lifestyle will always keep us wanting for more and more time to catch up with our to-do list. You will borrow time from your sleep which will further make you tired, confused and sick.

Striking a correct balance in life makes us truly successful. Now relishing this success is similar to enjoying our dinner. When do you enjoy your dinner the most? It's when you are hungry, when the food is tasty, when your loved ones are there to share and you have a distraction free time to enjoy it. The same goes with your success. Relish it.

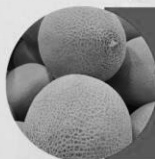
8 hours Funda



***8 hours to
Work***



***8 hours for self,
family & friends***



***8 hours of
good sleep***

***“You succeed when you
learn to balance your day’s
three essential parts.”***

“A well-spent day brings happy sleep.”

– Leonardo da Vinci

Chapter 53.

How to achieve success in Health, Relationship, Academics, Profession, Finance and Spirituality?

To achieve success in Health, lead a healthy lifestyle, starting from early sleep to early rise, physical exercise and meditation, devotional service and prayers, healthy and timely food habits, proper hygiene and grooming, appropriate posture and body language.

To achieve success in a relationship, be dependable and supportive in their endeavors in life. Communicate regularly without being bothersome, judgmental or mentoring. Acceptance is the key. Differences in opinion is common because everyone doesn't have the same level and type of experiences in life so their understanding and problem-solving capacity varies. Relationships are like bracing and joining members in the truss of life. Don't ask for anything else as long as the relationship gives you support and strength in your life, be it physical, mental or spiritual, because that is their purpose.

To achieve Academic Success, the most important virtue is the passion in the area of study, secondly, he should have a clear objective for the chosen area of study and lastly undeterred focus. An austere lifestyle, which revolves just around academics, is sure to bring in excellence and growth.

To achieve success in Profession one needs to clearly know the reason for being employed or self-employed. What pain point he is solving and how good is he solving. Every profession requires a certain code of conduct and ethic for successfully achieving the objective of that profession, this is called Professionalism. It assures your viability for the profession. Sound moral, ethics and wisdom, replaces the concept of professionalism. Professionalism is made to make employees adhere to certain kind of

practices required to achieve the objective of the profession. It's like being ever ready, seldom wrong and never dishonest.

To achieve financial success, one needs to understand that all the hard work on the professional front terminates into the ringing hard cash in the bank account. How good those cash are saved, grown and utilized, in the same order, is the final objective of the day long slogging, year in and year out.

To achieve success in spirituality or self-enquiry one needs to follow a certain already discovered path of spirituality. It will give you direction, rest everything, you need to do it yourself. It serves as a good starting point. Spirituality is based on some sort of meditation and mindfulness. There are many paths to realization, as long as one is unbiased and honest to himself, he would be able to find the right path, right guru and the supreme power. Since time immemorial there have been many people who have been spiritually enlightened and have shared their knowledge. It's better to take a guide and navigate than to blindly dive in a sea of knowledge and consciousness and getting lost. ALL THE ABOVE NEED HARD WORK.

METHOD FOR SUCCESS



HARD WORK

IT REPLACES TALENT



HARD WORK

IT REVEALS THE FUTURE PATH



HARD WORK

IT ATTRACTS NATURAL JUSTICE



HARD WORK

IT GURANTEES PROGRESS



HARD WORK

IT SHOWS YOU ARE FOCUSED



HARD WORK

IT PROVES YOU HAVE A GOAL

"There is no substitute for hard work."

– Thomas Edison

Chapter 54.

How to save and grow our daily earnings?

A sound understanding of the difference between Earning and Wealth is key to financial freedom and accomplished life.

Earning is your salary or monthly remuneration proportional to your contribution and level of contribution depending on your ability acquired through academics and experience to serve the society, through your profession and earn for yourself. Whereas wealth is the savings that you prevent from spending and you put it to growth through various investment options available, like fixed deposit, government schemes, mutual funds, stocks, crypto currencies, physical gold, property, venture capital, seed funding and startups.

Clearly, earning and wealth are not the same. Earning is of no value if it does not translate into wealth and all your hard work goes towards your daily servicing of livelihood only. Rich is one who has wealth and not the one who earns in millions and saves none. It's better to be a poor man with handsome savings than a rich man with no savings.

Maintaining an Expense journal, Saving, Investing, Financial Discipline, Routine Wealth Overview, Market tracking, keeping investor circle, Minimal borrowing, Proportionate Lifestyle, Zero Show-offs, choosing between necessities, comforts and luxuries, preventing impulsive spending, budgeting every event, are some the major tools and habits of wealthy people. Wealthier people don't delay their investment because time is money. If you wait for a year to pick the right stock then you lose at least 7% of the capital, had you chosen to park it in FD at least. Capital and Time hold equal importance in the investing journey. In fact, Time becomes the most important component of investment in the long run because of its compounding effect. Early start with a humble amount you beat the investment of people who start late.

Mostly Comforts and luxuries are creation of advertisement and product placement. Every product on the shelf is not for everyone. There are defined consumers. Manufacturers take advantage of our aspiration and emotion to persuade us towards higher spending and misfit lifestyle. A common man with limited resources should not fall in the trap of Market consumerism, in contrast they should invest small yet regular and early in life to get compounding results on maturity value. At the end it's you and your closest friend, "The Wealth" because it's the Friend in need is the friend indeed. Your wealth is one of the most obvious and simplest markers of you being a Champion.

Earning - Saving - Investing - Compounding - Staying invested.

These are the keys to Wealth building.

Choose to spend only that which is leftover after saving and not the other way round. Expensive buying is good if it is into appreciating products, which can increase your net worth.

Show off your wealth, not luxuries.





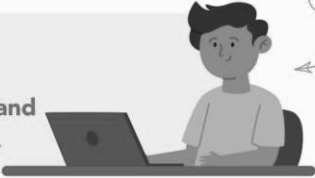
REMEMBER

THE BEST INVESTING TIPS



- Earning & Wealth is not same. Earning is what you get and Wealth is what you saved.
- Standards of life should be based on Wealth not Earning.

- Live on the leftover after disciplined Investing.
- Expenses make you poor and Investment make you rich.





- Start investing early to see the compounding effect.
- Time is Money because you lose on the interest earned each day.

- Luxuries are not for all. They are market propaganda.
- Show off your wealth not the luxuries. IT'S MORE SATISFYING.
- Financial Standard is better than Social Standard.



“Risk comes from not knowing what you’re doing.”
– Warren Buffett

Chapter 55.

What makes you a champion?

A Champion in life, is one who is always Focused, Disciplined, Confident, Honest and Cheerful.

A person is focused only when he has a Target and a definite plan. For having a target, one needs to have a strong purpose. Then the target is broken down into small achievable daily goals. Then he becomes focused almost without any effort. The only problem is when he forgets his daily goals. This can be avoided by maintaining a To-do list and going through it twice a day, once in the Morning when he wakes up and then just before he goes to sleep. It's like an instruction to the subconscious mind. It helps in preparing a mind map to reach your goal without fail.

Discipline is repetition of action on a routine basis. Discipline is such a strong tool that even a mediocre person can achieve formidable and super success. Remember the old story of Tortoise and Rabbit. It determines how quickly or how late you reach your Goal, depending on your level of self-commitment.

Confidence is another attribute of a Champion. One thinks that confidence comes from Knowledge, experience, wealth and ability but to the contrary, all of these comes through Confidence. Confidence is not a guarantee of accomplishment, rather it's a guarantee of commitment. It's a self-belief that I can and I will do it. How? If I know the task, I am sure to do it, if I don't know the task, I am sure, I will learn and do it. Confidence is the physical, behavioral and facial manifestation of your belief in yourself, your self-esteem and self-respect.

Honesty. It's the bed rock of your personality. Everything grows on it. Integrity in speech and action is one way to find out how honest a person is. Dishonesty even on a slightest level is conspicuous to others over a period of time, which leads to total loss of faith and trust. Learn to be an honest person, if it does not come instinctively and even though it means temporary loss.

Cheerfulness is the ultimate result of all the handwork of a champion, without it, all effort is in vain. Cheerfulness is like a quality check of your actions. Any missing block, be it, Focus, Discipline, Confidence, Honesty or Cheerfulness, will leave you just short of being a Champion.

Cheerfulness is the sum total of all the effort you have put in and the results you have achieved plus the pleasure you have derived from it. If cheerfulness is missing from your behavior, then you need to investigate what's not going well in your life. A cheerful, unsuccessful person is much better than the one who is depressed but successful. Cheerfulness comes from satisfaction and good health. It represents the absence of chaos and anxiety within you, if it's not pretended upon.



*“Champions are made from something they have deep inside them –
a desire, a dream, a vision.”*

– Muhammad Ali

Chapter 56.

Are Champions always cheerful?

Being a Champion in life is just the best form of self-application in the materialistic world for achieving materialistic opulence, that is, wealth, name, fame and relationship. A champion is the one who has acquired the knowhow of living a successful materialistic life, but like any other person, he too suffers from permanent and temporary misery, but being a champion, he has mastered the skill of dealing with it. Permanent suffering is uncontrolled like, old age, disease, death and temporary sufferings are manageable like anger, ego, pride, frustration, anxiety, momentary joy and sorrow.

Everyone who is born on this planet has to go through old age, disease and death. That's the nature of the earth born. It's the way of soul progression from one life to another. One can do nothing except that he understands the underlying philosophies to calm his emotions down. The book, Bhagwat Gita offers the best solutions.

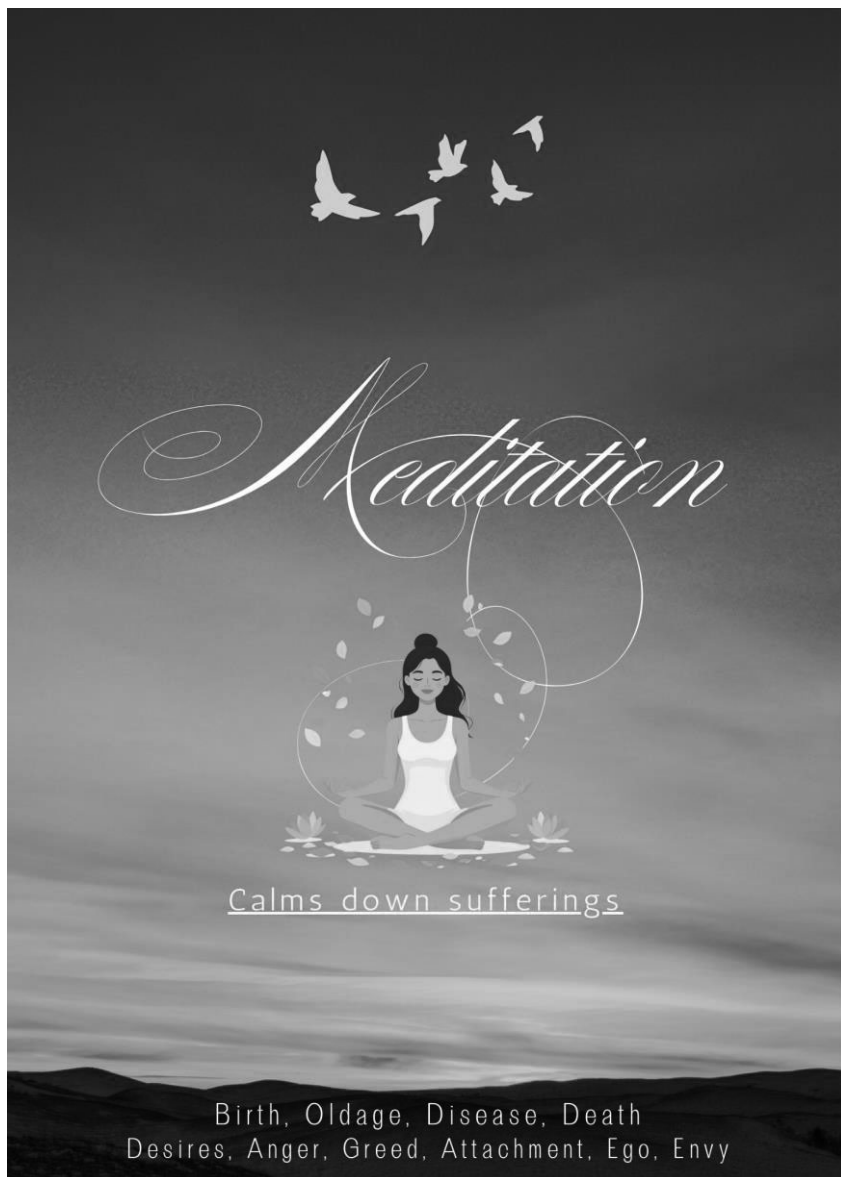
Temporary misery associated with changing emotion and changing experience with the surrounding is very taxing. One moment you are happy, next moment you are sad, then angry, then impatient, anxious, frustrated, again peaceful, happy and the end of happiness and sorrow. It's a roller-coaster ride all day long. This is like being slapped every moment by all passing emotions. Aren't you hurt and humiliated? You do, but, since it's happening from inside, it's only your mind and soul that understands what you are going through. This frustration sometime culminates in suicide, murder, abuse, drugs and death. The mind is not allowed to be peaceful, some or the other emotion is troubling it all the time. So how to deal with it?

One method to pacify the mind is through meditation, it's an absolute necessity of the present time. Earlier meditation was a tool for higher realization but in today's world, it's the only way of shutting down the external world and experiencing peace. An additional method is to

minimize your interaction with your surroundings, less the interaction less is the production of emotion and lesser the disturbance of mind.

Champions choose to keep a smaller circle and minimize interaction with others so that the floating emotions do not get into them to disturb.

They are skilled to detach themselves from disturbing situations and maintain focus on the Target and constantly work towards it with discipline and honesty. Being cheerful is more of a habit than an outcome of emotions. Those who master this habit are Champions.



"The quieter you become, the more you can hear."

– Ram Dass

Chapter 57.

Does peace make for a happy living?

Peace is so soothing. Imagine you are walking a desolate stretch in a greenery on a winter morning, with peeping sunlight falling on you and the sound of chirping birds playing music in your ear and small rivulets falling on rocks filling the atmosphere with the sound of water in the silence. What a perfect peaceful portrayal. Everything in the above scene is external that is adding unto peace. Imaging the same person, in the same location is heartbroken and walking those desolate footmarks. Is he peaceful? No, there is a thunderous emotional volcanic eruption in his heart. So, peace is when you are at ease both from outside and inside.

Imagine you are peaceful from inside and walking the desolate path in the above scene. What's your feeling? Isn't it happy? Yes, it should be. How can you increase this happiness? Is it by walking all day long? Sooner you will start feeling bored. To prolong this feeling of happiness, you need to share this space with someone, because whenever we have something good, we tend to share and multiply our experience of joy.

Peace is just a podium on which theatrics of happiness happen. So, Peace is a prerequisite for Happiness but it's not happiness all by itself. Peace brings in temporary disengagement from prevailing surroundings, thoughts and emotions. This absence comforts us, but soon we realize that we are lonely and start getting bored. It's our nature to keep changing our activity, no matter how beautiful and fulfilling our engagement is. In fact, we are so conditioned to the experience of fluctuating joy and sorrow that we have started enjoying the pain and no pain periods like a roller coaster ride. We clearly see that peace alone cannot bring in lasting Happiness.

Success gives satisfaction which makes us happy but it wades off no sooner did we embark on another goal searching. Permanent happiness comes from association which churns out love as a nectar, which is drunk and

shared with others, whom we love and one who loves us. In fact, unconditioned love, affection and empathy shown to, even an unknown person or other life form or even to the non-living, has the potency to receive and give love.



*"The present moment is filled with joy and happiness.
If you are attentive, you will see it." – Thích Nhất Hạnh*

Chapter 58.

How does love bring lasting happiness?

Love is a reciprocal feeling associated with emotion and care shown by someone outside this body or by someone in the depth of the core of this body itself. Outside this body, there could be many who can give love but it will be temporary. Inside yourself, love is generated incessantly by the Lord, if you engage in his devotional service. This love is permanent and so is the feeling of happiness associated with it. Love is not any material quantitative commodity that can be given or taken. It's a feeling which is generated through service only. When you serve any one in the family, they love you and you feel the warmth. Similarly, when we serve the Lord, he loves us and we feel the warmth. The difference between the two is, human love is temporary and fluctuating, but God's love is permanent. To experience it, you need to be in a submissive mood.

There are two situations when happiness is evident. Once when someone cares for you and shows love and empathy, other times when some situations manifest all by itself to give you a soothing feeling of happiness. The first case is quite describable and commonly experienced but the second case is purely a mixture of various situations, places, people, emotions, memories and something else which I am not aware of. This formula is like some magic, which cannot be perfected to attain the same feeling again and again by compiling all those that was evident. But one in the first case can be replicated over and over again as long as the giver of care and empathy is not exhausted himself. Human kingdom is bugged by limited intelligence and ever faltering commitment to serve, it is quite impossible to get someone who can give the nectar of love through their service, unstoppably for life. So hankering for Love in the material world from people around us is a sure shot way to sorrow, because they all have some limitations like ego, pride, greed and low motivation and energy to serve. Service with devotion, generates love for both giver and taker and

that churns out happiness in heart. This is a process and one who understands and experienced it, will fall for it. And one who is unable to understand it or has never experienced it then it becomes a challenge for such a person to find love in life and experience the joy associated with it, despite having many people around him. When devotional service is directed towards the Lord, then the love generated would be everlasting and of same potency, this creates joy in abundance which is never reducing. It's permanent and transcendental. In the Loving service of the Lord, lies the pure lasting happiness because He never gets tired to love you back neither, he is going to perish before you for sure. The pure devotees of the Lord are never sad, they are always filled with gratitude and praise for him. You can give love to a person, but he can absorb only part of it depending on his capacity to acknowledge, like a sponge can absorb only a limited quantity of water. But God is unlimited and infinite in nature, he responds to your love in a similar capacity. Those who are in this kind of exchange like the devotees of Hare Krishna movement, you can see how beautifully they melt down with emotions during Kirtan and other devotional services. To experience this kind of joy inside yourself, one has to practice devotion to the Lord through various methods of surrender and service.



"When you love, you serve and
when you serve, you are loved"

THE ONLY WAY TO EXPERIENCE

LOVE

IS
THROUGH
DEVOTED
SERVICE

*"Being deeply loved by someone gives you strength, while loving someone deeply
gives you courage." – Lao Tzu*

Chapter 59.

Does the Lord exist?

The existence of God (God science) may be debatable by people at various levels of spiritual know-how. To some He is there in every particle and its sub-particle, giving energy for their intended purpose. To some He is a mere subject of discourse, discord, debate, differences, obstinance, hatred, violence and dominance.

Our existence is so minuscule that it is synonymous to an atom or even smaller sub atomic particle in comparison to this ever-expanding infinite universe. Imagine one such small atom in our body is asking another similar atom for proof of its being a part of this body and is being indirectly controlled by the subconscious mind sitting inside the body. This query of that atom is surely unexplainable by any other similar atom sitting deep inside the body, unless it gathers some power to oversee all the body structure and understand it. That is what happens to us when we try to comprehend God philosophy.

Similarly, only an enlightened person can help us with the understanding of God. All religions talk about some ultimate source of all and refer to them by various linguistic names. But none could make one see God through scientific experiments in the lab or through their transcendental experience or power. In Hinduism there were many people in the past who have given methods of self-realization, enlightenment and vision through which we can see God, God gazing is not star gazing. To see stars through these eyes and understand what it is, one needs certain qualification acquired through academic process and some hardware similarly seeing the presence of God through spiritual eyes, one needs certain qualification obtained through meditation, austerity, devotion along with spiritual studies.

Without proper qualification, process and hard work, we can't even earn a piece of a paper, forget about meeting the supreme who is doing all the magic happening around us. The Lord appears in the heart of the blessed

ones. As scientists have given testimony to various inventions and discoveries, similarly the spiritual scientists have penned down volumes and volumes of scriptures spanning over millennia describing God and methods to reach him, see him. To know if God exists or not, it's better to handhold these scriptures, to at least embark over the journey of self-realization, which will ultimately terminate into God realization.

The true question isn't about God's existence, but about our ability to experience His presence. When we engage our body, mind and soul into his consciousness, he appears in our heart. He makes us feel his presence, he may appear in our dreams, he may manifest as miracles. There are many many sanyasis of Vrindavan, Banaras and other parts of India who have written down their experience of God encounter. One such devotee from Bengal was Rama Krishna Paramhansa who used to talk to Ma Kali and eat together every day. He was illiterate but had complete Vedantic philosophical knowledge. His disciple was Swami Vivekananda who was a modern educated young boy.



THE GOD SCIENCE

SCRIPTURES

Are the pillars of God Science

"The Divine is revealed through
personal realization—cultivated by
meditation, devotional service, the
association of devotees and learning
from the scriptures"



"Science without religion is lame, religion without science is blind."

– Albert Einstein

Chapter 60.

How do devotional services connect us to the Supreme?

Let us understand what Devotional service is. When we serve with full dedication, surrender and trust without any expectation of result then our service becomes devotional. It has the power to generate results beyond expectations. Since we don't carry any expectation in rendering the devotional service, therefore we are not bothered by the outcome and we focus purely on the quality of the service we render. Imagine someone engaging with you with pure devotion to serve, in your daily chores without any expectation of result then sooner or later you will feel overwhelmed with joy, love, gratitude and feeling of giving back. Similarly, God reacts to our devotional services and surrender. Devotion has the power to generate love and happiness both in the heart of the giver as well as receiver if it is given and received without any motive or any expectation of result. The outcome from devotional service is natural like if a seed is sown and watered it will sprout up automatically but betting on its germination or taking it for guarantee may yield anxiety because the result is not always in your favor.

Humans can be deceptive in their motive so it's difficult to find someone with whom you can engage in full devotion because, if there is trust deficit, the devotion is lost resulting in discord. Even within family members and closest friends, mistrust prevents both in giving and receiving fully devoted service, therefore neither the giver nor the receiver could generate love. On the contrary the devotion towards God is free from any deception and mistrust. He is ever accepting your devotion and in turn ever returning the favor in known and unknown forms. The joy of giving is never tempered due to weathering trust nor the joy of receiving his favor is ever tarnished by injustice and misappropriation. He is ever hungry for your association and he is ever ready to associate with you. A practitioner alone can realize that devotion towards any materialistic thing or relation will generate

temporary happiness whereas devotion towards Lord will generate everlasting happiness, like being connected with the perennial source of exuberance. Thus, devotion is the only connection and conduit to the Lord or the supreme power or the ultimate energy source.

God

GOD GETS OVERWHELMED WITH
GRATITUDE BY OUR
DEVOTIONAL SERVICES AND HE
RESPONDS WITH MATERIAL AND
SPIRITUAL GROWTH



Illustration of Chhat Puja, the worship of Sun God

“When I admire the wonders of a sunset or the beauty of the moon, my soul expands in the worship of the Creator.” – Mahatma Gandhi

Chapter 61.

What are Considered as devotional service in our day-to-day life?

Love is an unseen and magical manifestation of devotional service and happiness is the emotion which is secreted from the feeling of being loved. So if happiness is the tree then love is its root and devotional service is the nurturing source like the combination of water, nutrients and sunlight. All kinds of relationship be it with any human, animals, plants or God it requires, pure devotional service for its growth, fulfillment and secretion of joy from it. Devotional service should not be related to God alone. It's about giving to your surroundings. What comes back following the path of devotional service is in line with the law of Karma, in fact it's multifold and incessant, manifesting in the form of joy.

Devotional service at home makes us a good, if not a perfect Son, Daughter, Husband, Wife, Brother, Sister, Father and Mother. A good son or a daughter, takes care of their parents with due respect without any reward in return. A good husband and wife ensure that both are dutifully served, cared and supported under all circumstances without showing any sign of greatness or expectation. A good brother and sister ensure that they lend a helping hand and a supporting shoulder, every time they need it, very similar to the parenting of their father and mother without keeping a tag or a log of their good deeds. A good father and mother ensure that their children are nurtured well, physically, mentally and spiritually without having any personal ambition in the child's future or fear about the child's life.

Devotional service at the workplace makes you the most valued and indispensable component of your team. It ensures that you deliver the most quality service or product under varying stress conditions, you act in complete compliance with honesty and serve with mutual respect for your fellow colleagues, displaying excellent craftsmanship, self-motivation, leadership and compassion without any greed, superiority, self-

righteousness or dominance. You tend to grow and display, both your hard and soft skills when rendering service with devotion for your profession at the workplace. This makes you almost immune to any demand and supply scenario in the job market.

Devotional service to God, helps us develop dutifulness, blissful emotions and love towards him. Rendering consistent devotional service, takes us to the height of spiritual realization and immersive experience of love and shelter.



*"Love cannot remain by itself – it has no meaning.
Love has to be put into action, and that action is service." – Mother Teresa*

Chapter 62.

What is Considered as devotional Service towards lord?

Imagine yourself as being the Lord of all the Cells in your body, which works with a definite plan or you can say that they all are working in complete dedication and devotion towards fulfilling the natural purpose of serving your body without any expectation of reward. We may not be directly working on or nurturing every one of the trillion cells in the body but by feeding ourselves as per our intuitive demand, we nurture every single cell and in return every cell through their devoted activity nurtures the whole body. If any cell of the body starts to decay or become defunct before its natural death, we are warned by some kind of inconvenience or pain. No matter how small the ailment is, we tend to reach out and cure it. We call it our own ailment and we don't dissociate with that particular cell. Similarly we humans along with other life forms are part of the super-giant undefined and unclaimed structure of God. Any pain or suffering inflicted on us, sends a direct message to God and he comes to save us from such degeneration. Our S.O.S is always attended by Him, quite similar to what we do when any of our cells, when they call for help in the form of associated pain.

It's important to understand that we attend, only to those cells or parts of the body which are still connected to us in service, one which is dead or disconnected from us, don't attract our attention. On the same line, God too, comes to our rescue only till such time, we are in connection with him in service. We are considered dead or disconnected from God if we stop to render devotional service towards him.

Devotional services include fulfilling the purpose of human life with humility and surrender, offering all the outcome of our efforts on the lotus feet of God, remaining situated in His remembrance, showing mercy, gratitude and appreciation for all His creations, practicing austerity and

detachment from all materialistic things and worldly pleasure and relationship.

Devotional service towards lord also includes the routine practices like temple cleaning, deity service, offerings, prayers, charity, donations, preaching, chanting, reading the scriptures, singing, dancing in the love of God, going to pilgrimage and offering oneself in the service of God. It has been confirmed by successive chains of saints and gurus through thousands of years, in many ancient literatures like Bhagwat Gita and Srimad Bhagwatam that, mere remembrance through chanting the holy name of lord, you start to acquire and strengthen all the virtues necessary for serving Him and all others in the material and spiritual world.

Japa Meditation is the highest available tool for remaining in God consciousness at all times. It is considered as the highest form of devotion towards the Lord. HG Srila A.C Bhaktivedanta Swami Prabhupada, has preached devotional service to the world and established ISKCON for providing spiritual ecosystem, understanding the God science and growth of Bhakti (devotion). So that everyone who is starved of love can come and receive God's love and blessings.



"Devotion is the highest form of love."

– Swami Vivekananda

Chapter 63.

What does the picture of an ideal life look like?

The word ideal means perfect. Now let us understand where we need perfection or at least aspire to reach somewhere near it. We are born with a body, this body has Strength, intelligence and Emotions which is related to physical Body, Mind and Soul respectively. Ideal conditions for this body would be, to have, sufficient strength and zeal, adequate wisdom and knowledge and enduring satisfaction and happiness so that it can help us succeed in profession, finance, relationship and spirituality.

The ideal daily life routine surrounding this body should be filled with activities like, early rising, physical exercise, right feeding, good reading, learning, motivation, meditation, prayers, selfless service and charity. These activities strengthen our ability for quality performance in life by strengthening mind, body and soul.

We are born in a society; society is made up of relationships. An ideal picture for any relationship is like having people in our life who can accept, support, care and serve. The result of which will be an overwhelmed feeling of being loved. This will give satisfaction of having the relationship and will secrete consistent happiness in being within the relationship. An ideal daily life routine surrounding such a relationship should include, talking to them, helping them, respecting their choices, motivating them, replacing quarrels with due diligence, envy with appreciation, assumption with face value and dead-end with hopefulness.

Everyone is not at the same level of thinking, one develops his thought process based on his past experiences, vision for future and present commitments. All of these three vary from person to person, so is his line of thinking. Sometimes we feel that things may fall apart if I don't intervene. Still then, you have to let go, because it's better to save the relationship than to win a small battle. It's better to be harmonious than

correct at all times because deep down we all know that we are not correct every time and everywhere and in all situations. We make mistakes as well as we choose to go wrong sometime to feel good, we should be humbled by our own flaws. There are many things in life where we take a little liberty from morals, ethics and laws. At least these instances should make us a little more accepting of the mistakes of others. Understand that if they are wrong, we are wrong too, it's just the matter of seeing oneself.

A wrong decision brings in learning, you might have it already but others may lack it. So, this is the time for them to learn. Therefore, accepting mistakes helps other person grow through experience. Stakes may be high at times, but you need to weigh your situation and relation. In the long run, one who stands behind you is not the situation but the person. So value your relationship and bear the hardship of nurturing it and accepting them. Dissociation is a bad choice and last resort. So never keep it as an option in spite of it. Good Health and strong relationships have the potency to generate immense prosperity, satisfaction, peace and happiness. Isn't it an ideal life?

IDEAL LIFE

**SOUND
HEALTH**

**DEEP
SPIRITUALITY**

**STRONG
FINANCE**

**PERFECT
PROFESSION**

**SUPPORTIVE
RELATIONSHIP**

“The purpose of life is a life of purpose.”

– Robert Byrne

Chapter 64.

How rich do I need to be, to have an ideal life?

Richness is quantified as a ledger balance of time, wealth, health, knowledge and Purity. And how much extra or redundant, you have and can be shared with others, including your immediate family, now you can decide how rich you are.

The more you have these in equal proportion, and the amount you can afford to spare, the richer you are. But one needs to be mindful that richness is one wholesome combination and balance of all these five possessions. If anyone is missing or its balance is low compared to others, then you are actually Poor. A poor person in a lay man's definition is one who has less. Give a vision to your eyes to look at people under the above lens to understand the difference between who is actually rich and who is ignorantly being considered rich. In general, when we talk about being rich, we are basically considering only materialistic wealth. Riches are required to overcome hardship in life which revolves around protection and comfort of this body and those of our loved ones. We almost forget that our mind and soul is also a part of this body and that too requires protection and comfort.

The body which is materialistic needs materialistic wealth, Mind needs intellectual wealth and soul needs spiritual wealth for nourishment. Acquisition of these resources is what we are constantly engaged in. This forms our daily activity cycle in the office, home and society. Materialist wealth like money is required to make an organized, clean and peaceful lifestyle which includes basically house, food, clothes and other peripheral things. These are material and quantifying value which can be bought and sold. The quantity of these possessions depends on need, aspiration and greed.

The difference between need, aspiration and greed is that need and aspiration is linked with an objective whereas greed has no objective, it's linked with fear and insecurity. Need and aspirations are pretty much achievable through rightful means without exchanging it for your inner peace and happiness. It gives you the feeling of self-satisfaction and accomplishment. Greed on the other hand will always make you look smaller than others, since there will always be someone richer than you. It will generate dissatisfaction, frustration and sadness. It's a big no. no.

Real wealth brings in entrepreneurship, financial prosperity, professional progress, stable relationships, inner peace and a state of bliss.

Rich **VS** *Poor*



- HEALTH
- WEALTH
- SPIRITUALITY
- TIME
- RELATIONSHIP
- PEACE
- BLISS

● MONEY

"The goal isn't more money. The goal is living life on your terms."

– Chris Brogan

Chapter 65.

Why is time, wealth, health, wisdom and purity considered richness?

Time. Everyone gets the same 24 hrs. a day. Some can't even achieve a meaningful life and some make marvels out of it. So, managing time in a way that you have enough of it to spare not only on fulfilling your aspirations but serving others too. That makes you really rich.

Health. A good one means a lot of energy, strength and stamina. You require all of these to achieve even a smallest goal in your day-to-day life. The resourcefulness of good health is incomparable to any other form of wealth in the world, the more you have, the richer you are. So, managing health in a way that you have enough energy, strength and stamina not only for fulfilling your aspirations but for serving others too. That makes you really rich.

Wealth. It's that component of Richness which seems to be the ruler. It camouflages every other richness. We continuously tend to get deceived by its glitterati until we realize that life has become hollow and meaningless. Wealth, in the form of money, gold, land etc. is a symbolic representation of our fear, greed and ego, if these are being accumulated beyond a reasonable point of necessity, comfort and security. Whatever said and done wealth is obviously needed to run the livelihood. It also shows how committed, determined and successful you are in materialistic contribution in the society. It's good to be wealthy but actual richness is acquired by using your wealth for serving yourself as well as the needy around you and giving contribution for physical, mental and spiritual well-being of the society.

Knowledge. It gives you the power to make a near correct decision, which bears fruitful results in future. Your destiny is a composite honeycomb of all the decisions that you have taken till now. A good knowledge bank makes you richer each day through favorable decision making.

Purity is the quality of soul which helps you relish all the richness that you have acquired through good health, meaningful time, purposeful wealth and resourceful knowledge. Because of your deeds, if you have guilt, frustration, cruelty, hatred, shame or sorrow then any kind of richness is meaningless. The richest individual of the world in a true sense is the one with the pure soul and he who lives in absolute consciousness. Like monks are power houses of bliss, they can't sell it to others, nor anyone can buy it from them. It needs to be earned, the hard way.

YOU *are not full*

Till you have
TIME
HEALTH
WEALTH
WISDOM &
PURITY



“Life is full of choices, and every choice you make makes you.”

– John C. Maxwell

Chapter 66.

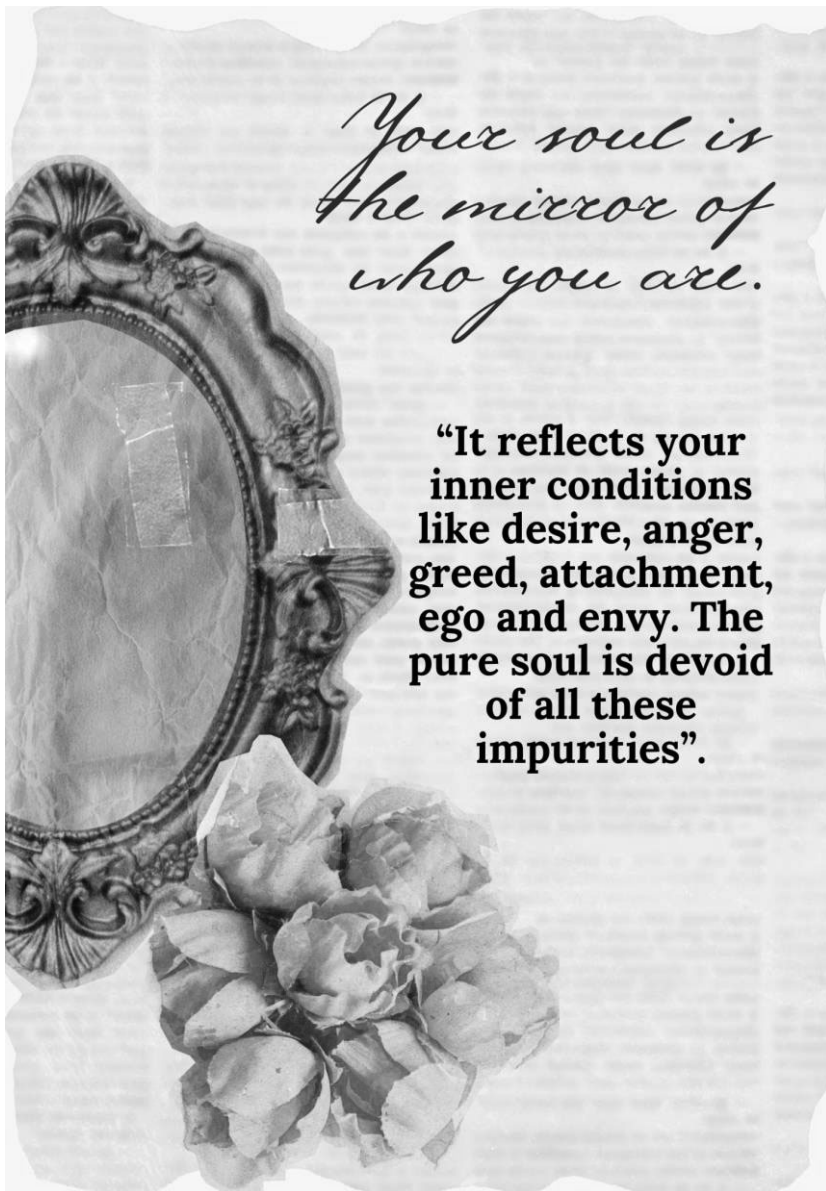
What is the meaning of being a pure soul and living in absolute consciousness?

The property of a pure soul is like a clean and polished mirror, which is being able to experience, generate and reflect, feelings appropriate to the encountered situations in life, for example a sad incident should initiate the eruption of 1. Feelings like Depression, sympathy, mercy, kindness and hope 2. Action like Helpfulness, Mercy, Charity, Justice and Austerity 3. Emotions like Sorrow and fear Similarly when we encounter a happy situation like getting a new car, house, relationship, fame, success or someone else getting them too should generate without ifs and buts, the 1. feelings, like joy, satisfaction and peace 2. actions, like appreciation, thankfulness, humbleness and support 3. Emotions, like delight and confidence

In case if it's not happening this way, then be sure that the soul has undergone enough conditioning to not reflect the way it should, like a dirty mirror. Impurity of soul or conditioning of soul is like having many layers of dust over a mirror, which is unable to reflect the real situations arising within and outside us. A conditioned soul gets happiness, in someone else's sorrow, gets jealous of someone's success, gets greedy by seeing someone riches. The ruling attitude of the conditioned soul is too much desire, anger, greed, attachment, fear, envy and ego. An impure soul is impure because it is filled with these impurities, which does not allow it to enjoy any kind of fulfillment. It's like a hungry demon, trying to eat away all your happiness. Therefore, to enjoy whatever riches you have acquired in life, small or big, it's an important and absolute priority to maintain purity of soul.

Living in absolute consciousness means being in a mental situation of awareness at all time about Yourself, as to who are you, what's your

purpose, what you made up off, who is the controller, how is he controlling, what is the composition of your interior and exterior nature, how are you related to the ecology and what's the objective. Without knowing these facts and philosophies related to Ourselves, our Activities, Time, Nature and God, it's impossible to be peaceful with our restless and ever inquisitive mind. Also, our Action, Speech, Thought, Emotion and Dreams won't be appropriate to keep you in a state of Satisfaction and Happiness.



*Your soul is
the mirror of
who you are.*

**"It reflects your
inner conditions
like desire, anger,
greed, attachment,
ego and envy. The
pure soul is devoid
of all these
impurities".**

"As water reflects the face, so one's life reflects the heart." – Proverb

Chapter 67.

What could prevent us from living in absolute consciousness?

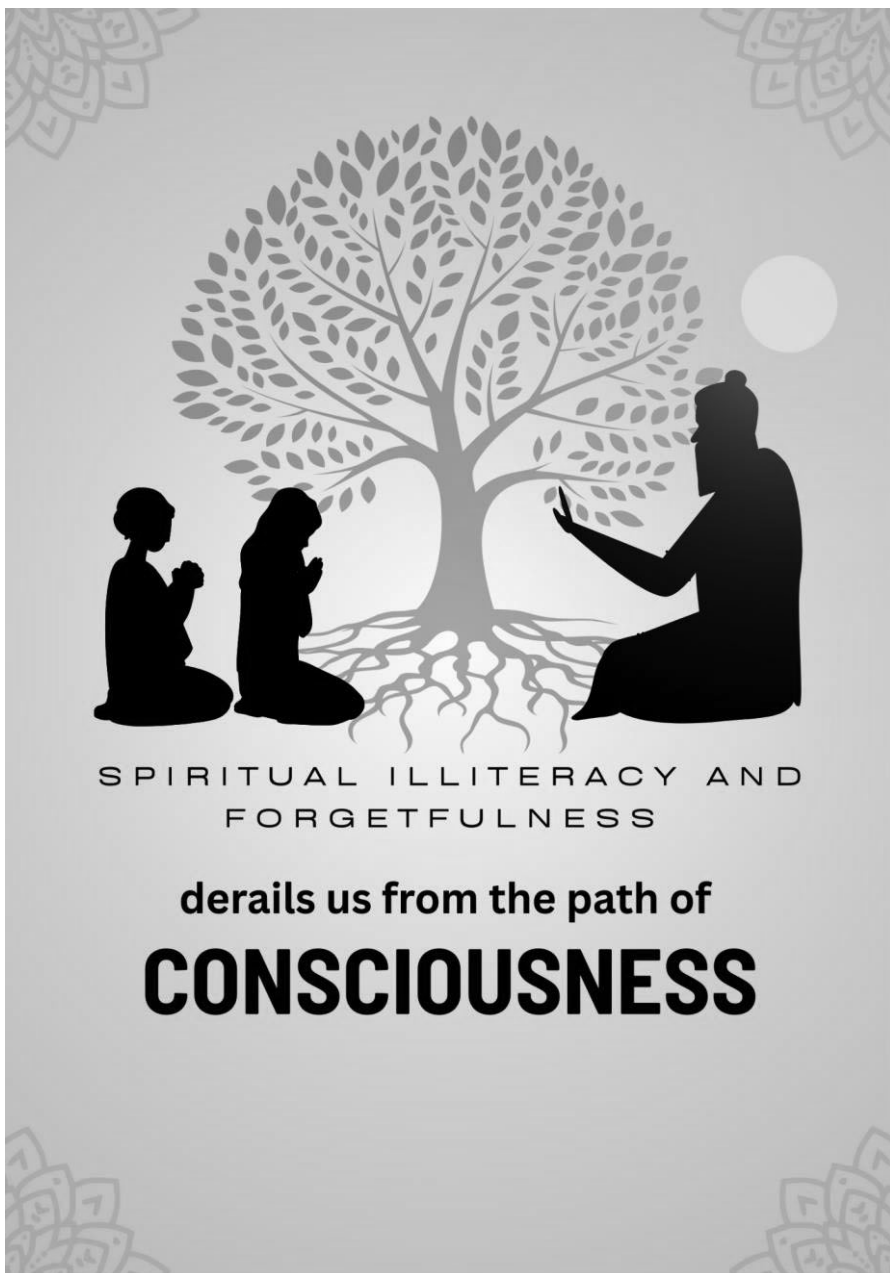
Knowledge of “Living in absolute consciousness” is the foremost requirement for actually leading life in the quoted way. But just knowledge is not sufficient because we suffer from human limitation of forgetfulness. All your knowledge fizzles out if we forget and fail to act according to it, when the situation demands. Our response to any incident is the same as what we have been practicing over the years or it’s totally impromptu, which we ourselves could not understand why and how did I respond in that way. Once I visited an army hangar on the border front line, where there was a big writing on the wall, which says “In war time, you do what you have practiced in peacetime”.

Unless the knowledge is brought into practice, it’s of no use. You have to repeatedly practice what you have learned so that it becomes your habit and you start generating and accumulating its benefits that later on builds into a fortune, which the outer world will see as your destiny. The fortune here does not refer to only riches but also to legacy, thought, philosophy, system, reforms etc.

All the activities which have the potency to bring in forgetfulness into your conscious living act are your enemy like addiction, gambling, ill-eating, illicit relationship and vulgar wealth. These things don’t allow peace of mind, they are like fogging of mindfulness, where clarity is reduced hence forgetfulness starts ruling. Conscious living is higher living, it’s a design living whereas unconscious living is by default with the philosophy of “take as it comes” always keeps you in a grind or on a roller coaster of emotions and mood swings. For example, by designing a system, five-star hotels do a good housekeeping whereas by default, the same place will look like a garbage thrash. By default, time makes everything rot on its own. It’s natural that if we leave ourselves without attending to the upkeep of needs of the body, mind and soul, we need to degrade physically, mentally and

emotionally and then you are slowed down on the path of achieving the purpose of life. If this is not corrected in time then life is set to be doomed.

Our ability to deal with our limitations is very small unless our effort is supported by some forms of soul searching. Many ancient texts also substantiate that acting in the mode of detachment transpires us into true enlightenment which finally helps you to work with devotion and surrender to the Almighty or the supreme personality of Godhead, making your life like a blossomed flower.



"Consciousness is the only reality."

– Sri Ramana Maharshi

Chapter 68.

Can living in absolute consciousness make us wealthy?

Conscious living is like having the best of health, physical, mental and spiritual. A good physical health will make you do what you want to do, a good mental health will help you plan and visualize what you want to do and good spiritual health will help you draw the truthful and real objective of your plan and finally enjoy the result of your effort whatever it may be.

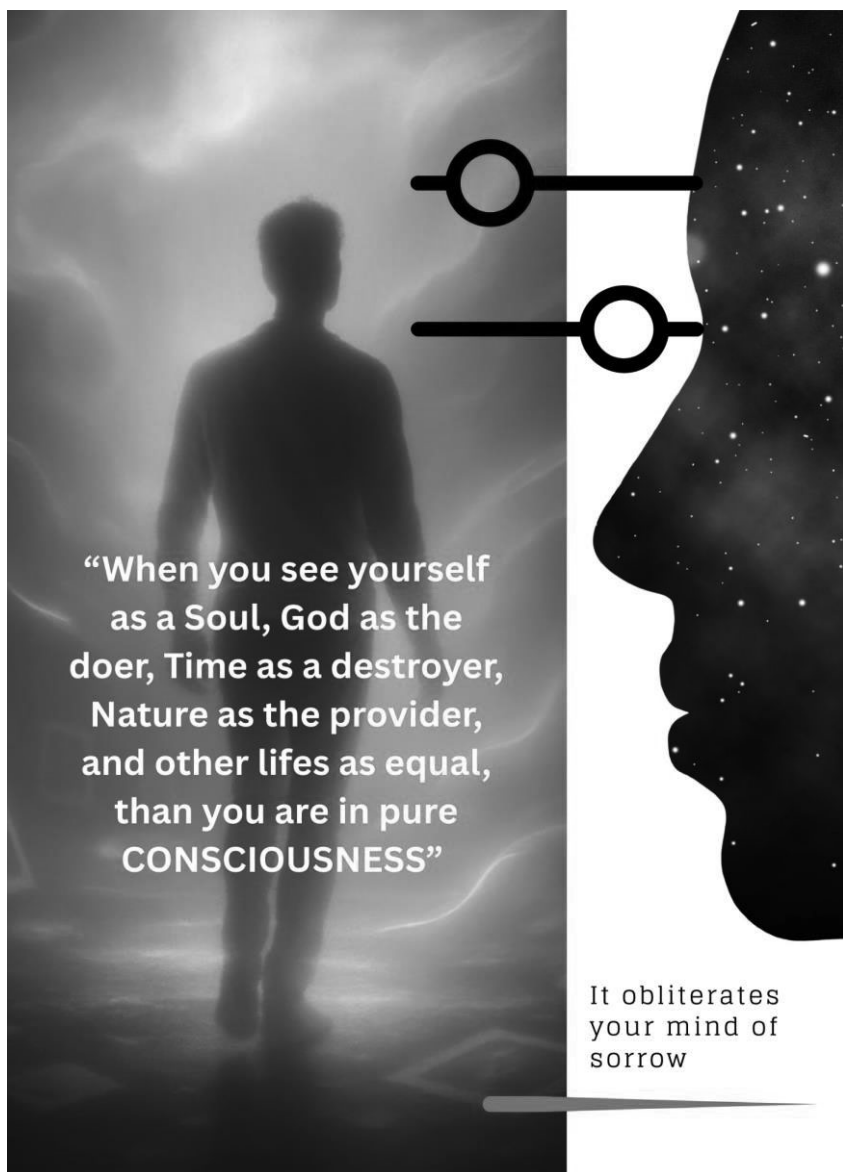
A conscious person is not affected or considerably affected by desire, greed, anger, lust, attachment, fear, envy and ego. He has full control over himself and can achieve any goal in life or in other words can make his life worth living. Riches and wealth are just the byproduct of your good work. As much as you can contribute to society, that much would be your wealth and fame. To maximize your contribution, you have to overcome or regulate human limitations of Desire, Greed, Anger, Lust, Attachment, Fear, Envy and Ego. The one who can regulate all of these would be the front runner and winner in everything he does without doubt. And the one who can completely conquer these shortcomings will be somewhat saintly. He is no more bothered by wealth as everything that wealth can ultimately give you, he already has it. His contribution in society would be to educate and make others realize the importance of conscious living. In both cases, it's a win-win situation for all.

A person can choose to live his life in complete darkness or ignorance of not wanting to know the philosophies associated with life. This kind of person will see everything, small or big, in his life, is happening without his control and willingness. His car is steering less. He is a mere spectator, waiting for an accident to happen.

A person who lives in partial knowledge or knowledge without realization or knowledge suppressed by ego will have minimal control over the events unfurling in his life. Sometimes he will be happy seeing the fulfillment of

his ego and something he will be extremely aggrieved and agitated on seeing his ego being crushed by others or by some unknown forces of destiny. His car has misaligned and faulty steering. He is always on course correction. The chances of an accident are very high.

A person who lives in consciousness is in near full control over his action and life, except for birth, death, old age and disease. His car has a steering wheel held by God himself, and he enjoys the ride, thinking as if he is the driver.



“When you see yourself
as a Soul, God as the
doer, Time as a destroyer,
Nature as the provider,
and other lives as equal,
than you are in pure
CONSCIOUSNESS”

It obliterates
your mind of
sorrow

*“The highest form of intelligence is the ability to
observe without evaluating.” – Jiddu Krishnamurti*

Chapter 69.

How to live in absolute consciousness?

Consciousness is the awareness of your true identity, your environment and your controller. If all of these are fully known and one being situated in its awareness without forgetfulness then the purpose of being born on earth is easily understood and also the knowledge to fulfill these purposes are illuminated in the heart. This condition of mind is called consciousness. Contrary to this is bewilderment, confusion, ignorance, illusioned, lost and purposeless.

The outcome of conscious living is peace of mind, satisfaction and happiness on the spiritual front and worldly opulence

on the materialistic front. Whereas the outcome of ignorant and forgetful living is mental chaos and materialistic erosion.

To live life in consciousness one needs to practice mindfulness through various processes established in different cultures like meditation, yoga, positive motivation, religious discourse, prayers, devotional service, charity, forgiveness and humility. One must include all of these in daily life routine. Our mind is forgetful, what we learn, we tend to forget unless it becomes a part of our daily habit. It's like two paths running parallelly in our life, one is less sense satisfying but it's peaceful, joyous and has permanence whereas the other path has lots of elements of instant sense gratification but it has chaos, delusion and is temporary. Being in peace is less tiring, you have enough energy to channelize it on the objects of happiness, whereas being in chaos drains you completely and you lose sense of direction and purpose in life.

Another important way to stay in total consciousness is by avoiding objects of distraction like any form of addiction, too much indulgence into materialistic comforts, keeping company of ignorant people who prioritize their ego above all other considerations.

We know that we are into conscious living when we are able to show gratitude to God for all our achievements whether big or small. When we can accept all situations in life without complain and remorse, when we are motivated to do right things even when the circumstances are harsh, when we can take criticism politely, when we can choose wisely between proving and improving ourselves, when we know that Karma is playing its part, when we know that all our efforts to succeed is connected with feeding the aspirations of humanity and not just an individual self or family and when we deeply believe that God is supreme, we are His instrument and we finally have to return to Him.

Absolute

We know that we are into conscious living when we are able to show gratitude to God for all our achievements whether big or small. When we can accept all situations in life without complain and remorse, when we are motivated to do right things even when the circumstances are harsh, when we can take criticism politely, when we can choose wisely between proving and improving ourselves, when we know that Karma is playing its part, when we know that all our efforts to succeed is connected with feeding the aspirations of humanity and not just an individual self or family and when we deeply believe that God is supreme and we are His instruments and we finally have to return to Him"

"Consciousness is the light that makes experience possible."

– Sam Harris

Chapter 70.

What kind of lifestyle helps in conscious living?

Living in consciousness is a complete lifestyle process. What do we eat and drink? How do we clothe ourselves? With whom do we keep company?, What is our daily routine? and What life philosophies are we attached to?. All of these carve a specific lifestyle. The lifestyle that promotes good physical, mentally and spiritual health leads to conscious living. Most activities in our life are driven by sense gratification including food, clothing, styling and living, this takes us into darkness and ignorance.

The highest level of consciousness is promoted by vegetarian food and nonalcoholic drinks. Milk and milk products are natural nourishers. Food should be eaten in a fresh, tender, sweet and juicy form with minimalistic cooking, low on spices, salt, sugar and other additives. The content of food should be both soothing to taste buds as well as stomach. Sense satisfaction as well as nourishment of Mind, body and Soul should be the objective of food and should never be sense gratification. It's obvious that overeating, over cooking, over use of ingredients ultimately spoil the natural quality of food. It upsets your stomach and adversely affects the digestive process.

Our choice of clothing should make us feel comfortable and presentable. In all cases, it shall promote confidence in you and respect towards others. Your clothing should stimulate the appropriate feelings and emotions depending on place, person and situation. As long as we adhere to this clothing philosophy, we will experience peace of mind but as soon as the focus of clothing changes to sense gratification then it will attract unintended attention leading to mental chaos, distraction and related sufferings.

People affect us more than anything else in our surroundings. Our close one with whom we spent most of the time has a super impact on our life. Their views, thoughts, philosophies, way of life becomes ours in an

unconscious way. It's natural. As we can't defeat nature, we need to choose our friends and associates properly because you will be one like them after long association especially in your thought process. Always choose to spend time with people who do not deviate your focus from the lifestyle of conscious living.

Our daily routine should be planned in a way that it ensures sufficient time for self-introspection, grooming and nourishing. Early rising is a must for a disciplined person who wants a conscious living because it demands time for Yoga, meditation, exercise, devotional service and chanting. Sleeping early is equally important for rising early, without having sufficient sleep one can never wake up early. Unless you have mastered the regulative lifestyle and mindfulness. In this case four hours of deep sleep is sufficient, Getting attached to some organization that promotes a healthy lifestyle and conscious living is helpful.



"Living consciously means choosing rather than drifting."

– Nathaniel Branden

Chapter 71.

What kind of philosophy is best for conscious living?

Adherence to some kind of Life Philosophy is important for building a thought process. Thought is an amalgamation of all your brain stored ideals, facts, beliefs and vision and for some meditators, it also includes natural revelation of knowledge. Your thought is very important because it translates into action, action into habits, habits into destiny. Always remember that the philosophies you are adhering to, have the capability to harmonize your life by reducing confusions and increasing inner zeal. It shall ensure that your thought process helps you, remain open minded, considerate and humble. It shall promote coexistence with humans of various races, color, culture, tradition and beliefs. It shall keep you close to nature and in the cradle of God's love without any kind of fear of past, present and future. Our thought process decides the course of our life which trickles down in our daily routine and forms habits.

Our daily routine largely builds our lifestyle. Each day shall start with early rising. All achievers have this one habit in common. They are all early risers. In all dominant philosophies and religions, early rising has a very important role to play in deciding what kind of life you will be leading. In laymen's words, early risers have more time in a day than the late risers. The mind is fresh and free from clutters, that all productive work happens with the highest efficiency in the morning. It sets the mood for the day. It pumps in huge energy. As the day grows, the physical energy, mental agility and emotional stability reduces, therefore evenings are marked for leisure activities to comfort our body, rest our mind and subdue our emotions, finally this body temporarily dies down in the darkness of night to rejuvenate, repair and prepare for the next morning.

Eating as per the sun clock is most beneficial. Our digestive system is linked with the sun's movement. The digestive process is most efficient before noon and it slowly decreases as the sun starts setting. This is one of the core

teachings of Ayurveda. In the morning, eat heavily to have enough energy for the full day. When the sun is overhead, eat enough to carry along till evening. At sunset, eat just enough to support the body function when you are asleep and not to overwork them through the night by over-eating. You need rest at night, similarly all your organs also need to rest. The best time to wake up is about one hour before the sunrise. And the best time to sleep is about three hours after sunset. Some modern theories believe that 6 hours of sleep is sufficient if you sleep around 10 pm. The same increases to 8 hrs. if we sleep around 12 midnight and if you sleep after midnight, your body does not recover even after sleeping 12 hours. The exhaustion is carried forward to the next day. If this becomes a continuous routine then the body starts to breed physical and mental diseases and emotional instability.

Choosing the right kind of eating and sleeping pattern is the most basic and most important self-attention you can give for better living. You cannot skip or let yourself lose in these two areas of daily living. They are bedrock of holistic health. They are the first marker of physical, mental and emotional health. A holistic wellbeing of the entire society is the purpose of any life philosophy.



CONSCIOUS LIVING PROMOTES
HOLISTIC WELLBEING
AND SOCIAL HARMONY

"Health is a state of complete harmony of the body, mind, and spirit."
– B.K.S. Iyengar

Chapter 72.

How do we choose the right kind of people in our life?

If we closely look at our surroundings, we will find that, generally, we interact with the same people most of the time. They are our family members, relatives, colleagues, friends and acquaintances. There is obviously no choice in deciding our family members and relatives. The only choice we exercise in this sphere is finding our friends and life partners. For married ones, our spouses affect our behavior and mindset, more than any other relationship. For unmarried ones it's their parents, relatives and friends. Since we have no choice regarding our relatives and parents, we shall at least make a conscious choice in making friends. It's more important to unfriend than to be friends with someone, because the wrong kind of friendship will completely destroy your life. It will deviate you to the point of no return.

Friendship is quite a natural process, we tend to fall in friendship quite unknowingly, often by just spending time with each other. The effect of our companionship is realized later when various situations manifest in life. If such companionship is resulting in degradation of life or leading you to ignorance of your duties and responsibilities then it's time to let it go immediately without a second thought. Let people think and believe that you have changed, but you know in the core of your heart that you have changed for good. So, unfriend.

Let's come back to choosing our spouse. It's absolutely important to exercise your choice very very cautiously, because you are making a decision to almost replace the love of your parents, caring of your near and dear ones and support of your friends all in one quality of your spouse. If you fall in love, make sure that love is genuine, it's not for any reason other than pure liking for that individual. There shall be no obvious or hidden or suppressed motive in establishing such a relationship nor it shall be made to fulfil physical desire or some obligations. It may happen that

physical desire has taken over all consideration but remember to come out of it if the companionship is not coming strong in terms of caring, sharing, mutual respect for culture, tradition, language and rendering support under difficult conditions. Moreover, your likings and disliking shall be respected with due consideration to likings and disliking of your to be spouse alike.

When you have a choice to marry, it's important to understand that a female looks for masculine characteristics in men which are physical, mental and emotional, similarly a man shall look for feminine characteristics in a woman for better compatibility. This is related to Yin and Yang energy as per Chinese philosophy. When these are balanced then only a good compatibility is established. Yin is related to feminine energy and Yang is related to masculine energy. Yin energy is caring, sharing, merciful and intuitive thinking such a woman is most suited to be a wife. Similarly, courage, decisiveness, assertiveness, logical thinking is the Yang energy compatible for a good husband. Being opposite makes a disaster in marriage. But it's natural that some people acquire opposite energy. It will create disturbance in life which needs to be dealt with through learning and practicing to balance the energy.

YIN & YANG

PHILOSOPHY

Chinese philosophy, primarily rooted in Taoism (Daoism) and the *I Ching* (Book of Changes)

YIN



VS

YANG



LOVING
CARING
SHARING
INTUITIVE
MERCIFUL

MENTORING
PROTECTIVE
PROVIDER
LOGICAL
ASSERTIVE

Balanced Yin and Yang energy makes for a great spouse and rewarding marriage.

“Yin and Yang are not opposing forces; they are complementary energies that create harmony.”– Taoist teaching

Chapter 73.

How to deal with a toxic relationship?

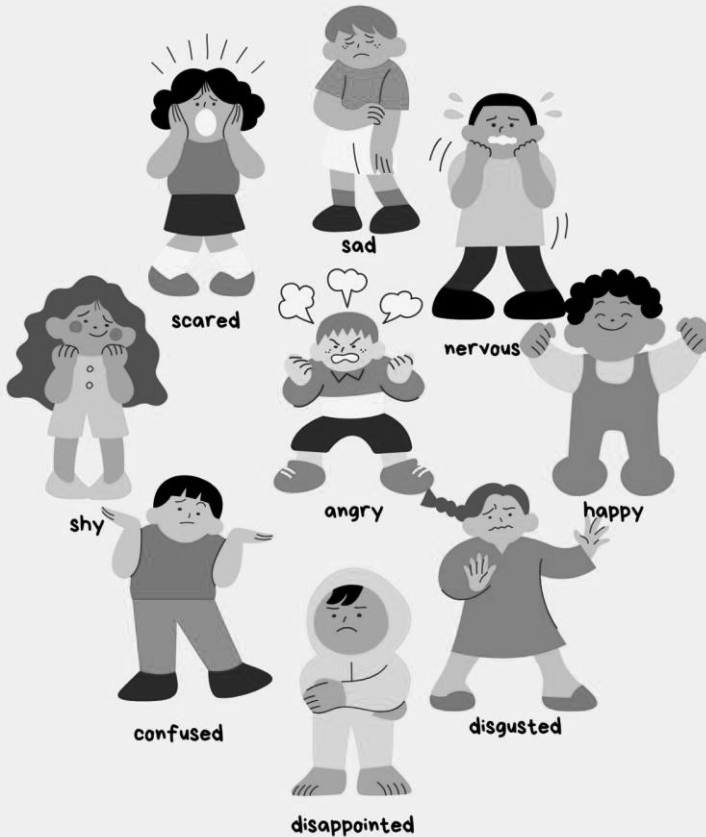
It's easier said than done, toxic relationships shall be discarded, if not physically than mentally for sure. You may live in the same house with someone who tends to poison your mind through negative thoughts, depressing talks, unmotivating lifestyle, nagging behavior and most of the time keeping a disgruntled emoji on your face. It's difficult to survive with such a person unless you become a part of their story and slowly turn into a similar emoji yourself. How do you feel when someone sends a smiley on the chat box, someone gives you a real smile when you walk past in the park or someone welcomes you home with a delightful smile? Without doubt, one feels happy and responds with the same feelings and a bigger smile. Our feelings are basically generated based on what we are thinking or experiencing at that moment of time. For most of us it directly commensurate with our surroundings, be it weather, people or things. Bad surroundings, bad feelings, bad emotions.... that's the chain. For negative people even good surroundings generate bad feelings and bad emotions because of the never-ending bad movie playing in their brain. We are vulnerable to outside stimulants. They make us laugh, cry, angry, frustrated etc., it looks like all the control is in someone else's hand. Till this kind of default setting is there in the brain, it's impossible to experience perpetual peace and joy. We need to change something. We have to build another kind of mind set which does not respond, react and emote under the influence of external stimuli. Everything external will just be like a visual without any connection to your emotional being. Can we do that? Well it looks impossible but if you do a little research on google, you will find that our ancestors in the past have worked on this issue and have found out a formula, this is known as Meditation.

There are various forms of meditation which actually gives you the authority to control your emotions, irrespective of any external stimuli or

force. If someone throws a stone at you, you defend yourself with some form of shield. If someone injects negative thought, you defend with positive motivation. If someone tries to induce negative emotion, you defend with soul soothing opposing emotions. We can clearly understand that, material hazards need physical protection, mental hazard needs motivational protection and emotional hazard needs meditational protection. Yoga and Pranayama help here.

emotions are stimuli, they
induce similar feelings

CHOOSE THE RIGHT PEOPLE IN LIFE



*“Your emotions are the slaves to your thoughts, and
you are the slave to your emotions.”— Elizabeth Gilbert*

Chapter 74.

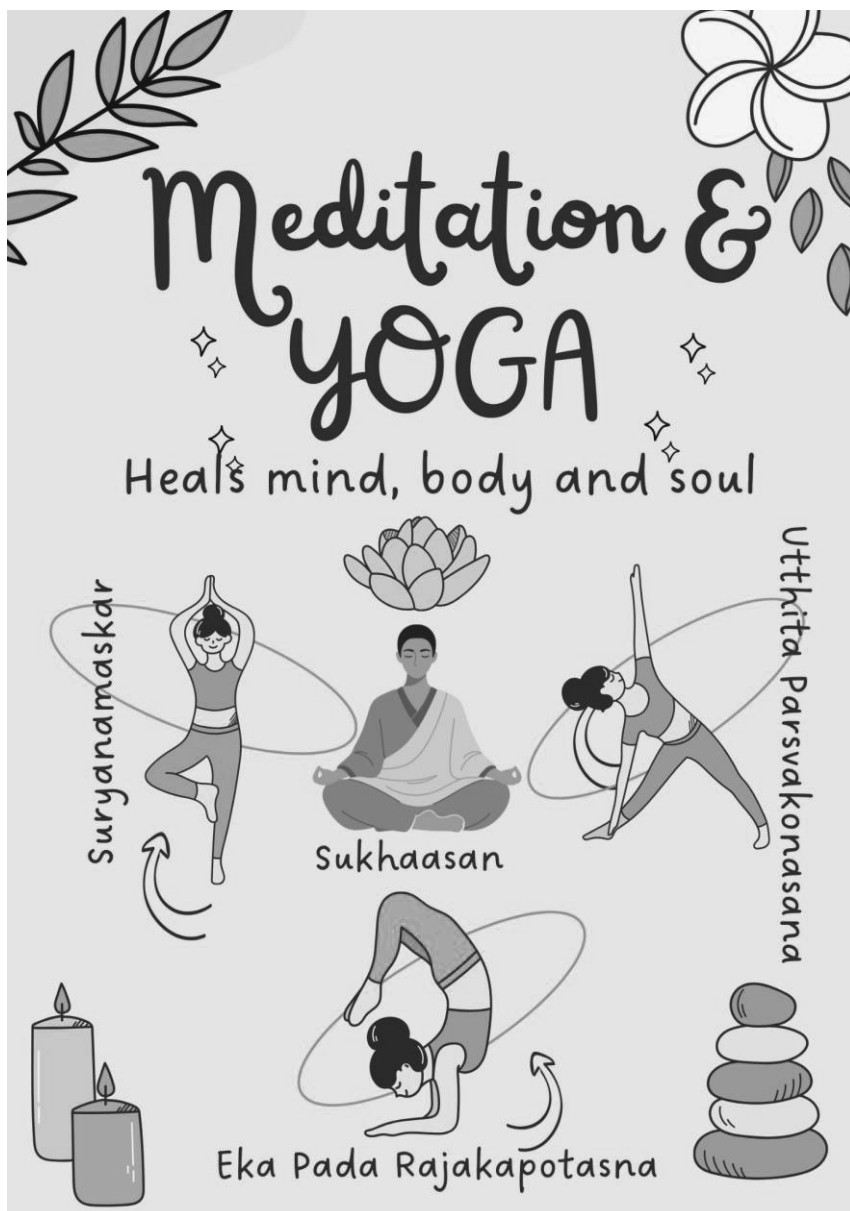
How does meditation and yoga help us in our modern lifestyle?

Meditation is a very ancient process. Still in the modern world, it remains the most effective tool for mentally ill and emotionally unstable individuals, in the hands of psychiatrists, psychologists, motivators, gurus and saints. Modern hospitals and medical faculties mostly deal with the physical body, their technique is focused on physical healing only. But mental and emotional illnesses like depression and stress are much deeper rooted in the body and very subtle in nature, therefore modern medicine and treatment methods find themselves inadequate and scientifically weak. The concept involved in it may be unexplainable in present day science. Maybe in the near future, when science could be able to establish its importance. But it's factually proven that the result of any form of meditation enhances your capacity to deal with the most subtle to fiercely eminent mental and emotional situations in life. In addition, it increases attention span and emotional stability.

Medically, both mental and physical pressure increases the levels of the stress hormone called cortisol, these releases inflammatory chemicals called cytokines, which can disrupt sleep, promote depression and anxiety, increase blood pressure, and contribute to fatigue and hazy thinking. Meditation helps in regulating the harmful hormones and secrets of happy hormones like Dopamine etc. There is no harm in taking up meditation on an experimental basis to test it yourself whether the claims made by numerous people over thousands of years are still valid. If you get the result then, for sure you have found the treasure.

The need for meditation was felt very early in human history, well before the formation of any known religions on earth, except Sanatana Dharma which in modern world is identified with Hindu religion, dates back 10000 years. They have developed practices like Yoga, Japa, Pranayama etc. There are many meditational techniques for various types of healing. For

example, Japa meditation aims at mastering the control over Ambition, Anger, Greed, Attachment, Fear, Envy and Ego. Whereas Yoga is a complete science of self-management, nurturing and healing Mind, Body and Soul, all put together. Yoga is a Sanskrit word, which means “To unite” and its objective is to unite the Mind, Body and Soul with the Super soul who is the ruling energy of the known and unknown universe thereby re-establishing a relationship with the self as well as God.



*“The body benefits from movement, and
the mind benefits from stillness.” – Sakyong Mipham*

Chapter 75.

What do we actually mean by relationship?

A relationship is nothing but a connection. It connects two or more individuals at a materialistic and / or spiritual platform. Relationships are how we are related to each other. Let's see how every individual is related to each other, starting from Parents, Spouses, Children, Relatives, Friends, Colleagues, Boss, Acquaintance, Guru and God. Relationship is one of the main contributors of happiness, at the same time it's also the major cause of sorrows.

Humans basically can't live alone, they need companionship. All relationships are

like a conduit between each other, at the levels of mind, body and soul. This conduit is designed by nature for the smooth flow of love, empathy, compassion, dearness, mercy, influence and dutifulness. Without the proper flow of such emotions, our indulgence will not be able to extract the sweetness of that relation, in fact it would be totally unpalatable. If the flow of such emotions has dried up, then for sure it's the time to diagnose, troubleshoot and rectify the blockage in the conduit. We shall work towards rejuvenating such empty connections and ensure that there is a constant flow of supporting emotions through our action, speech and intention.

Relationships fulfill the void of loneliness, mental weakness, emotional dependence and physical support. Among all the different kinds of relationships, friendship, marriage and mentorship are purely based on choice. Rest are acquired by birth or entrusted upon us. Whatever be the case we should clearly understand that relationship gives us a reason as well as passion needed to survive. Sadly, human relationships are full of voids, most common ones are, misunderstanding, unacceptability,

unfaithfulness, distrust, self-righteousness, greed, over-dependency, hypocrisy, ego etc.

Only one relationship is absolutely free from any limitations and that's our eternal bond with the all forgiving, ever accepting and purely compassionate one The God. He can accept and give limitless love and mercy unlike humans who get conditioned according to the situation and start equating. To save oneself from emotional breakdown due to snagged relations with humans, it's very important to remain in a dutiful, ever serving and loving relation with the creator. This comes naturally to the most blessed and fortunate one, others may need to practice devotional services to establish this connection for happy living.

RELATIONSHIPS

ARE EMOTIONAL CONDUIT



keep it clean
LET FEELINGS
FLOW FREELY

*"The best and most beautiful things in the world must
be felt with the heart." – Helen Keller*

Chapter 76.

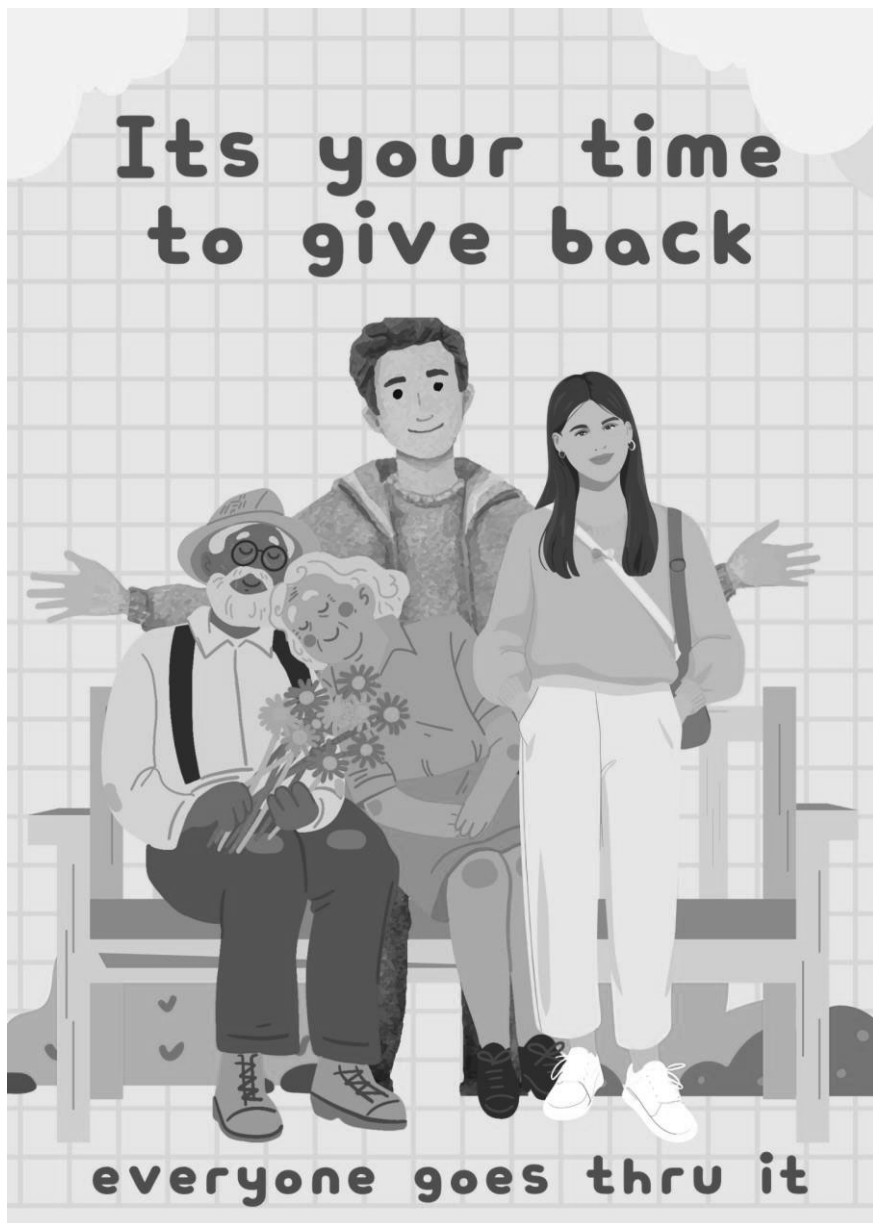
How should we keep a healthy relationship with our parents?

Parents are related to you through birth and you are their first line of blood, therefore we have the strongest emotional connection with them. It goes beyond the language of communication. Their feelings and thoughts are shared not only through speech and behavior but they transmigrated through different dimensions of unknown communication, like telepathy and intuition. This relationship is only next to God and Guru.

For maintaining a perfect and healthy relationship with parents, it requires a kind of submission and devotion similar to the submission and devotion we show towards God. Parents always aim for and are concerned with the well-being of their children so we have a responsibility to lead a life where we don't endanger our well-being. We shall communicate with them in the way they have done to us in our growing days i.e. with love, compassion and forgiveness. We shall show respect for their experience and effort. We shall make ourselves available for their well-being as they have done for us. Being a good human being satisfies their expectations more than any of your achievements. Your wellbeing means a world to them. They don't need anything from you, but the world moves on with resources. A small contribution in their livelihood, would help them navigate in their small world. Also, it gives you a sense of responsibility towards them and they too feel loved and cared.

God has created parents and children to take care of each other. When you could not even crawl, they have attended to your call in the wee hours now they are old, it's your turn. Mind you, this duty is not out of choice, it's a mandatory responsibility of every grown-up child. One who fails to comply with this natural duty has to suffer the agony and guilt for life, which later burns him down mentally and emotionally. It's like their expectation and belief of having born and raised a good child, gets shattered and they feel that their entire endeavor resulted in a failure. Their remorse, secretes such

feelings in heart which transmigrated into your mental system and never allow you to be at peace at any level of body, mind and soul. Your life will manifest a story of a broken man and you can never clearly understand why? So go and shower a heartfelt love, affection and appreciation to your parents. Serve them. Their smile, feelings and kind words would pull you out of any dreaded situations in life. Do it for yourself and experience. You will be the witness of your own belief. If not for anything else, at least satisfaction of the highest level is guaranteed in rendering selfless service towards your parents. You are biologically and spiritually related with your parents so their happiness transfuses both biologically and spiritually into you.



"The simplest acts of kindness are by far more powerful than a thousand heads bowing in prayer." – Mahatma Gandhi

Chapter 77.

How should we keep an ever-green relationship with our spouse?

Marriage is an institution of committed and dutiful companionship along with mutual attraction and appreciation between two individuals. In all cultures, marriage has been given an incredibly significant place. In fact, the invention of marriage is one of the most important human endeavors, in establishing order in the society. As we are aware that desire for sensual pleasure is no lesser feeling than hunger, in both animal and humans. So, our instinct and lust to indulge into it is very organic. It's nature's way to instigate and compel us into copulation for the ecological progression. The above understanding is extremely basic. It touched just the logic and rationale behind physical relationships but in reality, human dreams and aspirations are way above the basic needs, which includes peaceful coexistence, comfortable living, luxurious lifestyle, hunger for knowledge, inquire into existence and many more.

Unlike animals our desire for copulation is not paramount and absolutely it's not our ultimate goal, it's just one more age-related emotion and in much subdued form when compared to other aspirational commitments. Old traditions have shown equal respect for both men and women which is well documented through ancient scripture. Identity of a relationship between men and women is necessary for the safety and respect of both and overall peace in the society. With this thought the institution of marriage must have come into existence. Marriage fills the void of loneliness at the level of most raw understanding, practically it fulfills the need for physical pleasure, children, domestic support, protection, emotional dependence and mental well-being.

Being cared, appreciated, loved and served are the foundational needs of all, apart from food, clothing, shelter and security. Marriage brings in all of these, which forms the objective behind this institution. For a healthy marriage, its objective should be fulfilled by both the partners and they

should accept each other faithfully and graciously as they are. The institution of marriage is made by humans, so it will always have some defects. Acceptance of difference and shortcomings are the key to a strong, lifelong and evergreen marital bond. Not to forget that being groomed physically, intellectually and spiritually adds into lasting appreciation and attraction for each other. Like all other good things in life is earned through hard work, similarly even maintaining a good relationship between husband and wife needs effort and hard work. Without hard work and ability to serve each other, this relationship will collapse. That's a guarantee unless someone is cheating or getting his needs fulfilled outside the marriage. These needs could be as small as spending time, taking, eating together, laughing out loud or simplifying getting hugged.

It's important to remember that living together 24X7 with someone in marriage or otherwise, should not be an excuse to be unpresentable, ungroomed, chaotic, unorganized, moody, yelling, complaining etc etc. It's our tendency to be attracted to good things and discard bad ones, similarly inside any relationship which becomes unattractive, we lose interest. We shall always inspire our partners. You cannot force someone to love or respect. It's earned. It requires effort.



**EARN YOUR WORTH TO BE
LOVED, RESPECTED AND
SERVED IN MARRIAGE**

MARRIAGE DEAL



**MARRIAGE IS A
COMMITMENT TO SERVE. IT'S
NOT A VISA TO FREEDOM
FROM HARD WORK**



*"Marriage is not a noun; it's a verb. It isn't something you get.
It's something you do." – Barbara De Angelis*

Chapter 78.

How to be a great parent?

Parenthood brings in lots of joy. It's the nicest feeling to spend time with the little ones. Coming home to your children and seeing them running towards you, is the ultimate stress buster. Cuddling, hugging, kissing and fondling with them, is the power house of pleasure. Experiencing the love of children must be only next to the blissful experience of God realization, I suppose. But this generous shower of bliss is time limited. Next comes our responsibility to curate them into a good and happy human being.

Happiness in the modern world, largely comes from being dutiful. In whatever role we are, within our house or outside, our success depends upon how dutiful we had been. This one attitude we need to transfer to our young ones. Unfortunately, in the prevailing time people in general have become less dutiful towards their relationship, home, profession and Spirituality. Children are very smart to quickly imitate the older ones and get influenced by their behavior. Their initial knowledge, ethics and morals come from their parents. It's the first important and non-negotiable duty to groom ourselves into a dutiful individual and set an example set for them.

Early days of leanings and habits stick for the rest of their life. It's not easy to wade them off. Their personality and character take shape in their growing days, rest of the life they just keep sculpting over the learned and acquired attitude. The lucky and the most endeavoring ones, manage to give a good shape to their personality and win in life, for the rest, it's all the struggle throughout.

That's the importance of making ourselves more worthy of a child than a child being worthy of a good life, because we almost steer them into their future through our good, bad and ugly behavior. Unless we show up in the best of our attitude of being genuine, honest, accountable, dependable, dutiful, caring and compassionate, there is a huge chance of you being the biggest factor of their failure. Also, it's important to know that they are

going to behave with us in the same way we have treated them in their growing days. Whatever way we choose to deal with our children, we should never forget to add compassion in our everyday action and speech, so that when it's their turn ,they will also show up in the compassionate way even in the most demanding, disturbing and undeserving situations, in dealing with us in the autumn of our life.

BECOMING A ROLE MODEL PARENT

Be a Role Model Through Your Actions

Children tend to imitate what they see, not just what they hear. Demonstrate good behavior in your daily life.

Practice Discipline with Love

Discipline is important, but make sure it's done with love. Show that the rules are for their benefit.

Maintain Open Communication

Be a good listener and allow your child to express their feelings. This helps them feel valued and understood.

Provide Support and Motivation

Always offer support, whether in success or failure. Encourage them to keep trying and not give up easily.



“Behind every young child who believes in himself is a parent who believed first.” – Matthew Jacobson

Chapter 79.

How should we keep a supportive relationship with relatives and friends?

Relatives and friends fall into two different groups of relationships. Both of these groups are equally important and meaningful.

Relatives are the naturally acquired relationship through our birth or marriage or through a very very long acquaintance. They are those individuals who may or may not like you but will always show up at the time of distress, they can be approached for help despite keeping a long and inconsistent communication. Even if you don't pay attention to them, you can still visit their home without invitation. Sleep over at their place may not be a big issue. They may fight with you over inheritance but will cry with you for the loved ones who are no more. They may be jealous of you but will always quote your success story to others and feel proud of your achievements. They are related by blood, sometimes we may not figure out what's keeping us together despite all odds. In India we say blood recognizes its trail. Someone has said that if you miss your parents, call all your siblings, sit together and chat, in someone's voice you can see you mama, in someone's laugh you can see your daddy. Together you can feel they are just around you, invisible but they are there always. That's all about relatives. Being supportive in their endeavors in life and maintaining reasonable communication are the only requirement for a good and meaningful bond with them.

Friends are those chunks of metal who have been magnetically pulled together and find immense bursts of energy in each other's association, during those moments they may lose all connections from the rest of the universe unless the phone rings and it's their spouse or date on the other side. The bond of friendship is pretty strong if it has survived a few years of odd days. This relationship does not come with any kind of responsibility

or accountability, it's free flowing and nonjudgmental. There are less reasons for quarrels compared to relatives. The only requirement of this relationship is honesty. Support and togetherness are admired but perhaps not always, in fact someone looking for support all the time, might be viewed as opportunist. So be honest and be a friend to someone, more than you, they need friendship. It saves people from breaking down even at the lowest point of their life.



FRIENDS RELATIVES

THEY REACH OUT TO YOU WHEN YOU NEED THEM THE MOST



"A happy family is but an earlier heaven." – Rabindranath Tagore

Chapter 80.

How should we keep a healthy & professional relationship with our colleagues and Bosses?

Profession is one of the important pillars of our life which gives us financial support. Out of 24 hours we spend at least 8 hours for profession, next 8 hours for family and friends and final 8 hours for self which includes sleeping if not anything else. In today's time profession has taken over all priorities. Your success is judged by the level of professional achievements as well as wealth you have acquired. This yard stick is not correct in all situations, but it roughly signifies your professional acumen. Profession is the source of earning as well as our way of serving the society in earning each other's bread.

All the products and services you are related to in your profession are solving some human problem. How well you solve them and with what propensity you serve them, makes you the champion in your domain. The basics of maintaining a good professional relationship lies in the understanding that we are all working in our workspace to successfully accomplish the company goal as well as serve our clients with honesty. Gratitude and appreciation for all make you a leader in your work space. Individual or departmental success should be totally aligned with company objectives at all times, in all seasons and under all circumstances. In doing so, you may find yourself in a loggerhead with your colleagues in-house or client or third party. As long as the logjam is serving the larger purpose resulting in a win-win situation, without promotion, delay, policy paralysis or injustice. But such situations should be minimized and resolved quickly else it will lead to time delay and loss of reputation.

A professional environment demands professional behavior. Our aim is not to make friends in the workplace. The best surviving skill in any profession is your strong domain knowledge, domain skills, ability to

accomplish tasks in a time bound manner, being a dependable player, ethical and moral worker, and being a compassionate and helpful colleague. Your professional attitude is received and responded well by even the most stubborn and hypocritical person. One should not kill one's consciousness in the name of professionalism.

You are being watched, never think that your contribution is not valued. Maybe your time has not arrived or you need more self-improvement in your domain of work or in soft skills like communication and personal relation. It's quite uncommon that a man of worth is not valued. Bosses are the custodian of the company objective, they will behave and react in a way that helps them achieve their objective, aligning yourself in that direction so that you are helpful and not a spoke in the wheel. Bosses will for sure appreciate you and reach out to you. Having patience, giving desired output, following compliances and behaving well, is what is required from you. Arrogance, heroism, domination, intimidation, bullying, indiscipline is strict no no.

Your ability to adapt and grow, learn and skill, talk and negotiate, reward and appreciate will take you a long way in making you the leader in your industry.

PROFESSIONAL SUCCESS DEPENDS ON

Domain Knowledge & Core skill

Communication Skill & PR

Proactive & Go-getter Attitude

Compliance Oriented

Enterprising & Team Player

Winning mindset & Consistency

- Maintain consistency with your

Self improvement & Skilling

“Your work should reflect your values.” – Ratan Tata

Chapter 81.

What are the common professional mistakes?

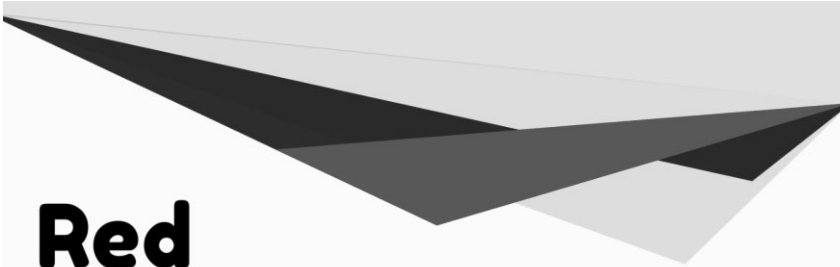
Since a professional environment is meant to generate production and revenue therefore, we are expected to be a value addition through our experience, skill and leadership rather than being a liability.

Every Company has its own objective which is divided into departmental goals. The workforce needs to understand the departmental goal and perform their task as a team to achieve it. Individuals should seek mentorship as well as provide assistance to coworkers where required. Competitiveness should be purely aimed at providing best solutions rather than an instrument of climbing the corporate ladder. Your work is well received by the management in the long run and you are suitably rewarded. Thinking that management is blind, is misconceived, rather they try to pose as blind to prevent any disparity among employees but it's for sure that they have a clueful eye on each one on the floor.

The key to growth in a career is consistent service, with patience and positive attitude. Common mistakes that an employee makes are Heroism, Inconsistency, Noncompliance, Impatience, Negative mindset, Laziness, Hierarchical disregard, Company bashing, Sluggish body language and passive approach.

Heroism is treated as being self-centered and selfish. In the short term it may look profitable but in the long run it breeds a dictatorial mindset. Inconsistency is hated at any work place. Business is built around a process to run it like a well-oiled machinery. Inconsistent staff throws the entire planning for a toss. Noncompliance is the outcome of self-righteousness, ignorance and disregard to the process and procedures which leads to degradation in quality. Being lazy is not tolerated even at home, how can we expect our bosses to tolerate it? Laziness is a sure short recipe for failure. Being impatient is normal in most cases but if it becomes chronic then it

will hurt you physically and mentally apart from you being seen as professionally incompetent. A negative mind set destroys all the chances of growth in professional and personal life. Also, at work you may not be considered into decision making and planning. Disregard to hierarchy is seen as revolt. Company bashing or criticism should be limited to outside the office with non-office people only. Passive approach and sluggish behavior looks like you are not interested. So, avoiding these behavioral patterns makes you a good professional, whom people choose to elevate in their professional journey.



Red Flag in

PROFESSION

HEROISM
INCONSISTENCY
NON COMPLIANCE
IMPATIENCE
NEGATIVITY
LAZINESS
HIERARCHICAL DISREGARD
COMPANY BASHING
SLUGGISH BODY LANGUAGE
PASSIVE APPROACH

“Your behavior is your real work ethic.” – Ratan Tata

Chapter 82.

How to deal with heroism and inconsistency at work?

Heroism is the feeling of being the supreme and the best. Among professionals, this attitude erodes the ethos of team spirit. Sometime it is ok to feel above the sky because of some extraordinary feat of personal achievement in terms of job well done or some appreciations and accolades but basking in such glory at all time or inadvertently acquiring such attitude leads to loss of respect, cooperation, interpersonal relationship and team spirit as I said earlier. Your colleagues start to feel intimidated, dominated and hence an air of revolt surrounds you which will ultimately result in your isolation within the company. Heroism is not self-inflicted; this is natural when you accomplish something valuable because of your own skills and efforts. It can be seen as self-satisfying, self-indulging and self-rewarding, which is good but the ugly turn takes place when it gets on to your head and you become a self-believer of being the best.

Always remember that small tasks can be done through self-application but when it comes to achieving bigger goals or mammoth tasks, it's always the team work that brings in success. See those gigantic bridges, buildings, techno marvels, rocketing jets and space voyagers. Would these things have been possible without team effort? So, self-respect and self-believe along with team spirit will take you places. Heroism never sets in if we start valuing the contribution of everyone involved.

Some people are excellent workers, but they don't get the same value in the company as the rest of the employees. One very common reason is inconsistency. As you expect your salary to come consistently in your bank account and on exact time and date, similarly our professional output should be consistent too. Sometimes you may see that a poor worker goes a long way than a star performer, that's because of his consistency, punctuality and discipline rather than his domain knowledge and value creation. Professional ethos demands punctuality, discipline and

consistency more than the actual quality of service delivery. Professionalism and perfectionism should be practiced hand in gloves. Inconsistency is overcome through discipline and being purposeful.

Heroism

at work destroys Teamspirit

**“Involve,
Acknowledge,
Appreciate &
Reward your
team”**



*“Teamwork is the secret that makes common people achieve uncommon results.” –
A.P.J. Abdul Kalam*

Chapter 83.

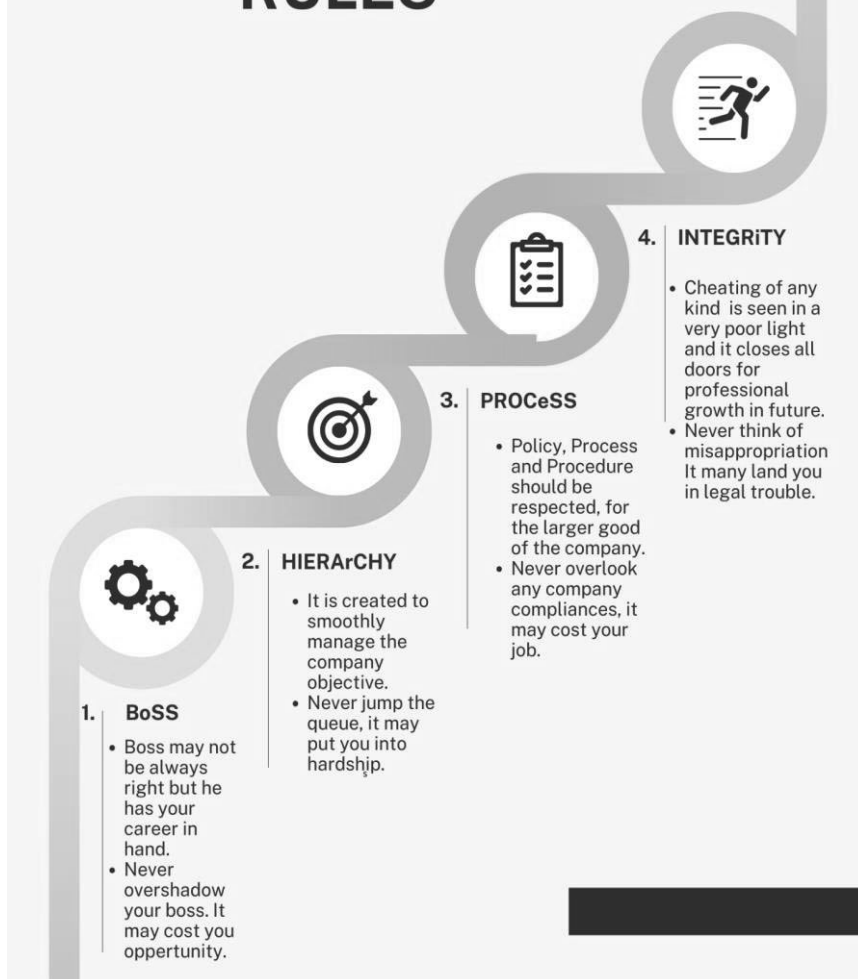
Why do we need to respect the hierarchy and avoid company bashing?

Every company has a certain hierarchy to take decisions and implement orders for smooth operations. People taking charge of these positions are often time tested and have proven their worth. As an employee we should believe in their capacity, at times criticism and debate helps in churning out the best idea, but it should not be seen as a challenge to their authority, intention or good sense. Sometimes our domain of work does not give us enough clarity on the larger goal of the company, so we tend to indulge in being too critical and judgmental which goes against our position in the company leading to long term dent in the image as a good worker or manager. Hierarchy is created to extract and maintain a smooth work flow. Company hierarchy should not be seen and believed as a monarchical hierarchy to intimidate or dominate people. It should give freedom of expression and opinion, it should promote open door policy, debate and discussion. In the entire system from top to bottom and bottom to top, every individual should believe that no one is above the company policy and law in general. All should show equal respect for every individual working in the company because it's for them that on payday our accounts are credited and we take home the bundle of joy every month.

Company bashing is as normal as sipping a cup of coffee. It happens at every noon and corner of the office. What goes against you is with whom, where, when and why you are doing it. Sometimes the intent is good but the content of our talks is not coherent with the kind of solution we are looking for. This results in being posed as a negative individual with no regard to the place of business and no gratitude for what is being offered. A simple solution to get rid of such a situation is to count on the fair deal you have made with the company so far, or change the topic of discussion

to some lighter note or simply catch up with your pending task on the table. No matter how bad a company is, always remember that the nourishment your family is getting is due to the employment you have. Still if the job sucks then simply try finding a new venue and move on without burning the bridge.

4 IMPORTANT SILENT OFFICE RULES



“What you do speaks so loudly that I cannot hear what you say.”

– Ralph Waldo Emerson

Chapter 84.

Why is body language and proactiveness so important at work?

Body language is the representation of your mood. Sluggish body language is suggestive of you being less interested or tired or simply showing disregard. Whatever it may be but for sure it's not generating any good, progressive and positive vibes. Remember that your managers don't have enough time to go through your life story to understand you and behave accordingly, what they actually see through, is your body language and nine out of ten times they would base their decisions, no matter how small or big it may be, simply on your attitude and body language.

Correction of body language can be achieved by understanding the need for it. Some easy tricks are to walk faster than usual, don't hang around too often away from work. Immediately look for a job when one is finished, stand erect, sit comfortably and firmly, walk with a slight sense of urgency, talk meaningfully and include some light humor in it. Be courteous and thankful even when you think it's not required. Many of us are not expressive and indulge in singular and flat expressions on our face. For every occasion we carry the same face with minuscule changes which causes our face muscles to acquire a set form. So, we look flat and dull. There are various facial exercises to rejuvenate your face muscles and expressions. One effortless way is to laugh as loudly and heartily as possible. It immediately leaves a happy expression on the face. Do it as an exercise. Facial expression is the reflection of your heart. Be happy to be seen happy, because this one trait is in real demand.

Passive approach is opposite to proactiveness. It arises from mental bewilderedness and empty mindedness, which converts our brain into a thought junkyard. Whereas proactiveness is positive engagement into solution finding. Proactive people are insightful and better prepared to deal with any foreseen and unforeseen situations at the workplace. Passive approach kills time, brews negativity and garners under confidence. These

kinds of people are averse to developmental training, challenging projects and risk taking. Such people are big demotivators. Being in the present and involved, being focused, on time and target, being in good physical and mental health, cures retardness and passiveness in behavior.

Good body language and proactiveness should not be limited to the work place alone. Your loved ones also deserve a better form of you. The young ones look up to you and they learn from examples.



"The most important thing in communication is hearing what isn't said."

– Peter Drucker

Chapter 85.

Why is it important to have a guru or a mentor or an ideal in life?

Remember your old school days, the teacher used to ask us who is your ideal, write an essay about your ideal personality. I think all of us have written about someone. Most of us casually picked up our ideals whereas few had some real influence on someone. Have you ever enquired why we were asked to do so? Look into yourself, look inward, look how you think, walk, sit, talk and behave, there will be someone whose personality has influenced you knowingly or unknowingly. All of those who don't have anyone to idolize generally are often influenced by their parents, relatives or elders. This can be good or bad depending on the quality of influence. You must have heard people saying that you walk like your father or talk like your mother or you behave like your grandfather etc. . What I want to drive here is that our outward behavior and inward thinking is always mooted by an imaginary person sitting inside us leading us into our destiny. We understand that person as someone, whom we have consciously idolized or unconsciously got influenced.

Our life tends to follow that same curve whose influence is predominant on us because unconsciously our action, speech and thought harmonizes with the thoughts of that particular personality to some extent or the other. This can have positive and negative influences. For all those who have not found their ideal, are the ones whose life is on a default setting. Such people find themselves lost or just flowing with the wind. They need to find someone who can give purpose to their life, make them realize their potential and reestablish their identity. Such people are called Gurus, Mentors, Psychologists and Psychiatrists depending on what level of bewilderedness that has engulfed them. If you are finding the purpose of life then Guru will enlighten you, if you are worried about profession and finance then Mentor will guide you, if you are caught into depression than Psychologists will cure you and finally if you have lost all control on your

brain and body then Psychiatrists and Doctors might help if you are lucky. Before it's too late, find your purpose in life and be guided by a Guru of your choice who can smoothen your journey. A book is not a substitute for a Guru because it gives you facts whereas Guru gives you realization. Highest achievers are all guided ones, they have clarity of thoughts and action. They could visualize and build.

GET GUIDED...

HIGHEST ACHIEVERS ARE ALL MENTORED

**"Book gives you
Knowlwdge but
mentor gives
you experience"**



**"Scriptures gives
you idiology, but
Guru gives you
realisation"**

Keep learning, improving, guiding, motivating

"A mentor is someone who allows you to see the hope inside yourself."

– A.P.J. Abdul Kalam

Chapter 86.

How should we keep a Holy relationship with God?

God is the one force which drives all of humanity including the believers as well as the atheists. Believers know it's done by him and non-believers know that it's not done by Him. In both cases they know that it's Him whether he does it or not. Whether he exists or not, is quite simple to understand. One who has seen him or felt him will believe him, one who has not yet encountered Him in form or spirit will not believe him. And then there will be a large mass who is confused, who can't understand or see through, but being safer than sorry, they choose to believe as this facility gives them room for peace and it calms down anxiety of material living.

Questions like what's the purpose of life? Why is it happening to me? Why are sorrows and fortune not equally distributed? Why old age, disease, pain and death? What is the purpose of my birth and existence? How are past life memories scientific facts? How are all planetary systems and galaxies suspended and where? Answers to all of these are like joining the dots to a logical pattern. Without bringing God science into it, it's not possible to arrive at a rational conclusion. Like there are constants in mathematical formulae, which gives logic and rationale to it. Similarly, God's presence gives logic and rationale to the mind-bending theologies of our existence. His pure and devotional association nurtures peace, love and humanity. It's not just saying but is practiced and experienced by millions of believers. Even in today's time of immense scientific development, the major populace believes dearly in the Almighty and all loveable God. It's clear that God is the reckoning force of humanity.

Next comes, how to keep up the holy relation with God in the best form without disagreements, displeasure, disbelief and disassociation so that we utilize his faculty for happiness. The answer is simple: agree to Him, please Him, believe Him and associate with Him. Read, listen and understand him, do acts of charity, mercy and selflessness to please him, believe that

what he has said is true, it's only the matter of time that will testify it, engage into devotional service of God with a sense of detachment from material things. Desire, anger, greed, attachment, fear, envy and ego are parameters to measure how good is your God association. These are inversely proportional to devotional service and belief in God. The more you are devoted and surrendered, the lesser will be your desires, anger, greed, attachment, fear, envy and ego.

There are multiple ways that lead to God, all walked by someone, sometime in history and have given us the guidelines. We need to accept and respect all and make a belief through practice, experience and realization. Religion gives us the theory of God's science. Its only purpose is God realization. Religious expansion or trying to bring all under one umbrella through temptation or any other means is not the path of surrender to God. Exception is self-realization and genuine interest in such God. Devotion or surrender should not be forceful, it should be soulful. God is one but named in different languages. A mountain can be climbed from multiple directions, but all will reach the same peak, but in different ways, some easy, some harsh. Believing in only one way as the right way is sheer ignorance, arrogance and disrespect to other religions. If your religion does not culminate into Humanity, then leave it, it's not given by God.

**RELIGION
THAT
DOES NOT
CULMINATES
INTO
HUMANITY IS
NOT THE
GOD
SCIENCE**



"The highest religion is to rise to universal brotherhood."

– Guru Nanak

Chapter 87.

What are the major challenges for the youth?

At various stages of life, we face different challenges. Mainly life is divided into four major stages, Youth, Adult, Matured and Old age.

During Youth, we have lots of queries, we try to discover and experience everything under the roof. We are in the preparatory stage where data collection is the main goal. Knowledge is the winning word. But a major setback of this age is loss of focus, diverted attention, too much distraction and a lot of unwanted experiences. This camouflages your correct future course and direction. These things do not allow you to find the purpose of life as well as your own psychophysical nature to serve humanity. This age is the building block of your future life. One who is lost is lost forever. Bouncing back becomes almost impossible. So, keep away from distractions like electronics, too many friends, physical relations, psychoactive substances, gambling, over eating, over indulgence in luxury and affluent living.

Having Elephantine focus on career is the major requirement of this age. Half of the life course is set now. The rest half is just trying to correct it or propel forward. This is the time to be austere so that the rest of the life is spent in indulgence and not in the reverse way. Mostly by 20 years of age one comes to know how the rest 80 years are going to pan out. By this age you know what quality of life you will get, what quality of surroundings you will have, what quality of support you will get from friends and family and how much effort you need to put in to make a decent living. Wrong friends and wrong involvement will lower your quality of experience, ruin your qualifying criteria, diminish your quality of knowledge and skill and then it's a struggle all the way through life.

Thank God you understood. If you are in this age build Elephantine Focal Advantage. That's your mantra. Initial struggle of this age is better than

sustained struggle throughout your life. Remember that all the highest achievers have done well in this age through their education, skill development, character building and personality enhancement. All athletes, scholars, entrepreneurs, professionals, artists, activists, politicians have started early in life and went on to become what they are now. It's your time, don't waste it on things which lead to substandard living and mediocrity. Spend most of your time on something that has the capacity to change your time.

FOCUS IS A RARE COMMODITY

It's in highest demand



"Take up one idea. Make that one idea your life."

— Swami Vivekananda

Chapter 88.

What should be the major area of focus in life?

When young, up to 20 years of age, one needs to have an Elephantine focal advantage. That's the key word. This will prepare and help you realize all your dreams. The areas of focus should be Career, knowledge, skill, health, hobby, spirituality. The key word is LEARNING

When an adult, comes the responsibility of making a family, serving the society through profession, building resources and consistently working on your goals. You have the advantage of energy, passion and good health. 20 years of this age helps you grow materially, build meaningful resources. The main challenge of this age is to recognize your weakness and abilities. If you are doing well then you may tend to get arrogant, selfish, greedy and egoist. If you are not doing well then you become depressed, under confident, demotivated and lose your self-esteem. Both ways it's not good for you. Being humble, more considerate and respectful of differences in opinion, keeping eagle sharp focus on finance and investment, continuing with your skill development and dedicated towards professional excellence are the major requirements of this age. The Area of Focus should be Profession, Investment, health, hobby & Spirituality. The key word is CONSISTENCY.

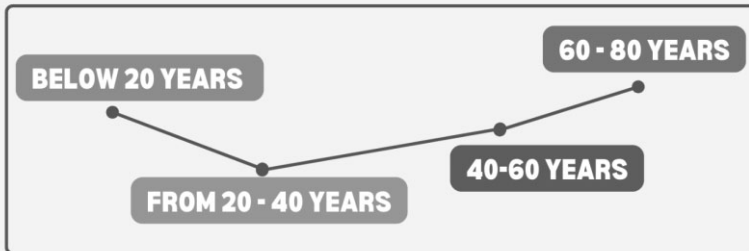
Next comes the Matured age between 40 to 60 years, your focus should shift towards family commitments. Children will grow up, aging parents will need your support, your spouse will need more of your time. There may be personal losses, health and relationship issues, financial crunch etc. Spiritual life, if not adopted till now then this is the ripened age to do so. It brews peace and happiness from within despite all odds and failures from outside. The Area of Focus should be family, health, hobby & spirituality. The key word is LIVING.

Next is the old age, the biggest challenge is, loss of energy, passion and health. Fearing loneliness and disease may take over all other thoughts. Depression, frustration, nagging and irritation can become personality traits leading to alienation from society and loved ones. Stable finance may also be an issue. Being cooperative and considerate will give you much needed respect till your story comes to an end. The Area of Focus should be mental health, hobby and deep spirituality for detachment and peace. The key word is SPIRITUALITY.

Age related **LIFE GOALS**

using the 4-part structure

"Different phases of life have different focus points."



YOUTHFUL

The Area of focus should be Career, knowledge, skill, health hobby, spirituality. The key word is **LEARNING**

PASSIONATE

The Area of Focus should be Profession, Investment, health, hobby & Spirituality. The key word is **CONSISTENCY**

MATURED

The Area of Focus should be family, health, hobby & spirituality. The key word is **LIVING**

WISE

The Area of Focus should be mental health, hobby and deep spirituality for detachment and peace. The key word is **SPIRITUALITY**.

"A clear goal gives strength to your steps." – Sri Sri Ravi Shankar

Chapter 89.

Is it necessary to have pastimes and hobbies?

Pastimes and Hobbies fill up those time voids which cannot be filled by friends, families, relatives, colleagues and even by self. Sometimes we get bored doing the same things over and over again, which makes life monotonous, during such times we feel the need for friends and family to talk and spend time. But this cannot be at your will, friends and family also have their life and their set of problems. Sometimes they will need you in their life and you may yourself be going through dilemmas and disconnects and may not be able to fill their time void by your presence. The same may happen to you too. Parents and more close ones may be too sympathetic and caring which might look frustrating and judgemental. So more than often you feel lonely despite so many relatives and friends. If this becomes routine and prolonged then bad habits and wrong people enter our life.

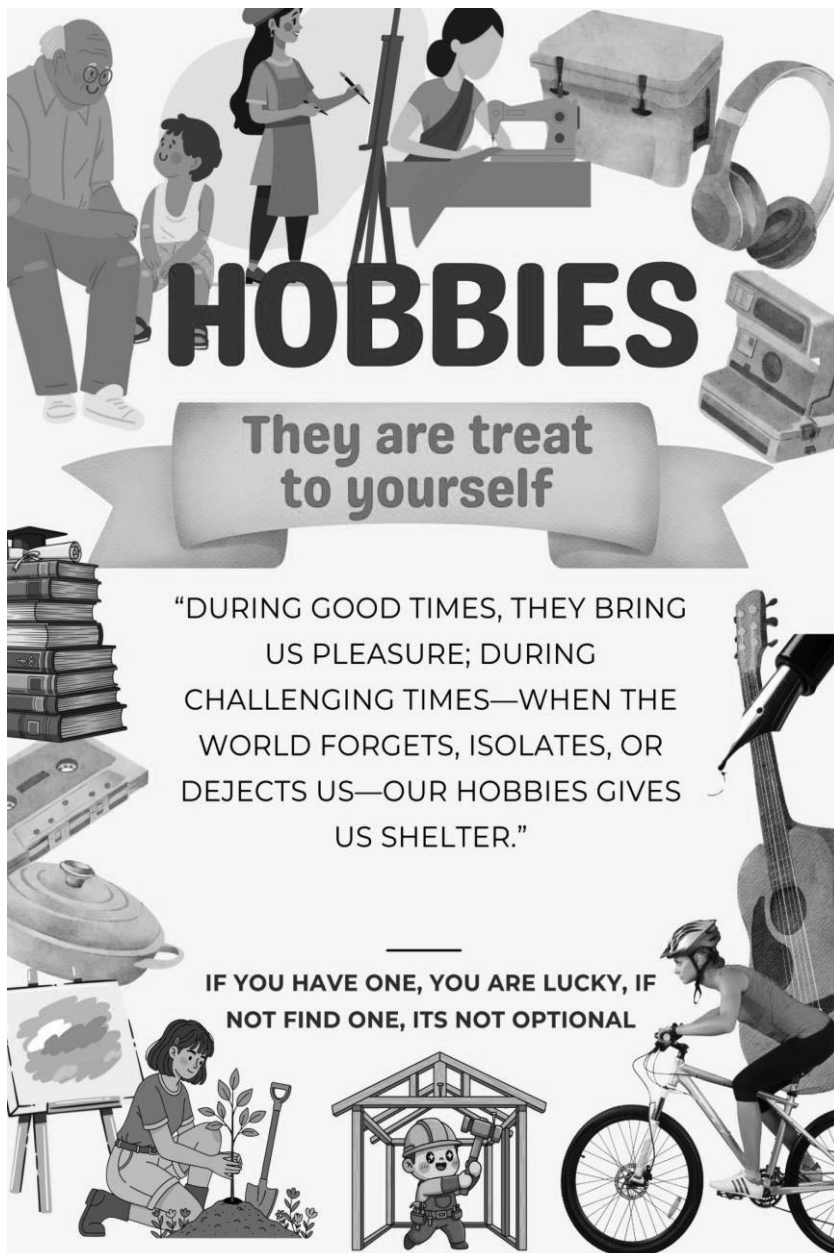
Both bad habits and bad people become dominating each passing day and you get entangled with hopelessness. Sometimes, it may end up in suicide or other illegal remedy leading to jail or correction centers or social isolation. These are bad, really bad situations in life. I would say flag them early, nip it in the bud before it takes control of you. We are born free and freedom is our nature. Life becomes very very difficult, if our freedom is contained. Illegal and Immoral should be avoided at all costs. These are slippery lanes of life, you don't know when you slip off. Better to put permanent NO ENTRY signage at the start of these lanes.

Contrary to this, only the fortunate ones choose to do something that they feel like doing. For example, some take up a hobby or a new startup, some social service, community welfare or part time jobs. The blessed one gets into spirituality or soul searching and the commoner generally waste their free time in unproductive engagement. They budge to the demanding situation in life and get crushed. They have the non-ending tendency to blame the whole world and circumstances for their current situation in life.

They have very convincing stories of failure to make you believe that they have at least survived. Actually, by doing this they try to hide their shortcomings as well as guilt.

People who practice some sort of hobby, will never suffer any time void. These people are not dependent solely on friends and family for happiness. They find pleasure and joy in practicing their hobby during any kind of situation in life. People with hobbies are more equipped to deal with depression, loneliness, rejection and failures, which are part and parcel of everyone's life.

Therefore, we must pick up some hobbies and practice them. They are like small treats to ourselves. When the world forgets, isolates and dejects during testing times, our hobbies give us shelter. If you have not found one, please search emphatically within you. It's already too late and you have them within you.



HOBBIES

They are treat
to yourself

"DURING GOOD TIMES, THEY BRING
US PLEASURE; DURING
CHALLENGING TIMES—WHEN THE
WORLD FORGETS, ISOLATES, OR
DEJECTS US—OUR HOBBIES GIVES
US SHELTER."

—
IF YOU HAVE ONE, YOU ARE LUCKY, IF
NOT FIND ONE, ITS NOT OPTIONAL

"A hobby a day keeps the doldrums away." – Phyllis McGinley

Chapter 90.

How to deal with major distress in life?

Life throws lots of distress at us, sometimes we win over and sometimes we succumb. Major ones are those distresses where we find ourselves totally broke could be Death of loved ones, critical illness, breakups, divorce, loss of wealth, calamities both natural and manmade, loans and liabilities, loss of respect and failures.

Till Death do us apart, no one can escape miseries in life. Yes, it's real. When we are surrounded by people, we tend to nullify their value but when they are gone, we find it unbearable. But life has to go on and living has to be made, that's the way of nature. Life never stops. The soul is eternal, it just leaves a bad and degraded body and finds a new one to thrive upon till the soul ultimately reaches the abode of God for his eternal service. When we live life with an attitude to serve and be dutiful, then it becomes easy to console ourselves in case of disease and death.

Prayers, discourse and devotional services strengthen one to bear the loss. Critical disease is like a ticking time bomb. It's difficult to see our loved ones going back slowly. During this phase we lose hope and tend to get depressed and anxious more often. Since it's destined, we shall take it as it comes and try to keep the surroundings as stress free as possible for the patient as he has just a few days or months to go. Let their last days pass peacefully in loving memories. When critical disease engulfs us then take the shelter of Lord, pray and chant his Holi name and hear the stories of the Lord to soothe the pain within. This void should be spiritually filled up.

Breakups are common, if you don't gel well, it's ok to break up. It does create a broken heart on either side if lucky but remember that even if one partner is not interested in a relationship then it's advisable to let go else it will be a daily circus of emotions. Hanging on is ok if there is hope from

both sides but should not be till eternity. It's important to prioritize your life and do away with whatever comes on the way which obstructs you from living life. That's a real breakup. Isolating mentally without any grudges can help improve the relationship. Even if there is one percent hope, give it a try to save it. When young, building a career is a priority, thereafter investment and wealth, then making family and finally a soulful detached life. If being in the relationship is devoting yourself to these self-goals then breakup is a good option. But remember that you should not break up because of your own impatience, your own shortcoming, your own inability to improve. Try to get things right on your side first, maybe that's the reason for all the drama. Breakup and divorce are the last option, only when you know that it's no more in your control.

Other distress in life like loss of job, loss in business, loss of name and fame, unworkable financial liability, court cases, disability and calamities need you to put up an unwavering fight in an honest, respectful and with enthusiasm. Never feel dead, wake up every day and show up to the task in hand and complete it with the strictest discipline. When the going gets tough, the toughest gets going. Give time for change, any situation in life however worse it may be, it is subject to change. Don't forget to add prayer into your daily routine, when it's not in your control, you should ask from the one who controls. He listens and he works out a way for everyone. Believe me.



RAIN

TECHNIQUE

Prayer rains blessings to overcome any distress in life

R Recognise your emotions, thoughts and distress. Remember you are not alone.

A Acknowledge and accept your present reality and device a plan to deal with it.

I Inquire and investigate about your distress and work steadily with gratitude and prayer.

N No negativity, say YES to life, everything is subject to change

"You cannot change your future, but you can change your habits; and surely your habits will change your future." – A.P.J. Abdul Kalam

Chapter 91.

How to deal with separation in a relationship?

Separation and divorce should be avoided at all costs unless its end of the world and terminating life seems easier than separation because separating and living alone is hard, lonely and emotionally tumultuous. Finding someone else may come with the same set of human problems. It might happen that the person has changed but the problems remain the same. Divorce is not an ultimate solution, it's a legal way to say that I don't care anymore.

Before embarking on the journey of separation try to sort out all other related issues leading to divorce and see if it still calls for parting away. If not then stay together. Marriage brings in a dream of making a home, living together, sharing, caring and standing by your spouse in all given circumstances except when it's immoral, unethical and illegal. Home making is the duty of both partners. Fundamentals of home making includes nutrition, health, shelter, protection, organized living, love and respect. If it's not churning out any one of these then it's a failed home. It's like a hostel or a hotel. When parents separate, children go through a very fearful experience, which might leave an imprint on their heart for life long. Some might start hating the opposite sex forever. Some might deal with it with the passage of time, others may just bear the consequences of unsolved mental trauma. Their life is for sure degraded emotionally. Separated parenting is a compromised formula, it's not natural. One in a bad relationship may console themselves of not having a picture-perfect married life by self-affirming that all of us are not destined for every good thing in life. This life is a balance and God maintains it. He may give you something and take back something, maybe just to remind you that this life is his property and he deals with it as he likes it. To prevent divorce, never take your relationship for granted.

A good thing may change overnight and bad may become worse in no time. Any sign of a degenerating relationship should be dealt with immediately before it becomes unsolvable. One easy trick for a happy and sustained married life is to listen more than you say. Never react, if it's, all that is necessary than reply at a suitable time without being hurtful and disrespectful. In most marriages, partners don't want to talk it out fearing more terrible consequences. But the intelligent ones do park their grievance aside and work out a tangible path to fare through. If at all there is no way out, then divorce should be planned harmoniously without any kind of animosity. Remember to filter out people around you who are building your mindset, sometimes we are pushed to do something because everyone around us starts to tell you their problems and make you feel at home and none would say anything that would improve your situation. Like the kind of reels, you scroll more frequently, the same kind of reels keep appearing which solidifies your thought and justifies your action. As per law of attraction negativity attracts negativity therefore surround with people who have lives you can look up to. You will become one among the others in your circle so it's important to keep a positive circle. Spending time with people who have higher purpose in life, make you feel positive and motivate you to improve. Negative people will sooth your negative feelings. Nothing is perfect but everything is workable in life. Take charge of your life and say "None of the problems could be stronger than me"

LOVE



“Handling
relationships
is a skill—
learn it
before it’s
too late.”

HA TE

RELATIONSHIP



“When ego steps back, togetherness steps forward.” – Sadhguru

Chapter 92.

How to deal with loss of loved ones?

It's going to be a long day and in memories it's going to be lifelong. Loss of loved ones is unbearable. No one can sympathize with this situation but it's the ugliest truth that all have to leave for the heavenly abode one day. With every death, a story comes to an end. Some stories reach their climax and slowly terminate into oblivion, some just end abruptly. There are many dreams that shut down, there are many hopes that end. There remain many desires which are unfulfilled.

We shall realize that life is not unlimited, neither is it predictable, every day that we spend together is the life that is lived. The next moment may not be yours. So, give love as much as possible, fulfill your duties as much as demanded, do all that is needed with the spirit of service. Don't just do but serve. This will be the only consolation, left with you once the soul of your loved one has departed. Ancient Hindu texts explain very well the journey of the soul, one has to pass from one body to another based on his karma accumulated over many lives. Be respectful to the departed soul and in memories be grateful for every moment lived together and remember them in your prayers. Talk about their goodness with the next generation so that they remain in spirit with them and guide them in their journey of life.

Religious rituals and practices ensure that the soul embarks on their next journey with ease. Try to understand the nature of soul and God science involved in the birth and death cycle. This gives you clarity and satisfaction of rights done properly. Departing souls always remain in our heart but it's not advisable to carry their memories always in materialistic form, being photographs, antiques or gifts. These physical things tend to overshadow our positive approach of making a new life without them. Also, it agitates our feelings and destabilizes our emotion, not allowing us to see the life that is still remaining which has to be lived for the young ones and the one dependent on us. Occasional remembrance to celebrate their glory is part

of respect giving but holding on to the emotions does not allow even the soul to settle down in peace.

Life always goes on like a river, it keeps flowing. People come to terms with worldly life and somewhere in the corner of the heart, the memories start to fade. We are made to live and survive. In fact, our happiness helps the soul to leave us in peace. It too comes in terms with its spiritual nature, which is to transmigrate.



“WE LIVE
THROUGH OUR
VISION, VALUES,
AND THE
MEMORIES, LONG
AFTER WE ARE
GONE”



I WILL MISS YOU



“Death is not extinguishing the light; it is only putting out the lamp because the dawn has come.” – Rabindranath Tagore

Chapter 93.

How to deal with failures?

No one has succeeded, without being failed. Success is the result of many failures, learning and re attempts. Every time you fail, you lessen at least one probability to fail again. Every failure gives you direction to succeed. Every failure makes you stronger, it fills you with self-esteem to fight back and rise again. Remember that it's good to fail now and then so that complacency doesn't set in. Sometimes we feel that everything is going well, but actually we may be missing the impending danger. Success calls for celebration and that involves distraction. Some small success may completely camouflage the long-term goal and we may miss the right path. So, failures should be taken as course correction and natural stimulants for a larger purpose and goal. Failures are just like hurdles on the race track. You need to jump one till you face another and by keeping doing it, you reach the finishing line. Failures are not bad, if it serves as a learning experience.

Only those people fail, who have at-least attempted. One who has never risked will never fail. It's better to fail after trying than not to try at all. One should not keep away from taking any challenge, for the fear of failure. Every action will give you either success or learning. Failure ruins one, who has either too much attachment to the result of success or is not dutiful. Action should be performed as a duty not mainly as an attempt to succeed. Success should be treated as, by-product of our dedicated action. Fulfilling duties should be the top priority. Its karmic principle that your dutiful action will surely generate an appropriate outcome, which will lead to success ultimately.

Failures are feared, more because, it attaches discredit to your character. Failure, in most cases, is due to the lack of planning, discipline, responsibility, time management, focus, value creation, productivity, learning and implementation. Laziness and lack of passion are core commanders of failure. One who has done his duties, doesn't get affected

too much by failure. Such people are self-motivated, they re-attempt with bigger zeal, energy and learning after a short period of dismay, brain storming and self-reflection. But those who have failed due to their own shortcomings are most affected by depression syndrome. For them it's advisable to work on themselves first, sharpen their axe and get ready before plunging on reattempt. Get professional help if required.

Dealing with failure is simple, acknowledge the failure, do root cause analysis, work on the reasons, venture out again with all the learnings, persistently work with discipline and you will be closer to success than ever.

you always pass
failure
on your way to
success



You never
fail
till you
quit



*"Failure is simply the opportunity to begin again,
this time more intelligently." – Henry Ford*

Chapter 94.

What are some of the common causes of degraded life?

Life in its natural form, is very beautiful. Humans in their pursuit of happiness have gone much beyond necessities and hankered on the nascence of sense gratification, greed, lust and ego. These have forced the human brain into addiction which could be anything like compulsive eating, alcoholism, smoking, drugs, illicit physical pleasure or gambling, otherwise it should have been engaged into self-development, productive contribution to society and spirituality.

Addiction is one big challenge to humanity. A healthy body and brain is a must for living a contented life. All the luxuries in place do not grant you access to a happy living unless you are healthy to enjoy them. The biggest drawback of addiction is not only depleting health but its ever eating time and resources. Addicted individuals find themselves in a cyclic of non-satiable need for external simulation. Lack of energy and passion also leads one to look out for external substances to substitute it. Too much idle time also plays its part in the saga of addictive life. Addiction is phenomenally powerful, it looks meek and timid but the day you decide to quit, it will start showing its true color. It will attack you through physical weakness, mental concoction, emotion imbalance and spiritual invalidation. In easy words it will not leave you. People with exceptional will power, grown over lengthy periods of time, sometimes win over addiction that too if the addiction is of milder form unlike substance abuse. If you get addicted then chances are pretty sure that it will ruin your life no matter how confident you are in believing that it's in your control and you will have to live with it till the end of your life. We shall never underestimate the power of addition. It's more powerful than our ability, confidence and mindset.

The best way to get rid of it is to never attempt one. Surroundings, bad company and one's desire to look cool, pushes one into the deepest ridge

of the most harrowing experience of Life. For me the antonym of Life is not death, its addiction. You have to choose between the two.

To win over addiction we need engagement with life through hobby, professional work, family pleasure, social purpose, motivation and medical help. Spirituality is the most effective weapon against any type of addiction. Your true identity is reestablished and then you forget your degraded self. Reach out to God. He is the last resort and he helps. Never trust your will power to help you in getting out of addiction. It's already compromised and slaved to it. It's important to realize this fact early in life. Youth has to be very careful, just for cheap sense gratification, one loses the bigger satisfactions of life.

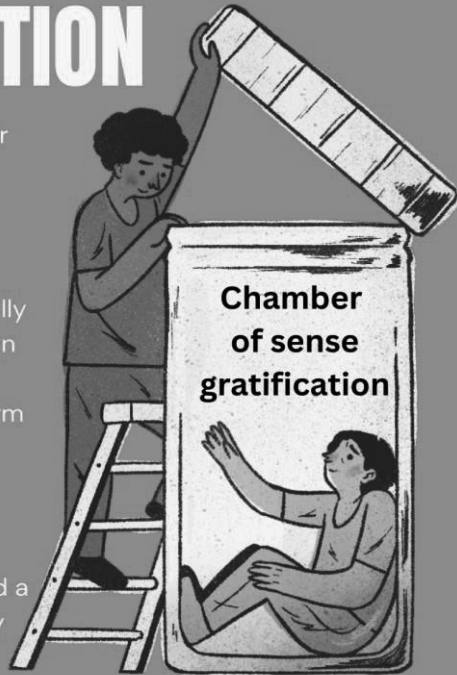
Apart from Addiction, other major cause of degraded life is procrastination, association of negative people, fundamentalist and conservative social surrounding, immoral and illegal way of earning, illicit relationship, over indulgence in any form of sense gratification like fooding, clothing, lifestyle, vulgar content, gossiping, unjustified criticism, being ignorant about God science and living a default life like animals and exercising your choice based on instinct and not on knowledge and wisdom. Any indulgence that nourishes uncontrolled desire, anger, greed, attachment, ego and envy will pull you down into a degraded life.

CHOOSE TO BE FREE NOT A PRISONER TO ADDICTION

Never trust your will power to get out of any form of addiction, its already compromised.

Less than 1% people actually come out of their addiction with pure will power. We should not take up any form of addiction in the first place.

If already addicted then take professional help, find a bigger purpose in life, pray to God and take up
SPIRITUALITY



**ADDICTION IS STRONGER THAN WILL POWER.
DON'T UNDER ESTIMATE IT OR TAKE IT AS A JOKE**

*“Anything that weakens you—physically, mentally,
or spiritually—reject it as poison.” — Swami Vivekananda*

Chapter 95.

On what scale should we measure ourselves?

We shall often measure ourselves as to where we stand and what we need to do, to lead a good life with inner peace, satisfaction and happiness in every moment despite all the drama outside. The measuring scale should be based on our ability to deal with these six degrading qualities of life - Desire, Anger, Greed, Attachment, Envy and Ego. They are directly proportional to dissatisfaction, chaos, anxiety, frustration and depression and inversely proportional to happiness, peace and satisfaction.

Look into your inner self and find out how much you are affected with the above six weapons of human suffering. If you feel that your aspirations are supported by action unaffected by persistent anxiety and stress then you are headed in the right direction. Your aspirations and its resultant are worth your time and effort. If you can deal with unfair situations and act with justice without being affected by anger, hatred and revenge then you are set to score high. When you can differentiate between greed and need, and act towards fulfillment of both materialistic as well as Spiritual goals then you are set on the right track. Making a good balance is the key between material which is everything outside and spiritual that which is everything inside.

Love, respect, peace, satisfaction, happiness, contentment and health is all within you, whereas wealth, luxuries and relationships are external. Despite all accomplishments and its attachment, if you are aware and believe that they are temporary and limited then you are scoring high on the scale of happiness. You should be concerned for your material belongings only to the point of protection, without the fear of losing them. Fear in life does not allow you to live in the moment. Believing in God's plan relieves lots of our fears. Life is happening almost by itself.

Duties and our level of commitment towards it, decides our future. The past can't be corrected, the present needs your attention and the future is unpredictable so Fear solves nothing, in fact it diverts your attention from the present, which definitely ruins the future. How happy you are is measured on the scale of fear, they are inversely proportional, meaning more the fear less the happiness and vice versa. Ego is High handedness, being complacent and self-righteous which makes you do wrong, because you have closed all the new avenues of self-improvement and growth. It brings misfortune, disrespect and discredit to your personality. Self-awareness, crediting others for their effort, taking blames and accountability for your action, apologizing for mistakes and believing that not you but the doer is God helps in fighting ego out of your life. People misunderstand self-esteem and pride for ego.



“Attachment blinds the mind more than darkness.” – Bhagavad Gita

Chapter 96.

Why is a positive attitude so important?

Facts, figures and all the know-how, is just the first step into any problem solving. When dealing with real situations, we are bombarded with hurdles and difficulties making us believe that overcoming them is not in our ability. This is negativity of mind. Self-belief is the strongest arm in our weaponry. Most of us have established in our minds, the limitation of body and intelligence. We have strongly affirmed in our brains what we can do and what we can't, based on our past experiences and stories of our fellow mates. Such a mindset will not take you far because you have decided to go only up to the point which you have seen, experienced, trained and affirmed. Remember life will not always throw situations similar to what you have dealt with in the past so you may not be equipped to deal with it. The only thing that helps is a continuous self-affirmation that "I can do it", "All will be well", "I am a champion, if not me who else can do it". We may not know how we can overcome it; we may not know what would be the end result but for sure we know that if not done now, it will lead to failure.

A positive person will keep affirming himself that some more effort and it will be done. Such people always engage in building solutions and not imagining problems and self-limitation. Life does not give problems, it gives situations, we just need to manage it and walk through. Giving time and having patience, does more than what we can imagine and if substantiated with positive action than for sure, the outcome becomes satisfying if not totally in favor.

Thoughts of a positive outcome, speaks through our emotion and expression, it gets communicated to people around, who in turn, start behaving and acting towards solving and helping out. Remember that the Law of attraction is always working. If we carry negativity means we are desiring a negative outcome. Your desire is what get fulfilled by nature. Your desires, if they get overshadowed by fear then the fear gets manifested

or attracted as per law of attraction. Popularly we know that if something is desired from the heart then it will surely manifest in reality. Don't allow your brain to believe that fear and negativity is your desire.

We humans are so helpless to the mighty and complex creation, that our ability at times ceases to cooperate. Being positive is the only option. Think, speak and act positively, meaning when you think, your thoughts should terminate into positivity, when you speak you should have a positive filter and when you act have a positive body language.

Positivity is the mindset of focusing on possibilities, solutions, and hope—even when challenges arise. It means choosing constructive thoughts, maintaining optimism, and responding to life with resilience rather than fear or failure. Negativity is a mindset or attitude that focuses on problems, doubts, and worst-case outcomes, often leading to discouragement, fear, or pessimism. It emphasizes what's wrong rather than what's possible.

Law of attraction, Law of manifestation and Law of karma are all included into your one attitude, that is being Positive.

Today

IS GOING
TO BE
A GREAT
DAY

I WILL THINK, SPEAK AND ACT
POSITIVELY



“Believe you can and you’re halfway there.” – Theodore Roosevelt

Chapter 97.

How to age appropriately?

With age we mature. This is what we believe, but it's not true, we mature with experience. The more we indulge the more experience we get and hence the more mature we become. The question lies here is what kind of indulgence is right for us to age appropriately? If we indulge merely in sense gratification then we experience only anxiety because it's only about hard-work, enjoyment and craving for more. We get caught into a cycle of acquiring, relishing, craving and struggling. We don't get time to come out of it and experience the world around us beyond sense gratification.

The true experience which is useful in the journey through life comes from knowing and understanding people and surrounding, searching the origin of soul, finding our real identity, establishing the connection with God, being sensitive towards the human miseries, being considerate towards other life form, working towards the upliftment of society, guiding the younger generation to imbibe the values, culture, tradition, ethos of coexistence, cooperation, sharing and caring. With such positive indulgence we realize our duties and get passionate to work towards it and give back to the society.

When encompassing through the mellow side of the age, we tend to retire to laziness and compromised satisfaction. The age number starts paying in our mind which makes us believe that nothing more is possible, whatever is achieved, big or small is final and just retiring on a comfy and cozy bed every afternoon for siesta is the only joyous thing left in life. Wasting a lifetime being egoist, greedy, uncompromising and inconsiderate, makes our thought process, rock hard which becomes difficult to mend in old age. But unfortunately, the requirement of this period of life is being soft, considerate, forgiving and humble so that we get the needed support and love to survive the old age respectfully. Among masses we see how old people become a burden for the younger generation to carry on their shoulders forcing them into a life of humiliation. And on the other side it

has become hard for the older ones to bend, surrender, accept, lead a disciplined life and give back.

The solution to the above situation is to age appropriately, with respect and dignity, which is an art which we should learn while young so that we can easily do the right things, without putting in much effort in the old age. We shall Ripe but not rot. Being light on the shoulders of the young ones, which makes their life with you, easy and manageable too.

To age appropriately we have to acknowledge that our mental and physical health will decline every passing year so preparing from mid age or ever earlier to include physical exercise, people engagement, participating in social work, travelling, doing charity and social service, devotional service, mentoring, taking care of house chores, babysitting, playing and taking up spirituality and God science. These engagements will develop your interest in it which will eventually help in retiring gracefully.



Maturity

Comes from engagement,
not age alone.



*"Aging is an extraordinary process where you become
the person you always should have been." – David Bowie*

Chapter 98.

Why should we never quit life?

Quitting anything because “it’s too hard”, is the sign of weakness, cowardice, selfishness and foolishness. A weak tree falls off in a storm but the strong ones keep standing. Our whole life is a struggle. A child can’t walk, talk or manage his food. They are on the mercy of their parents. When children are growing up, they are vulnerable to outside influence, which can completely ruin them. When adults, the work mentality takes away all the joy of living due to insecurities and fear. What to say about old age, it’s a greenhouse of deacease, boredom, agony, frustration, humiliation and inabilities. Life at any age does not give you the privilege of living, out of fear and failures. Even the most successful ones feel they are being failed by their family, friends and children. They may face a situation where all their earnings could not buy them peace and joy.

Quitting life is an easy way out for those who don't have enough brain to workout. Just look around yourself and see how many do it. How many choose to quit. This world has about eight billion people and people prefer to die of disease and old age but not by quitting life. Even in such a distressful world more than ninety nine percent people chose to fight it. Percentage of suicidal death in a year is approx. 0.01, it means almost all the people prefer to face challenge hardship, difficulties, mental frustration, emotional agony, injustice, failures, misfortune and destiny than to surrender and rot under the grave stone or evaporate in the elements of nature.

Why do people prefer to challenge situations? Because it gives them pride and satisfaction of fighting back. They honor their parents who would never like to see their children die. They respect natural justice. They want atonement. They want to tell the world that they are not weak. Dying without fighting back is the victory for all those who have put you in that situation. You should win over because that's the bloodiest revenge you can take against your enemies whoever he may be, even God not excluded. Give

life a chance, let God handhold you to the porch of victory, just give your willingness to walk on his path. At least for now, go and sleep, wake up and read Bhagwat Gita chapter 2 verse 7, where Arjuna gives up the fight and asks Shree Krishna to mentor him, read what he says and then decide further. Whenever you get time, read on your mobile the summary of the biography of revolutionaries and see what kind of grind they have gone through. Bhagwat Singh was hanged at the age of twenty-three for a purpose. There are piles of videos on the internet to guide you. Talk to people, go for a walk, observe all those on the street who are giving a hard fight to life and still smiling. You just need to Smile and say “I am a hero, I will fight back, whatever it may take and one day I will walk up to the podium to tell my story to the world”

Whatever be the reason, never give up, whether its loss of wealth, loss of fame, loss of time, rejection, disease, loneliness, betrayal or some external negative stimuli like extremist ideas, dilution, bullying, insult or self-inflected feeling like loss of self-esteem, loss of self-belief, loss of confidence, loss of self-appreciation, loss of faith and loss of trust in God. If you don't have anything to do, go and serve some temples or NGOs. They need lots of people to work on the ground to serve the needy. Your one positive step will lead to another, like one sign post in the forest can route you out of it. Your papa is calling you, come back to life and win over it again.



"Even the longest night will end and the sun will rise." – Victor Hugo

Chapter 99.

Isn't life so beautiful?

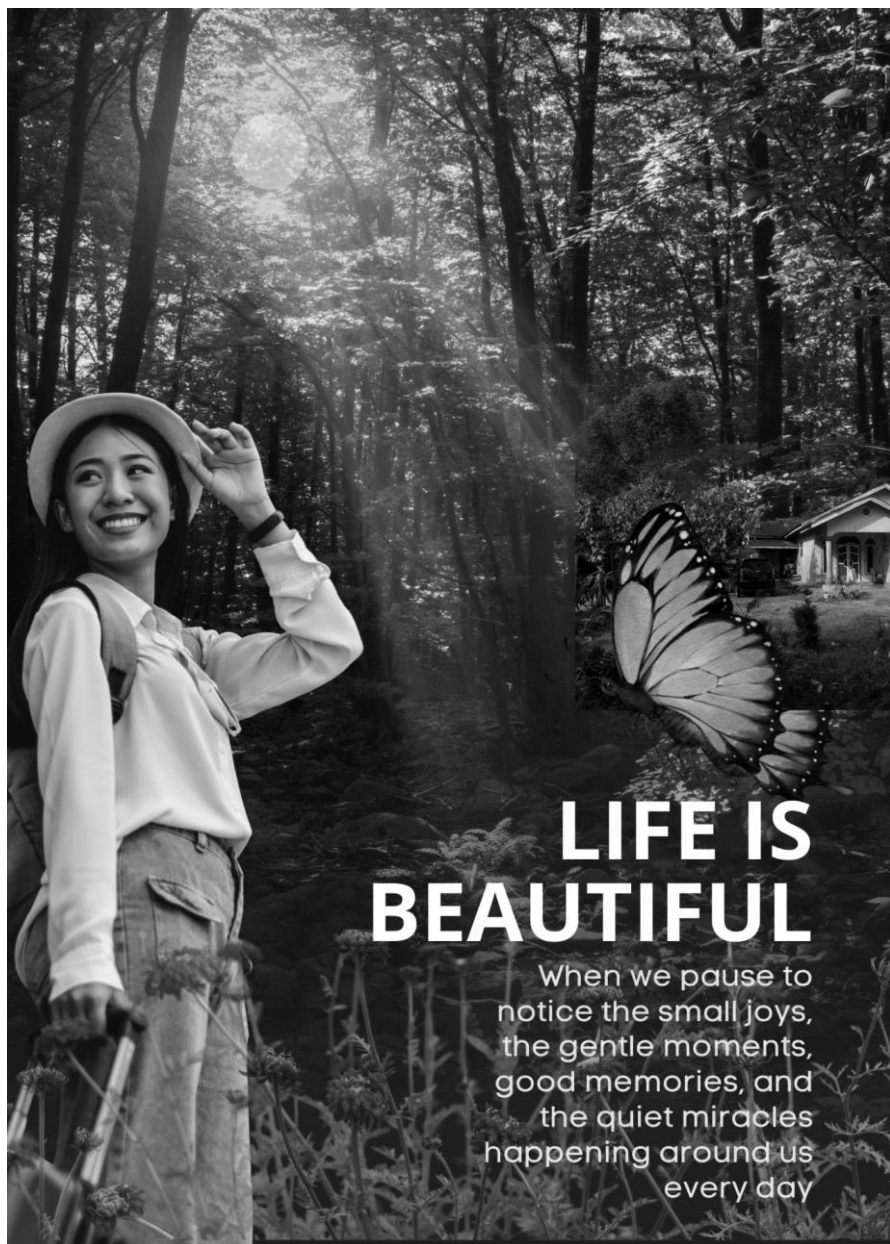
Of course, it is, without a doubt. The world is full of colors, lights, images, sounds, aromas, feelings and emotions. All nature is relentlessly working to serve you. Every person on this planet is working to put a decent meal on your table through their possible ways and means which finally translates into a fulfilling dinner for you. What you earn is just a piece of paper with some denomination, it can't be eaten or it can't become your bed neither it can cover your head so what's it for? It's just a token of appreciation for your contribution to the world and when you pay for things, you pay a token of your appreciation for their hard work, duties, intelligence, wisdom, goodwill, care, trust, innovation, invention, discovery, skill, expertise and labor. Anything you do for a living is your addition into the efforts of eight billion people on earth. This synchronized harmony is the product of beautiful brains working overtime to give you the moments of joy and reason for living.

You were born out of the beautiful feeling of togetherness, sharing and caring. There are so many people who send us best wishes at every occasion, there are so many people who jump to help us when we are stuck. You are blessed with senses to enjoy the nature around you, relish the delicacies of your choice, travel to places, experience the calmness of spirituality, feel the passion of humanity, indulge in luxuries, engage in relationships and enjoy intimacy. What else do you desire more? In fact, all the universe seems to be designed to nurture us and make us feel good.

Even God has laid down a red carpet for us through books and discourses to experience the ultimate peace and joy. Happiness is everywhere, only if you put on the magical glass of appreciation. You would be filled with gratitude if you start to see how everything on earth is helping you to live life better.

When our attitude of being judgmental changes to acceptance, when knowledge changes to wisdom, when effort changes to service, when

selfishness changes to gratitude, when differences change to appreciation, when love changes to compassion, when likes and dislikes changes to celebration of variety, when relations changes to support and when I change to, we, then this life starts to look more greener, brighter, familiar, fresher, kinder, nicer and all put in one, “more beautiful” world.



LIFE IS BEAUTIFUL

When we pause to
notice the small joys,
the gentle moments,
good memories, and
the quiet miracles
happening around us
every day

*"Enjoy the little things, for one day you may look back
and realize they were the big things." – Robert Brault*

Chapter 100.

What are the most desirable skills for the future?

With the passage of time, new becomes old and old becomes somewhat obsolete. The same thing happens in every sphere of life. Technology has erased the products of the past which, once upon a time, looked impossible to get replaced. Our hard and soft skills have also been challenged by a new generation of skill sets which are far more efficient. It will become extremely difficult in future to cope up with the upcoming generation, who will be smarter and more knowledgeable if we don't upgrade and update ourselves. Even for the new generation it would be a challenge to catch up with the latest developments. Amongst this, some skills will die down and new skills will come up but there would still be some skill sets, very valuable to mankind even in the future. Like we will still have to communicate, negotiate, influence, market, sell, make sound decisions, analyse situations and handle emotions therefore, Communication skill, Data analysis, Public relation and EQ will still remain in high demand, because people will be the core of all activities anytime in the future.

Communication, taking decisions and relationship building, are some areas where humans can't be replaced. Computers can segregate data, AI can evaluate them under some indices but they can't bring out conclusions and make decisions based on wisdom, emotions, feelings, ethics, morals, faith, justice, compassion, humanity, gut feeling, instinct, intuition and intention.

With technologies in place, we are engaging with machines more than humans, therefore we are getting weaker in public relations. In such a situation, one who knows how to speak and communicate well, will be rare and in high demand. A happy job and a happy family both depend on good communication. Remember that most of our troubles begin with wrong decisions or hurtful, disrespectful, intimidating or ingenuine communication and body language. This is being low on communication

skills. Learning it will be one of the best gifts that you can give to yourself. It will change your experience of living, from being on a bumpy emotional ride to a smooth intelligent sailing. It can manage both IQ and EQ.

Public relation is one such area which will always be in huge demand if people can learn the nitty gritty of public relationships like understanding people behavior, action, emotions and appropriately react to make situations favorable to all stakeholders means being able to create a win-win situation, then he would become the most sort after person in his society and his profession.

The human work force in the area requiring minor analytical skills has already suffered a blow due to Machine learning and AI. In times to come, fewer and fewer people would be available, who have the capability to surpass the intelligence of machines. So, investing in learning a high level of analytical skills based on human values and human condition would be very rewarding. Good analysis brings out good decisions, and good decisions brings out desired results, leading to personal growth and profit in business.

COMMUNICATION



PUBLIC RELATIONS



EMOTIONAL QUOTIENT



DATA ANALYSIS

Future skills

"In times of change, the learners inherit the earth." – Eric Hoffer

Chapter 101.

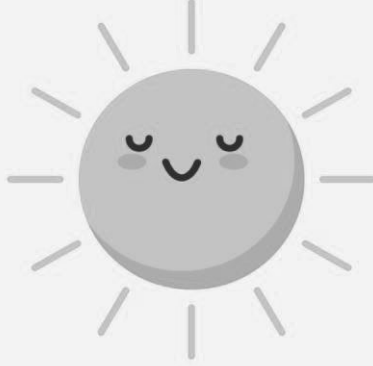
How does EQ help us build a more rewarding and fulfilling life?

Emotional Intelligence (EQ) is a skill, which every individual should learn. Without having a decent EQ, we basically live a default and vulnerable life. We subject ourselves to a non-ending emotional drama. Everything in the world seems to hurt us. If not then every now and then we seem to get bugged by some kind of mood swing or emotional mood shift or aggravated emotional reaction to all unfavorable daily events. What is EQ? In simple language it's your ability to handle emotional reactions so that it builds up to a win-win situation rather than putting you in trouble and stress. It gives you the control over a situation through appropriate and reasonable emotion, which takes you forward towards your bigger purpose in life and not getting you deviated midway and entangling you in unwanted situations, draining your energy, losing your focus and forgetting your purpose.

The next question would be, isn't it unnatural to control your emotions to suit the situation? Well emotions are the outcome of your feeling and feelings are the outcome of your sense interaction and thoughts. If you harbor your thoughts to a bigger goal in life then, you will not react too much to the temporary disturbances and hence, manageable emotion will erupt which can be easily handled in our day to day life.

A person who has trained himself to achieve high EQ will make a good family relation, professional relation and social relation. He would be able to excel in his business or job. He would suffer less of ego and energy drain because of the emotional drama that life subjects us to. EQ is the buzz word in the world of business, people who can create a product or service by understanding nuances of public emotions, will end up pulling up huge demand. EQ has become a powerful differentiator in business. In future all recruitment would require their candidates to score high on EQ. People with high EQ always win over those with high IQ.

If we observe ourselves closely, we realize that it's our emotions—real or imagined—that drive most of what we do. When we learn to generate positive emotions within, our outer life begins to reflect that inner state. It's worth learning the concepts of EQ for a rewarding and satisfying life.



‘EQ’ EMOTIONAL INTELLIGENCE

THE HAPPINESS SKILL

“Empathy is seeing with the eyes of another, listening with the ears of another, and feeling with the heart of another.” – Alfred Adler