

The Pull Within the Whisper

Listen. Trust. Become.

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Blessings of Lord Balaji

*With gratitude, faith and devotion I place this journey in the divine presence of
Lord Balaji*

May his blessings give me strength when the path feels uncertain,
clarity when I cannot see the way, courage when I am called to choose,
and humility when the journey opens new doors.

May every step taken with sincerity lead toward growth, wisdom, and
purpose.

May this book reach the hearts it is meant to reach.

Govinda Govinda

*With divine grace, may every Whisper be heard, every Pull be understood, and
every journey lead us closer to who we are meant to become.*

Dedication

**I dedicate this book to every woman who has ever felt lost, hopeless,
unheard, emotionally stuck, or disconnected from themselves.**

To the woman who has been quietly holding everything together.

To the woman who has forgotten what it feels like to choose herself.

To the woman who wonders if there is still another life waiting for her.

May you hear your Whisper,

May you recognize your Pull,

May you find courage to take your next step.

And may you discover, as I did,

That the woman you are searching for may already be waiting within you.

This book is for you.

Disclaimer

The experiences, memories, reflections, and principles shared in this book are entirely my own, drawn from my personal life. I worked closely with Brian Tracy BookBuilder 5.0, sharing my raw memories, reflections, and half-formed thoughts, and it helped me turn that raw material into the words on these pages. I then reviewed, edited, and refined every page to ensure it accurately reflected my experiences and voice. The story, the lessons, and the person behind them are real. The words on these pages were shaped with AI assistance.

Preface

There are moments in life when something within us speaks quietly.

A question that keeps returning.

A thought that refuses to disappear.

A book that finds us at the right moment.

A conversation that stays with us.

A possibility we cannot explain.

I call it a quiet inner voice **The Whisper.**

And when we begin listening to it, something deeper emerges: **The Pull**

This book was born from my own journey of learning to recognize that Pull.

For a long time I did not understand what it was trying to tell me. I only knew that certain experiences kept drawing my attention toward learning, stillness, reflection, expression, and change.

Slowly I began asking a different question-

“What is this experience teaching me about me?”

That question changed the way I saw my life.

Pain became something *I could learn from.*

Resistance became something *I could examine.*

Questions became *Invitations.*

Experiences became *Teachers.*

And small steps began *creating new direction.*

But this book is not only about my journey, it is an invitation **for you to notice yours**. Perhaps you have a question that keeps returning or something in your life no longer feels aligned or there is a dream you keep postponing, or you are standing at the crossroads, listening to many voices while one quieter voice within you keeps saying:

“There’s another way”

You may not have the entire answer, or complete map, but only a feeling, a question, or enough clarity for the next step. That may be enough. As you read, I invite you to treat my experiences not simply as stories but as mirrors.

Pause when something feels familiar.

Notice what keeps returning.

Notice what you are resisting.

Notice what you are drawn toward.

And ask yourself: *What is Life trying to show me about me?*

Because the purpose of “The Pull” is not to lead you toward someone else’s destination, rather it is to help you find your way back to **yourself**. So, listen closely “*The Whisper*” may already be speaking and somewhere within it “*The Pull*” may already be showing you the way.

A Note to the Reader

This book is both a personal story and an invitation to transformation. I share my experiences not because my journey is the only way forward, but because the lessons I discovered may help you listen more closely to your own life.

These pages move between “memoir, reflection, and personal development”. My story provides the thread, while the questions and Principles invite you to examine your own.

The open spaces throughout the book are intentional. They are invitations to pause, reflect, and write what your own life is trying to teach you. You do not have to read these pages quickly. Return to a “question” sit with a feeling, or record a thought whenever something within you begins to speak.

This book is not only meant to be read. It is meant to be experienced.

Why my story matters. Why Now?

For a long time, I carried these experiences within me without knowing that one day they would become a book.

I was living them before I was ready to understand them.

I was questioning before I had language to express those questions.

I was searching before I knew what I was searching for.

And I was listening before I understood the power of listening.

So, why now?

Because I finally understand something I could not see before.

The experiences were not just experiences. They were teaching me.

The Whisper became The Pull.

The Pull led me to listen.

Listening led me to questions.

The questions led me to choices.

The choices led me to healing, rebuilding, and becoming.

And somewhere along the journey, I realized that I was no longer simply living through these experiences. **I was learning from them.**

Perhaps I am writing this book now because I have reached a place where I can look back without needing to change what happened. I can look at it differently and ask:

What did this teach me?

What did I discover about myself?

What principles emerged from the journey?

I did not write this book because I have figured everything out.

I wrote it because I have learned enough to begin sharing what the journey has taught me.

And maybe this is why **now**.

And I believe that if they emerged from my life, they may help someone else understand something emerging from theirs.

What glued me to this journey? The support, love, and strength I received from my children Manvendra and Manroop.

There were moments when I was finding my way, questioning me, and learning to stand again. Their presence gave me strength in ways they may not even have realized.

They became part of my reason to keep moving.

Part of my courage.

Part of my becoming.

Looking back, I realized that I was not walking this journey alone.

Their love walked with me.

And perhaps one of the greatest gifts of this journey is that, while I was learning to choose me, I was also showing my children what it means to keep growing, to keep learning and becoming.

Because sometimes, we need to live the lesson before we can write about it.

The principles I write about were not invented.

They emerged from The Pull.

Living through The Pull: A Journey to Principles

This journey unfolds across eleven chapters, but it was never eleven chapters in my mind.

It was simply a life being lived.

A question here.

A difficult season there.

A Whisper I could not ignore.

A Pull I slowly learned to recognize.

And as I began looking back, I realized that the experiences I had lived through were teaching me principles I had never consciously set out to discover.

That is why this became a journey from The Pull to Principles.

These chapters are not simply chapters of a book.

They are chapters of life lived, questioned, listened to, and understood over time.

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Chapter 1

The Whisper Before the Journey

Have you ever heard a Whisper before making a life-changing decision?

Not a voice you hear with your ears.

A quieter voice.

A question that appears from nowhere.

A feeling that something is no longer right.

A thought that keeps returning even after you have tried to push it away.

Perhaps this sounded like:

This isn't who you are.

You are in the wrong place.

You are meant for something more.

Is this really the life you want?

Or perhaps during the particular difficult season of life, the question became even more uncomfortable: *Will you spend your entire life without discovering what you are truly capable of?*

You may have tried to silence it or called overthinking or dismissed it as unrealistic dream or have even convinced yourself that this is simply how life is. And yet somehow the question returned.

Again.

And Again.

And Again.

This is where my understanding of The Pull began. I did not initially call it The Pull. I experienced it as inner voice The Whisper.

A quiet inner movement like the tectonic plates moves beneath the earth that shook me and questioned what I had accepted, challenged what I had become accustomed to, and invited me toward something I could not yet clearly see.

What is Whisper?

Quiet yet powerful inner voice that questions, or challenges, yet opens a purposeful chapter of life when listened deeply and closely.

-Ruby Garcha

A Whisper does not always arrive dramatically.

Sometimes it arrives as *a single question* or as *discomfort* or it appears as *regret* after you walk away from something that mattered or it arrives through a *repeated thought* that refuses to leave you alone, and also, sometimes it becomes impossible to ignore only after life shakes you.

This is one of the paradoxes I have discovered: *The Whisper may have been present long before the breakdown.*

The breakdown does not necessarily create the Whisper. Sometimes breakdown simply becomes loud enough for you to finally hear what was already there. Before that moment, you may have been too busy fulfilling expectations, solving problems, taking care of others, meeting responsibilities or simply surviving. You may have become so accustomed to the life around you that you stopped asking whether it still belonged to you.

Then something happens.

A relationship changes.

A career no longer feels meaningful.

Your body begins asking for attention.

A dream you buried years ago suddenly returns.

You experience an unexpected opportunity.

A book touches something inside you.

Someone says a sentence that stays with you.

Or you simply wake up one morning with a question you cannot explain.

And suddenly something inside you says:

Pay attention

The Whisper does not always sound the same. One of the reasons 'Whispers' are easy to overlook is that they *do not have* one fixed language.

Sometimes a Whisper asks:

"Why?"

Sometimes it challenges with:

"Prove them wrong" or "You are not defined by your circumstances"

Sometimes it gently guides you:

"These habits are no longer serving you"

Sometimes it redirects:

"Perhaps you misunderstood"

Sometimes it nudges you:

"I do not feel (deep inside) good while talking to this person. And you hear why?"

Sometimes it demands:

"Do it! Now"

Sometimes it reminds you of something you have forgotten:

“You are far more capable than you believe”

And sometimes it asks the simplest and most uncomfortable question of all:

“Is this really you?”

The words, situation, or area of life may change. But underneath them there can be the same movement: *something within you is asking you to pay attention.*

The movement is what I call **The Pull**.

The Whisper is often how “The Pull” first makes itself known.

From Whisper to Pull

A Whisper is easy to ignore because it is quiet.

The Pull becomes difficult to ignore because it keeps returning.

You may experience it first as a thought, then as a feeling, changed to question, to inner restlessness, and finally as a desire to explore something new with an urge to act.

This is why I see the journey as:

Listening to Feeling to Following

You first listen to what is emerging within you, allowing yourself to feel what it means, eventually decide whether you are willing to follow it. And the moment you begin following something *changes*.

You may not yet know where the path will lead or have a complete plan or may not even have the confidence to explain your decisions to anyone else but something inside you has shifted.

You have moved from merely **hearing** yourself to **responding** to yourself.

And that response can change the course of a life.

Why do we ignore the Whisper?

Perhaps the more important question is not whether Whispers exist.

It is: *Why do we ignore them?*

We ignore because sometimes we are afraid of change, or are comfortable enough, or are financially dependent, or are responsible for children/family, or at times other people opinions feel more trustworthy than our own inner voice. Not leaving behind, sometimes we have spent so many years following an external GPS that we no longer recognize the language of our own inner direction.

Whereas, deep within we know what the Whisper asks us to do. It may be:

To choose an *uncomfortable path*

Or to *learn something new*

Or to *change a habit*

Or to *establish a boundary*

Or to *leave an old identity behind*

Or to *begin again*

Or to *say yes* when everyone expects a no

Or to *say no* when everyone expects a yes

That is why listening to the Whisper requires courage.

The Pull rarely arrives with a complete map.

It often arrives with only the next step.

And that can be frightening.

We want certainty before action.

The Pull often asks for action before certainty.

When the Whisper Becomes Louder

There may come a time when ignoring the Whisper begins to cost you more than following it. You may feel increasingly restless. What once felt normal begins to feel unbearable. The questions become stronger. The gap between who you are living as and who you know yourself to be becomes wider.

You begin asking:

What if I am meant for something different?

What if I have been living according to someone else's definition of life?

What if there is more of me waiting to be discovered?

This can feel like a crisis.

But perhaps it is also an awakening.

Sometimes what we call a breakdown is the moment when an old version of ourselves can no longer continue pretending that everything is fine.

The discomfort becomes a messenger.

The question becomes a doorway.

And the Whisper becomes an invitation.

Not necessarily to abandon everything or to make an impulsive decision. But to look honestly at yourself and ask:

What is this experience trying to show me?

That question changed everything for me.

The Whisper is an Invitation, not an Instruction Manual.

This distinction matters.

The Pull is not about blindly following every thought or impulse. As neither every desire is a calling, nor does every uncomfortable feeling require an immediate action.

The invitation is to become more aware, to listen deeply, to inquire, to observe, and to distinguish between fear/intuition; external pressure/inner direction; temporary emotion/deeper recurring knowing. The longer you stay with a genuine Whisper, the more clearly you may begin to understand what it is asking of you.

It can feel as though layers are unfolding like:

First the Question.

Peeling a layer to awareness.

Followed by self-reflection to self-acceptance.

Then, perhaps Courage.

And eventually action.

Something that initially felt like a vague inner sensation begins to reveal a direction. This is where the Whisper begins becoming **The Pull**.

The Beginning of a Journey

My journey did not begin with a grand plan.

It began with a question.

Questions that became difficult to ignore.

Questions that appeared during moments when life had shaken me deeply.

Questions that eventually pushed me towards stillness, spirituality, self-inquiry, expression, and action.

Looking back, I can see that the Whisper was not trying to give me the entire destination. It was trying to get me moving.

This is what I want you to notice in your own life.

Perhaps you have a Whisper too; it has been visiting you for months/years.

Maybe, you have buried it beneath responsibility, fear, expectations, or the belief that it is too late.

Possibly you are already standing at the edge of a change but are waiting for someone else to give you permission.

You may not need the entire answer today.

You may only need to become quiet enough to hear the question.

Because sometimes a lif-changing journey does not begin with an answer.

It begins with a Whisper.

And when you listen closely enough, you may discover that the Whisper was never merely a voice. **It was ‘The Pull’ calling you toward a version of yourself you had not yet met.**

The Whisper

The Pull may begin as a Whisper, but it becomes powerful when you stop dismissing what keep returning to you.

Reflection

Pause for a moment.

What question has been quietly returning to you?

What thought keeps appearing even after you try to silence it?

What part of your life feels increasingly misaligned with who you know yourself to be?

And perhaps most importantly:

What if the Whisper you have been trying to silence is actually inviting you to meet a deeper version of yourself?

Don't rush to answer.

Just listen.

The Journey Begins there.

Chapter 2

The Season That Gave Birth to the Whisper

'Life is like the changing seasons'

Jim Rohn

Jim Rohn described life through four seasons:

Winter – the season of challenge

Spring – the season of opportunity

Summer – the season of nurture

Autumn – the season of harvest

When I look back at my own life now, I understand these seasons differently. Every life has its winters, not necessarily the winter marked by cold weather, but the winter of the soul. It is the season when what once felt familiar begins to crumble.

Certainty disappears.

The answers you once trusted no longer seem sufficient.

And the life you were able to accept yesterday suddenly becomes difficult to understand today. A winter can make each day feel as heavy as a mountain.

A sleepless night can feel endless.

An hour can carry more emotion than you know how to process.

Even breathing can sometimes feel like an effort because something inside you feels as though it is breaking apart.

And yet there is something else that can happen in a winter.

The illusion begins to crack.

The life you had accepted without questioning begins to come under examination.

You begin seeing things you had previously overlooked.

You begin asking questions you had never allowed yourself to ask.

You begin noticing the distance between the life you are living and the person you are becoming.

Winter can draw you inward.

Not because you deliberately chose introspection, but because the usual distractions no longer work.

Something within you begins demanding your attention.

And perhaps this is one of the hidden gifts of a difficult season – *It can make the invisible visible.*

Your values become clearer.

Your unmet needs become harder to ignore.

Your buried desires begin resurfacing.

Your boundaries become visible.

Your fears reveal themselves.

And somewhere beneath all of this, you may begin to meet a part of yourself that has been waiting to be acknowledged.

The Real You.

When the old way stops working

A difficult season can reveal something uncomfortable: ***the way you have been living may no longer be working for you.***

Not necessarily because everything about your past was wrong, or because the people around you were wrong. But, because you are changing. And when you change, what once fit you may no longer fit.

That realization can be frightening because change asks something from us.

It asks us to move from:

Feeling → Thinking → Doing.

Feeling tells you something is happening.

Thinking helps you understand it.

Doing begins the transformation.

This is where the unknown path begins. And the unknown path is precisely what makes change difficult. We often want to know the destination before taking the first step. But life rarely gives us that luxury. Sometimes it gives us only enough clarity for the next step. And that is where the Whisper enters.

The Whisper Is Born in the Gap

Perhaps the Whisper does not suddenly appear during a difficult season.

Perhaps it was already there.

But the noise of everyday life was louder.

Responsibilities were louder.

Expectations were louder.

Fear was louder.

Other people's opinions were louder.

The identity you had built was louder.

Then Winter arrived.

And somehow, the noise became quieter.

Not because life became peaceful, but because something inside became impossible to ignore.

A question began repeating itself.

A thought kept returning.

A feeling refused to disappear.

You could distract for a while but you could not completely silence it.
That is when I began to understand –

The Whisper often becomes audible in the gap between who we have been and who we are becoming.

The gap can feel painful but it can also be revealing. Because the question underneath discomfort may be –

“What now?”

And beneath that question may be another –

“Who am I becoming?”

And beneath that:

“What is calling me forward?”

That is where **The Pull** begins to reveal itself.

Pain changed the question, looking back I can now see something I could never have understood while I was living through it. I had initially wanted the difficult season to end. I wanted the pain to stop, circumstances to change.

But eventually another question emerged that shifted my attention –

What is this experience asking me to change within myself?

Instead of asking only

“Why is this happening to me?”

I began asking:

“What is this revealing to me?”

There is a profound difference between those two questions. The first one can keep us trapped in the circumstance whereas, second can open a door toward self-awareness. That does not mean pain is good or we should remain in harmful situations and certainly does not mean we should romanticize suffering. It means that when we find ourselves in a difficult season, we can choose to ask:

What can I learn about myself here?

That question became one of the doorways through which I began hearing my Whisper.

When winter gives you a question, sometimes the first sign of ‘The Pull’ is not an answer, it is a *question*.

A question that keeps returning.

A question that follows you into silence.

A question that appears when everyone else has gone to sleep.

A question that makes you uncomfortable because you know that answering it may require you to change. And perhaps that is why we sometimes resist our Whispers. Because we intuitively understand that listening may require something ‘*new*’ from us.

A new *habit*.

A new *boundary*.

A new *direction*.

A new *skill*.

A difficult *conversation*.

A *courageous* decision.

A *willingness* to disappoint someone.

Or simply admit the courage to admit: “*This is no longer working for me*”

The Whisper doesn't always tell you exactly what to do rather it simply makes it impossible to remain unaware. And that awareness is powerful. Because once you see something clearly, you cannot completely return to the way you saw it before.

The Season will change winter is not permanent neither is spring, summer, nor autumn. Life moves.

You move.

You grow.

You harvest.

You begin again.

But perhaps the purpose of a season is not simply to get to the next season. Possibly each season has something to reveal.

Winter may reveal what needs to change.

Spring may reveal what is possible.

Summer may teach you how to nurture what you have begun.

Autumn may allow you to recognize what your efforts have produced.

And then, eventually another winter may come. Not necessarily because you have failed but because life continues to evolve. This is why I no longer see a difficult season only as something to survive, but also, an opportunity **to listen more deeply**. Because sometimes the season that feels as though it is taking everything away is also creating enough silence for something within you to finally speak. That sometimes begins as a Whisper which further may become a Pull.

Before You Leave This Chapter

If you are currently living through a difficult season, I do not want to tell you to simply be grateful for it.

Some seasons *hurt*.

Some seasons are *unfair*.

Some seasons require *support, boundaries, courage, and sometimes decisive action*.

But I invite you to become curious about yourself within the season and ask:

What am I seeing now that I could not see before?

What question keeps returning?

What part of me is asking for attention?

What no longer feels aligned?

What might I need to change—from feeling, to thinking, to doing?

You do not have to know the entire path.

You may only need to listen for the next Whisper.

Because perhaps the most important thing Winter gives us is not an answer.

It gives us enough silence to hear the question.

And sometimes...

the question is where The Pull begins.

The Whisper

Sometimes the season doesn't change first. Your awareness does. And when your awareness changes, you begin hearing what was quietly calling you all along.

Reflection

What season are you living in today?

Spring?

Summer?

Autumn?

Or perhaps...

Winter?

If life feels heavy right now, don't rush to force an answer.

Pause.

Listen.

What question keeps returning?

What is asking for your attention?

And what might happen if, instead of asking only "How do I get out of this season?", you also asked:

"What is this season helping me see?"

Perhaps your next chapter isn't waiting for the season to end. *It begins with the Whisper you hear while you are still inside it.*

Chapter 3

The Language of the Whisper

Have you ever wondered why some thoughts disappear within minutes, while others return for days, months, or even years?

Why does one idea refuse to leave you?

Why does one conversation stay with you long after it ends?

Why does one opportunity keep appearing until you finally pay attention?

And why does a thought sometimes arrive at exactly the moment when you need it most?

Perhaps you have been sitting quietly when something suddenly shifted inside you. It arrived gently almost like a breeze. Not strong enough to force you, yet, powerful enough to change where your attention rested.

What if that breeze is one of the ways your Whisper makes itself known?

In the previous chapter, we explored how difficult seasons can create enough awareness for a Whisper to become audible. But there is another question:

How does the Whisper communicate?

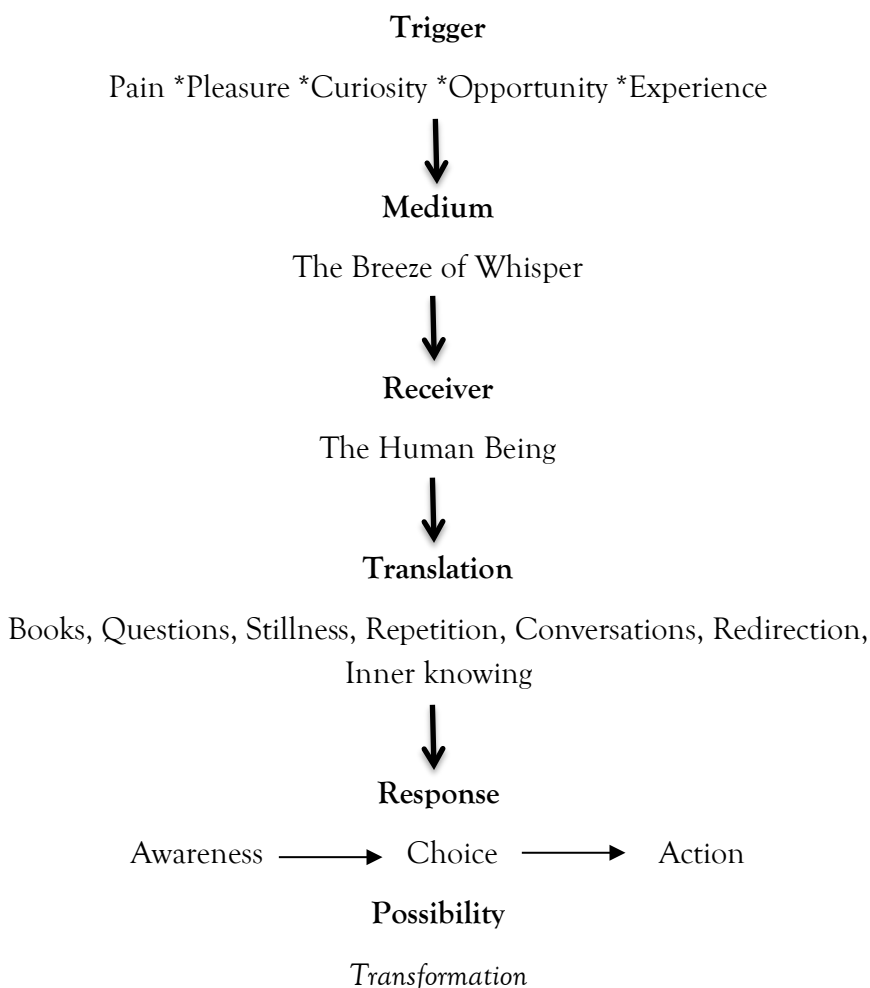
Because the Whisper does not always speak in words.

Sometimes it asks, repeats, redirects, arrives through a book, a person, an opportunity, or a moment of stillness, or it may simply leave you with a quiet knowing you cannot fully explain. I have come to understand these as **different languages of the Whisper**.

Pain, Pleasure and the Awakening of Attention

Tony Robbins teaches that much of human behaviour is driven by two forces- **Pain and Pleasure**. I found this insight meaningful because, looking back at my own life, I noticed pain and pleasure can become powerful attention-getters. Pain can make us question what we have been tolerating whereas, Pleasure makes us notice what gives us energy and meaning. Both can bring something previously unnoticed into our awareness. And once our attention is activated, the Whisper can become easier to recognize. So, I began seeing the process this way:

The communication of the Whisper:



The Whisper is not necessarily loud. Our attention is what makes it audible. And over time I began noticing that although the Whisper has no single language, it consistently appeared to me through **seven** recognizable forms.

1. The Language of Questions

Sometimes the Whisper arrives as a question:

Why am I feeling this?

Why can't I let this go?

What am I being invited to become?

Is this really the life I want?

Questions are powerful because they do not immediately demand an answer rather create a space for awareness. A question can stay with you long after the moment in which it first appeared. And sometimes the question is more transformative than the answer because it changes what you begin looking for.

A question awakens awareness before answers arrive.

Maybe this is why some questions refuse to let us sleep. They are not necessarily disturbing us rather **directing our attention**.

2. The Language of Books

Sometimes the Whisper arrives through something you read. You open a book expecting information instead, something happens a paragraph seems to speak directly to you, a sentence makes you pause, a word stays with you. And you read the same line again. Suddenly reading feels less like reading and more like listening. I have experienced moments when a book seemed to be having a conversation with me. The pages had not changed. **I had**. The book had not suddenly become more relevant but **I had become ready to hear what was already there**. Sometimes a single paragraph enters our lives at exactly

the moment we need it. Not because the book changed because **we changed**. That is another language of the Whisper.

3. The Language of Stillness

Sometimes the Whisper appears only after the noise stops.

You sit quietly.

You meditate,

You Pray.

You walk alone.

You surrender with gratitude.

You stop trying to force an answer.

And something begins to emerge. Not necessarily a dramatic revelation.

Sometimes it is simply clarity as a feeling or sentence or realization or direction.

Stillness does not give us an answer but **an ability to hear** the answer that was already trying to reach us. This is why stillness became important in my own journey. When I stopped chasing answers outside myself, I began noticing what was happening within.

The quieter I became, the more clearly I could listen.

4. The Language of Repetition

Have you noticed:

The same thought returning again and again?

The same desire?

The same question?

The same kind of opportunity?

The same area of life asking for your attention?

At first, you may dismiss it.

Then it returns.

You dismiss it again.

It returns again.

Eventually you begin wondering: **Why does this keep coming back?**

This is where repetition becomes interesting when life repeats itself, maybe it isn't always repeating, **it is reminding**. This repetition doesn't mean that you must act immediately but it's worth asking:

Why am I continually being drawn toward this?

Sometimes the Pull becomes recognizable simply because it refuses to disappear.

5. The Language of Conversations

Sometimes the Whisper borrows another person's voice. One sentence or word from a mentor, a conversation with a stranger, a podcast you happen to hear, a question someone asks you, a story someone shares, or something a friend says. The person may not even realize the impact of their words but something lands. You may continue your day, yet that sentence continues travelling with you. And weeks later you realize:

That conversation changed something in me.

This is the reason we should never underestimate the people and conversations we encounter. As another person becomes the messenger through whom your own awareness awakens.

6. The Language of Redirection

Sometimes the Whisper does not say "Go" it says "Not this way" and a door closes, an opportunity disappears, a plan fails, and something you desperately wanted does not happen. At first you may experience only disappointment but, later you may look back and realize that the redirection created a space for something else. This does not mean

every disappointment is secretly a blessing, some losses simply hurt. But sometimes a closed door reveals that the direction you were pursuing was not aligned with where you needed to grow. The Whisper can therefore communicate through **redirection**. Not every Pull is forward movement, sometimes the Pull is asking you *to stop, pause, reconsider, and turn*.

7. The language of Inner Knowing

And then there is the most difficult language to explain the language of **Knowing**. No elaborate argument, or guarantee, or perfect evidence or certainty about the outcome, just a quiet feeling:

“I Know”

This does not mean ignoring reason, or acting impulsively. It means that after listening, questioning, reflecting, observing, and considering, something within you becomes quietly clear. This is where I connect the Whisper with what I call my **Inner GPS**. The GPS does not necessarily show the entire journey. It simply helps you recognize the direction and sometimes that is enough.

The Whisper has a Language.

The Pull gives it Direction.

These seven languages may appear separately or in combination may appear at once.

A difficult season may create a question.

The question may lead you to a book.

The book may send you into stillness.

Stillness may reveal a recurring desire.

A conversation may strengthen it.

A closed door may redirect you.

And eventually, all of it may lead to a quiet inner knowing. That is where something begins to shift. You are no longer simply noticing a Whisper, but, are **beginning to recognize a Pull**. And recognition matters because we cannot consciously respond to something we continually dismiss. The Whisper may occur once but when something continues to return through different languages, circumstances, or moments it deserves your attention.

As the question is no longer:

“Is this a Whisper?”

Now, the question becomes:

“What is this Pull asking me to do?”

That is the movement of awareness toward action from where transformation begins.

The Whisper:

Life may have been speaking to you in many languages. The question was never whether the Whisper existed. The question was whether you had become quiet enough to recognize its language.

Reflection:

Looking back at your own life, which language has your Whisper used most often?

A question?

A Book?

Stillness?

Repetition?

A conversation?

Redirection?

Or a quiet knowing that words could never fully explain?

Now ask yourself one more question:

What has been repeatedly asking for my attention?

Don't rush to answer.

Notice what comes first.

May be that first response is where your next Whisper is waiting.

And perhaps...

The language of the Whisper is already revealing the direction of your Pull.

Chapter 4

Guard Your Inner Environment

'Environment is stronger than will'

- Paramahansa Yogananda

"Life is all about guarding your inner environment in order, to operate from the vastness of inner world"

- Ruby Garcha

Have you ever noticed that the same words can mean something completely different to you at different stages of your life?

You can read a sentence today and move on. Years later, the same sentence can stop you. You underline it, read it again, and sit with it. Maybe you even whisper it to yourself. Here, what changed? The words didn't.

You did.

This is one of the most important discoveries I made while learning to recognize **The Pull**.

We don't experience the world only through what happens to us. We experience it through the inner environment we have built within us.

Our thoughts, beliefs, memories, questions, fears, and hopes are the voices we repeatedly listen to.

The books we read.

The people we spend time with.

The conversations we have with ourselves.

All of these become part of the environment from which we interpret life. And that matters because **The Pull rarely arrives in a vacuum**. If that inner environment is crowded with fear, comparison, resentment,

self-doubt, and other people's expectations, the Whisper can be difficult to distinguish. The Pull arrives inside a human being who is already carrying or has begun to create space for reflection, wisdom, curiosity, stillness, and better questions, as something changes. We become more available to hear. This is why I have come to believe:

Guarding your inner environment is not about escaping the world. It is about deciding what gets permission to shape the world within you.

My Father's Sentence

Long before I understood this principle, my father gave me a sentence that stayed with me. He told in Punjabi language **“Kitaba nuh kadi nah chaddi... ehi tere kamm aan giya”** in English *“Never leave books. One day, only they will help you in the times of need”*

At that time, I heard it as advice from a father to his daughter. Today, I hear it as something much deeper. Books became some of the most important conversations of my life. They introduced me to ideas I had never considered, gave me questions I had never asked, allowed me to meet people I would never physically meet, and expanded the boundaries of what I believed was possible. And gradually I began to understand something:

What we repeatedly consume becomes part of the conversation happening inside us.

That means we need to become intentional about our mental diet. Just as we ask what food we are putting into our bodies, perhaps we should occasionally ask:

What ideas am I putting into my mind?

What am I repeatedly watching?

What am I repeatedly hearing?

Whose opinions am I repeatedly absorbing?

Which conversations leave me feeling smaller?

Which ones make me think bigger?

Which voices make me question myself in a healthy way?

Which voices make me abandon myself?

These questions became increasingly important to me.

The Voices We Allow to Enter

During the difficult years of my life, I was surrounded by many kinds of voices.

Some gave advice.

Some gave criticism.

Some offered encouragement.

Some created doubt.

Some reflected society's expectations.

Some reminded me of my limitations.

And some opened doors in my imagination that I didn't know existed.

I began intentionally seeking the latter. I listened to teachers, explored ideas, read, attended programs and encountered people whose words challenged me. *Tony Robbins, Vishen Lakhiani, Ron Malhotra* and many others entered my intellectual environment through books, courses, conversations, and learning. I didn't agree with everything I encountered here, the point was that my **thinking was being stretched**.

And when your thinking expands, your questions change.

When your questions change, your attention change.

When your attention changes, you begin noticing possibilities you could not see before. And sometimes, hidden inside those possibilities, is **The Pull**.

When you keep looking outside

But there was another part of my journey that was harder to understand. For a long time, I was looking outside myself for rescue. I wanted someone to understand what I was experiencing.

Someone to tell me what to do.

Someone to make things better.

Someone to show me the way out.

Then one day, an uncomfortable realization began forming – **No one was coming to live my life for me.** That realization did not mean I was alone or did not need support. It meant something different: *Support can strengthen you, but responsibility for the ‘quality of life’ eventually has to return to you.* That distinction became transformative. I began asking different questions, instead of only: **‘Why is this happening to me?’** I began asking: **“What can I do with what is happening?”** The first question looks backward and seeks explanation whereas, second begins looking forward and search for agency.

And that movement from explanation toward responsibility for the ‘Quality of Life’ became one of the ways I began responding to **The Pull.**

When One Question Refuses to Leave

One question became particularly persistent in my life: *Where does a woman go when she no longer feels safe?* I had repeatedly heard words that stayed inside me: **“This is not your roof”**

Those words did more than hurt. They created a series of question-

What does it mean to have a roof that is truly yours?

What does independence mean?

What does security mean?

What does it mean for a woman to have somewhere she can stand without feeling that her belonging can be withdrawn?

I did not yet have the answers. But the questions had entered my inner environment. And once they entered, I could not completely push them out. That is something I have learned about The Pull. It often begins by changing the questions we are willing to ask.

The Book That Found Me

Then came an experience that I still remember vividly. My daughter had fallen from her tricycle, her permanent upper tooth had broken. There was blood, fear, and rush to the doctor. And I was sitting in the waiting area with my daughter, waiting for her treatment. It was an ordinary waiting room but, that day something extraordinary entered my life. My eyes landed on a book **Bhagavad Gita** by **Paramahansa Yogananda**. I picked it up. I didn't begin at the beginning, simply opened it and started reading. Something happened. The words seemed to take me along with them. One of the questions (**Why was this happening to me?**) that had been weighing heavily on me began receiving a different kind of attention. For a moment, the noise around me seemed to fade. It felt as though the book was talking to me, not merely giving me information, **talking to me**. My daughter and I were still in a doctor's waiting room but internally, I had entered another room altogether, a room of reflection where, my questions could breathe. Soon, it was our turn. My daughter went in for treatment but a part of me remained with that book. When the treatment was over, I asked the doctor : "Can I take this Bhagavad Gita with me? I will return it on my next visit." He agreed. I took it home and remember feeling an overwhelming gratitude. Looking back, I sometimes feel that perhaps my daughter became the bridge through which that book reached me at precisely the moment I needed it. I could have ordered another copy but I wanted to underline, make notes, and interact with the words. So, I decided to have it photocopied that very evening. Even that became part of the experience. The person who photocopied told me that because it was Bhagavad Gita he did not want to postpone the work until next day

and he completed it that evening. There was something sacred about the entire experience. I remember even sensing the aroma of the pages. It felt as though the book had arrived carrying something more than words. It carried for me:

Certainty, Safety, Care, Love, Direction, and Wisdom.

When Reading became Listening

The next morning, I began reading. But I didn't want merely to read. I wanted to understand so began making notes. Whenever a word or idea touched me, I wrote it down, returned to it, reflected upon and explained it to myself. Slowly, something began changing. My **inner world** began to change. I started waking at 4 a.m. to read. The early morning became a space of stillness and book became a companion. The questions that had once felt overwhelming began to have somewhere to go. They didn't all disappear but began to acquire **space, perspective, and meaning**. This is where I discovered something that would later become central to any understanding of The Pull.

Sometimes the answer doesn't arrive first. Sometimes the environment in which you hold the question has to change first.

The same question can feel suffocating in one environment and illuminating in another.

The Words had Not Changed

The Bhagavad Gita also reconnected me to something I had known since much earlier in life:

Japji Sahib

I had been reciting Japji Sahib since I was eighteen. The words were not new but I was, so the words felt different. Now, I began pausing over individual words, not rushing toward the end or treating the reading as something to complete. I allowed the words to rest within

me. It felt as though each word touched something. That experience taught me a profound lesson:

Sometimes transformation does not require new wisdom. It requires a new level of listening to wisdom you already possess.

The words and I had been there but the connection between the two had changed.

The Book Became a Lens

The Bhagavad Gita became more than a spiritual text for me. It became a lens through which I began observing my physical, emotional, & mental state, along with patterns, reactions, beliefs, and conditioning. I began noticing how much of my behavior had been shaped by what I had experienced and what I had repeatedly told myself. And then another realization emerged:

What has been programmed can be examined. What can be examined can be changed.

That realization opened a new dimension of self-awareness. I stopped looking only at what was happening around me rather began looking at **what was happening within me**. And this distinction mattered because The Pull does not only ask: **“What do you want?”** sometimes it asks **“Who are you becoming?”**

From Anesthesia to Awareness

Looking back, I realized that I had been functioning in a kind of emotional and mental anesthesia. I was fulfilling responsibilities, learning, managing situations, moving forward but functioning is not always the same as consciously living. The Bhagavad Gita became a wake-up call for me and felt as though a light had been switched on inside me.

Wake up.

Look within.

Observe.

Question.

Choose.

I began *paying attention* to:

My thoughts before immediately believing them.

My emotions without allowing every emotion to dictate next action and began observing my responses.

Slowly something shifted – I was moving from reaction to response; automatic living to conscious living; and from “Why me?” to “What now?”

The Question That Changed My Direction

“The quality of our questions determine the quality of our lives”

- Tony Robbins

One of the most significant shift was when I stopped asking “**Why is this happening to me?**” and began asking “**What am I going to do with what is happening?**”.

That question brought me back to responsibility, not for everything other people do or for circumstances beyond my control but for my **response, choices, actions, and next step**. This is where *The Pull* becomes practical. A Pull that is never acted upon remains an inner sensation whereas the one acknowledged begins to influence choices and, choices, repeated over time, begin creating a life. This is why the inner environment matters. So, before you can change your outer direction, you often have to change the conversation happening within.

Learning to Love My Own Company

Something else began happening. I started becoming comfortable with myself, and discovered that being alone and being lonely was not the

same thing. I began loving myself more. Stillness became less frightening. It became nourishing. I began noticing things I had previously overlooked like small changes in nature, Birds, Butterflies, Trees, and the Sky. Now, no moment is an ordinary moment. My attention had changed because of which my experience of the world changed. That is another lesson *The Pull* Taught me - *What you repeatedly pay attention to becomes part of the world you experience.*

Your Inner Environment is your Listening Space

This is why I now think of the inner environment as a kind of **listening space**. Imagine trying to hear a whisper in a room filled with shouting. You might conclude: “*There is no Whisper*” but the problem is not the absence of the Whisper, it is the noise. The same can happen inside us. Fear, Comparison, social expectations, past experiences, self-doubt, and other people’s opinions can shout. And somewhere beneath all that noise *The Pull* may still be quietly saying:

Look here.

Try this.

Learn this.

Leave this.

Begin.

Become.

Listen.

The answer is not to eliminate every voice but to learn which voice deserves your attention.

A Practical Audit of Your Inner Environment

Before moving forward, I invite you to conduct a simple audit.

What are you consuming?

Books?

Social media?

News?

Podcasts?

Conversations?

What enters your mind repeatedly?

What are you rehearsing? Are you repeatedly rehearsing-

"I can't"

"It's too late"

"People will laugh"

"This isn't possible for something like me"

Or

You are rehearsing-

"What if I try?"

"What can I learn?"

"What is my next step?"

Who are you listening to?

Which voices make you more courageous? Which make you smaller?

Which challenge you constructively? Which keep you trapped?

What are you allowing yourself to question?

Because maybe one of the greatest signs that your inner environment is changing is this – **Your questions become better.** And better questions can reveal better directions.

The Pull Needs a Place to Land

I no longer believe that recognizing *The Pull* is simply about intuition. It is also about preparation. You create conditions in which awareness can emerge.

You read, learn, become still, reflect, question, listen, expose yourself to ideas beyond the boundaries of your current thinking. And somewhere within that process, something begins connecting maybe, a thought, a book, a question, a conversation, an opportunity, or repeated desire, and quiet knowing. What once seemed like disconnected events begins forming a pattern.

The Pull becomes easier to recognize because you have become more available to it.

That is what happened to me. I thought I was searching for answers. Looking back, I realize I was also preparing **myself to hear**.

The Whisper

You cannot always control the noise around you. But you can become intentional about the environment within you. And sometimes, when the inner noise becomes quieter, you discover that The Pull has been speaking all along.

Reflection

Take a few quiet minutes.

Ask yourself:

What voices have I allowed to become permanent residents in my mind?

Which of them strengthen me?

Which weaken me?

What am I reading, watching, hearing, and repeatedly thinking about?

What questions have these inputs created within me?

And finally:

If I became more intentional about my inner environment for the next thirty days, what might become easier for me to hear?

Don't search for a dramatic answer.

Listen for the small one.

Because perhaps the next chapter of your life does not begin with a loud declaration.

Perhaps it begins when you finally create enough inner space to hear:

“This way.”

Chapter 5

Stillness: Where the Whisper Speaks

“Be there as the witness of your mind”

- Eckhart Tolle

There are moments in life when the greatest movement begins with **stopping**. Stopping long enough:

*To notice what you are feeling,

*To hear the question beneath the question,

*To discover the answer you have been searching for outside yourself may first require you to become quiet enough to listen within.

I did not understand this when I first entered a Brahma Kumaris Center in December 2022. At that time, I wasn't looking for stillness but for a way out of the chaos in life, was disheartened, hopeless, and emotionally exhausted that felt dead tired in a way not able to handle it any more. I had reached a point where I didn't know where to go or what to do. And only knew something within me was desperately searching for relief from the noise, pain, and questions that had been following me. That day stayed with me when I walked in the door of Brahma Kumaris Center at 10 a.m. in December 2022 around Christmas. One of the sisters there met me and asked a simple question:

“Why are you here?”

My answer came almost immediately:

“Mujhey aap jaisa banna hai (deep within a desire to be a Monk)” and have read ‘Meditation classes’ are held so at what time may I come for Meditation.

She smiled and said I would first need to attend a week-long free course at the center with, session timings 5 p.m. to 6 p.m. in the evening. Then she said:

“Wait. I will give you Bhog i.e. Prasad”

I accepted it, thanked her, and left. But I returned that evening, and again the next day. During that week, I began asking questions carrying for a long time especially around the word *religion*. I questioned, expressed, and shared pain I had been carrying inside me. She listened. Not hurriedly, or judgmentally she simply listened. Something within me began to soften. I remember thinking *‘This is what I need right now’, I didn’t need someone to immediately solve my problems rather needed to be heard*. And somehow, being heard made me feel lighter. It felt as though I had been carrying a weight for years and, for a little while, someone had allowed me to put it down. I felt **lighter as a feather**.

Looking back, I realize that something much more important had happened than simply having a conversation.

Someone had created a safe space in which I could hear myself. And that became my first doorway into stillness.

When Stillness Initially felt Like Nothing

During that week, I was introduced to something I had never truly understood: **Stillness**. Through guided meditation, I was invited to become quiet and simply observe. Initially stillness felt like nothing and strangely, that nothing frightened me. I was so accustomed to noise, thoughts, questions, emotions, worries, possibilities, and memories that, when the noise began to settle, I didn’t know what to do with the silence. But I stayed and gradually something changed. The stillness that initially frightened me began to feel like **a hug from the Universe**. I began practicing guided stillness every day. The problems had not disappeared; my circumstances had not magically changed but I was beginning to experience myself differently *within*

those circumstances. There was a little more space, calm, distance between what was happening and how I immediately responded to it. And that space mattered because it allowed me to hear.

Stillness Is Not Emptiness

This is something I wish I had understood much earlier. We often think stillness means doing nothing. But stillness is not necessarily inactivity. It is **attention without immediate reaction**. It is the ability:

*To sit with a thought without becoming the thought.

*To feel an emotion without immediately allowing it to decide your next action.

*To hear a question without forcing an instant answer.

*To notice what is happening within you before rushing to change what is happening around you.

As I practiced, I began imagining my thoughts like birds flying across the sky. A thought would arrive.

I would notice it.

Then it would move.

Another would arrive.

I would notice that one too.

I didn't have to chase every thought.

I didn't have to fight every thought.

I didn't have to believe every thought.

I could simply **witness**.

And gradually, there were moments when the thoughts became quieter. Sometimes there were moments when there seemed to be no thoughts at all. The space felt like bliss. But more importantly, it gave me something I desperately needed: **perspective**.

Stillness Became a Mirror

As I sat in stillness, alongside the wisdom I was receiving from the Bhagavad Gita, I began noticing patterns, Patterns in my thoughts, emotions, and actions. I began observing:

How one thought could influence a feeling,

How a feeling could influence an action,

How repeated actions could become patterns, and

How patterns could eventually shape the way we experience our lives.

Before stillness, I often experienced these processes from inside whereas; during stillness I began observing them. That difference was profound. It was like stepping outside a moving train for a moment and finally seeing the direction in which it was travelling. **Stillness became a mirror.** Not a mirror that showed me the person I wanted others to see but the one that was actually happening within. Sometimes, what I saw was uncomfortable. But awareness does not always arrive to comfort us, sometimes it arrives to make change possible.

The First Person Who Taught Me to Listen

There is another part of this story that I don't want to overlook. My listening did not begin with me sitting alone. It was first awakened because someone listened to me. There came a point when I felt spoken to everyone around me.

I had asked.

I had explained.

I had tried to understand.

And yet, I still didn't know:

Where do I go from here?

What do I do now?

Why am I going through this?

I had reached a place where I wanted to ask someone beyond people around me.

I wanted to ask God?

But then came another question: How? And through Whom?

That search led me to Brahma Kumaris centre.

During the one-week sessions something unexpected happened.

It felt as though I was speaking with God daily through Sister. Now, this came with a feel as whatever was stored within me got a safe place to vent out.

A place where there is:

No advising

No correcting

Just listening.

I remember saying to Sister – *“Patah nahi aap sey baat karti hu tuh laghta hai meri baat sidhi bhagwan sey ho rahi hai”*

In English – I don’t know but when I talk to you, I feel as though my words are directly reaching to ‘The God’.

That experience taught me something I did not yet have words for:

Sometimes, before we learn to listen to Divine, we first need to experience what it feels like to be truly heard.

And looking back, I realize that perhaps I was not only searching for an answer.

I was searching for a place where I could finally be heard.

That perhaps, was one of my first lessons in listening.

The sister at the Brahma Kumaris Center listened to me deeply every time I visited. She didn't simply hear my words. She listened to the pain beneath them. And she gave me something I did not realize I had been searching for i.e. an **experience of being heard**. That experience changed me because when someone listens to you deeply, something happens. You begin:

*Listening to you differently.

*Discovering words for feelings you could not previously articulate.

*Trusting your own experience.

*Becoming curious about your inner world.

So, someone else's listening became doorway to my listening. This insight later became deeply connected to *The Pull*.

Before we can hear our own inner direction, sometimes we first need to experience what it feels like to be genuinely heard.

Stillness Became a Ritual

Over time, stillness became part of my daily life. It became a space where I could pause, reflect, observe, and receive, whereas, sometimes a new thought would emerge or a possibility/direction/nothing obvious at all. And I learned not to force it. For me, stillness became a place where I felt connected to something larger than myself. A place where I could –

*Reconnect with purpose,

*Think constructively,

*Hear what existed beneath the noise, and

Most importantly, it became one of the safest spaces I had been searching for.

I feel deep gratitude toward the sisters at the Brahma Kumaris Center who introduced me to this experience. They may not have realized

what they were giving me but introduced me to a practice that would become one of the most important spaces in my life.

Stillness Does Not Give You the Whole Map

There is a misconception about inner listening. We sometimes expect stillness to give us certainty. We sit quietly and hope for a complete answer to questions like-

What should I do?

Where should I go?

What will happen?

Will this work?

Will I succeed?

But that was not my experience. Stillness did not hand me a complete map. It often gave me something much smaller – **the next step**.

A thought, possibility, or feeling.

A quiet **“Just Do It”**

No guarantee or detailed explanation or certainty about the outcome.

Just enough clarity to move and that is important to *The Pull Principle*.

Because *The Pull* does not always reveal the destination, sometimes, it reveals the next direction.

From Stillness to Movement

Since 2022, I have increasingly tried to operate from this place. I began embracing stillness rather than escaping it. And something unexpected happened. The more still I became internally the more willing I became to move externally.

Ideas began emerging.

Possibilities appeared.

New directions opened.

I began exploring things I might never have considered before. This taught me something I now hold closely –

Stillness and Action are not the opposites.

Stillness can prepare action.

Stillness can refine action.

Stillness can prevent reaction from disguising itself as action. And sometimes,

Stillness is precisely where the courage for action begins.

That is why I no longer see stillness as stopping life rather **as returning to the place from which I can consciously choose how to move through life.**

The Words That Became My Guiding Light

My experience with stillness became even deeper through a book that had already entered my life:

Bhagavad Gita by Paramahansa Yogananda

There was a time when I felt like Arjuna with an inner battle and felt overwhelmed and confused, unsure which direction to take almost ready to give up. The Bhagavad Gita by Paramahansa Yogananda Ji came to me during that phase like a light and felt as if, I found a real companion who holds my hand forever. It gave me eyes to see within i.e. examine physical, emotional, and mental dimensions of this instrument we call human being, which was earlier missing.

I didn't simply read it but **soaked** every inch in it. And something unexpected followed. The more I understood, the more I wanted to understand. A thirst emerged. An inner thirst that was difficult to explain. This re-connected me with **Japji Sahib**. I had been reciting Japji Sahib since I was eighteen, but, this time I was a different person reading it. The words had not changed. **I had**. Previously, I had read

the words. Now, I felt submerged in them. The words seem to carry me like a submarine moving through the depths of the sea.

I would pause.

I would allow a word to rest within me.

I prefer to say 'word' rather than a sentence because individual words seemed alive to me as if they pulled me from within with an urge to 'practice'.

One word began calling me even more deeply: **Listening (Suniai)**

Shri Japji Sahib eighth pauri (stanza) felt like a whisper pulling to read, and re-read. Let me share few lines from it which even today I sit by:

Suniai sidh peer sur naath.

Suniai dharat dhaval aakaas.

Suniai deep lo-a paataal.

Suniai pahi na sakai kaal.

Naanak bhagtaa sadaa vigaas.

Suniai dookh paap kaa naas.

English meaning -

- "Listening - the saints, priests, warriors and recluse."
- "Listening, the earth, the supporting power and the skies."
- "Listening, the islands, the worlds and the nether regions."
- "Listening, death cannot touch you."
- "O Nanak, the devotees are ever in bliss."
- "Listening, pain and sin are destroyed."

As the word **Suniai** i.e. Listening stayed with me. It is this word all the time in my mind, and thoughts, with an immediate feel to **practice it**. That moment was like Universe communicating through it. So,

something within me became activated and realized something even more profound:

My listening had first been activated because someone had listened to me deeply.

That connection became clear. Being heard had opened the door. Stillness had allowed me to walk through it. And now listening became a practice.

From Listening to My Inner Voice

I began to listening myself first.

My inner voice.

My questions.

My recurring thoughts.

My desires.

My discomfort.

My curiosity.

And that listening began directing me toward something I could not yet fully see. It led me toward creating my podcast **“Scholar’s Knowledge to Wisdom”**. At first, I thought I was simply creating a podcast, But, the podcast became a school of listening.

I listened to Guest Speakers.

I listened to their Knowledge, Stories, Struggles, Experiences, and Wisdom.

And something else happened simultaneously:

The more I listened to others, the more I learned to listen to myself.

Then the podcast began reaching listeners globally. It was eventually listed by Feedspot in 2023 among the top research podcasts in India. The recognition mattered but what mattered even more was what the

experience healed within me. It healed a part of me that had once felt abandoned, longing to be heard by the people around me. Somehow, the Universe had given me listeners from around the globe. And something inside me softened. The very thing that had once made me question the value of my voice became part of the journey through which I discovered its reach. **Listening became Healing.**

When Listening Became Writing

Where, two 'S' "Stillness" and "Scriptures" became my companions for each next step. Alongside them, listening to mentors both online and in-person became a blessing.

Here too, listening to *Rajiv Talreja* on stage at the FBR 2023 event by Siddharth Rajsekhar, paired with words from scriptures and moments of stillness, gave me my next step.

And, moved me from listening toward expression- **Writing.**

I returned to my podcast episodes, listened and re-listened. This time I was like swimming through listened words to get a tangible extract beyond words i.e. wisdom that emerged through the conversations.

And then listening became writing. I began pitting thoughts into words. What had begun as listening became expression. Expression became writing and this eventually led me to become the author of *Monks Of Ph.D Journey*.

Looking back now, I can see a thread that I could not see while I was living it:

Someone listened to me.

I learned to listen to myself.



I began listening to others.



Listening became a podcast.



Listening became writing.



Writing became Authorship.

The steps did not look connected at the time. They do now. This is how The Pull can work. It does not always reveal the whole staircase. **It reveals the next step.**

Stillness Is Where Listening Becomes Direction

This is perhaps the deepest lesson stillness has given me. Stillness is not about having no thoughts or escaping responsibility or withdrawing permanently from the world or waiting passively for life to change.

Stillness is about creating enough inner space to distinguish reaction from direction.

In stillness, I can observe.

In observation, I can understand.

In understanding, I can choose.

And in choosing, I can act.

That is the movement:

Stillness to Listening to Awareness to Choice to Action

And that is where *The Pull* becomes practical.

Because a Pull that remains unheard cannot guide you. A Pull that is heard but ignored cannot transform you.

But a Pull that is heard, understood, and acted upon can begin changing the direction of a life.

What if You Became Quite Enough?

Perhaps your Whisper is not absent. It has been competing with too much noise.

Maybe you have been searching for an answer when what you first need is *Space*.

Space to Sit.

Space to Breathe.

Space to Observe.

Space to Listen.

Space to Ask: What is actually happening within me?

You do not have to meditate for hours or retreat from your Life.

You can begin with five quiet minutes.

Put the Phone away.

Sit.

Breathe.

Notice.

Do not Solve.

Do not Judge.

Do not Force.

Just Listen.

And Ask: What keeps returning to me?

A thought?

A question?

A desire?

A discomfort?

A possibility?

A word?

A direction?

Stay with it.

Because sometimes the Whisper does not become clearer because it becomes louder. **It becomes clearer because you become quieter.**

The Whisper

Sometimes the Whisper is not getting louder. You are simply becoming quieter enough to hear it.

Reflection

When was the last time you were completely still?

What did you notice when you stopped trying to solve, control, or escape everything around you?

Who has listened to you so deeply that you began listening to yourself differently?

What thought, desire, question, or word keeps returning to you?

And if you became quiet enough today to hear it without immediately judging it, **what might it be asking you to notice?**

Don't rush to turn the answer into a decision.

First, listen.

Then understand.

Then choose.

Then act.

Because sometimes the Whisper was never absent.

You were simply too noisy to hear it.

Chapter 6

The Inner GPS

We learn to follow directions long before we learn to trust our own. As children, we are told where to go, what to study, how to behave, what success should look like, what a “good” life should be.

School gives us a curriculum, College gives us another, Degrees give us qualifications, Family gives us traditions, Society gives us expectations, and gradually almost without realizing it, we become very good at following an **outer GPS**. It tells us:

This is the road.

This is the destination.

This is what comes next.

For a while, that works: the examinations, milestones, certificates, promotions, marriage, children and responsibilities. Finally lost in all these and then, one day, we leave the curriculum and enter Life which whispers a question no syllabus prepared us for: **“What do you want?”** not

What does your family want? Or what does society expect?

What looks respectable? Or what is safe? Or What has everyone done?

That is often the moment when the outer GPS begins to lose its signal and another system starts becoming audible.

The Inner GPS.

When the Prescribed Route No Longer Feels Like Yours

I grew up watching a particular model (most common in 80's) of family life where my mother looked after the home and children (me and my younger brother) and father as only earning member. Let me take the

liberty of saying that even in 2026 this model exists in most of the middle-class Indian families here in Punjab. As a child, I absorbed that arrangement without questioning it. Perhaps many of us do. We inherit models of life before we have developed the awareness to ask whether those models actually belong to us.

Then life took me through what I now describe as three phases:

Shake

Break

Shatter

The experiences forced me to look at the life I was living. And eventually, I realized something uncomfortable: **I did not want to become a Xerox of the life I had observed.** That realization was not a rejection of my mother. In fact, it made me understand her differently. Perhaps she had sacrificed far more than I had understood or maybe she, too, had once accepted the model presented to her as simply: *“This is life”*

That realization broke something inside me and began asking:

What does my life look like when I stop living life of compromise, or as dictated by the people around at the cost of forgetting: ‘Who I am’?

That question was the beginning of my search for an Inner GPS.

When the Outer GPS Stops Working

The inner GPS often becomes noticeable when the outer route stops making sense. You may still be functioning, and fulfilling responsibilities. From the outside, everything may appear normal but something inside begins saying:

This isn’t enough.

This isn’t me.

There must be another way.

That moment can be frightening because the new route feels unfamiliar. And yet, once self-awareness begins, it becomes difficult to return to an unconscious living. You begin:

Observing,

Questioning,

Exploring, and

Evolving.

You move through stages of:

Self-awareness,

Self-acceptance,

Self-inquiry,

Self-regulation and eventually,

Self-expression.

These are not separate destinations. They are the stages through which your internal navigation system becomes clearer.

You first:

Notice yourself, then

accept it,

investigate it, then learn to

regulate your responses and eventually,

begin expressing the person you are becoming.

This is how my *Inner GPS* began to activate.

The Spiritual Connection

For me, the deepest foundation of that GPS has been spirituality. Stillness and Meditation gave me something I had not known I needed **Space**.

Space to observe.

Space to question.

Space to feel.

Space to imagine other possibility.

At a time when life felt like a cave with no visible light, stillness did not immediately show me the exit. It gave me enough light to see myself inside the cave. That distinction matters because sometimes we ask:

“Show me the way out”

But the first thing we need is: **“Help me see clearly where I am”**

Once I could see more clearly, I began recognizing the signals of my Inner GPS. It rarely arrived as a loud command. More often, it appeared as:

A question that would not disappear,

A repeated thought,

A discomfort I could no longer dismiss,

An opportunity that kept appearing, or

A quiet knowing that refused to leave.

The Pull had a direction. I just had to learn how to read it.

Seven Signals of the Inner GPS

Looking back, I can now recognize several signals that helped me distinguish genuine inner direction from temporary emotion.

1. A Question that will not Leave

The first signal is often a question. You try to ignore it, distract yourself; tell yourself that now is not the right time yet the question

returns over and over again. Not necessarily because you need an immediate answer. Maybe, you need to become willing to ask it. Questions that repeatedly return deserve attention. So, ask: **Why does this question keep finding me?**

2. The Signal Becomes Clearer with Time

Some thoughts disappear, and others become stronger. That difference matters. A passing impulse may be intense today and forgotten tomorrow. But a deeper Pull often survives time. It returns after distraction/fear/you have tried to convince not to pursue it. The signal doesn't necessarily become louder. **You become more willing to hear it.**

3. Your Old Life Starts Feeling Too Small

Sometimes the problem isn't that your circumstances have suddenly become unbearable. It is that *you have grown beyond the way you have been living*. The old identity no longer fits, old routines feel restrictive, old definition of you feels incomplete. This can feel like a crisis. But perhaps it is also an evidence of growth. The person you are becoming is beginning to exceed the boundaries of the person you were.

4. You Stop allowing Circumstances to Define You

A significant shift occurs when you move from- *"This is happening to me, so this is who I am"* to *"This is happening to me, but who I become is still partly my choice"*

That distinction creates agency. You may control the situation but you can begin examining your response, next direction, decision, and action. The Inner GPS does not promise control over the entire road. It helps you recognize the part of the journey where *you still have a choice*.

5. The Pull Begins Creating Movement

A genuine *Pull* eventually asks for action. You read, learn, make a call, seek a mentor, begin something, stop something or take care of yourself. You explore an unfamiliar possibility. You don't necessarily

know where the road ends but you take the next step. This is crucial: A *Pull that never becomes action remains only an idea*. The transformation begins when awareness becomes movement.

6. You Need Less External validation

At first, every decision may require approval followed with questions like:

What will they think?

Will they understand?

Will they agree?

What if they criticize me?

But gradually, something changes. You still listen to others, value wise counsel but no longer outsource every decision. You can hear another person's opinion without surrendering your own judgement. This is not arrogance. **It is inner responsibility.**

7. You Become Less Attached to the Outcome

This became one of the deepest signs for me. You begin doing what feels aligned without demanding a guaranteed reward. Here are the signs:

You work.

You learn.

You act.

You allow the result to unfold.

You become less obsessed with proving yourself.

You are less frightened of failure.

You are less dependent on applause.

The question changes from: **“What will I get?”** to **“What is the right next step?”**

That is when the Inner GPS becomes less about achievement and more about alignment.

But, how do you know which voice to trust?

This is where things become complicated. As, we carry many voices within us, discovering your Inner GPS does not mean every inner voice is wise.

Fear has a voice.

Ego has a voice.

Past conditioning has a voice.

Other people's expectations can become internal voice.

And sometimes *The Pull* has a voice too.

How do we distinguish them? I learned this through an unexpected opportunity.

After years of focusing primarily on my career and intellectual development, something completely different began appearing in my life- Grooming. At first, it came through small questions:

What had I done to my skin?

Why was my hair neglected?

Could I carry myself differently?

Could I improve my presentation?

Could I express myself with greater Confidence?

These questions seemed superficial at first but began realizing that they were pointing towards something deeper.

How do I see myself?

How do I care for myself?

How comfortable am I being visible?

Am I willing to develop parts of myself I have neglected?

The questions moved me through:

Self-inquiry to Self-awareness to Self-acceptance to Self-regulation to Self-expression

Eventually, I registered for an interview for a VG Mrs. India event. I was selected as a finalist. And suddenly, I had a decision to make and my Inner GPS said “Go”

When two voices Compete

The moment an opportunity becomes real, fear often becomes real too. People around me questioned the decision. Some warned me about the risks, others suggested I shouldn’t take it too seriously.

And inside me two voices appeared.

One said “*This isn’t you.*” Do not do it.

May be next year.

May be any other time.

Why take the risk? Stay where you are comfortable.

The other said:

“Go”

“Do it!”

“Don’t drop it”

“You may not get this opportunity again”

I began noticing something. Whenever I went to sleep listening to the first voice, the second one returned. It would not let me settle. It kept asking me to reconsider.

Not frantically.

Not dramatically.

Just persistently.

And that persistence made me pay attention. I asked myself:

What am I actually afraid of?

Was I abandoning my responsibilities? Answer came No.

Was I harming someone? No.

Was I doing something destructive? No.

I was choosing to work on myself. My confidence, personality, expression, and willingness to be seen. And suddenly I understood- This was not merely about a pageant. It was about whether I was willing to choose myself.

The Decision

When you take **100% responsibility** for your decisions, you experience another level of commitment to the words you have spoken.

Here, the decision was saying ‘Yes’ to me.

Yes to growth, to an unfamiliar version of me, to the possibility that perhaps I was capable of more than the identity I had been carrying.

That ‘Yes’ took me to **VG Mrs. India 2025** event where, I became **2nd Runner Up, Mrs. Finesse VG Mrs. India 2025.**

The title and recognition mattered.

But the deeper victory happened **before** the result and it was:

Choosing Growth,

Embracing Courage,

Following my inner voice,

Trusting instinct,

And above all

Building with the togetherness and love of my children, (Manroop and Manvendra).

That experience taught me something important:

Sometimes the Inner GPS is not taking you toward an achievement. It is taking you toward a version of yourself you have never met.

The achievement is simply evidence that **you took the road.**

When Distance Creates Space

During that period, some relationships became distant. That hurt. But with time, I began seeing the distance differently. One reconnection came through National Pageant Director **Binita Shrivastava**. Looking back, I no longer see every period of distance as rejection.

Sometimes people need space to process our changes.

Sometimes we need space to process them.

Sometimes a relationship has to survive a period in which two people are becoming different versions of themselves.

Distance does not always mean the end. Sometimes it creates the space from which people can meet again with greater understanding.

That too became part of my Inner GPS: not every detour is a wrong turn. Some detours create room for growth.

The GPS was Never Taking me to One Destination

Once I began following the Pull, I noticed another pattern. My 'Inner GPS' did not lead me to one final destination. It kept redirecting me. One step led to another.

My intellectual journey led me toward learning.

Learning led me toward conversations.

Those conversations led me toward my podcast, *"Scholar's Knowledge to Wisdom"*.

The podcast deepened my practice of listening.

Listening eventually became writing.

Writing became my first book, *Monks Of Ph.D Journey*.

The book opened another door. I returned to the institute where I had once been a Research Scholar and delivered a seminar on “*Self-discovery before entering the Research to Innovation Journey*”

Later, another question emerged: ‘Where do I stand among the best?’ This led me to nominate my book for the Golden Book Awards. It went on to become *Category Champion at the Golden Book Awards 2025*.

Each achievement was meaningful. But when I look back I don’t see a list of achievements rather a **sequence of Pulls**.

The GPS kept recalculating and perhaps that is exactly what a good GPS does. It does not complain that you didn’t follow the original route. It simply says: “Recalculating”

The Inner GPS is not a Destination

This is where I now understand ‘The Pull’ differently. Your Inner GPS is not a magical system that tells you exactly where your life will end.

It is not a guarantee.

It is not a substitute for thinking.

It is not permission to follow every impulse.

And it is not a promise that every decision will work.

It is something more grounded: an internal direction that becomes clearer when you combine awareness, reflection, values, and action.

It helps you ask:

Does this move me toward the person I want to become?

Does this strengthen my self-respect?

Does this align with what matters to me?

Am I moving from fear or growth?

Would I still choose this if nobody applauded me?

These questions help separate ‘The Pull’ from mere impulse, because not every strong feeling is a calling.

Sometimes Fear is loud.

Sometimes Ego is loud.

Sometimes Social Pressure is loud.

‘The Pull’ may be quiet. But it tends to have a different quality.

It keeps returning.

It invites growth.

It asks for responsibility.

It will test you – what are you ready to give-up.

And, most importantly: it moves you toward becoming more fully yourself.

The Next Step Is Enough

We often want the whole map, certainty. We want to know-

Where will this lead?

Will it succeed?

Will people support me?

Will I regret it?

What happens five years from now?

But life rarely gives us that kind of guarantee. The ‘Inner GPS’ doesn’t necessarily show the entire road. **It shows the next direction. That may be enough.** The next step may be *a book, a conversation, a course, a*

boundary, a phone call, a walk, a page of writing, a difficult decision, an apology, an application, a beginning or an end of a season.

Sometimes you take the step and only afterward understand why it mattered. That has happened repeatedly in my life. I could not see the entire sequence and only saw enough to move. That movement created the next piece of clarity.

From Inside Out

For years, I had learned to live from the outside in.

What should I do?

What will they think?

What is expected?

What is acceptable?

What will keep everyone comfortable?

Whereas, 'The Pull' taught me another way:

Listen within.

Reflect.

Choose.

Act.

That does not mean ignoring the world. It means no longer allowing the world to be the only voice navigating your life. The outer GPS can tell you what is conventional whereas, Inner GPS can help you ask what is **congruent**. And when the two disagree, you may finally have to decide: **Whose life am I actually living?**

The Whisper

Your Inner GPS may not show you the whole road. It may simply give you enough courage to take the next right step.

And sometimes, that next step is the beginning of an entirely different life.

Reflection

Sit quietly with these questions:

Where in my life am I following an outer GPS simply because I have always followed it?

What question keeps returning to me?

What opportunity am I repeatedly being drawn toward?

Which voice inside me is driven by fear?

Which voice invites me toward growth, responsibility, and becoming more fully myself?

And finally:

If I didn't need everyone's approval, what would my Inner GPS ask me to do next?

Don't ask for the entire route.

Ask for the next turn.

Then take it.

Recalculate when necessary.

Keep listening.

Keep moving.

Because perhaps the purpose of an Inner GPS is not to lead you to a predetermined destination.

Perhaps it is to keep helping you find **your way back to yourself.**

Chapter 7

Life as the Laboratory

For a long time, I looked at my life through the lens of what happened with a self-talk:

This happened to me.

I failed at that.

I went through this experience.

I lost that.

But, somewhere along the journey, my perspective began to change. I stopped asking only: “What happened to me?” and started asking: “What is this experience teaching me about me?” That question changed everything. Because life began to look less like a collection of random events and more like a laboratory. A laboratory is a place where things are observed, tested, examined, and understood. And I began to realize that my life was doing exactly that. It was constantly giving me experiences through which I could observe myself whether it was *pain/choices/fears/resistance/failures/even achievements*. The achievement itself was no longer the most interesting part. What happened beneath the achievement became more interesting.

Instead of seeing Mrs. *India* only as a title or achievement, I began seeing it as an experiment in **choosing myself despite competing voices**.

Instead of seeing my podcast only as something I created, I began seeing it as an experiment in **listening, healing, and self-expression**.

Instead of seeing becoming an author merely as an accomplishment, I began seeing it as an experiment in **turning an inner Pull into action through writing**.

Instead of seeing the Golden Book Award merely as recognition, I began seeing it as an experiment in putting my work into the world despite the question, **“Am I good enough?”**

Instead of seeing the Marathon merely as running, I began seeing it as an experiment **in using challenge to shift my state, rebuild courage, and discover a stronger version of myself.**

The events were different but the laboratory was the same. **My life.**

And the question running through all of them was:

What happens when I listen to The Pull and act upon it?

Pull to Inner Conflict to Choice to Action to Resistance to Transformation to Insight

The learning from result allowed me to discover something important:

The purpose of following ‘The Pull’ is not always to get the outcome you imagined. Sometimes it is to discover what the experience is trying to develop within you.

That distinction changed my relationship with success and failure.

If I succeeded, I could ask: **What did this reveal about me?**

If I failed, I could ask: **What did this teach me?**

If I was rejected, I could ask: **What did this redirect me toward?**

If I was afraid, I could ask: **What is this fear protecting- and what might it be preventing?**

If I felt a persistent Pull, I could ask: **What is this experience inviting me to explore?**

Life became less about proving me and more about **learning me.**

When Pain became Data

This was perhaps one of the most difficult shifts. When we get hurt, we rarely think of pain as information, as simply wants it to stop. But

when I began observing my life as a laboratory, I started asking different questions like:

What is this pain revealing?

What boundary has been crossed?

What part of me have I neglected?

What am I tolerating?

What am I afraid to change?

What is this experience asking me to notice?

Pain became meaningful. It became **data**. And sometimes the data pointed directly toward 'The Pull'

Resistance became Evidence

The same happened with resistance. I began noticing that whenever I felt a strong Pull, resistance often appeared alongside it in various forms like fear, doubt, other people's opinions, old conditioning, and a desire to remain comfortable.

The voice saying:

"Maybe later"

"This isn't the right time"

"Who do you think you are?"

Earlier, I might have interpreted resistance as a sign that I should stop. Now I sometimes ask:

"Is this resistance telling me to stop or is it showing me where growth is required?"

Not every resistance should be overcome as sometimes it contains wisdom or fear and the laboratory teaches us to **examine before concluding**.

Achievements became Evidence, not Identity

This changed something else inside me. I no longer want my achievements to become my identity. The podcast, writing book, Golden Book Award, Mrs. India, or Marathon experiences are achievements but none of them are the whole story. They are **evidence**.

Evidence that I listened, acted, challenged myself, and was willing to become uncomfortable. It is the evidence that “*The Pull*” can take an ordinary life into extraordinary territory not because the person becomes extraordinary overnight, but because they become willing to take the next step.

The achievement is therefore not the destination. **The transformation underneath it is.**

Become the Observer of your own Life

Perhaps this is one of the most empowering things we can learn. You can participate in your life and observe at the same time. You can ask:

What keeps repeating?

What keeps Pulling me?

What am I resisting?

What am I learning?

What is changing within me?

What action is this experience asking from me?

Who am I becoming through this?

These questions turn:

Experience into awareness,

Awareness into choice,

Choice into action, and

Action into Transformation.

The Life Laboratory framework

Whenever something significant happens in your life, pause before rushing to label it as a success, failure, loss, opportunity, or coincidence. Instead, place the experience inside your laboratory.

1. EXPERIENCE

What happened?

Describe the event without immediately judging it.

2. PULL

What was calling me?

What question, desire, discomfort, possibility, or inner knowing appeared?

3. INNER CONFLICT

What resisted the Pull?

Fear? Or Doubt? Or Comfort? Or Other people's opinions? Or Old conditioning?

4. CHOICE

What did I decide?

Which voice did I choose to trust?

5. ACTION

What did I actually do?

The Pull becomes meaningful when it enters behaviour.

6. RESISTANCE

What tested my decision?

What obstacle appeared after I began moving?

7. TRANSFORMATION

What changed within me?

Confidence? Or Courage? Or Clarity? Or Self-respect? Or Identity? Or Capability?

8. INSIGHT

What did the experience teach me about *The Pull*?

This is where the experience becomes wisdom.

The Real Laboratory

Perhaps the greatest realization I have had is this: **You do not need a perfect life to learn from life.** Every experience whether it stemmed from career, health, relationships, failures, fears, achievements, or dreams can become a laboratory, an invitation to understand yourself more deeply. And this is why I no longer see my life simply as a sequence of events. I see it as a continuing experiment in becoming. I am still:

Learning

Observing

Testing

Recalibrating

Listening and still

Following '*The Pull*'

Because my life became the laboratory in which I learned to recognize, test, follow, and understand *The Pull*.

And perhaps your life can become your laboratory too. Not a laboratory where everything must work but the one where **everything can teach.**

The Whisper

Your experience is not merely something you survived. It may also be something you can study, understand, and transform into wisdom.

Reflection

Think of one significant experience in your life.

Don't ask only:

“What happened?”

Ask:

What was the Pull?

What resisted it?

What did I choose?

What action did I take?

What did the experience transform within me?

And finally:

What did my life teach me that I can now use to help someone else?

That is when experience begins becoming wisdom.

And that is when **life becomes the laboratory.**

Chapter 8

The Courage to Choose Yourself

There comes a moment in life when choosing yourself is no longer a luxury. It becomes necessary — not because you suddenly stop caring about everyone else, or because responsibilities or fear disappear. But, because something inside you reaches a point where continuing to abandon yourself becomes more ‘painful’ than the ‘uncertainty’ of choosing yourself.

For me, that moment came when I realized that the life I was living inside my marriage was almost finishing me from within. I was still functioning, carrying responsibilities, doing what needed to be done. From the outside, life continued but somewhere inside, I could feel myself disappearing. There were unanswered questions like a rock attached that made me sink and beneath all those questions was another one: **Who would I become if I chose myself?** That question frightened me because choosing you often means stepping away from a version of you that everyone else has become accustomed to. And when you have spent years adapting, accommodating, surviving, and fulfilling expectations, even the thought of choosing yourself can feel like being selfish. Perhaps, this is something many girls are taught from an early age.

We are nurtured to adjust after marriage.

We learn to accommodate.

We learn to compromise.

We learn to make space for others.

But somewhere along the way, I wonder if we are taught to ask:

What space am I creating for myself?

What am I building for myself?

Where is my own roof?

I had never asked those questions.

Until life made them impossible to ignore:

Save Yourself.

I didn't know what saving myself would look like.

I didn't have a complete plan.

I didn't have the entire road mapped out.

I only knew one thing: I could not continue losing me.

And that was enough to take the next step.

When The Pull becomes Necessary

Earlier in this book, we explored '*The Pull*' as a Whisper. Sometimes it begins quietly either as a question or recurring thought or discomfort or possibility or feeling that something has to change. But there are moments when 'The Pull' becomes stronger. Not necessarily louder. More necessary the question changes from: **"Should I?"** to **"How long can I continue not to?"** That distinction matters because of two reasons:

- Sometimes we don't act because we don't know what to do.
- We know something needs to change, but we are afraid of what choosing that change will cost.

That was where I found myself. I didn't know the entire answer but knew the current situation could not remain my entire future. *The Pull* was no longer simply asking me to listen rather to **choose**.

And choosing yourself does not always mean leaving everything or walking away from everyone, or ending a relationship or changing your entire life overnight. Sometimes choosing yourself begins much more

quietly. It begins when you stop abandoning yourself and allow yourself to ask:

“What do I need?”

And perhaps more courageously:

“Am I willing to act on what I discover?”

For me choosing myself began with choosing to Heal. Before, I could build a different life; I had to rebuild the woman who would live it. That became my first act of courage.

And one of the most important things I learned was this:

Rebuilding yourself is not selfish when losing yourself has become the cost of keeping everything else together.

“How do I get out?” to “Where do I go?”

There was a moment when I noticed a subtle but profound change in my questions. Initially, my mind was occupied by: **“How do I get out of this?”** and that question came from pain. But as I began rebuilding, another question emerged: **“Where do I want to go from here?”** that question came from possibility. The first question was about escape and the second was about direction. That shift is one of the most important transitions in *The Pull Principle*. Because healing is not complete when you merely move away from what hurts. Eventually, you must begin moving **toward something**. It can be any of these – toward purpose, growth, self-respect, independence, expression, possibility, or the person you are becoming. That was when choosing myself stopped being merely about survival. It began becoming about **creation**.

The Woman Who was Wounded was not Weak

When I look back at the woman who walked into Brahma Kumaris Center, I feel compassion for her. She was not weak but wounded. There is a difference. She had spent so much time trying to hold

everything together that she had forgotten what it felt like to hold herself. That realization changed the way I saw myself. Instead of asking: **“Why am I like this?”** I began asking: **“What happened to me?”** and eventually **“What can I build from here?”** these questions created movement.

Stillness helped me hear the Whisper.

The Whisper helped me recognize *‘The Pull’*

‘The Pull’ gave me direction. And

Direction gradually became my Inner GPS.

The journey was no longer simply **survive**, it was becoming **rebuild**, and then **become**.

The Roof I never knew I Needed

“Sometimes, life’s harshest lessons unfold through the family we are born into or the family we choose”

- Ruby Garcha

If you are ‘a chosen one’, the Universe will choose people for you to make you learn harsh lessons of Life.

‘The Pull’ gave me an opportunity through this book to share one such lesson of life. A metaphor that became deeply meaningful to me. I had grown up accepting a norm that I had rarely questioned. In our society, a woman often moves from living under her father’s roof before marriage to living under her husband’s roof after marriage. Somewhere along the way, this can become so normal that we stop asking: **Where is my own roof?**

I had followed the same pattern. Throughout my studies, even until master’s degree, I hardly had an example around me of a woman who owned her own home. So, I never consciously thought about building a roof of my own.

It simply wasn't a dream I had learned to imagine.

Until life began teaching me otherwise.

For years, I gradually came to understand, through words spoken and moments left unspoken, that the roof I was living under was not truly mine. Over time, the words – “*This is not your roof*” – became more than words. They became a wound, one I could feel like burning blisters. And yet, something unexpected happened. Those same words awakened a dream. I began imagining an outer roof of my own. A physical place where no one could tell me “*This is not your roof*”, at first, I thought the dream was simply about owning a house. Today, I understand it differently. I was not only searching for an outer roof. **I had already begun building an inner one.**

The Roof that became a Lesson

I want to acknowledge something carefully.

I am writing this book while sitting under the same roof where I lived through experiences that deeply affected me, moments that left me broken, shattered and searching for a way forward.

I can acknowledge the lesson it forced me to see.

It taught me the importance of having an independent roof in a woman's life.

Why does independence, dignity, and self-respect matter?

Why does a woman deserve to know that she has somewhere she can call her own?

The experience gave me a lens and through which I began to see something I had previously overlooked. I needed to build not only an outer roof.

I needed to build myself.

The Inner Roof

The *first brick* of that inner roof was **spirituality**. Spirituality gave me something I desperately needed – *safety within myself*. It grounded me, gave space to breathe, and helped me reconnect with myself. It gave me somewhere to return when the outer world became overwhelming.

And then another brick appeared: **Wisdom**.

Another: **Learning**

Another: **Listening**

Another: **Expression**

Another: **Courage**

And gradually, experiences began adding themselves to the structure which are seen as achievements. At the time, I saw these as separate things. Today, I see them differently. They were **bricks**. Each one strengthened something within me.

The podcaster gave me a voice.

The author gave me expression.

The Mrs. India journey challenged me to become visible.

Spirituality gave me foundation.

And beneath all of them was one deeper process: **I was becoming someone I could trust.**

The Pull builds the roof brick by brick. This is where the metaphor connects directly to The Pull Principle. The Pull rarely gives you the finished structure. It gives you the next brick like-

One brick may be: **Read this book**

Another: **Learn this skill**

Another: **Take care of your health**

Another: **Have that conversation**

Another: **Write**

Another: **Speak**

Another: **Apply**

Another: **Say No**

Another: **Say Yes**

Another: **Try something that scares you**

You may not understand how the bricks connect. But you keep laying them. And one day, you look back and realize: *You have built something.* This is what happened to me. I did not wake up one morning and decide- “Today I will build my inner roof” I simply kept responding to *The Pull* that kept giving me the next brick.

What is an Inner Roof?

A psychological and spiritual home within where I no longer feel like a stranger to me. It is built from self-respect, self-awareness, self-trust, self-love, wisdom, spirituality, courage, learning, expression, and action.

It is a place:

- ☐ Where I can question without being ashamed of any questions.
- ☐ Where I can be still without feeling empty.
- ☐ Where I can fail without believing it's a failure.
- ☐ Where I can grow without apologizing for becoming different.
- ☐ Where I can sit with myself and still feel that I belong.

This is an Inner Roof.

Words that made me feel that I did not belong, today, I hear them differently. Though they remind me of the woman I once was, the dream that was awakened, also, that sometimes an experience can introduce you to a need you had never consciously recognized. I now understand something equally important:

An outer roof cannot compensate for having no inner home.

You can live inside a beautiful house and still feel homeless within yourself. And you can be sitting in a difficult environment while quietly constructing an inner foundation that changes who you are.

That is the distinction I understand today.

Choosing yourself is not choosing against everyone else

This is perhaps the misconception I most want to challenge. Choosing yourself does not mean becoming selfish or abandoning your responsibilities or believing you are more important than everyone around you. It means recognizing that you are also part of the equation.

Your needs matter.

Your dignity matters.

Your health matters.

Your dream matters.

Your voice matters.

Your future matters.

You can care for others without disappearing inside caring for them.

You can love others without abandoning yourself.

You can fulfill responsibilities without surrendering your identity.

And you can choose yourself without choosing against everyone else.

Sometimes you are simply choosing **not to disappear from your own life.**

When every step connects you to Courage

You do not need to have your entire future figured out before choosing yourself, nor do you need a perfect plan or everyone's permission neither the certainty. Sometimes you need only enough courage for the next step.

The step toward healing
The step toward learning
The step toward financial independence
The step toward emotional strength
The step toward physical wellbeing
The step toward spirituality
The step toward expression
The step toward asking for help
The step toward setting a boundary
The step toward writing the first page
The step toward becoming

My new life direction did not arrive as one grand revelation. It emerged through many small choices. And each choice taught me something: **I matter.**

My life, questions, dreams matter. I am allowed to become.

Those sentences became bricks too.

From Survival to Purpose

Something profound happens when you stop living only to survive. You begin asking:

What can I create?

What can I contribute?

What can I become?

What can I give?

What can I write?

Who can I help?

My life direction gradually moved toward purpose. Writing and sharing my book became part of that purpose. And that is why I now see choosing yourself as more than an act of escape. **It is an act of creation.**

You are not merely leaving something behind.

You are beginning to create something ahead.

A new identity or capability or relationship with yourself or direction, may be even a new purpose.

The Deeper meaning of choosing yourself

When I look at the journey now, I see a sequence.

Learning lessons through Life and *The Pull* told me something had to change.

Stillness gave me space.

Listening gave me awareness.

Awareness gave me choice

The choice required courage.

Courage led to action.

Action created new experiences.

Those experiences became bricks.

The bricks became an inner roof.

Inner roof gave me something I had been searching for all along: *a place within myself where I could belong.*

That is why I no longer define choosing yourself as simply walking away.

Stop abandoning yourself. Listen to The Pull. Take the next courageous step. Build from there.

The Whisper

Sometimes choosing yourself begins with one quiet realization: “I cannot abandon myself anymore.”

You may not know where the next road leads.

You may not have the whole plan.

You may not even know what the finished roof will look like.

But The Pull rarely asks you to build the entire structure today.

It asks for the next brick.

Lay it.

Then another.

And another.

Until one day you look around and realize:

You built a place within yourself where you can finally belong.

Reflection

Where in your life have you been abandoning yourself to keep everything else together?

What is The Pull asking you to acknowledge?

What would choosing yourself look like **without rebellion, without guilt, and without abandoning your responsibilities?**

What is the **one brick** you need to lay next?

Is it:

self-respect?

healing?

courage?

financial independence?

health?

learning?

spirituality?

expression?

a boundary?

a dream?

Or something only you can name?

Don't try to build the entire roof today.

Lay the next brick. That may be where your new life begins.

Chapter 9

When Healing Became Purpose

There comes a moment in a transformation journey when healing begins to change its direction. In the beginning, healing can feel deeply personal. You want to:

- ☐ Breathe again
- ☐ Understand yourself
- ☐ Move away from getting hurt
- ☐ Rebuild your confidence
- ☐ Want to feel like yourself again
- ☐ Want to find your footing

At first, the questions are often about *survival*:

How do I get through this?

How do I find myself again?

How do I become whole?

How do I move forward?

But when you begin listening to *The Pull*, something else can happen. A new question appears quietly- **“What will you do with what you have lived through?”** that question marked another turning point for me.

I had spent so much of my life trying to understand, and rebuild myself, find direction, and create a safe inner space that I didn’t realize something else was quietly developing alongside me.

Purpose.

But, the purpose did not arrive as a perfectly written statement or any dramatic announcement or when I suddenly knew one morning

exactly what I was meant to do. It emerged through movement, repetition, questions, action, experiences that kept pulling me in a particular direction. And gradually, I began to see something:

Purpose may not always be something you discover. Sometimes it is something ‘The Pull’ reveals while you are courageously living.

For me, that Pull increasingly moved toward: **Writing, Creating and Sharing.**

From Surviving to Creating

There was a time when much of my energy was consumed by circumstances. I was trying to:

Understand what was happening around me,

Hold myself together,

Find answers

Survive emotionally, mentally, and physically.

When survival occupies your attention, creation can feel like a luxury. You are not thinking:

What can I contribute?

But,

How do I get through today?

So, choosing me gradually changed where my attention went. I began moving from: **“What is happening to me?”** toward **“What can I create from what is happening within me?”** that was a profound shift because:

An experience does not automatically become wisdom,

Pain does not automatically become purpose,

A difficult season does not automatically produce growth. Something has to happen between the experience and the transformation. We have to:

Listen

Reflect

Question

Process

Choose

Act

Learn

And eventually understand.

That is when I began seeing my experiences differently:

My questions could become *conversations*

My learning could become *insight*.

My pain could become *perspective*

My experiences could become *case studies*

And perhaps my story could become a mirror in which someone else might recognize something about themselves. That was when writing began to feel different. It was no longer simply putting words on paper.

It became a way of making meaning.

The Pull Does Not Always Announce Its Destination

One of the biggest lessons I have learned is that ‘The Pull’ rarely gives you the complete map. It may simply give you the next direction. You may feel drawn toward a book/conversation/course/person/new skill/neglected part of yourself/creative idea/question/project. You may have no idea where it will eventually lead. And perhaps that is why

we sometimes ignore ‘The Pull’. We want certainty before movement.
We want to know:

Where will this take me?

Will this work?

Will people approve?

Will this become successful?

Is this really my purpose?

But, ‘The Pull’ may not answer those questions first. It may simply say: **“Take the next step”** and once you take it, the next step becomes visible, then another, so on and so forth. Looking backward, the path can appear obvious, while living it, it rarely is.

How ‘The Pull’ Evolves

This is the pattern I now recognize in my own life. A Pull first gets your attention, and then creates awareness, a choice, which furthers action to experience to insights which become creation, contribution, and further revealing the purpose.

In its simplest form:

Pull to Awareness to Choice to Action to Experience to Insight to Creation to Contribution to Purpose

This is important because it changes how we think about purpose. Purpose is not necessarily the first destination. **It can be the result of repeatedly responding to meaningful Pulls.** You don’t always know the purpose at the beginning. Sometimes you discover it because you kept following what mattered.

The Pull toward Writing

I began noticing something about me.

Whenever I learned something meaningful, I wanted to share it.

Whenever an experience taught me something, I wanted to articulate it.

Whenever a question stayed with me, I wanted to explore it through words.

Whenever an idea shifted my perspective, I wanted to pass it forward.

The Pull kept returning:

Writing

Sharing

Expressing

Exploring

Learning

Connecting

At first, I did not call this purpose. I simply followed it. And this is something I want the reader to notice: **You may not recognize purpose when it first appears.** It may initially look like:

An interest,

A recurring curiosity,

A hobby,

A notebook filled with thoughts,

A conversation you keep returning to,

A question you cannot stop exploring,

A desire to help someone because you have lived through something similar.

Purpose can begin disguised as *something you are simply pulled to do*.

Repetition can be a Clue

Looking back, I can see that purpose was probably growing inside me long before I had a name for it.

Every book I read.

Every note I made.

Every question I wrote.

Every conversation I had.

Every experience I reflected upon.

Every time I shared something I had learned.

They were all leaving clues. I thought I was collecting experiences. Perhaps I was also collecting material for- understanding, reflection, and expression, something I had not yet imagined. This is why I now pay attention to repetition.

When the same Pull keeps returning, don't dismiss it, simply because, it has not yet become a profession, business, book, or recognizable achievement. Pause and Ask:

Why does this keep returning?

Why do I want to do this?

Why does this matter to me?

What happens when I follow it?

What am I learning through it?

Who might benefit from what I am discovering?

You don't need to answer every question immediately. Sometimes the pattern itself is the message.

When Healing creates Capacity

There is another transformation that happens during healing. You begin to have more capacity to- listen, think, create, give, notice other people, see beyond your own pain and that can create a natural

movement from healing yourself to contributing beyond yourself. Not because you are perfectly healed or have solved every problem but because something that once consumed all your energy no longer consumes all of it. You get opened to a space where creation can enter then contribution, which is what began happening to me.

I started realizing that what had helped me might also help someone else. The books that found me, Stillness, Spirituality, my experiences had given me something and gradually another question emerged: **“What can I give forward?”**

From Receiving to Giving

Throughout life, we receive knowledge, guidance, love, opportunities, books, conversations, mentorship, experiences and sometimes even pain becomes a teacher but there can come a point when receiving begins creating *a desire to give* not from obligation but from gratitude. That desire became increasingly strong in me.

I didn't want to simply consume knowledge, but wanted to process it.

I didn't simply want to experience transformation, but wanted to articulate it.

I didn't want to simply collect achievements, but wanted to understand what was happening beneath them.

And I didn't want my experiences to end with me, but wanted to transform them into something useful. That is what this book represents for me. It is not an attempt to say: “I have figured life out” it's an invitation to explore:

How do you hear The Pull?

How do you recognize it?

How do you act on it?

How do you learn from what follows?

And what can you eventually create from that learning?

From Achievement to Case study

This is where my understanding of my own achievements changed. Earlier, I might have looked at an experience and thought: “*That happened*” or “*I achieved that*”

Today, I am more interested in asking: “**What was happening underneath it?**” as this takes me deeper. The achievement is visible whereas transformation beneath the achievement is where the learning lives.

My Marathon experience is not merely about running.

It becomes a case study in what happens when a challenge becomes a Pull to shift your physical, emotional, and mental state.

My VG Mrs. India experience is not merely about a title.

It becomes a case study in choosing yourself while competing voices are telling you otherwise.

My podcast experience is not merely about creating a show.

It becomes a case study in listening, expression, and discovering that your voice can travel beyond the immediate environment around you.

My writing a book experience is not merely about becoming an author.

It becomes a case study in turning an internal Pull into disciplined expression.

This is the perspective I want to carry throughout this book. **Don’t look only at what happened, look underneath what changed/shifted and ask:**

What Pull preceded it?

What choice followed it?

What resistance appeared?

What action was taken?

What did the experience teach?

What became possible afterward?

That is where the deeper work begins.

Life as Material for Meaning

Once I began seeing experiences this way, my relationship with my past changed. I no longer wanted simply to remember what had happened rather understand what it had revealed. An experience can remain a memory or can become material for reflection/ wisdom/ creation/ contribution. The difference is not the event itself but what you do with it. And this is where the Pull principle becomes practical.

You don't have to wait for a life-changing event to begin. Start with something that keeps pulling you, listen, experiment, observe, learn and ask: **"What is this experience teaching me about myself?"** that question can transform ordinary experiences into extra ordinary learning.

Writing Became Contribution

Writing gradually became one of the strongest ways I could follow this Pull. The more I wrote, the more I discovered myself. The more I shared, the more I realized that my experiences might have value beyond my own life. And a possibility began taking shape:

What if the journey I had gone through could become useful to someone else?

What if the questions I had asked could give another woman permission to ask her own?

What if my movement from helplessness toward courage could remind someone that their circumstances do not have to become their final identity?

What if the books I had read, the stillness I had discovered, the questions I had carried, and the choices I had made could become material that helped another person recognize their own Whisper?

That possibility gave my writing a different energy. I was no longer writing merely to express myself. I was writing to transfer something—an insight, a question, a possibility, a perspective, a tool, and perhaps even courage.

But not Every Wound Needs to Become a Message

There is an important distinction here. Purpose does not require you to expose every painful experience. You are not obligated to turn every wound into a lesson for public consumption. Some experiences need privacy, time, or silence to heal. And some when the time is right, become something you can transform into contribution. That distinction matters.

You are not exploiting your pain but, extracting meaning from what you are ready to understand.

You are not living in your past but, using what you have learned to create something in the present.

You are not required to make every experience useful to everyone but simply becoming attentive to what ‘The Pull’ is asking you to do with it.

Purpose is not a Destination

This changed my understanding of purpose. I once thought purpose had to be something enormous, clearly defined, and that would change the world. But maybe we place unnecessary pressure on the word purpose. Purpose does not always begin with a grand mission. Sometimes it begins with: “I feel pulled to do this” then you act, learn, improve, share, observe, discover another Pull and take another step. And somewhere along the journey, a pattern begins emerging.

Purpose may therefore be less like a destination and more like a **direction that becomes clearer through movement**. You don't always discover purpose before you act. Sometimes: **Action reveals purpose**.

The Purpose Test

When you feel a recurring Pull, you can begin testing it rather than immediately declaring: 'This must be my purpose'

Ask yourself:

1. Does it keep returning?

If the idea disappears as quickly as it arrived, perhaps it was simply an impulse. But if it continues returning over time, pay attention.

2. Does following it expand you?

Does it make you learn, grow, become more courageous/ disciplined/ more aware?

3. Does action create learning?

Don't merely think about 'The Pull', experiment with it.

4. Does the experience produce something?

Does it produce a skill/creation/conversation/solution/new capability?

5. Does what you create have value beyond you?

Not necessarily to thousands of people, even one person matters.

6. Does 'The Pull' become clearer through action?

If yes, continue exploring. This is not a formula for discovering a predetermined destiny. It is a way of **paying attention to evidence**.

Your life becomes the laboratory.

The Pull becomes the hypothesis.

An action becomes the experiment.

An experience becomes the data.

Reflection becomes the interpretation and,

Purpose begins emerging from the pattern.

When your Life becomes a Message

Perhaps purpose is not always something you discover outside yourself; sometimes it is hidden inside a transformation you have already lived. You don't necessarily have to invent but notice it.

What have you survived?

What have you learned?

What keeps pulling you?

What do people naturally come to you for?

What do you repeatedly want to create?

What experience has changed the way you see life?

What do you wish someone had told you when you were going through your most difficult season?

And perhaps the deepest question: "What do I now know that could make someone else's journey a little easier?"

Your life may already contain clues. *'The Pull'* may already be showing you the direction.

From Personal transformation to Contribution

There is a beautiful shift that happens when you stop asking only: "How can I heal?" and begin asking: "What can I create from my healing?" The first question brings you inward, whereas, second begins moving something outward. That does not mean you stop taking care of yourself. It means your transformation begins acquiring another dimension: **Contribution**

Contribution does not have to mean changing the world. It can mean writing one useful page, having one meaningful conversation, teaching one skill, encouraging one person, creating one resource, sharing one

insight, starting one community, listening deeply to one person, as sometimes purpose begins at that scale.

The Pull becomes Purpose through Action

This is perhaps the deepest lesson I have learned from my own journey. A Pull that remains only a thought can inspire you whereas; a Pull that becomes action can transform you. And when that action begins creating value beyond you, it can begin revealing purpose. So, the movement looks like you listen to *'The Pull'* become aware, choose, act, experience then reflect, create, and contribute ultimately landing on Purpose. Now, here one thing is missing, there is no command here saying- "Find your purpose immediately" because maybe you don't need to rather follow the next meaningful Pull. Purpose can reveal itself through the path.

The Life I am Creating

As, the question changed from *"Why did I have to go through all of this?"* to *"What could I do irrespective of any circumstance?"* I was able to look for possibility which creates choice; choice creates action; action creates experience; experience creates learning; learning becomes contribution; and contribution can become purpose. So, today I don't define myself by my circumstances but by what I am creating, a life of learning, writing, expression, contribution where:

Experiences become material for meaning,

Questions become conversations,

Pull becomes action,

Action becomes transformation and where it becomes something useful to someone else perhaps that is purpose. A purpose beyond a title, position, certificate, or achievement but the feeling that- *"What I am doing matters beyond me"*.

The Whisper

Sometimes purpose is not something you find.

It is something that begins revealing itself when you start living as yourself.

Listen carefully to what keeps pulling you.

Don't rush to name it.

Follow it.

Test it.

Act on it.

Learn from it.

Let it evolve.

Because sometimes the Pull that first appears as a small personal desire eventually becomes a contribution that reaches far beyond you.

And sometimes the question is not:

“What is my purpose?”

The better question may be:

“What is life repeatedly Pulling me toward—and what happens if I courageously follow it?”

Reflection

Take a moment before moving on.

Think of something that has repeatedly Pulled you over the years.

Perhaps it is something you keep wanting to learn.

Something you keep wanting to create.

Something you keep wanting to say.

Something you keep wanting to explore.

Something you keep wanting to change.

Now ask yourself:

What was the Pull?

Did I listen?

What choice did I make?

What action followed?

What did the experience teach me?

What changed within me?

And finally:

What could I create from what I have lived through that might become useful to someone else?

You do not have to find your purpose tonight.

You don't even have to name it.

For now, simply notice the Pull.

Purpose may already be growing quietly inside the actions you keep feeling called to take.

And perhaps the next chapter will reveal something even more important:

What happens when you stop waiting for The Pull to feel comfortable—and begin answering it with action?

Chapter 10

The Art of Recalibration

When the road changes, learn to read the direction

There comes a point in a difficult season when listening to ‘The Pull’ is no longer enough, you have heard the Whisper, recognized direction, taken steps and yet, somewhere along the way, you realize ‘*Something is still not working*’. Now, that moment can be confusing because you may have already tried, sought advice, spoken to people you trusted, looked for solutions outside yourself, waited for circumstances to change, and still, you find yourself standing in the same emotional place. That was the realization I had to face in my own life.

For a long time, I believed that if I shared what I was experiencing with people close to me, someone would eventually help me find the solution I was looking for. I was hoping that someone else would help create the stability I could not yet create for myself. I reached out, explained, waited, and hoped, but slowly something became clear: ‘*The more I looked outside myself for the final answer, the more helpless I felt.*’ That realization became uncomfortable yet liberating because eventually, I had to ask myself: **What if I stopped waiting for someone else to solve this for me?** And another thought emerged- **I will stand for me**, that was the beginning of recalibration.

When the Old approach stops working

Sometimes the first sign that recalibration is necessary is not that everything has collapsed. It is simply that the approach you have been using is no longer creating the change you need. I had tried seeking support through people around me, hoped conversations would resolve what I was experiencing, and hoped that others would understand the situation and help create a way forward. Eventually, I

realized that although support matters, **no one else can make the final decision about how I live my life.** That possibility ultimately belongs to me and this was a profound shift.

The moment I chose to stand I was encouraged to step back from the approach and remember my answer: NO. Not because I knew exactly what would happen next. I didn't know the outcome but I knew something else- 'I am on a path of self-discovery' and something shifted I discovered lost confidence, courage, willingness to stand for me, perhaps most importantly 'I realized that I was not helpless'. For the first time, I began to feel a different kind of security not the one created by someone else as, I choose my response, my next step, choose what I would and would not accept. It was me with a 'Bold Me'

Shift to Inner Responsibility

A shift to inner responsibility arrives through questions that whisper with a Pull especially when old patterns repeat. The questions that whisper were:

Will you die by living an ordinary life?

What do I choose to leave behind?

What would my daughter understand about what it means to be a woman?

Would she learn that security must always come from someone else?

How will my children remember me as I leave this planet?

Do I want to be a copy of anyone around me?

Now, the most important question that emerged was:

What is within my control?

And What am I? Yes, I asked not 'who' but 'what' as I started searching answer for this landed on a seminar by Dean Graziosi and Tony

Robbins where a line by Dean Graziosi stayed with me forever and it was... *'You are what you do when no one is watching'*

Now, I started observing keenly whatever I do when no one is watching and this allowed me to see my strength and priorities.

So, these questions whispered with a Pull and gave me something that I desperately needed- Investing Energy in the person who could respond to them (ME)

What I was drawn toward became my direction

Something else began revealing itself to me. After every difficult situation, I noticed where my attention naturally went.

I would sit with books for long periods.

I would meditate.

I would spend meaningful time with my children.

I would reflect.

I would seek learning.

At first, I didn't see these things as connected until I observed the pattern. Whenever life became uncomfortable, I was repeatedly drawn toward learning, stillness, reflection and connection. This observation changed how I viewed difficult situations. Instead of seeing discomfort only as something to escape, I began asking: **What am I being drawn toward?** And that question gave me direction. And slowly, I began using difficult moments as fuel, not fuel for anger but for growth.

The discomfort became a signal.

The signal became direction.

And direction became movement.

This gave me a different perspective altogether. Followed by another statement that helped me along came through one of my mentors

Bishal Sarkar – ‘**Always look for the Gold**’ so I began asking “*What good is hidden within this experience?*”

That question did not make the difficult circumstances disappear but it changed the position from which I faced them. I was no longer looking only at the problem but for the lesson, and direction that would help me meet new version of me. Thus, supporting my inner environment as sometimes, that was enough to take another step.

Recalibration is not Failure

This is perhaps the biggest lesson I learned. We sometimes think changing direction means we made a wrong direction. But what if it means we have learned something? What if recalibration is simply **responding to new information?** A GPS does not shame you when you miss a turn, it recalculates. Life can work the same way. You try something, you learn, observe, and discover what works/doesn’t, then adjust, and continue. That is not a failure but **Growth.**

Three questions that helped me recalibrate

Whenever I now find myself in a difficult or uncertain situation, I return to three questions:

1. What needs to be released?

A belief?

A fear?

A habit?

An expectation?

A relationship pattern?

A version of me that no longer fits?

Sometimes moving forward requires creating space.

2. What deserves another attempt?

Not everything that fails should be abandoned. Some things need patience. Some dreams need another attempt. Some skills need more practice. Some possibilities need a different approach. Recalibration does not always mean letting go sometimes it means trying again differently.

3. What is the next right step?

Not the entire plan, or the five-year destination or the perfect answer. Just: What is the next right step? That question brings me back to movement.

The Pull can become fuel

I began seeing a powerful pattern in my life.

Difficult situations would create discomfort.

Discomfort would draw my attention.

My attention would reveal what I was naturally moving toward. And those directions in the form of Books/Stillness/Meditation/my children/new experiences/new environments, gave me energy.

So, I began asking- What if I use the discomfort as fuel instead of allowing it to become my identity?

That changed everything. The situation could remain difficult but I did not have to remain the same person inside it. I could learn, build, create, move, become.

The Deeper recalibration

The deepest recalibration was not external but internal.

I moved from 'Who' to 'How can I stand for me?'

From "What should I do?" to "What is within my control?"

From "Why is this happening to me?" to "What is this teaching me?"

From “How do I escape this?” to “Where do I want to go from here?”

And perhaps, the biggest shift was:

“What is happening to me?” to “Who am I choosing to become through what is happening?”

That is recalibration.

Recalibration as a strong bond in relationship with ‘Self’

I began this chapter describing a version of me who was looking outside her for security and end with a different realization. I cannot control everything life brings to me but, I can decide what I do with what life brings. I can listen, observe, learn, choose, act, and recalibrate. And every time I do that, I strengthen my relationship with me. That relationship became more important than any single achievement because circumstances in life will continuously change, people/plans/path will change. But if I continue building a strong relationship with **Me**, I will always have somewhere to return.

The Principle of Recalibration

Perhaps ‘The Pull’ is not asking us to get everything right the first time, it’s asking us to:

- remain awake enough to notice when something no longer works,
- brave enough to acknowledge it,
- wise enough to learn from it,
- courageous enough to adjust.

Sometimes the next step is forward/sideways/backward for a moment/simply stillness, but the question remains: **What is the next right step?**

That is what recalibration taught me. You don’t need to know the whole route. You need to remain ‘willing’ to adjust your ‘direction’ without abandoning yourself.

The Whisper

Sometimes The Pull does not change your destination. It changes your direction.

And sometimes changing direction is exactly what allows you to become the person who can reach the destination.

Reflection

Take a quiet moment and ask yourself:

What is no longer working in my life?

What needs to be released?

What deserves another attempt?

What am I repeatedly drawn toward after difficult experiences?

What is within my control?

And finally:

What is the next right step?

Don't solve your whole life today.

Don't demand certainty.

Don't wait for someone else to give you permission.

Listen.

Observe.

Recalibrate.

Then take the next step.

Because, sometimes the greatest transformation does not happen when life changes around you.

It happens when you change the way you respond to life.

Chapter 11

Living Through ‘The Pull’: A Journey To Principles

There comes a point in a journey when you stop looking only at where you have been and begin looking at **what the journey has been teaching you**. For me, that point has arrived slowly. I didn’t begin this journey knowing that I would one day be able to name principles from it. I was simply living, questioning, learning, struggling, listening, choosing, and trying again. Sometimes, I understood what was happening, often, I did not. Only later did I began to see patterns.

The questions that kept returning.

The experiences that kept redirecting me.

The moments when I felt pulled toward something I could not yet explain.

The books I reached for.

The stillness I returned to.

The opportunities I said yes to.

The choices that frightened me.

The experiences that tested me.

The moments when I discovered that I could stand for myself.

Looking back, I can now see that my life was teaching me principles long before I had words for them. And perhaps that is how principles are meant to be discovered, nor as rules handed to us, neither as instructions written on a board. But as truths that become visible through the way we live. This chapter is therefore different from the ones before it. I am not asking you simply to listen to what my life

taught me, I am inviting you to look at your own because, perhaps your life has been teaching you too.

PART I: WHAT MY LIFE HAS TAUGHT ME

1. THE PRINCIPLE OF AWARENESS

I cannot change what I am unwilling to see.

There was a time when I experienced life mainly from inside my circumstances. Something would happen, I would react. Something else would happen, I would respond. I was functioning, but functioning is not necessarily the same as consciously living. That began changing when I started looking within. Stillness became a mirror. It helped me observe my thoughts, emotions, patterns, reactions, and beliefs rather than simply being carried by them. As I became more aware, I began noticing something important:

What has been programmed can be examined, what can be examined can be changed.

That became a foundation for me. Awareness did not immediately solve my problems. It did something more important; showed me that I had choices. For me, awareness was the doorway. Before I could choose differently, I had to see clearly.

2. THE PRINCIPLE OF LISTENING

The Whisper becomes clearer when I create space to hear it. I learned this through stillness, books, spiritual learning, conversations, listening to others, and eventually through learning to listen to me.

One of the deepest experiences in my journey was discovering that someone else's deep listening helped awaken my own. When someone listened to me without immediately trying to fix me, I began discovering words for what I was experiencing. I began trusting my own experience differently and gradually, listening became a practice. It led to conversations which further to my podcast, Scholar's Knowledge to Wisdom. Listening became writing, writing became

authorship. The steps did not look connected while I was living them. They do now.

‘The Pull’ rarely gives us the entire staircase. It often reveals the next step. That is why listening matters. If we never create space to hear ourselves, we may continue walking a road simply because we have been walking it for a long time.

3. THE PRINCIPLE OF INNER ENVIRONMENT

One of the most practical discoveries of my journey – **What I repeatedly allow into my mind becomes part of the world from which I make choices.**

Books became companions, Courses expanded my thinking, Conversations introduced new possibilities, Spiritual texts gave me perspectives I had not considered before. I began realizing that the people we listen to, the ideas we consume, and the questions we repeatedly entertain all influence the environment from which we interpret life. This does not mean we should isolate ourselves from opinions we disagree with. It means we should become conscious of what we repeatedly consume.

What are you watching?

What are you reading?

What conversations occupy your mind?

Which voices make you curious/afraid/smaller?

Which voices help you think?

Which voices remind you of possibilities?

The inner environment matters because ‘The Pull’ does not arrive in an empty mind. It arrives inside a person already carrying beliefs, memories, expectations, fear, and hopes. Guarding your inner environment therefore does not mean escaping the world, it means

becoming intentional about what you allow to shape the world within you.

4. THE PRINCIPLE OF SELF-RESPONSIBILITY

One of the hardest lessons of my life – **Support can strengthen me, but responsibility for my life eventually has to return to me.**

For a long time, I looked outside me for answers. I wanted someone to understand, guide me, tell me what to do to make things better but eventually another realization emerged: **No one else can live my life for me.**

Though support, wise guidance, relationships matter as humans are not designed to live without connection so lesson was not “I don’t need anyone” rather it was: **“I cannot hand someone else the responsibility for becoming me”**. I began asking: **What can I do with what is happening?** That question changed my direction.

5. THE PRINCIPLE OF CHOOSING YOURSELF

This principle became deeply personal for me. **Choosing yourself does not mean choosing against everyone else.**

There came a point when I realized that continuing to abandon myself was becoming more painful than the uncertainty of choosing me. Choosing me did not mean abandoning responsibility; it meant acknowledging that my needs, dignity, dreams, future, and voice matters. I began rebuilding through learning, writing, speaking, exploring, creating, and becoming. That helped me understand something I had once confused:

Choosing yourself is not selfish when it means refusing to disappear from your own life.

6. THE PRINCIPLE OF COURAGEOUS ACTION

The Pull becomes meaningful when awareness becomes movement. I have learned that recognizing something is not the same as acting on it.

You can know, understand, reflect, meditate, read, or dream but eventually, there comes a moment when you must move. Sometimes the next step is very small like-

Read the book,

Make a call,

Join the course,

Write the page,

Submit the application,

Attend the event,

Say Yes/No,

Begin.

The Pull does not require certainty before movement. It often asks for enough courage to take the next step. My own experiences taught me this repeatedly.

The podcast began with an idea.

The book began with writing.

The VG Mrs. India Journey began with saying yes to an unfamiliar possibility.

The Golden Book recognition came after putting my work into the world.

Each step created another possibility and each possibility required another choice. For me, courage became less about feeling fearless and more about moving while uncertainty was still present.

PART II WHAT EXPERIENCE TAUGHT ME

7. THE PRINCIPLE OF LIFE AS A LABORATORY

This became the heart of chapter 7. **Experience becomes wisdom when I am willing to study it.** I stopped asking only “What

happened?” and began asking “What is this experience teaching me about me?” that question changed my relationship with life.

Pain became data.

Resistance became something to examine.

Failure became something to learn from.

Achievement became evidence rather than identity.

A difficult experience could reveal a boundary.

A repeated thought could reveal a desire.

A disappointment could reveal an attachment.

A success could reveal a capability.

A fear could reveal both what I was protecting and might be avoiding.

This does not mean every painful experience is good or everything happens for a reason that we can immediately understand. It means that we can choose to become curious about our experience. The curiosity gives experience another possibility towards **learning**. And when learning is integrated, experience can become wisdom.

8. THE PRINCIPLE OF SELF-TRUST

This principle developed slowly. **I can listen to others without abandoning my own judgment.** In the beginning, other people’s opinions could easily become my internal compass – What will they think? Or Will they approve? Or Will they understand? Or Am I making the right choice? But eventually, I began learning to listen differently.

Advice could inform me.

Experience could guide me.

Mentors could challenge me.

People I trusted could offer perspectives. But the final responsibility for my choices still belonged to me. Self-trust did not mean believing I was always right. It meant becoming willing to sit with uncertainty and still make a considered decision. It meant being able to say: **“I have listened, I have reflected, now I will choose”**

That is a very different kind of confidence. It is not certainty but inner responsibility.

9. THE PRINCIPLE OF PURPOSE

At some point, healing stopped being only about feeling better. It began becoming about what I could do with what I had learned.

Healing can become purpose when we choose to use what we have learned.

My podcast became a space for listening and sharing;

Writing became a way of expressing what I had discovered.

My book *“Monks of Ph.D Journey”* became a way of turning experience into something that might help my younger self who aspires to be on the path of Research.

Purpose did not arrive fully formed, it emerged through action. One Pull led to another, one experience opened another question, and one question led to another possibility. That is why I no longer think purpose always arrives as one grand calling. Sometimes it is assembled through small act of alignment- you learn, heal, create, contribute, share, and serve, eventually you look back and realize: There was a thread running through all of it.

10. THE PRINCIPLE OF RECALIBRATION

Changing direction does not mean I have failed.

A good GPS recalculates, it does not criticize you for missing a turn. It simply finds another route. Life is similar. Sometimes the path we chose no longer works as circumstances change, we change, a goal that

once mattered no longer feels aligned, or an opportunity closes, a new possibility appears that we could not have imagined earlier.

Recalibration allows us to ask-

- ☐ What is no longer working?
- ☐ What needs to be released?
- ☐ What deserves another attempt?
- ☐ What is the next right step?

I learned that changing direction can be an expression of awareness, not evidence of failure. The journey is not invalidated because the route changes, sometimes the recalculation is the growth.

PART III NOW TURN THE MIRROR TOWARD YOURSELF

These are the principles my life has been teaching me. But this is where I want to stop telling you what my life taught me, because your life has been teaching you too.

Perhaps differently, or quietly, or through experiences you have not yet understood or through something you have been trying to forget or through something you are desperately trying to achieve or through a question that keeps returning or through a relationship or career or dream or disappointment or a door that closed or through a door that keeps appearing. The question now is not: **“Which of these principles should I follow?”** however, the question is **“Which principles is my life already teaching me?”**

YOUR LIFE HAS BEEN LEAVING CLUES

Think about your life as a collection of clues, not clues that lead to a predetermined destiny whereas, clues that help you understand yourself. Look at the experiences you keep remembering. Why do they still matter? Look at the decisions that changed you. What did they reveal? Look at the moments when you felt most alive. What were you doing? Look at the moments when you felt most disconnected from

yourself. What had you abandoned? Look at the questions that keep returning. Why haven't they disappeared? Look at the opportunities you repeatedly feel drawn toward. What might they be pointing toward? Look at the patterns. What keeps happening? What keeps pulling you? Your life may already be speaking. You may simply have been too busy living it to notice the language.

WHAT DID YOUR PAIN TEACH YOU?

Think of a difficult experience. You don't need to relive it. Simply observe it from where you stand today. Ask: What did this experience reveal about me? Did it teach you-

Boundaries?

Strength?

Compassion?

Self-respect?

Patience?

Courage?

Discernment?

The ability to ask for help?

The ability to say no?

The ability to begin again?

Do not force the experience to become a beautiful story. You don't need to call pain a blessing. You only need to ask: **"What can I learn from what I lived?"** Sometimes that question is enough to reclaim something from the experience.

WHAT DID YOUR CHOICES TEACH YOU?

Now, look at your choices, not only the big ones, the small ones as well. The moments when you said yes/no, when you stayed/left, when

you tried again/stopped. Your choices reveal something about what you value. Sometimes they reveal what you fear/what you are ready for/what you are still learning.

Ask: **What do my choices say about the person I am becoming?**

You may discover that you are already living principles you have never consciously named.

WHAT DID YOUR REPEATED PULLS TEACH YOU?

This may be one of the most important questions in the entire book.

What keeps returning?

A subject?

A skill?

A dream?

A type of work?

A desire to create/serve/to learn/speak/write/travel/build something/help someone/change something?

Perhaps you have dismissed ‘*The Pull*’ because it did not make sense or maybe you told yourself: “**Maybe someday**” and someday has become years. You don’t have to act immediately but it is time to listen differently and ask: “**Why does this keep finding me?**”

Sometimes repetition is not pressure; it is an invitation to pay attention.

WHAT DID YOUR RESISTANCE TEACH YOU?

We often think resistance is the enemy. But your resistance may contain information.

What are you afraid of?

What are you protecting?

What feels unsafe?

What feels unfamiliar?

What would change if you followed *'The Pull'*?

What would you have to give up?

What would you have to become responsible for?

And then ask another question:

Is this resistance protecting me – or preventing me?

Not all resistance should be overcome. Some resistance contains wisdom/tells you to pause/prepare whereas some tells you that a boundary matters and some simply tells you that growth is uncomfortable. The work is not to silence resistance. It is to **understand it.**

WHAT DID YOUR ACHIEVEMENTS TEACH YOU?

Achievements can teach us too. Not only what we can accomplish but who we become while accomplishing them.

Think of something you are proud of- maybe you earned a degree/built a business/raised a family/completed a difficult project/published something/changed your health/overcame a fear/started again/helped someone. Ask: **What did this achievement reveal about me?**

Discipline?

Creativity?

Persistence?

Leadership?

Courage?

Curiosity?

Capacity?

Perhaps the achievement matters less than the quality it revealed. That quality may be one of your principles.

WHAT DID YOUR FAILURES TEACH YOU?

Failure can be an uncomfortable teacher but it can also be an honest one.

Ask: **What did I learn that success could not have taught me?**

Perhaps you learned that a particular path was not yours or you learned patience or preparation or humility or that your identity cannot depend entirely on outcomes or you learned to try again differently. A failure does not have to become your identity. It can become information, and information, when examined, can become direction.

WHAT IS YOUR LIFE ASKING YOU TO RELEASE?

Sometimes discovering a principle requires letting go of an old one.

Maybe you have been living by: **“Keep everyone happy”**

Or life is teaching you: **“Honour yourself too”**

Or you have been living by: **“I must be perfect”**

Or life is teaching you: **“I am allowed to learn”**

Or you have been living by: **“I cannot start again”**

Or life is teaching you: **“Beginning again is still beginning”**

Or you have been living by: **“I need everyone’s approval”**

Or life is teaching you: **“I need to trust my own considered judgment”**

Sometimes a new principle cannot enter until an old belief makes room for it.

THREE PLACES TO LOOK

If you want to begin discovering the principles your own life is teaching you, start here.

1. WHAT I AM ALREADY LIVING?

What principles are already visible in my choices?

What do I repeatedly stand for?

What qualities do people experience through me?

What do I refuse to compromise?

These may be principles you already know. You simply haven't named them yet.

2. WHAT I AM CURRENTLY LEARNING?

What is life teaching me right now?

What challenge keeps asking something new of me?

What am I practicing?

Patience?

Courage?

Boundaries?

Self-trust?

Discipline?

Letting go?

Receiving?

Speaking?

Listening?

Maybe this is the principle currently being developed within you.

3. WHAT I HAVE YET TO DISCOVER?

What question is still unanswered?

What Pull is still unexplored?

What possibility keeps appearing?

What part of myself have I not yet met?

You do not need to know the answer. Some principles are discovered only after we take the next step.

WRITE YOUR OWN PRINCIPLES

Now pause.

Take a page and write: **My life has taught me that...**

And complete the sentence. Do not try to sound wise and do not write what you think you should believe, rather, write what your experience has actually taught you.

Perhaps you write:

My life has taught me that I need time alone to hear myself.

Or:

My life has taught me that I cannot keep saying yes when everything within me is saying no.

Or:

My life has taught me that learning keeps me alive.

Or:

My life has taught me that I am stronger than I once believed.

Or:

My life has taught me that asking for help is not weakness.

Or:

My life has taught me that I need to create before I feel completely ready.

Or maybe something entirely different, there is no correct answer because this is not a test but a recognition.

YOUR PRINCIPLES MAY CHANGE

This is important.

The principles you discover today may not be the principles you discover five years from now. This does not make today's principles false as it means you are still becoming. Your preferences/priorities/circumstances/understanding may change. And you may discover that a principle you once lived by no longer fits the person you are becoming. That is not failure but growth.

A coherent sense of self develops over time as preferences, interests, and values become clearer and increasingly guide self-endorsed choices where you are allowed to learn/revise/recalibrate/become.

THE PRINCIPLE BENEATH ALL PRINCIPLES

After everything I have lived, there is one realization that continues to return to me: all the principles are connected by something deeper-

Listen to yourself deeply enough to know what matters.

Then - See clearly, Question honestly, Choose consciously, Act courageously, Learn continuously, and Recalibrate when necessary.

This is not a formula for a perfect life rather is a way of participating more consciously in the life you already have, because the goal is not to eliminate uncertainty it is to become someone who can meet uncertainty without abandoning yourself.

THE PULL IS STILL MOVING

When I look back at my journey now, I can see something I could not see while I was living it. 'The Pull' was not one moment/opportunity/achievement/decision rather it was *a thread*.

A question led to a book.

A book led to stillness.

Stillness led to listening.

Listening led to learning.

Learning led to expression.

Expression led to writing.

Writing opened new possibilities.

New possibilities demanded courage.

Courage created movement.

Movement created experience.

Experience created insight.

Insight created new questions.

And the journey continued. That's why I no longer think of 'The Pull' as something that leads us to one final destination. It is more like a relationship with us. We listen, respond, learn, change, recalibrate, listen again and the journey continues.

NOW IT IS YOUR TURN

You have read my story; have seen the questions I asked and the choices I made. You have seen the experiences that shaped me. But now the book must become yours.

Close your eyes for a moment.

Think about the road you have travelled.

Not the version you show the world.

Your actual journey.

The moments nobody saw.

The decisions nobody understood.

The dreams you postponed.

The questions you carried.

The experiences that changed you.

The things you survived/created.

The things you are still trying to understand.

Now ask: **What has my life been teaching me?**

Don't rush. Listen as maybe one, three, or none of these principles will appear today and that is okay. The question itself has already begun the work. Then ask:

What am I already living?

What am I learning?

What am I being invited to discover? And finally,

What is 'The Pull' asking of me now? Not five years from now, not after everything becomes perfect, not when everyone approves but **NOW.**

What is the next right step?

The Whisper

Perhaps the greatest lesson is this:

Your life does not have to make complete sense before it can teach you something.

You may not understand the chapter while you are living it.

You may only understand it when you look back.

You may not recognize the principle while you are struggling.

You may recognize it years later.

You may not see why one experience led to another.

Until one day, you look back and notice the thread.

That is the gift of reflection.

It allows us to turn experience into understanding.

And understanding into wisdom.

So don't rush to find the perfect principle.

Pay attention.

Your life is already speaking.

The question is whether you are willing to listen.

YOUR LIFE, YOUR PRINCIPLES, YOUR JOURNEY

I began this book believing I was telling you about 'The Pull within the Whisper'. Today, I understand it differently. Perhaps, I was also learning how to listen to my own life and maybe you are doing the same. Your Pull may not look like mine, your Whisper may speak different language, your principles may carry different names, and your next step may lead somewhere I could never predict. And that is exactly how it should be. Because the purpose of this book was never to give you my map, but to encourage you to listen for your own. You do not need to copy my journey or become who I became. You need to discover who **you are becoming**. So, take your experiences, questions, dreams, disappointments, courage, uncertainty and Pull to ask - **What is my life teaching me?** Then listen.

Because somewhere within your own story, principles are already forming either you are living/learning/waiting to be discovered. And the most beautiful part is - **Your story is not finished.**

There are still questions you have not asked, doors you have not opened, paths you have not walked, possibilities you have not imagined, and Whispers you have not yet learned to recognize. So, don't ask for the entire map. Ask for the next turn- listen, choose, move, learn, recalibrate, and keep becoming. Because the deepest principle of all is not something I can give you. It is something only your life can reveal:

The wisdom you are looking for may already be living inside the journey you are living.

Listen closely.

Your Whisper is speaking.

Your Pull is guiding.

And your life is still teaching you.

GRATITUDE

I could not see the vision while I was living the journey.

I could only see the pieces.

Now, looking back, I can see the thread.

Perhaps every situation was carrying something I was not yet ready to understand.

Perhaps nothing was being taken away from me.

I was being led back to me.

Thank you, Universe.

I may not have understood your vision then, but, I understand something now.

You were preparing me to become the woman who could tell this story.

Your story is still unfolding.

Your Pull is still speaking.

What will your life teach you next?

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From Pull to Principles

Principle of Awareness

I cannot change what I am unwilling to see.

Principle of Guarding Your Inner Environment

What enters my inner world shapes what I am able to hear.

Principle of Self-Responsibility

Support can strengthen me, but responsibility for my life eventually has to return to me.

Principle of Choosing Yourself

Choosing yourself does not mean choosing against everyone else.

Principle of Courageous Action

The Pull becomes meaningful when awareness becomes movement.

Principle of Life as a Laboratory

Experience becomes wisdom when I am willing to study it.

Principle of Self-Trust

I can listen to others without abandoning my own judgment.

Principle of Purpose

Healing can become purpose when we choose to use what we have learned.

Principle of Recalibration

I can adjust my direction without abandoning myself.

About The Author



Ruby Bhullar Garcha is an author, lifelong learner, podcaster, speaker, and seeker of deeper meaning in everyday experiences.

Her work is shaped by a simple belief: life is constantly teaching us, if we become willing to listen.

Through her intellectual journey, spiritual exploration, writing, conversations, and lived experiences, Ruby has developed a distinctive interest in self-discovery, learning, personal growth, and the transformation that can emerge when we pay attention to the quiet Pull within us.

She is the creator of the podcast Scholar's Knowledge to Wisdom, where she explores knowledge, stories, experiences, and wisdom through conversations with people from diverse backgrounds. The experience became an important part of her own journey from listening to reflection, writing, and authorship.

She is also the author of Monks Of Ph.D Journey, and her work has received recognition, including being named a Category Champion at the Golden Book Awards 2025. Her journey has also included experiences such as the VG Mrs. India platform, speaking, continued learning, and exploring new dimensions of herself.

But beyond titles and achievements, Ruby's deepest work has been an inward one.

She has learned to see experiences not merely as events that happened, but as opportunities to observe, question, learn, and become.

That perspective became the foundation of *The Pull within the Whisper*.

This book is an invitation to do the same—to look at your own experiences with greater curiosity and ask:

What is my life teaching me?

Ruby believes that we do not always need the entire map.

Sometimes, we only need enough awareness and courage to take the next right step.

And sometimes, when we look back, we discover that the experiences we once struggled to understand were quietly helping us become who we were meant to be.

