

SPIRITUALLY *Single*

LIVE CONSCIOUSLY. LOVE DEEPLY.
GROW SPIRITUALLY. SHINE BRIGHTLY.

— A DAILY LIFESTYLE —
TO INNER PEACE, PURPOSE
AND A MEANINGFUL LIFE

ANUP TUTI



BlueRose ONE^{.com}
S t o r i e s M a t t e r

New Delhi • London

BLUEROSE PUBLISHERS

India | U.K.

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New Delhi • London

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ISBN: 978-81-69726-12-2

Cover design: Aafiya Saifi

Typesetting: Namrata Saini

First Edition: June 2026

Contents

The Intent	1
Spiritually Single	4
Purpose of Life and Unleash Deep Rooted Potential within.....	10
Why I Walked this Route.....	18
Importance of Solitude	25
I Was Coming To Concrete Conclusions And I Understood What I Had To Do, No Matter What The Hurt.	27
I Was Learning To Forgive Myself And Forgive Others (The Power To Let Go).....	30
Things Happen In Perfect Time.....	31
Filling My Own Cup (I Was Learning The Importance Of Unconditional Self Love)	34
What I started doing:	35
Connected To Nature:.....	39
Started Taking Care Of My Physical Self And Made A Routine.....	40
Mental Cleansing From Negativity (A Simple Practice Of Detachment).....	41
To Be Disciplined For Everything Godly And Everything Good	45
Transforming and Shaping Life.....	49
(THAT NEXT LEVEL) - The Spiritual & Emotional Re- Birth.....	49

Be Open To Ask For Help.....	50
Who To Ask Help From.....	53
What Is Sin.....	55
Why To Forgive Others And Self (Revisiting)	56
How To Let Go (Revisiting).....	64
Challenges Are Gateways To Blessings.....	69
Slavery Of Habbits.....	72
Gratitude And Surrender.....	75
Sharpening of Skills.....	79

Why We Miss Out the Rightful Place of Our

Destiny.....	81
Seek What Is Rightfully Yours	82
Identifying The Purpose and Destiny	87
Not Realizing What We Already Have Is A Blessing.....	91
Understanding What Decisions Are Right Or Wrong.....	92
Correcting Wrong Decisions Made	94
Question Everything That Happens Around (Inside And Outside) And Use Discernment -	96
You Get What You Ask For And, You Also Don't Get What You Ask For -	97
Staying Positive (Nothing Negative Allowed) -	100
Maintain Healthy Boundaries -	101

Making Dreams A Reality103

To Stay Permanently Connected With The Divine -	104
Connecting To Your Purpose And Associating With Destiny -	105
Be The Reflection Of Love For Life And For Humanity -	107
Purge The Unwanted (People, Things, Emotional Baggage And Places) -	107

Test Your Intuition With Boldness In Humility And Faith -	111
Realization In The Heavenly Realms And Then Fruition On Earth -	114
Destined To Meet My Kind Of People -	117
Thoughts, Desires, Whispers And Wishes Are Actually Prayers -	118
To Be The Alchemist -	120
Experience Desires In Reality (Manifestation) -	123
Accepting Reality And Staying Conscious To Stay On Course -	126
Making Memories -	127
Work Towards Your Dreams And Desires With Integrity -	129
Impact of “Operating from Love and Consciousness” in Corporate and Social Life	130
The Spiral of Life.....	132

The Intent

LIFE IS TO BE LIVED, AND NOT TO BE COMPROMISED OR MANIPULATED. This is something that you believe in, this is something that I believe in. And we all strive to drive our lives towards a road which we call, 'LIFE WELL LIVED'. And to make it happen we make several choices in life, and life is about making a choice at every step, and to be realistic. I feel, life is a MAZE and not a LABYRINTH. Hence the choices we make can lead us where we intend to go or we may hit a road end, only to walk back and change course. Life at times may seem to take us towards a set destination, but it can come up with surprises both likable or not. I feel life is also a bouquet of Emotions that every life must go through. With our own fair share of happiness and pain. And in most cases it is a direct reflection of the choices that we make. I feel life is a constant navigation, based on our choices, actions, results, its impact, evaluations, adaptation and course correction. But in life, we have eyes to see others and the external factors that impact us, but our physical eyes are not equipped to constantly evaluate ourselves in the same way we analyze others and the external factors.

One day standing in front of the mirror it crossed my mind that the only regular way of looking at ourselves is through a mirror. What was more striking, even the mirror shows a REVERSE IMAGE. My right was a left in the mirror. It means we seldom get an opportunity to see ourselves like the world sees us, we seldom get the absolute constructive suggestions or guidance to really frame our lives, to evaluate and course correct. So normally we let life flow with whatever choices we feel are right. A course correction mainly happens only

when we hit a road end in the MAZE of life, or by being witness to a life changing event. This road block might need a detour to get on a road towards a constructive outcome or a direction to give greater meaning to life. But in all cases, there is an Emotional Turmoil that gets created depending on how impactful the end of road in the maze of life, turns out to be. And if it leaves enough ENERGY to make a course correction and find the rightful path towards a life which can be called well lived, or in worst cases. One may just give up, and then let life flow towards its logical end. Whereby leading a Compromised or a Manipulated life.

I mentioned energy above, we will talk about energies as we go into further discussion on the content to follow. We have heard this a number of times and I strongly believe it as well, that everything about life is connected to energies. Likewise life, and energies in life can be navigated towards creating HAPPINESS for self and for other as well. What it needs is a clear choice and the right intent. This is precisely what you and I will talk about.

This world really needs Respect and Love. As it is only around Respect and Love where anything constructive can grow and flourish. Be it Relationships or anything Worldly and Materialistic. The lasting happiness of our lives are always woven around this. I am a firm believer that every human is WONDERFULLY made, no matter what profession we may be in or whatever roles we play in our family or in our social life. But we also need to understand, that the experiences that we go through mainly revolves around the choices we make.

This book is just a simple way to put few of my basic observations from a layman's point of view. Of how I see life, and the various thoughts, actions and conscious changes that I decided to go through. I navigated through my experiences and results of the choices that I made. I feel I am

also blessed to have wonderful mentors. Who made me meet the real me inside. They made me understand, that it is the CONSCIENCE inside that is the real mirror to see my inner self. And I believe, every life is born to be lived in its best way. So is yours. Come let's walk together talking and discussing about this wonderful journey called life. Shaping it to be the BEST version of our selves. For LIFE IS REALLY BEAUTIFUL, all we need is the EYES TO SEE IT. And yes my friend, you are a human WONDERFULLY MADE. DESITINED TO ACHIEVE WONDERFUL THINGS. All we need is to make the right choices in our basic human acts, in our day to day life.

Spiritually Single

The Awakening/ The Realization

Even before we start walking down the road of this wonderful journey called life. While you are reading this, try and reflect in your own life, of similar situations if any. To make it worth going through this. I strongly recommend, reflect back into your own life and try finding those miracles and eye opening moments. That is the only things that will drive you to go through, page after page of whatever you and I will talk here. What I am sharing is just a Simplified way in which I have looked at life. The External visible identity of an individual is constantly changing. What remains ageless is within. It is the SPIRIT or the SOUL inside that is what really the True ME is.

I feel every life toggles between two Basic emotions. We can call it Happiness and Pain. Life is a bouquet of emotions, and experiencing these emotions is unavoidable. What really matters is how we process emotions. I am sure you will also agree that the line of thought or the internal changes that we make, having gone through the emotions actually results into our forthcoming experiences in life. Having gone through my own share of Happiness and Pain. And above all, having processed those emotions with a neutral mindset. It gave birth to a lot of thoughts. Those thoughts translated into actions and changes. Here I am trying to find the commonality of similar emotions that you might have gone through. I tried to put my feelings, thoughts and evaluations into words here. And, what I realized or the way I see my journey or people in general is.

I see everyone as **SPIRITUALLY SINGLE**.

Where everyone has their own **SOLO Journey**.

The Spirit inside needs to be **AWAKENED, towards the
GOODNESS of Life**.

By understanding **LOVE** in its purest form.

**THIS IS WHAT I SAY IS THE AWAKENING of the
SOUL inside.**

Each One of us **CERTAINLY** go through these emotions
and thoughts sometime or the other.

How each one of us **PROCESSES** these emotions, is a
matter of **CHOICE**

To constantly evaluate and evolve to be a **BETTER** version
of our own selves.

With a sole aim

To Live Life in its PUREST and HAPPEIST FORM.

(And I feel living life **HAPPIEST**, is what everyone Desires)

In whatever brief way I could understand life with my limited understanding. I realized that, the Essence of all Faith and Religion known on earth. Carries **RESPECT** and **LOVE** at the Core of its teaching. "**TO EXPERIENCE, TO UNDERSTAND AND TO LIVE LIFE, IN ITS DIVINITY**"- I sensed this also remains as the **REAL purpose** for all lives. Whether we realize it or not, but the Road to our **GOALS in life**, as part of a Civilized Society. Is to **RESPECT AND LOVE** others and to feel **RESPECTED and LOVED**. I believe this remains, as the **FOUNDATION or the CORNER STONE of EVERY LIFE**. The feeling of Achievement, Success, Failure, Disappointment or Satisfaction etc in anything Materialistic, Societal or Spiritual. Whatever the feeling maybe within us at a given

point in time. It will either trigger the emotion of Happiness or Pain. BUT, It is the **AWAKENED SPIRIT or the AWAKENED SOUL within** that matters. As that is what triggers the desire to act **CORRECTLY**, and how we opt to approach any situation. This combination of our experience, the way we process the emotions and how we plan to execute, is what makes this **JOURNEY CALLED LIFE, WORTHWHILE**.

As humans, and for us to be considered civilized, it is clear. That, we live in a Congregation and we call it a Society. We may live in a Crowded or a Not So Crowded Neighborhood. But, in a society we mainly live in Family Units. And in a Family we may live together or far away, depending on external influencing factors. We may be **EMOTIONALLY** attached with each other as a family, or, so we may say. BUT at the **BASE LEVEL, I FEEL EVERYONE STANDS AS A SINGLE UNIT OF SPIRITUAL LIFE**.

I say so. As I felt, people empathized in times of my **PHYSICAL DISTRESS or PAIN**, or during the times when I went through **EMOTIONAL TURMOIL**, or **SPIRITUAL AGONY**. This is where the most critical question comes. Did they really felt either in their physical self or internally in their mind and heart, of what I **EXACTLY** went through in my physical and emotional self, as an individual? **The answer will always remain A BIG "NO"**.

When physical distress is so difficult for our loved ones to experience on our behalf. Imagine the moments in your life when you went through any emotional turmoil. Does it not feel frustratingly agonizing? As no one can really understand the intensity of your deep rooted emotions. Leave aside the possibility of anyone to take that agony away. These moments of **EMOTIONAL PAIN**, the moments of **EMOTIONAL SUFFERING**, does not **REALLY** fade away just by sharing or confiding with people who we

consider **TRUSTWORTHY**. If at all it works. It may just work as a **MOMENTORY DISTRACTION**. Because these feelings resurface time and again, making the emotions fresh as ever.

The better part is, **THIS TOO CAN BE HEALED**. Every single time these emotions creep in and cloud our minds. It needs to be worked upon. The real change happens. When we process the hurt and the pain internally, and constantly evaluate it over and over again. When I say this, it might sound absurd in the beginning. But I have lived it and experienced these feelings fade away. I have accepted all my past trauma and emotional turmoil's as it is, and I have comfortably manage to replace it with a sense and a desire to let it go and **EMBRACE** peace. This peace in turn brings in the desire to forgive others and also to forgive my own self for the role that I played in whatever hurtful incidents that happened. Be it intentional or otherwise. I could also evaluate, that in many cases my own decisions and actions also played a role in the happenings of the past. We will talk about these in detail as you and I progress further in this **WONDERFUL** journey of life.

Having understood the importance of **RESPECT** and **LOVE** in life. And going through all these feelings of my past and the present with a clear intent and my commitment towards my own transformation, to be a better **ME** than I was yesterday. I realized, it is only **"RESPECT AND LOVE"** that **REALLY MULTIPLIES** when shared and exhibited in its purest form. Every time when I had put Love as the base level to **BEGIN** with, and I stayed **CONSISTENT** with it for anything that I did. The changes that happened after that. **THIS WAS THE REALIZATION, THIS WAS THE AWAKENING.**

With me looking back into my experiences in life, with an intention to find meaning in whatever I have experienced. I

started connecting these experiences with the **PURPOSE OF LIFE**. We already agreed upon, that there is a common purpose for all lives "TO LIVE LIFE IN ITS TRUEST AND PUREST FORM. FOR LIFE IS TO BE LIVED AND NOT COMPROMISED OR MANIPULATED". But, my realization also invoked a desire to understand and figure out if there is an extended purpose to my life. And this is where the journey of transformation began. That is where the commitment to be a better version of myself, day after day, started.

With the desire to find the extended purpose, the inevitable question was. Are there any hidden potential within? You may be having similar questions as well for your own self. And I answered to myself, I never took out time to sit with the inner me and understand. I could see, we mainly put all our skills of analysis and evaluations towards anything that has a direct correlation to our area of work. I could sense, it is seldom that we get concrete and close to correct external evaluations about ourselves. Many a times we consider such honest feedbacks and criticism. Thereby, unknowingly building an invisible wall around us. I could clearly see, there can be no one who can fully understand me. And that also goes for everyone around us. As none of us really uncovers all the thoughts and actions to anyone. There is always a **HIDDEN SOMETHING IN EVERY LIFE**, for the external world.

Every person himself or herself, happens to be the **ONLY ONE** who knows themselves fully. Inside and Out, till the deepest depths of our individual selves. As for me, till I had these realizations. I had never taken out time for my own self, diving deep within. This realization, was good enough for me to, relive and evaluate the past and the present with an enhanced and a neutral understanding. Only to be better than yesterday. Day after day.

I could feel, that we all are born to experience different emotions. Evaluate it and Transform to be a better version of ourselves. To lead a HAPPY LIFE. **For we ONLY HAVE ONE LIFE TO LIVE.**

Let's move ahead in understanding this Wonderful Journey of life together. Having understood and having accepted that I am the only one who knows myself fully well. But did I ever really do justice to my own self? That is when a thought crossed my mind - "THE ONLY PERSON THAT I REALLY LOST, AND I DESPRATELY WANTED TO GET HIM BACK IN LIFE - WAS ME". I wonder if this statement aligns with your thought as well. Have you also lost yourself somewhere in this journey of life. Have you taken out time to sit with yourself, just trying to understand? What is more, hidden inside you that is yet to be unveiled. This very thought, brings us to the Purpose of Life and what is hidden within us.

Purpose of Life and Unleash Deep Rooted Potential within

Either we say this, or we have often heard others saying. That we all live life in accordance to the **PURPOSE** of one's own **DESTINY**. And we also, discussed sometime back. The Ultimate Goal in this journey is to live a **LIFE OF FULLNESS**. I lay stress on the word **FULLNESS of LIFE**. To simplify this, ONE has to understand.

“Every Individual have their **OWN JOURNEY**. And we all have our **OWN INTERPRETATIONS of LIFE**.”

And mainly, we just go day by day, event by event, experiences by experiences. And, mostly we blindly, move on tagging these experiences as destiny in life. Just pause for a second and think. What if I say, you and I here and now are talking about, finding that little bit more about ourselves, piece by piece. Just to explore and to find another way. That can helps us to find ourselves in a new and a better light. Again, with a sole aim to make **LIFE BEAUTIFUL**.

As a civilized society, there are different roles different individuals play. We can call it our Purpose or our Destiny. Some become Teachers, some Bureaucrats, Doctors, Entrepreneurs, and Home Makers. Some choose to be associated with NGO's, some become bankers, and some work as Politicians. Some become Religious Guides, some choose to be guides in Tourism. There is a long list of professions big or small, that we so easily relate to. These are roles and responsibilities that we fulfill in a society. And it can also be considered as the purpose of ones' life. And if

you closely see, all these roles and responsibilities, certainly IMPACT the society in totality that we live in. Be it directly or indirectly. Now take this as an example. Most of us drive cars and bikes. What if there was no one to fix the tyres. There will come a time, when all cars and bikes will come to halt. Yes there is a purpose in whatever profession we follow. Nothing stands big or small, for everything is inter woven.

Despite playing our individual role, in our social and professional life. I could clearly observe. Deep somewhere, there lurks a sense of dissatisfaction in many. No matter what they do or what social standing one may have. Precisely this is one of the core reason. You and I, we are actually intending to find, what do we need? To ensure we **“LIVE LIFE IN ITS TRUEST AND ITS PUREST FORM. FOR LIFE IS TO BE LIVED AND NOT COMPROMISED OR MANIPULATED”**

What if I say:-

- YOU HAVE BLESSINGS INSIDE TO SHAPE YOUR LIFE.
- YOU HAVE BLESSINGS INSIDE TO MAKE THE RIGHT CHOICES (Life at every moment is a CHOICE to make).
- YOU HAVE BLESSINGS INSIDE TO LEAVE THE PAST AND MAKE NEW BEGININGS AT ANY STAGE.
- YOU HAVE THE BLESSINGS INSIDE TO RIGHTFULLY EVALUATE SITUATIONS AND PEOPLE.
- YOU HAVE THE BLESSINGS INSIDE TO CREATE ABUNDANCE.

- YOU HAVE THE BLESSINGS INSIDE TO BECOME POWERFULLY INTUITIVE.
- YOU HAVE THE BLESSINGS INSIDE TO POSITIVELY TRANSFORM YOUR OWN AND OTHERS LIVES, AND YOU WILL LOVE THAT.
- YOU HAVE THE BLESSINGS INSIDE TO PRACTICE RIGHTEOUSNESS AND BE CONSISTENT WITH IT
- YOU HAVE THE BLESSINGS INSIDE OF DIVINE WISDOM (Key to making Justifiably Correct Decisions and to make Rightful Choices).
- YOU HAVE THE BLESSINGS INSIDE OF ALCHEMY.
- YOU HAVE THE BLESSINGS INSIDE OF ATTRACTING EVERYTHING POSITIVE AND TO BE CONSISTENT WITH A POSITIVE MINDSET.
- YOU HAVE THE BLESSINGS INSIDE OF PROPHECY (May not be for all, but some would certainly have it).
- YOU HAVE THE BLESSINGS INSIDE OF MANIFESTATION.
- YOU HAVE THE POWER TO EXPERIENCE EMOTIONS OF HAPPINESS AND SADNESS ON YOUR OWN FREE WILL. (For life is a mix of both, and we need both the emotions to be truthfully human. Else we would be synonymous to machines)

Having said that, I come back to my earlier statement. At the core of it all. Every life is Spiritually Single. And so I say, **MY EARTHLY JOURNEY**, is also **MY SPIRITUAL JOURNEY**. This is the way that I prefer to look at life. For a world without emotions, or a world where emotions and experiences are NOT CONSTRUCTIVELY EVALUATED. I feel it will be deemed dead.

So I say. **MY JOURNEY OF LIFE, IS SPIRITUALLY SOLO.**

For I have to Rise and Fall and Rise Again. Constantly growing within, to be a better version of myself, with every passing day. And I say it with conviction, so is yours, a Journey which is Spiritually Single. Where you and you alone can fully and completely, evaluate your own life experiences. Shaping and Framing your own life. Making those difficult, but the better choices, to better understand your own self. We all are somewhere, hidden behind masks for the world to see. Yes, we all wear masks, to a point that we ourselves unknowingly start living that very life.

I don't know, if this stands true for you or not? But for me, till quiet a long time. I had always been unknowingly looking for people around me, to have company. To feel liked and appreciated. But with the coming of the realization that in reality we all have a Solo Spiritual Journey, with our own share of experiences mainly based on our choices and actions. That is when this feeling of a strange void crept in.

I could see deep inside, during my moments of solitude and introspection. That I was always a solo spirit and so are all the others around me. Each one of us are trying to find a temporary balm in the people around. Just to find that external validation of the emotions that we go through.

I could easily evaluate, we MOSTLY tend to attract and find company in people who have gone through similar emotions that we individually go through. THIS UNDERSTANDING IS EXACTLY WHAT I WAS MISSING OUT for all those years. I request you to randomly revisit your own past on how, when and whom you have met. Take a deep dive to find multiple scenarios from your past and try to find common or similar life experiences in the people you crossed paths with. In many cases you will find. That you have befriended people with somewhat similar if not exact life experiences. Moreover, we tend to find people with similar

mindsets. The very mindset that you and I carry, for a considerable period. Either people like that get connected with us or we drag ourselves towards people like that. We think well and we get good, a deprived mindset will have its match. This precise external synchronization is what I am trying to draw your attention towards.

If you remember, I mentioned earlier about Solitude and Introspection. I did a deep dive into this: **“ONLY TO BE MESMERIZED BY THE IMPORTANCE OF SOLITUDE, ONLY TO REALIZE THE IMPACT OF SELF REFLECTION”**

In those moments of Solitude and Self-Reflection it made me **REALIZE**, how important **THE SPIRIT is, within me**. This is what the **NAME OF THE GAME called LIFE IS**. I dug deep inside, and **VISITED my PAST. REPLAYING** the incidents, the sequence of events, those experiences that I went through, those words and actions, outcomes, reasons, emotions, etc.. With the sole intention to evaluate, whether or not. **I HAD ACTED with the ATTRIBUTES OF THE SPIRIT, in the PAST**. I was getting to understand better. A lot gets shaped just by consistently bettering this Spiritual Life.

I have been constantly talking about this spiritual life from the start till now. I am sure many of you already understand that. But for the ones who still have a question mark. It is all about a life that exhibits the attributes of:

- * JOY
- * PEACE
- * PATIENCE
- * KINDNESS
- * FAITHFULNESS
- * GENTLENESS

- * SELF CONTROL
- * HUMBLENESS
- * HUMILITY
- * NO EGO
- * LETTING GO OFF HURT
- * FORGIVENESS IN TOTALITY
- * NO ENVY
- * RELEASE WHAT DOES NOT SERVE
- * TAKING ACCOUNTABILITY
- * WILLINGNESS TO SUBMIT TO THE DIVINE (Whoever you have Faith and Believe in)
- * Likewise many other such attributes that POSITIVELY IMPACT our own lives and lives of the others

You remember we talked about external validation. And in most cases, this is precisely the reason for emotional turmoil, emotional hurt and pain. For we generally, try to find happiness outside our own selves. Pinning our happiness in the acts of others around us. This is nothing but self-neglect, and getting pulled into a fabricated mindset of self-pity and a victim mentality based on situations and people. And in all fairness. We do not have the ability to completely control them, hence the outcomes and reasons for our happiness is mere a luck, by chance.

It was clear to me by this time. For me to follow a path that exhibits the attributes of the Spirit. To be in better control of my reasons of genuine happiness.

I JUST NEEDED TO OPERATE FROM THE SPACE OF - "LOVE ". And we also agreed, that is exactly, what all Religions around the world teaches us, isn't it? For it is Love that develops a sacrificial and a forgiving human.

So having understood this clearly well. It was crystal clear to me by now, that ALL transformations starts from within - **“RATHER than EXPECTING OTHERS TO BE KIND AND TO LOVE ME, I HAD to first LOVE AND ACCEPT MYSELF as I was created”**.

Think of it, of all those layers of masks that we wear. The useless, false ego that we carry. Somewhere undermining or diminishing our own light and potential. Half of most of our miseries are created, only because we have really not made any genuine attempts to meet our own selves. I knew I had to see my own flaws, my sincere deepest constructive desires. Fix myself wherever needed. With an intent to truly love myself, just the way I am made.

I just asked myself a simple question. If I cannot really love myself in the truest and the purest form. Why on earth should I expect others to do that for me? In fact, why should they really do that?

I GOT THIS UNDERSTANDING INSIDE THAT THE REAL FLEX WAS TO LOVE AND ACCEPT MYSELF WHEN I WAS FEELING LOST, WHEN I WAS FEELING CONFUSED AND WHEN I WAS FALLING APART. Loving myself was to stand up again, rebuild again, walking the difficult road with conviction that I am committed to success. You know the loving thing about this mindset. This feeling was like a streak of light from the skies above. It was like an Enigma, as if the Divine, himself was **STANDING WITH ME**. My friend, remove those masks and meet yourself in those moments of solitude. Meet the real you, in the very depths, that you have avoided. Unravel those honest, humble, clean and clear thoughts. Meet yourself, the very you. **THE YOU WHO IS GENUINELY WONDERFULLY MADE.**

See, till this point. You and I have talked about Physical and Emotional Turmoil, and pain and hurt of other kinds. Needless to say, we all go through these agonies sometime or the other. Or in some cases, virtually every day just because of the mindset we carry. So it goes without saying, I have gone through my share of Physical and Emotional turmoil. It used to be a baggage for a very long time in life.

Till my mind, actually understood the importance of Respect for self and Self Love. When my mind, actually understood the importance of Respect and an Honest Love for OTHERS. This is where the magic happened. This is where the healing started, this is where the transformation began. Believe it or not my friend. This is where a lot of things started shaping. Things that many considered was not feasible, it happened. The issues and concerns that used to bother. It vanished, things that invoked fear and anxiety, were getting resolved, miraculously. I was more than willing to let go of the unwanted baggage. And exchanged that space with Love and Peace.

It was as if. I had started understanding **“THE POWER OF DIVINE LOVE.”**

Why I Walked this Route

I will try and keep it short and crisp. I don't intend to make it a cumbersome read. Coming from a humble background and like many stories of Initial Childhood Challenges, adjustments with wants and desires as an adolescent, compromises in educational growth, more due to the financial situation in the family. We siblings were forced into the league of the BIG, to start with basic earnings with half polished skills, entirely out of compulsion for survival.

Half Polished Skills, yes that is what I said. As a matter of fact that is what I precisely felt way back when we as a family were navigating through harrowing moments. BUT in reality I later realized, amidst all the strenuous moments, we also had our fair share of Blessings. We siblings were ACTAULLY BLESSED to have studied in one of the FINEST School. The years in school had already made us EMPOWERED Enough to DREAM BIG and move forward in life, with SELF BELIEF. The most prized blessing that one can receive, is the blessings of Wisdom and Knowledge. My heart goes out to everyone who have a purpose to impart knowledge to others. I have the deepest of respect for them all, what an amazing journey what an amazing purpose they fulfill. I will pause here to say a Big Thank You for all my teachers, all my mentors who were instrumental for shaping my educational, spiritual and emotional mindset. Parents, family, colleagues and my friends, for there was learning at every stage.

During my time of Solitude and Contemplation. I could sense, that I was ALWAYS BLESSED. It was just that I could

not completely understand that earlier. Probably because of that hidden, spoiler of emotions called Ego, that puts the feeling of Me and Myself for all achievements in life. However, during this phase of my contemplation, I could see snippets of the past as to how events and experiences transpired. Unknowingly, but I was in the journey of meeting my real self. I started picking experiences of the past, what emotions it brought out in me in those past moments. What happened after a period of time, what changed in the way I thought, what emotions I had then, what emotions of the past I was now feeling ashamed of? What I would do differently, if I face a similar situation again. I was unknowingly, rewiring my mindset towards the positive side of life. Being my best critic, being my best companion, trying to reshape things for an enhanced experience of life.

As basic human nature when things went right. I used to say IT WAS ME, the curator of those wonderful things. Upon self-reflection, I could clearly see in hind sight, instead of growing in Gratitude and Humility, I was growing in EGO. **I thought I WAS IN CONTROL AND I COULD IMPACT OUTCOMES AS DESIRED.** This is precisely what I had to change. In all those years of working. It was required of me to break information into simple, measureable and executable plans or derive sensible information from a heap of data. I was using that very skill to evaluate life. Only to strengthen my belief that there is an invisible hand, who desires humans to remain human. That we all, must put that conscious effort to operate from a state of Respect and Love for our own self and, also view others in the same light.

This gradual transformation, was deepening my faith and belief in the divine. The presence of that unseen force that works. The moments of the past that once seemed to be a hurdle in life, was actually a course correction. Giving

direction for whatever was to unfold ahead in this journey of life. Towards the blessings that I could never fathom in my wildest dreams. If you have reached till this point in this reading. You will have an obvious question. What is it? That brings in the feeling of taking time and to sit back for hours and days and months. Just to revisit the past. With a desire to derive steps and stages for that divine growth within.

Any factor that initiates a desire to look within, entirely with an intent to find the real self or a desire to become a better version of ones' own self should be equally acceptable. But I wanted to talk with you about the most prevalent factor. Which plagues millions of soul, in most cases. People opt to be silent and not to speak and not to find help around. Thereby leaving, millions blindfolded on how to address and approach their situations. Just to bring back life on the happy side.

THE MOST COMMON TRIGGER TO REALIZATION FOR CHANGE IS

"EMOTIONAL TURMOIL"

Yes, we all go through this, in some form or the other and some time or the other in our lives, those feelings that cannot be expressed or explained in totality. And others close to us can best empathies or give us emotional support, but can never share or experience the magnitude of pain that we feel within. That is why I say we all have a solo journey in spirit. **And we alone have the power of transforming ourselves into something good or bad, based on the choices we make.**

Emotions are always connected to people, places and things that we are deeply connected with. The ones who we either call Family or Friends. Or just **"THE INNER CIRCLE"** the ones who we trust to an extent that we unknowingly start to value them more than the Divine himself. If you can understand and identify, these kind of ties in your life. These

are the relations we tend to get **FULLY AND COMPLETELY VULNERABLE with**. The ones which we call “**STRONGLY, EMOTIONALLY CONNECTED RELATIONS**”. A hurt or a loss coming from these very relations, be it deliberate or un-intentional is what triggers the emotional turmoil. If a similar hurtful act is done by someone we are not attached with, we tend to forget about it in a very short span of time. Whatever the act which brings a sense of hurt, minor or major, it needs someone we are vulnerable with to experience this Emotional Hurt. This is the ultimate trigger for that glorious road of spiritual elevation, if we may choose to do so.

Mind it, we may also be one of those people who may have knowingly or unknowingly been a cause of emotional turmoil for others. Our parents are the most traumatized. Over a period of time, they are the first ones who we tend to take for granted. My looking back, brought moments of the past which were like, clear signals and signs of caution, that reluctance in relations are gaining ground but we so conveniently opt to overlook. This is where many of us lose the chain of thought on how to address and approach situations. Remember, we talked about self-respect and self-love and also respect and an honest love for others. This always has to go hand in hand, for that perfect balance in relationships.

I am pretty sure, you will have your moments of similar kinds too. Look back and connect the dots of your experiences and events and you will be able to list down the reasons, actions, effects and the outcome. You will be able to figure out those very factors, which you would have missed out or avoided to act. Which could have altered the results or your roads of life to a completely different and a loveable direction. Clearly highlighting the corrections to be done in your own life. Our thoughts, choices, actions and behaviors

are the very cause of the pain we have felt or still feel in our individual road of life.

You know, the wonderful thing about life is, that we can always make a FRESH AND A CONSTRUCTIVE START at any point. This hurt is just a catalyst to catapult you and me, to take corrective steps towards a better life. PAIN IS NOT THE FINAL TRUTH, AND IT DOES NOT DEFINE THE FINAL YOU AND ME. Hurt and Pain, also brings in the realization of how important happiness and peace is, and we must acknowledge both.

IT WAS IMPERATIVE at this moment for me to go deep inside and see, have I been a reason of hurt for the others in my life who were vulnerable to me. And, to mend the brokenness from what I went through, and for what others went through because of me. The only change I had to embrace was "THE WALK OF LOVE". This prompted the need to spend some time in solitude and contemplation. Picking, any one of the reasons which brought a sense of hurt. I was evaluating different reasons on different days. I started figuring out, the first time I experienced a particular emotion. Initially I had considered those feeling as, something common and simple which in plain sight, can be an effect of any transient event. Thinking I just made a small and a flawed evaluation and that the choice I made was wrong. But, when a similar thing happened again in another situation, the hurt or the impact was of a bigger magnitude than before, but my thoughts remained the same. Then it happened again, and the impact was bigger than the previous. The only reason was that, I kept doing the same mistakes over and over again. Constantly moving in a vicious cycle.

The impacts eventually grew bigger and bigger. Triggering all the negative emotions. In short, it used to push me in a super toxic energy. Thoughts of the yester years kept hitting

with every breath I took. Reliving the moments and the time put into relationships, people and places. I was in a strange mental space. For, I could not speak out and I was unable to contain the feelings inside. Not because I could not have found people. It was just that I knew, no matter how hard they would try. They could not have felt the depths of my emotions lurking inside. It was clear by then – ‘EVERYONE HAS TO STAND UP, CHOOSING THEMSELVES FIRST’, fixing the depths within ourselves. For it is we who are the ONLY ONES, who understand ourselves in and out.

Now lets’ shift towards the miraculous part. The rise of the Phoenix. In the mindset to fight back, all I needed was, to stay still. And to let the thoughts keep coming and going unceasingly. In that very state unknowingly I started filtering the unwanted. Consciously, blocking the negativity to find that glimmer of hope to stand up again, keeping the Divine first. Call it a miracle or call it a process, but each one has to go through this. This is for whoever associates with the term Emotional Turmoil.

I also started, believing we are all made for a purpose to live and serve humanity in some form or the other. I was reigniting the faith, keeping the divine as the foundation of life. I stood up, and I firmly believe so can everyone. To leave the despair and embrace the never ending stream of Love, no matter what the circumstance. I knew it, it always had to start from loving my OWNSELF. For, LIFE IS ACTUALLY BEAUTIFUL, LIFE IS REALLY TO BE LIVED.

I was transforming. I was crossing a CRUCIAL STAGE OF MY JOURNEY IN LIFE.

There was a subtle change in me which I did not realize initially. At every subsequent hurt or a pain, I had changed my question from why is it happening to me, to “**WHAT IS IT TRYING TO TEACH ME**”.

For most of the happenings around us is a reflection of the choices we make.

MARK IT FOR NOW – AS YOU PROGRESS FURTHER IN THE READING I WILL TALK ABOUT WHY I CONSIDER THOUGHTS, WORDS AND ACTIONS ARE ACTUALLY PRAYERS.

Importance of Solitude

LAYING THE FOUNDATION - Cleansing the Old

Being in a state of Emotional Turmoil, is the fastest gateway for ALL NEGATIVE energies, emotions and events to completely overpower the body, mind and spirit. And I am telling you this by whatever I went through. As for me, moving into Solitude was not a choice, but was the only option I had in hand at that moment.

I realized, the most Ignorant relation in life is being Ignorant to my own self. As I said earlier we as humans unknowingly develop a habit of having two faces one in private and the other in public. The face in public becomes so overpowering that we tend to lose connection with our real self. Just to access how I was internally changing and the impact that it creates in my present or can possibly create for my future and more so, how these changes in my inner self will affect my loved ones and the society at large.

And I could clearly see at the core of it. I was missing out on making time for myself. I could see, there is a clear difference between loneliness and solitude. Solitude is a choice that we make, to take out time to live with our own selves. A time needed to evaluate and analyze words, actions, thoughts, behaviors, changes in self and in the surroundings from a very neutral stand point. It does not come that easily as it is said. For I had to break mental and physical barriers of the past habits that I had created. Solitude was a time for me to Pray, to be more conscious and work towards my physical betterment. For I had physically depleted myself from trauma and anxiety earlier. It was getting clearer by the day

that this self-care was a must, for it is required to have a sound body to have a sound mind and a loving soul.

To sustain anything good, a routine here was equally important. I started my daily walks, it was giving more than just health and fitness, but also time alone to unwind and soak in the numerous blessings that the nature has to offer.

"I WOULD LOOK AT THE TREES, HOW THEY LOSE THEIR LEAVES YEAR AFTER YEAR STILL THEY STAND TALL AND GROW. THE TREES THEY WAIT FOR THE NEW LEAVES AND FOR THE RENEWED ABUNDANCE EVERY TIME". I could see the love of nature – that stares at our eyes every moment, yet we forget. It was a simple but an impactful realization, to let go off what does not serve anymore, and to embrace the new. Life takes a pause before every renewed blessing that is in store, just like the falling leaves where the tree stands barren. It is just to test our FAITH. I was thinking isn't it simple to correlate this with pruning. PRUNING of people we are not aligned with, pruning of unwanted places that I was so accustomed and habitual of, pruning of unwanted things and situations, unwanted thoughts and beliefs, just to make way for BETTER THINGS TO ARRIVE. I was learning TO UNDERSTAND THE gift OF LETTING GO OF THINGS THAT ARE NO LONGER NEEDED.

In those walks I had the time to see the masks that we create for public appearance which perpetually tends to seek external validation and support for words of solace. Irrespective of the fact whether those masked desires may be valid or not. But, quite often, it keeps us in a constant state of victim mentality, which I was also addicted to and I had to let it go.

This is precisely why I say "WE ALL ARE SPIRITUALLY SINGLE", for a person himself or herself is the only one to

bring permanent solutions by doing the inner work. And I had been avoiding or rather had no understanding about it earlier. When I was reflecting to what I have been through or the others that I know off who have gone through similar or even worse situations in life, fighting those odds. The ones who came out of it, burning brighter than before, with renewed enthusiasm and zeal for life. They had all gone within to deal with their darkest fears head on. With compassion and love as the core aspect of the changes they all made.

Of what I could sense. After any hurtful situation people in general experience these broad emotions. (i) Financially hurt (ii) Physically hurt or (iii) Emotional OR Spiritual hurt. My take after a lot of deliberation on these three. I believe that Financial and Physical Hurt was something of an external nature, and there are ways that people could recover from these two. But EMOTIONAL TURMOIL, toughest to explain, and the hardest to overcome. No level of distraction works. It may subside over time, but it does resurface with a similar agony time and time again. That is where SELF-HEALING BECOMES THE INEVITABLE WAY.

At this stage of my journey, as much as I could think about on how I intend to change my ways for making choices. I was kind of getting addicted to stick to the flavor of Respect and Love for my own self and for others. And this was to be the foundation of my healing journey.

I Was Coming To Concrete Conclusions And I Understood What I Had To Do, No Matter What The Hurt.

- i. Never to take Revenge. So I won't have to regret later for any ill action that I would do, that I cannot undo later. So I was getting committed to make peace with a belief that the best and the only way to deal with revenge is to

leave everything in the hands of the Divine. I just had to acknowledge it, and to be at Peace with the reality.

- ii. I would use my moments of Solitude, to consciously, revisit the past over and over again. To deliberately release those emotions, constantly convincing myself that I hold no grudge. I had a feeling that surrendering the hurt with Prayers makes the process easier. There came a time when letting go of hurt and pain became as easy as I never experienced before.
- iii. I constantly reminded myself, to accept and acknowledge whatever is the reality. I was accepting facts more easily and wisely, with a BELIEF THAT IT WAS MEANT FOR MY GOOD, EVEN THOUGH I DIDN'T UNDERSTOOD WHY and HOW, AT THAT MOMENT IN TIME.
- iv. I was repeatedly telling myself to let the JOURENY PROGRESS. For I may not know now, what was about to unfold will be a MILLION TIMES BETTER, than what my mind was visualizing.
- v. I kept telling myself, I was Courageous enough to release the hurt and that I was growing stronger by the day to gather myself and move ahead in life.
- vi. Prayers became a standard practice, for myself and also for others who crossed my mind and at any time and any place. I was getting more aware of my existing blessings, and to keep my focus there.
- vii. I was learning to let go and forgive, for there are many who have forgiven me for the mistakes that I did.
- viii. I told myself to not to be the Judge, and let the divine handle it. The way he has handled for the hurt that I have caused to others.
- ix. I kept telling myself that every human has a purpose in life. Some are fortunate to know it the easier way. And

for the ones who fail to effectively understand the purpose of this journey. We get people who are placed in our lives to cause that emotional turmoil, only to put us back in track of contemplation and course correction. That gave more reasons to find the positive in most of the situations which seemed uncomfortable. Above all giving me a healthy reason not to keep hurt for anyone either.

- x. Actions can be bad, but people in general will never be. I started believing I had to separate the action from the people, and look at them with a fresh vision. Only if those actions or words are not too grave in the eyes of the law of the land or in life at large. If need be to let them go. I was ready to do so, without carrying the bitterness inside.
- xi. To regularly take out time for myself in SOLITUDE. I became my best companion my best counselor.
- xii. AND TO BE THANKFUL FOR THE SMALLEST OF BLESSINGS THAT I HAVE IN LIFE, WHICH SO FAR I WAS TAKING IT ALL FOR GRANTED.

Whilst I was going through all this something inside felt as if I was changing from within, changing for the good. I was calmer than before. I was conscious of making better decisions. It felt as if I was crossing stages in my journey of life. I was more prayerful. I was able to let go of thoughts which seemed to be hurtful earlier, as if it did not bother me anymore. I WAS CONSISTENT IN DOING THIS FOR MONTHS. I HAD A BELIEF INSIDE THAT THESE ARE CYCLES AND TESTS THAT I HAD TO CROSS. Having laid down the basic ground rules for myself. My mind was now forming few specific actionable points for the inner growth. It was much needed for me to initiate that healing inside. These points were just flowing in my mind, gently nudging

me towards it. I just kept walking and practicing whatever was coming from a pure state of mind.

I Was Learning To Forgive Myself And Forgive Others (The Power To Let Go)

It was crystal clearer to me by this time that I had to prune the unwanted. The same thing that crossed my mind during my early stages of my daily walks. I had to let go off things which were not serving any purpose to make room for something that will make sense. Like the falling leaves from the trees. Especially the feelings and emotions which were like a burden to carry. I HAD TO CHANGE THE PERSPECTIVE OF LOOKING AT THINGS OF THE PAST. I had to release the hurt to make space for Respect and Love, which so far had become the core learning of life. Starting with an unconditional respect and love for my own self.

To Respect and Love ones' own self was all about removing anything unwanted and stressful, and in particular the emotional baggage of the past. And to do so, it was imperative to forgive others and myself as well. It was an understanding without a doubt, that any hurt done always comes from an immature mindset. So spiritually speaking it inevitably means someone had operated under the influence of negative attributes of our belief system. Needless to say, I was also evaluating my own actions in the same light. My focus at all times was also in the teachings of FORGIVENESS, which we get from all the religions known to mankind. It made me to practice Forgiveness, for my misdoings were forgiven as well.

It was obvious by now, for any successful relations and association it always has to be **AN EQUAL GIVE AND TAKE, MEETING MID WAY OF THE COMMON GOALS, and DREAMS AND DESIRES.** Any misbalanced associations in all probability will result in sabotaging

whatever gets created together. It will inevitably happen sooner or later. The end result will be the crumbling of whatever was built and leading to a forceful start again. Resulting in the obvious, of losing all those precious years. So I say it again, life will always be, about a well evaluated and a balanced choice. Turning into balanced behavior. It does not mean that time lost during the early stages is the end of road. We can start all over again, whenever we understand, that Life is BEAUTIFUL and it is to be LIVED, with whatever time we have earth. Leaving a life lived that motivates many.

I also forgave myself for every failure for deliberately making the wrong choices. I made it a point to engrave in my basic behavior to check all the boxes of the attributes of the spirit before I made further choices in life. I am still not perfect, but I certainly try every time. I learnt that I had to be kind to myself and not to bring my past over and over again. I accepted, I was here to consistently grow to be a **BETTER VERSION OF MYSELF with every passing day.**

I had stopped thinking of HOW MANY TIMES I FELL IN THE PROCESS. RATHER I WAS PROUD, FOR EVERYTIME I GOT UP WITH A BIGGER BELIEF AND A BIGGER FAITH.

Things Happen In Perfect Time

This process of practicing forgiveness was creating space in my mind and heart. As I was no longer spending time thinking and holding space for the emotional baggage. I was loving it. So I was pushing myself, into times of solitude, turning the pages of my past. Trying to figure out what my internal gentle nudges were. I was experiencing something entirely new, a space where I was shedding the unwanted baggage. I will be honest, I was having this sense of achievement. It was automatically triggering the feelings of

good things happening around, or maybe a miracle coming out of the ethers. But in the process I could feel the gentle nudge inside, pushing me to revisit and relive the moments. When I had taken decisions out of expectations and returns for the choices that I made. Be it in kind or in behaviors or just for recognition and status. My thoughts took me to the time when used to think I had everything under control, solely relying on my abilities. Thinking the world would move the way I think, the way I plan it. It was now, I started realizing the basic mistake I did. I had more faith in myself as if I was trying to be the creator or the divine.

I was getting more confident that in the earlier moments. Based on self-elevation and pride I was creating a perfect recipe for the BIG FALL. For in hind sight I could see all that was created had its limited time span and got lost in time. Those short lived stories of success, pulled out instances of failure, moments of pain, anxiety and a fear hidden inside of how and what to next come. Because I could see, those short lived successes were all byproducts of my misjudged actions. It was making further sense, that I was missing the attributes of the spirit, the ones that I talked about in the beginning. This thought prompted me to think from a space of PATIENCE and BELIEF IN THE DIVINE.

I was getting convinced, that those people, those moments which were a cause of pain, were rather interventions. They were people divinely sent to stop the detour I made, which was causing setbacks and delays. Because I will certainly take some time to turn around, till I came back on track. The quiet, silent voice in the head kept telling that the Divine cares, he protects and he is the one who guides with gentle nudges that flow in a silent, quiet and a peaceful mind. All I needed was the ears to hear, and the eyes to see and the mind to understand the miracles of life.

Yes the fall happened and they were numerous, for there is always a price to pay for the choices we make. But, what seemed most wonderful even in situations like those. Post my realization, post the course correction, I was getting what I needed from the most unexpected places in the most unexpected ways. Can you think of moments in your life, whenever you have taken decisions from a God fearing mindset only to see miraculous things to happen, even though how small it may seem. But it happened, and it always happens isn't it. Either in our lives or in the lives of the ones we love.

Life is always a ROAD OF LOVE. Have you ever come across moments when the very setback and challenges of the past, made you walk ahead with courage and face the challenge with Humility, Humbleness, Gratitude and Faith which turned out to be a Blessing of a Life Time. It has happened with me, many a times... I am pretty sure, it has happened to you as well. All you need is the ears to hear and the eyes to see it.

Those moments, those people, who once seemed like hurdles and setbacks in life. All of a sudden they all started looking like moments of much needed INTERVENTION that was perfectly timed. The only change I had to make was follow a Godly life of LOVE as the foundation of every actions, words, desires and thoughts. I now have this UNSHAKABLE FAITH AND BELIEF, IF I CONTINUE WITH THIS WAY OF LIFE. He will always step in, in a time that he only knows. I was firm in faith, for whatever I may not understand as to why anything is happening in a given moment. I go back to my belief system, that there is something uncovering to pleasantly surprise me when the time comes.

I was learning to live with complete and an unshakable faith, that if I am being made to wait. It was to test my endurance, my commitment and my Surrender to Faith.

Filling My Own Cup (I Was Learning The Importance Of Unconditional Self Love)

Time rolled on and I was not getting anything concrete to see as blessings or miracles. It got me thinking again. Where am I missing out? What aspects of this journey I am unable to understand. One fine day, I came to this sudden realization that I had drifted in a mindset of expectations and receiving of results after a very basic work done on my own self. It triggered another thought, that if my efforts were towards making my inner self better. So my results should be somewhere in that inner area of life.

I will need a bit more attention from you here.

Having pondered over it, over and over again. I FINALLY UNDERSTOOD, because I was pushing myself to operate from a space of SELF LOVE, that is why this delay and confusion happened. You might be thinking I AM CONTRADICTING my earlier statement.

Yes, I was operating from a space of "LOVE" - **"BUT I WAS NOT DOING IT THE RIGHT WAY", I WAS ATTACHING EXPECTATIONS TO SELF LOVE. BUT WITH AN ENHANCED UNDERSTANDING, THESE EXPECTATIONS WERE LOOKING LIKE A BARGAIN OR A GAMBLE.**

It was like, I am putting effort to become a better person, so I should be rewarded for that. But, actually becoming a better person, having de-cluttered the unwanted. This itself was a blessing as life was much better than before. It was getting clear, that goodness in life always starts with SELF LOVE and LOVE for others. BUT it has to be

UNCONDITIONAL SELF-LOVE AND UNCONDITIONAL LOVE for others.

And I must say it AGAIN **“LOVE MY FRIEND – Is and will ALWAYS be wonderful”**

So the obvious was to practice UNCONDITIONAL SELF-LOVE.

THIS IS WHERE THE JOURNEY OF REAL TRANSFORMATION BEGAN.

It was not hard to understand “THAT LOVING ONES OWNSELF IN THE SKIN WE LIVE IN”, was the first step to begin.

No one can do good work with an unhealthy body, we can't grow in Faith and Belief in an unhealthy body. No one can worship or be grateful to the divine with an unhealthy body. The inner growth has to reflect in the physical self. For a healthy body can sustain blessings and happiness of life for a longer period of time. The filling of the cup, on anyone's journey of life starts with a Healthy Body. A healthy body carries a healthy heart, a healthy mind and a healthy soul.

It was a very simple choice to make. If I as an individual cannot unconditionally Love myself in the TRUE SENSE, how can I believe or rather expect, someone else would have an unconditionally loving approach for me.

What I started doing:

- **Appreciated Myself:** There is a fine line between being self-obsessed and being appreciative of one's own self. At first it was difficult, because it is a common behavior that we always look for external appreciations and external validations. Just to try and find our place in the society through the eyes of others. And we already discussed that no one else knows us in and out

completely. We are the only ones who have absolute clarity about how clean and pure we are. We know it clearly, the amount of effort we make to better our emotional, mental and physical self. Still we feel and observe our growth, our efforts through the eyes of others. I understood, however we are physically born or made. That is the perfect way, of being whoever we are. So the common question that crossed my mind. When we are down and out, what is to be done? There was a realization. Not to rely on external validation of any sorts. The answer was SIMPLE. "APPRECIATE YOUR OWN SELF". For the efforts done, and the growth achieved, and to be consistent with Unconditional Self-Love, for the continuous growth. I was consistently feeding my mind with the below:

- I am HEALTHY, and I work towards it.
- I am HAPPY, for I carry no unwanted baggage.
- I am LOVED BY FAMILY, RELATIVES, FRIENDS AND COLLEAGUES. In the same way I have for them.
- I ONLY ATTRACT people who have the BEST INTEREST FOR ME. And I use discernment before closely associating with people.
- I LOOK GOOD, in my skin however it is and I CARRY MYSELF WELL.
- I am ABUNDANT and PROSPEROUS, as I lack nothing that I need.
- I am BORN TO BE SUCCEFUL. For I have chosen the path of growth.
- I have WISDOM, INTEGRITY, RIGHTEOUSNESS and I never mean HARM TO ANYONE.
- I have the POWER TO FORGIVE PEOPLE, and I DON'T KEEP HURT INSIDE.

- I can look at things for WHAT IT ACTUALLY IS AND I DON'T CREATE STORIES IN MY THOUGHTS OF WHAT I DESIRE IT TO BE.
- I am DESTINED TO CREATE WEALTH FOR BETTERMENT OF MYSELF, MY FAMILY and HUMANITY at large.
- I am always PROTECTED from anything that is meant to harm or hurt me.
- And the list goes on, to whatever I feel like telling myself, day in day out, all the time
- And YES, the most important "I LOVE THE DIVINE, AND HE LOVES ME MORE"

Kept Away From Negative People Or Negative Situations and Energies:

To have a sense of happiness and Fulfillment of life. To retain Peace at all times, is another factor that I had to keep myself filled with. And I got MINDFUL of the fact that there are people who have a consistent pattern of Negative Statements and a Negative behavior and mindset. This is where I started becoming careful of not letting those negative energies sink within me. Like we all know the way there is good and bad, there is right and wrong, there is black and white, there are also Good Energies and Bad Energies.

I made it a point even if it was unavoidable to be in a Negative situation "FROM WITHIN, I KEPT MY INVOLVEMENT at THE LEAST possible". Just to stay detached from the negativity I could sense. "OBVIOUSLY AT THE START STAYING AWAY OR NOT GETTING AFFECTED WAS THE MOST DIFFICULT PART". However, it seems like a walk in the

park now. It all starts with the mind, of what we allow it to feed on. It is again a choice we make, stay in the darker side of life or embrace the LIGHT. The mind is the most powerful, only if we know how to work with it well.

What Kind of People I decided to keep a safe distance from:

Having understood the importance of physical wellbeing and the detachment from negative situations and energies. It was not difficult for me to figure out whom to keep a safe distance from. So I do not have to constantly work in a cycle or whatever we had discussed from the start till now.

- People who in general would speak negative things.
- People who would always labor to find reasons for criticism for anything and everything.
- People who would only talk and end up wasting time, and have minimal constructive action.
- People who have this open or an underlying jealous behavior.
- People who always tend to play victim and find others apart from themselves to blame for whatever that does not go as desired.
- People who have an inherent selfish nature.
- People who are SELF CENTERED.

But it can be a common thing to misjudge and not evaluate well. Evil can pretend to be good and kind. But good and kind people cannot pretend to be evil. So whenever we experience evil behavior, actions or words. It somehow triggers a need for reassessment and a desire to keep distance. It is again the mind that has to do the evaluation and discernment. You See, "WE CANNOT be surrounded with negativity and desire of a POSITIVE LIFE". This need

of, distancing from anything negative in other words is Self-Protection and Unconditional Self Love.

This desire to put an effort for that UNAVOIDABLE internal and physical growth. This desire to sustain growth and the willingness to constantly keep evolving to be a better person for myself, my family, friends and the society at large. All this drive for that inner growth and Peace, was aimed at filling myself with so much positivity that it starts to reflect in the outer visible world. And that is the overflow, which can possibly impact other to make the healthy choice towards a holistic growth.

Connected To Nature:

I started spending time in Nature. Well that is one of the perfect way to take care of one's physical, mental and emotional self. Nature is wonderful, everything there grows and thrives all by itself. We all believe that the world is a creation of the ALMIGHTY, he created humans too. He also made us powerful enough to be creators of Happiness through our ACTIONS, WORDS AND THOUGHTS. My walks have become a place to get more connected with his divine wisdom, on a daily basis. It is such a restful place and time of my day, where I connect with the term called "LOVE" more and more every day.

It was inevitable to think about people who relentlessly work towards saving Nature, or animals, birds, various other species. Giving their whole life to it. IMAGINE, what a WORLD we ALL can create together, if we ALL operate from a similar sense of "LOVE". Everything and anything created from that state of mind will only look BEAUTIFUL.

Started Taking Care Of My Physical Self And Made A Routine:

We talked about the importance of physical health, we also talked about sustaining and holding blessing for a longer period. Things like this need a ROUTINE. It needs alignment with natural and sustainable practices.

- **Proper Eating Habits:** This is the first thing we compromise when in state of unrest. It is no rocket science to say having a proper eating habit is a must for good health. Well I had an irregular and an unhealthy habit around this. This was a basic need that I fixed instantly. There are better and learned and experienced people to guide around this. Well I did work on it and I still try to stick to it as much as possible.
- **Stretching and Basic Exercises:** I ensure that I do my stretching and basic exercise for 30 minutes anytime during the day. Again there are better people to give better insight around this.
- **Personal Care Routine:** I don't think this aspect needs deliberation. In most of the cases we frame perceptions based on the first appearance on one's external self. Well that should not be the right approach about understanding anyone. But there is an external world which we do not control. So might as well do something that adds value to us, and works externally as well. This is something that we all should give time for in our daily or weekly routine. This is not about changing our appearance, to be different from what we are born with, but it is all about taking our physical wellbeing to the best, whatever be the age.
- **Staying Hydrated:** For many years I was all about Tea, and I could have any number of cups in a day, even to

the point that I was more than willing to skip meals for a cup of tea. While at home, I stopped having regular tea and shifted to more organic versions, and above that. I ensured that I drank anything between 3 - 4 liters of water in a day.

- **Resting Well:** I used to have an erratic sleeping pattern, which I still tend to have at times. But, I started making a point of sleeping for 6 to 8 every day. There were days when sleep became secondary, giving space to spiritual cleansing, meditations and EXTENDED PRAYER TIMES. The body speaks and it give all indications of what it needs and when. Resting is an integral part of self-care, it is a time the body needs to recovers. We all must have the ears to hear what our body says.
- **Medical Evaluation:** As a routine, I get my blood tests done around a span of 6 Months. This gives an indication of what vitals are in order and what needs to be worked upon. It is better to be informed than to be surprised by our own self.

Mental Cleansing From Negativity (A Simple Practice Of Detachment)

With enhanced understating about negativity, negative people and negative environment. Having understood about the art of letting go of old emotional baggage which I talked about in our earlier conversations. I felt the need of mental cleansing as an enhanced version of both these factors. At the initial stages of understanding and with limited abilities I could only release emotional baggage in a limited manner, and that re-cleansing is what detachment from the negative thoughts and emotions was all about.

As I could still see the resurfacing of old disturbing thought. Those energies and emotions were still having its impact. I could easily see that my thoughts required re-processing and further evaluation, to understand was there anything that I did not analyze well. I was trying to understand was there any further information that I need to take out, as to why it all happened and what was it trying to teach me. During this time I was trying to rewire my brain and my thoughts by reliving those moments again, in whatever used to resurface and used to leave its impact. As I was taking it as a sign that I had not let the feelings sink and I had not acknowledged it well. I was consciously breaking it into a mere incident that did not have the ability to overpower me, my thoughts and my emotions. I tried reliving it over and over again till it had no impact on me. To let the emotions leave in an even better manner than before. It had to be acknowledged and disassociated as eventually it was consuming my mental and emotional space, whenever it appeared.

During this process, I further understood that my current and my future self will be impacted by the below:

- **What I was consuming. What I was reading and watching** - (In conversations, entertainment, social media etc. As whatever we feed our mind with. It tends to ruffle some feelings and emotions, and it pulls out to the surface of similar that might be sitting in the subconscious). I had to effectively detach from the underlying and unattended emotions so it does not impact like it used to before.
- **Who I was spending my time with** (Again a reference to people with negative or positive traits. We make a choice here as well)
- **How I was treating my body** (Again a reference to avoid sliding back to negative habits, that I moved on from)

- **Who and what I was listening to** (The web is filled with variety of content. Not all is worth giving thoughts to)
- **Who I was following and who I was unknowingly chasing in reality and in thoughts and desires** (We often get hooked to the eternal and superficial aspects of people. Developing a desire to be connected with as friends and colleagues. We all rise and fall, we all change for the better or the bad. This is all about having an invisible filter to protect our peace)
- **What I was thinking about** – (What thoughts was I giving space to)
- **How and what I was investing my time and effort in.**
- **A Constant Progress Evaluation of my efforts and results.**

Having put my effort towards rewiring my thoughts and my mind. I was further letting go of the impact of the negativity which I was completely consumed by, at the start of this journey. And replacing it with LOVE, COMPASSION, HUMILITY and HUMBLENESS". It was undeniably clear to me by this time. That the only way to let go was to UNCONDITIONALLY FORGIVE everyone and myself as well, for my mistakes of the past. It was all about a closure of the unwanted, whether spoken or not. It was all about making PEACE inside and out, and I was not willing to compromise with it.

Rewiring of the mind and the mindset, is an internal process. And it requires energy of emotions and compassion. As you and I talked about earlier. "We should ONLY feed what we need". I was wanting Love, Peace and Harmony. So I kept on feeding my conscious and the subconscious self, the below:

- Thoughts or emotions are not something physical that can be stopped, it often entered my space, triggered by a word, an action or the environment or just the emotion that floats inside. No matter wherever I used to be. I tried finding space and few seconds just to close my eyes for a heartfelt prayer. Surrendering all the pain at the feet of the divine. Constantly telling myself, he knows what is best for me, he carried me thus far. Reiterating to myself that I no longer hold anger or grudge against anyone whatsoever.
- Surrender to the Divine, can be difficult and can also be an easy thing to do. Difficult, because it can be really hard to pray for the ones we have experienced pain from, and easy if we really push ourselves to wish well for everyone no matter what we have gone through. I realized, it is easy as I myself have been a matter of pain for the people who love me. And I also know they wish me well and they pray for me. So why can't I do so? I found my prayers and wishes were getting genuine when I persisted with this, with a prayer on my lips for all everyone, asking the Almighty to bless humanity with his Wisdom, Righteousness and Mercy. Trust me the mind eventually finds that PEACE. I did it and found it, you can try as well, till you sense that. When persisted, it eventually turns out to be our core nature.
- I kept doing this irrespective of the number of times I had to do it. Till the time I came to a point that the thoughts no longer hurt, and my prayers were more honest than before. This consistent act, gradually replaced hurt with compassion and love. I may not emotionally connect with all those people again, but I found the power to pray for those who had been a part of my journey till whatever time it was destined for.

This is what all the religions and faith of the world teaches, isn't it? To pray for everyone.

From learning the Art of Letting go, I was now learning the art of DETACHMENT. Making distance from what does not serve, without the effects of anything missing in life. I had found that "LOVE" is the source and Exhibiting Love and Compassion are the acts to connect with the divine. The very kind that I was looking for - "THE UNCONDITIONAL LOVE". I will say it again. "UNCONDITIONAL LOVE" is the very essence and the basic teaching of every faith. This is where Peace of Mind, Peace in Life and Peace in the Society comes from.

Forgiving and Letting Go. Which once was the hardest to practice was now, a walk in the park. It emptied out a lot of junk from the mind creating space to be filled with other creative and worthy aspects of life. One thing that stood out as MOST SATISFYING. I was conscious of not being the creator of fabricated and induced worries for others. With this drive to be a better person, I was unknowingly upgrading the inputs IN MY PHYSICAL, MENTAL AND EMOTIONAL SPACE. I was growing in faith with a belief "It is the Divine who removes and replaces with whatever is for our best interest" only if I was willing to surrender. I was EXTREEMLY GLAD, that I had traded PEACE over TURMOIL.

I believe this is something that every disturbed soul desires for. To surrender to the will of the Divine.

To Be Disciplined For Everything Godly And Everything Good

People at large or, if I may say a huge population in the world believe in the Divine. No matter which faith they follow. If I may say, it is mainly in times of distress that we

all tend to turn towards our faith when all that we try seems to fails. Only if we all make it a way of life in everything that we do. Imagine what the world will be like. HAPPY, PEACFUL and PROSPEROUS.

Following this way of life I could sense, the fading away of the feelings of stress, anxiety, anger, hurt, resentment, constant negative thoughts, replaying the horrible past, clinging to thoughts of abandonment etc. These things were no longer affecting me, as if it never existed in the first place. AND ALL IT TOOK WAS TO STRENGTHEN MY FAITH IN THE ALMIGHTY AND HIS ENDLESS LOVE FOR HUMANITY. I told myself a countless times, that it was I who made wrong choices. Despite of my mistakes and flaws. Here I am still being HELD, LOVED, SAVED, GUIDED and PROTECTED. From this space of surrender it seemed as if I was blessed with his DIVINE WISDOM AND HIS RIGHTEOUSNESS TO FOLLOW WHAT IS GOOD IN THE EYES OF THE ALMIGHTY. For I was making conscious efforts to make sensible decisions unlike, what I used to do earlier. I was able to decipher the past well and find out the hidden blessings in whatever I earlier perceived to be pain.

I was becoming a **MAN AT PEACE**. As if I found the key to the purpose of my life as destined by the Divine - "To live a life well lived". I added, being thankful in my daily routine. I was not asking for more, for I could see, I had a lot to be thankful first. It was clear, despite my mistakes and missteps in life. I am still here and I still have time to REWRITE NEW STORIES and Experiences. I had understood, being disciplined was NOT ABOUT INSTANT GRATIFICATION. It is a road of CONSISTENCY and BETTER EXPERIENCES, which stays forever.

Oh Yes.... Efforts of LOVING MYSELF THE CORRECT WAY, by now was engrained in me. I had understood, it was

hard to be always motivated SO BEING DISCIPLINED WAS THE ONLY WAY forward.

In all this, it was clear I had to be **MENTALLY STRONG**.

- I stopped being worried of the ALONE TIME. For I converted it, into time in solitude for contemplation.
- I was no longer VISITING MY PAST for sadness, but ONLY for LEARNING and EMPOWERMENT.
- I didn't feel ANYONE OWED ME ANYTHING FOR any act of Kindness. I had disassociated myself from expectations.
- I stopped looking for any GRATIFICATIONS.
- I had stopped, feeling SORRY ABOUT MYSELF.
- I had stopped investing my energy IN ANYTHING THAT I CANNOT CHANGE.
- I was no more available for OTHERS TO NEGATIVELY INFLUENCE MY EMOTIONS.
- I started genuinely feeling HAPPY FOR OTHER'S SUCCESS, IT BECAME A MOTIVATOR.
- I was not running AWAY FROM RESPONSIBILITIES.
- I was determined to keep trying to find the next better version of myself.
- I was OPEN TO CALCULATED RISKS, aimed at betterment of self and others.
- I was READY to take the LEAP OF FAITH.

If you have reached till this point of whatever I said. Trust me. IT IS THE SAFEST FEELING TO BE IN. THIS WONDERFUL JOURNEY is all about THE SPIRITUALLY DISCIPLINED WAY OF LIFE. That is where the miracles happen that is where the blessings stay.

If you have come till this point in the reading. I am telling you what I felt at that moment. Even if I maintain all of the above and make it a standard part of me forever. I was confident that (i) I will be at PEACE (ii) I will be COURTEOUS and KIND (iii) I will have no Ego and no Envy (iv) Forgiveness of self and to others comes easily (v) I will have humbleness and humility as my basic nature (vi) Letting go what does not serve, will always be easy (vii) I will be conscious of taking good care of myself (viii) I will be submitting to the Divine in the true sense.

I had started believing that I will be Heart Centered and will be OPERATING FROM A STATE OF "LOVE AND COMPASSION" at all times. Always Remember - Love ALWAYS wins, Prayer ALWAYS works. THE ALMIGHTY is ALWAYS UNSHAKEABLE.

Till this point, you and I were talking about how to Identify and to CLEAN and CLEAR the unwanted. We were talking about LAYING THE FOUNDATION, to embark on the next level of this wonderful journey of life. We were discussing the importance of a constructive mindset. If you see and observe people around you, who unknowingly follow these aspects in life. They will all have these traits in them.

Transforming and Shaping Life

THE NEXT LEVEL - The Spiritual & Emotional Re-Birth

If you still feel pulled to explore further. If the journey called life has given you similar experiences and if you could relate to it partially or fully. If you have implemented or you intend to implement some of the things that you and I have talked about. If you have also felt the IMPORTANCE OF OPERATING IN LIFE FROM THE SPACE OF "LOVE". If you so feel that you would like to walk some more steps with me in this journey called life. If you say "YES" I will certainly say "I AM HONOURED AND I AM THANKFUL". FOR YOU WOULD BE ANOTHER PERSON, WHO WILL TRANSFORM A MILLION TIMES BETTER THAN I COULD POSSIBLY BECOME. You living and walking on this earth will make so many people, change their lives towards the better, just by looking at you and being around you.

Let's move on. I was kind of loving this clear internal positive changes that I was making. I was getting pulled to still keep exploring within. Seeking answers to questions which had popped in my mind, when I was in the Foundation Stage. What happens when I am unable to feel the nudges inside? How do I relate to external translation of the changes made within? And similar questions. But it was somewhat clear that in this MAZE OF LIFE. It was I who has to navigate and reach the pit stops for guidance and assistance. Looking for clues to unravel the road ahead.

Having come thus far, I think it is important that I share what I was doing further.

Be Open To Ask For Help

The matters of the world, time and again brought back to the forefront the remembrance of the hurt inside, in strange and unknown ways. And in times like that. I felt it requires to be prayerful, embrace meditations and stillness in the heart, fully submitting and going back to the activities of the foundation days. I could sense, life is like a Slider. It fluctuates between the Good and the Bad. At times this slide is gradual, but it is ALWAYS NOTICEABLE. In times like that, I would re-gather myself, knowing these are matters that are testing my resolve and my intentions to stay on the road of transformation. Every time I was sliding, I happened to pick myself up, going back to the basic activities of my foundation days. This is why discipline becomes important.

I was having this feeling that there might be a different way to look at the questions that were looming, there can be a different way to approach situations. To find another perspective, it crossed my mind that I should have a mentor or a guide. Someone that I could connect to, someone who understood these divine flows, someone who had faith in the Almighty and had seen and experienced these other worldly experiences, which further strengthens the belief in Unconditional Love towards self and others. Someone who believes that surrendering to the Almighty, following a strict discipline of connecting with the divine in prayers and meditations with complete faith and submission. I was looking for someone whose life in itself was Miraculous. I was looking for that person, who would inadvertently come to mind when I was looking for guidance and discussions to bring clarity to my unanswered questions and bring stillness to my mind.

Well, luck was on my side again. I already had the most amazing person, who I had met around a decade back. It was like we connected in the very first time we met. There were things he told me back then, about how life should unfold for me. As if he could assess my strengths and areas that needed improvement. In a fatherly affection, he would guide me, of very basic tweaks and changes, inculcation of certain habits. Just enough so it does not overwhelm me. He was more confident in my abilities than what I fathomed. Explaining the attributes and the skills that I have. Through long discussions on various topics he used to give me points to work on. I was not realizing why he made me do those. But I did get clarity after, weeks, months and in certain case after years. It now seems as if he could assess and evaluate all the layers of me, and guided me of what I needed to do in a given point in time. Simultaneously, giving me glimpses of what he could foresee.

I remember in our meetings, he spoke about energies, cosmic connections and spiritual gifts, good and bad spirits. He is a firm believer, that eventually all Faiths connect to the same God, the same Source. The much unseen power, the unseen energy behind everything that the world witnesses. He strengthened my belief in the goods that I had and encouraged me of the immense potential I carry within to grow to bigger heights in life and in my spiritual journey.

It is he who, told me that every life on earth comes with a purpose and comes with its own destiny. Be it a child, an adolescent or a grown up or someone very elderly. The Almighty has plans and means already aligned for each one of us for our needs to be fulfilled. There was a time, I used to think that I am the one who provides for my child, and his wellbeing is entirely dependent on me. But in the ups and downs of life. The child at no point in time faced any challenges to his needs, his studies were paid for, his food

was on his table, and he had a roof over his head. His life was as normal as it was before.

We all remember the doom and gloom of the Covid era. My life and my needs were also met, so were the needs of my kids. Similarly the needs of all that were known to me. I remembered what my mentor told me. I realized then, it is in amazing ways the Almighty plans lives for every one of us. Work has come to a standstill, it was the demand of the hour and the external influences which I had no control over. I am not in a constant communication with my mentor on a daily basis, or for weeks, there are even times we don't speak for months. But his words of wisdom stays with me. Because I was always the submissive listener whenever we met. I now realize fairly well, how life transforming his impartations were. But when the need comes, I walk to his door, which always seems to be open for me. With a loving smile, a blessing hand on my head, an attentive ear to whatever I say, and a gracious heart to guide me. One thing remained constant for years. I always kept him in my prayers, as I believe it is the Divine, who had sent him for me, to guide and nurture me, nudging me to blossom to my fullest potential. He had sowed the seed in me to dream big, having the faith that I was destined to make it.

We all have that one or a few special ones, who can see that potential in us. It is always good to find that someone. In fact, life automatically steer everyone to come across the guide we need. Only if we have a heart clean enough to recognize, connect and stay connected. That's why the foundation steps become imperative, to open the heart and mind with the essence of "LOVE". To enhance the power of discernment, to find those guides and mentors to make the process of learning and growth faster and stronger. With a better understanding of the nuances of what life throws at us.

MAKE NOTE OF THIS – Most of the times when in the state of normal thought disorder. Coupled with the sense on complex within. Instead of finding correct answers or seeking genuine guidance. We tend to take the evasive approach. In a state like this, unknowingly any person would disguise the pain and failure in some form or the other and project it to others around. Showcasing it as a mistake done by others. This tendency further deepens the issue as the actions taken and words spoken under those circumstances will be incorrect. That is where, life shifts to the fast lane of sliding back.

Who To Ask Help From

At this stage I will start with a word of caution. Mentors and Guides for me in this journey was mainly aimed at having someone who could better develop the understanding in me on how to evaluate the goodness of life and my own-self, on better understanding on how I could operate from a space of love and forgiveness as a regular aspect of my life and its importance. The whole idea was to see how I could ignite the desire to analyze and self-grow, to consistently heal and let go of what does not serve. Beyond that to genuinely grow in faith and belief, and my unceasing trust in the divine.

Whilst I said seeking help is a handy way to expedite the journey. It comes with an added responsibility and personal discernment to pick the right mentor. Choosing a right mentor may vary from person to person. What I could figure out was that mentor conversations normally start with basic life lessons and evaluation of life from an elevated position, which eventually moves to deeper conversations of actual life changing guidance, developing a bond of trust. In most cases these are people who we have known for a while, in rare scenarios they can be someone entirely new or a recent acquaintance.

For me I always wanted to use my power of Discernment to pick someone who I can confide with. Just because, we gradually tend to open up and be vulnerable with them. This vulnerability needs caution. Well I had my own set of pointers in mind.

The attributes that I was looking for when I was seeking help:

- If they exhibit behaviors of empathy, humility, respect for others, and a sense of holding critical conversations which are done in good faith between the two for evermore.
- Analyze behavior patterns if they genuinely hold a God fearing nature and a strong belief system especially with people who are lesser than them in certain or most situations which are very common.
- I was looking for someone who had a genuine heart for humanity and a willingness to teach others from their own life lessons and knowledge.
- Take note if they avoid gossips pertaining to others behind their back.
- Find commonality in conversations and alignment of thoughts, analyzing the spiritual position from where they interact.
- Observe in conversations, of what levels of stress and struggles they have been in life to finally embark to a journey of spirituality.
- I allowed my intuition to flow, of what I was feeling about them, before confiding and being vulnerable.
- I have a strong recommendation, that women if at all they intend to find a mentor, they should in all fairness pick a female. Given the conditions we are living in, to avoid vulnerability to be misused at a later stage. I

don't mean that men are bad, but when it comes to vulnerability, caution must be exercised.

A misjudgment may result into another hurtful situation if the vulnerability is misused. So one must be extra careful, if at all he or she intends to have mentor. Beyond guidance it is most important to constantly be motivated within as the road to happiness and spirituality is an ever evolving path. Guidance is just a mode of support. The final goal is to be self-sufficient in the spiritual journey, growing by the day and to be a reason to help others come up the cycle.

What Is Sin

This is a factor that deeply touched me to deep dive and understand. When I felt I was gaining confidence in understanding the positivity of my journey so far. I was also looking at my actions, words and thoughts in the light of being Good or Bad. It was kind of getting deeply engrained that things normally considered to be bad are basically a sinful act from a spiritual stand point. It was not that difficult for me to figure this out, and I was sure that it is not difficult for anyone else as well to understand and know what is sinful. All the religious books of the world, virtually teaches the same thing categorically clear. And we all being followers of some faith or religion or just having respect for humanity, we have been hearing about Sin from childhood.

We understand that any act which is against the law of the land is a wrong deed. ONLY because we can be tried under the law of the land and be punished for it. So I do not intend to elaborate on those, such as (i) Murder (ii) Theft (iii) Bearing False Witness (iv) Blasphemy (v) Greed (vi) Lust (vii) Cheating etc... and the list can go on. These are definitely sinful.

BUT I am ALSO referring to something more different than the above, that which exists in our surrounding at all times, which may not fall within a legally punishable criteria. These can be something like (i) Having immoral view for others weather spoken or not (ii) Maligning others reputation within our own circle or society for selfish gains (iii) Conspiracies for personal benefit (iv) Disrespecting others (v) Creating rift between people etc.

THINK ABOUT THIS – I came to a conclusion that for any of my actions, words or thoughts that I was having. If my FIRST REACTION in mind was to hide and conceal. I was considering that as the first stage of the red flag pertaining to my actions. There has to be something wrong or Ungodly, hence I was having a desire to cover it. The EXCEPTIONS for hiding something, if it had a grave impact on someone else's Reputation, Respect and risk of life, etc.

Even after seeing the first indication of a red flag, if I was getting the desire or the feeling to still pursue it. I developed a second check point for myself and the SECOND REACTION was, IF my mind was creating stories, and it started making conspiracy theories, however small the matter may be. That is where it was evidently clear for me that I had started getting pulled towards something that I had to refrain from. I told myself that is where sin starts taking root. I don't intend to elaborate further on this, as we all understand this aspect clearly well.

YOU REMEMBER – We talked about the gifts of the Spirit. Anything against those attributes. Can be deemed as SIN.

Why To Forgive Others And Self (Revisiting)

You remember, we talked about forgiveness, then we discussed the art of letting go of what does not serve, then we talked about the art of detachment. I felt the need to

revisit this aspect again in this stage as well. You will be able to relate to this –That Life keeps changing. We may lose love, lose friends, we may lose pieces of ourselves that we never imagined it would be gone someday. And then, in some strange ways, we find those lost pieces again in a different form and shape. New and Better Love entering life. Better friends coming our way replacing the previous. Forgiveness makes way for better things to occupy space in our minds and thoughts resulting in better actions and outcomes. Forgiveness to self and to others is as critical as external cleanliness. It is a CONTINUOUS PROCESS, where unwanted memories surface and resurface, and bringing clarity after deliberation and discernment, if it needs to be released for a final closure. Making this firm choice of being a person where forgiveness for self and others becomes a privilege, making this change a continuous part of life. I understood, the effects of the internal changes and selection of Godly choices at every stage of life, is a gradual process. And someday it will cross the mind that we have actually found a stronger and a wiser version of ourselves. Is that not a GREAT way to end the initial doom and gloom and then finding yourself grown and improved to bigger and better levels?

The finest thing of choosing a life of elevation is that we NEVER come to the peak of our real potential. Because we keep on peaking at every stage in life. Imagine, what it will be like to choose a road with endless blessings.

I urge you to imagine where your life reaches, with this constant peaking being a standard part of life. As for me it keeps blowing my mind away. For sure there is no denying that life REALLY IS BEAUTIFUL, what we actually miss is the real way to live it.

NOTE – Many a times in the process of making space, when these new and better things appear in a new form we often

fail to recognize it. As we seem to be so stuck in the past, as we become habitual of living in constant pain. Also, there is a constant flow of new experiences we encounter every day. So there will be a constant need of letting go, the need of detachment and forgiveness. Only to consistently make space for better things to arrive. This constant cleansing is a must, lest we become comfortable and adjust with it. For the worst part is when things and times are good, we tend to unintentionally slide down to self-destructive behavior by bringing the old or recent doom and gloom of life, just to feel comfortable. That is why there is this need of continuous cleansing, so we do not make the same mistakes when making new choices with our old pattern of thoughts.

Having understood, the criticality of going deeper in this process of releasing the unwanted. I was nudged to the next level steps. Which seemed like refinement of, somewhat similar practices I was already into. With a renewed perspectives.

- **Going Deeper To Forgive All (Closure)** - The reference of going deeper during this phase of my journey, was to address the root cause of resurfacing of the hurtful emotions. The re-occurrences were lesser than before. Its impact were be lesser than before. But, hurtful emotions did re-occur and brought along with it a sense of sorrow or regret. This is why forgiving is so difficult. We as humans have a tendency to label the accountability on others and would always expect them to seek forgiveness, as a mark of CLOSURE. Around this time I came to the realization, that this term closure, was the real reason of all the resurfacing of hurtful emotions.

Expecting others to seek forgiveness and them doing so, it doesn't happen that way in most cases. Even we do not do so when we are on the wrong side. So I felt,

soo many people literally move around carrying some burden or the other. Imagine, what a society we have become of hardened hearts walking all around. I felt the criticality of erasing even the lingering effects of these minor and momentary re-occurrences of those hurtful feelings. As I was already understood how sliding back impacts. These minor effects, can any day become the very cause of that sliding back. And, I had plug the gaps. These memories which resurface time and again, and without me realizing they can home in the subconscious again. These un-cleared energies become, causes of mental burden and fatigue.

Now, let us talk about this realistic scenario. Where, we know. We are the perpetrators of the mistakes done in the past. Maybe because of distance, or not being in contact with those people who we had caused hurt in the past. Or we cannot muster enough courage to accept accountability. In situations like these. Even they might not have found peace. As there has been no closure. Likewise, even we may not feel at peace, for wherever there has been no closure for what had been hurtful for us.

Just as I used to rewire my mind and the subconscious. I was internally claiming peace and making closure within my mind, for all such situations where a formal closure did not seem to be possible. This was all about further releasing the attachments to anything hurtful.

Practice it my friend and see the MAGIC UNFOLD. It really works, just rewire the mindset.

- **Choosing to distance myself rather than reciprocating to negative energies demonstrated Spiritual Growth** - To take the topic a little further beyond silent closures. Instances of hurt are always by decisions or actions which are not made with clear

intentions. It is better to first maintain distance to avoid further triggers. Earlier I used to hold on to it internally and never spoke. I later realized if situations arise where the reasons can be discussed it should be with a view to bring closure so there are no scope of reoccurrence in future, without any harsh words spoken, and to finally let it go from the mind space not to let it bother again. Making it a final closure. Here we keep distance from the action or the thought process and not the people instantly. I believe actions can be wrong but not the individuals in most of the cases. The way I was making attempts to transform and embrace life from the space of Love and Compassion. It can stand equally good for others as well. These can be achieved only if we operate from a space of love. But, I also want to highlight that we also practice the aspect of Unconditional Self Love, and hence, we still use the power of discernment just to access and analyze any possibility of reoccurrence of such behavior. It then becomes a matter of choice, if we opt to gradually distance completely.

- **Spiritually or Practically Asking for Forgiveness** – What becomes important here, is also to understand where we have been wrong and others might be looking for a closure from us. I realized it certainly takes a bit more courage to seek forgiveness for mistakes done by me. It requires to be mentally ready by analyzing incidents with a view to bring peace and not to debate who was wrong when and why. An open conversation with an acceptance of misbehavior from my end, with words from the heart really meaning every word spoken. I was surprised how overwhelmingly I was accepted with open arms. With whoever, I could speak in person. I also did that, with the ones far away sharing words over the call or a

message to break the ice. It brought immense peace within, I could sense the ease on the other side as well. The expressions, the words and the emotions that connected was something unexplainable. I could feel the release of stress, release of the concealed grudges if at all there, as if it fizzled out in thin air. Seeking Forgiveness for self from others, forgiving ourselves and forgiving others is such a BLESSING. The after effects of this is nothing else but MESMERISING PEACE. What needs to be eliminated is the sense of EGO, the sense of ME, pulling us down every time we try to make a positive change.

Yes there will be many who we will remember but will not be able to meet or talk. I opted to mentally or spiritually forgive them, or I prayed seeking their forgiveness for whoever I wronged, with a view that if ever I will connect unexpectedly. I would certainly give voice to my emotions for Peace to flow in them as well. These thought itself brings such emotions of humility and genuine humbleness as if the emotions within are nothing short of being a silent prayer.

- **Finding the New Me** - I mentioned mesmerizing peace earlier. By the time I reached at this point of gaining free will of letting go and understanding the importance of forgiveness. What emerged was a new me. A lot of things changed around this stage of the journey. The old was not fitting and I was more than willing to move on. The old connections were not making sense as the frequency of thoughts, words and actions were a complete mismatch. It was like a time as if I was spiritually transitioning from one level to the other. I was not hungry for the earlier company, friends or companionship that I had. It was as if I was shedding excess baggage that was not making sense. You see, it was getting easy for me to realize this, when

I didn't had much to talk about, after few minutes of meeting people of my earlier circle that I was keeping. I was looking for excuses to move on from that place.

What eventually happened is when I was leaving the old version of me, so was I leaving the connections attached to the earlier version of myself. The new me was attracting a newer circle of healed and better individuals. Mind it I don't mean to say the earlier ones were bad, it was just that the thoughts and the mental fodder was not matching at all. God willing I might reconnect with them at some other level in life, as and when they would do their part of cleansing and evolving to be a better version of themselves. I was evolving into a new person who was stress free, had no anxiety, and carried no expectations from people. I became a man who at all times had this strange confidence of being in the company of the Divine at all times. I was floating, seeing my worries somehow being addressed in some miraculous ways. It is hard for me to explain this, but all I will say that it needs all those steps and works that we talked about earlier to be done, to REALLY feel what it feels like.

- **People are placed for learnings and lessons** - I just said above that I was attracting newer circles. You see what happens is. When we are not in the road towards our destiny or if we are not in the right mindset. People, places and things are placed in our lives for lessons to learn. With an unhealed mindset, we create distorted memories. I was considering time spend over unhealed situations, as spending energy currency for it. The way we cherish happiness, in the similar fashion we demonize whatever hurts us. If you can relate to what I am trying to explain since you have come till this stage reading the content. The way unsynchronized music actually becomes NOISE,

similarly, two individuals operating at different spiritual frequency will always be a misfit, becoming a ready recipe for chaos. What we actually need in relationships is an easy flow of emotions and energy. Look at nature, when the bond loosens the fruits, the leaves and at times the branches detach. Letting go of people is somewhat similar.

I started looking as if when the Almighty has to close some doors because I was not moving on the right path or I was stuck at a place for way too long. To nudge me forward, he placed people or circumstances to force me to change, and he will keep doing so at every stage where my actions, words or thoughts are not in sync to my highest good. I developed this complete TRUST in this process of transition. Even at this stage and for that matter every day, I push myself to constantly grow in FAITH, reminding myself that he knows and cares for me, better than I can for my own-self.

What needs to be remembered is, we inevitably become like the people we keep company with, or we transform them to what we are like. I tried making an attempt of enlightening people of the views and thoughts that I went through. Some chose to hear it some did not. As I said earlier, we all are SPIRITUALLY SINGLE, so we all have to put that effort individually to move up the levels. So, the simple thing is, as we grow we keep analyzing, we keep using our discernment, learning lessons and evolving to be a better version as we walk in this journey towards our worldly mission.

A HIGHLIGHTER HERE – Forgiving others and forgiving our own selves is just making room for BETTER things to enter our lives.

THE SECRET OF KNOWING IF WE HAVE REALLY FORGIVEN – We talked about this, that we all must learn to pray for all who hate us, or who have hurt us. We must learn to pray for those who conspire against us. Remember we talked about operating from a space of love. It will always be hard initially as words of blessings and wellbeing for all such people will not translate into words. Trust me, to be humble, to wish well for all of them, to pray for humanity at large. This was one of the hardest things to do initially. I was realizing if I am unable to pray for the ones who had been reasons of hurt, then I have actually not forgiven them.

It was very difficult initially, but it started somehow and then became a habit. All it was bringing was peace within. At no point in time, do I mean that you have to go back and reconcile again. Two un-matched people are better apart, but forgiveness bring closure and above it all, it takes away the unwanted burden from the mind, heart and soul. Just imagine a world where most of us if not all, start to operate in similar frequency. What a wonderful world we will be living in. Visualize it, it will encourage you. Imagine what wonderful families we will have. What an amazing social and spiritual legacy we will create and leave behind for the generations to come.

How To Let Go (Revisiting)

I talked about forgiveness resulting into peace, using prayer as a spiritual tool. Making the power of discernment, humbleness and humility synonymous to our personality. Now all this was incomplete till I realized that genuinely letting go was needed to complete the cycle. Letting go doesn't mean we completely forget, well that will become

like a disease of amnesia or dementia. Letting go is to come to a mental state of no hurt even if the memories resurface any number of times. It means I was unconsciously or consciously NO MORE investing into negative feelings and memories, as it was consuming my energy making me feel tired and lethargic. I had understood by now it was required of me to keep growing rather than being stuck in a cycle harboring pain, eventually hurting my own self. So completely letting go was an inevitable step in this solo spiritual journey on earth.

- **Purging Memories** - Though this will sound as a repeat of my earlier words but I still feel it is important to be mentioned at this stage of your reading. The memories will resurface, emotions will flow and it will keep cycling back. Even though I was at that point saying that I have done the forgiveness and I am not holding any grudges, but the emotions were still fluctuating between peace and pain, and I had to labor to drive my feelings towards the positive.

This is where surrender to reality came into perspective. What is not meant for me is what I must let go and put it to rest. It was all about me being disciplined keeping genuine love at the core. Surrender alone was not enough it was to be backed with prayer. A heartfelt prayer wishing well for all who I was releasing from my constant energy source, releasing the very reasons which felt like a stuck situation and I wanted to unwind myself from its grip. My prayers continued till it became an imbedded nature inside. Surrendering every hurtful and painful instances and memories at the feet of the Divine, telling myself I am consciously detaching and severing any ties that held emotions. IT IS THE ABSENCE OF EMOTIONS which helps or results in the FINAL PURGING. The time comes when, even if

the memories come any number of times, it JUST DOES NOT affect any longer. It ACTUALLY WORKED, I was sensing that this ABSENCE OF EMOTIONS, it is an in-between place of Love and Hate. It was like a moment when I was in the state of self-love and simultaneously I neither had Love nor hurt or hate for the ones that I detached and purged. I hope you are getting where I am trying to take you to. It is that center place where the presence or absence of a person, place, incident or an emotion DOES NOT AFFECT AT ALL. That is precisely where the purging happens. And it cannot be achieved with a feeling of vengeance or extreme love. Love will always be the center focus, but at this stage of purging focus has to stay on self-Love. Believe me if I can purge emotions, so can you. All it needs it to be disciplined. This journey of life is actually controlled from the mind. And thoughts and determination can change the course of life in whichever direction we focus our mind, our energy, our trust and faith.

- **Alchemize** - The definition itself summarizes the act. It means Transforming the Nature or Properties of something negative and not likeable into something pleasing and peaceful by a process which I feel is nothing less than magical. Why am I talking about alchemy here, while we are discussing forgiveness and purging? If you have reached till this stage and you are here reading this, I am sure you must have related to your, self-journey of similar experiences of what we talked about earlier. I got into practicing alchemy when an unknown deep lying fear would come up from nowhere, despite the work been put in. It used to give a sense as if I was carrying an invisible burden which does not belong to you. It can be carrying a life dreams of others on your shoulders, it

can be a feeling of guilt for actions where your perspectives were ignored let alone to be even considered. It can be negativity spread against you, which you may not be aware of, like ill intended actions, words or even hidden ill intended desires against you behind your back. To further dig it, it can be an underlying sense of some curses hurled from sources unknown. However dramatic it may sound, but these experiences happen, as everything around us is energy. If there is a good spirit there is bound to be the negative one as well. Some people know how to harness and cultivate positivity, but many, they become imposters mimicking the brighter side. They are the ones or likes of them, who would consume your energy. Bringing in feelings of sudden or constant draining of energy, restlessness, lethargy, uneasiness etc. You will experience such feeling either when you are meeting certain people or later. That is the precise feeling which I am referring to.

As I said alchemy is defined as a magical process. So it is all about bringing the magic out from within. Now I don't know how to better explain it, of how it is to be handled. Think of it like similar to the Spiritual awakening we were speaking about, which anyways sounds to be other worldly. Carry that as the essence for this phase. I do this daily purging of any negative energies that could have hooked on to me, or curses and harsh words been told for me outside the scope of my knowing. I surrender it all at the feet of the divine, during my time of prayers or meditation. I consciously proclaim that all negativity be transmuted into love and peace and be returned to the very people who wish ill for me. This is just an extension of praying for the ones who hurts us as a part of forgiving people and

our own-selves. Here it is praying for the ones who we don't really know wishing ill for us.

As for me this works, how it works I can't explain, but it certainly strengthens my Faith in the Divine and keeps my mind and heart at rest. But going through my own journey. I feel, Alchemy is a must to attract what we so labor to manifest into reality.

- **Holding conversations for the right moment** - I might sound contradictory here, to what I was saying when I discussed about Spiritually or Practically asking for forgiveness where I said I became vocal about voicing my dissent. The difference here is just, to wait for the right moment. This is a matter of discernment that we master by spiritually growing, we talked about it earlier if you remember that. Where your gut feel, points towards a lot, even before anything is spoken or done. A strange level of consciousness that builds up inside, to foresee or comprehend things well in advance. Well it certainly comes with a mix of keen observation of words used, actions, body language and erratic behavior patterns. What I am trying to say is, that it helps to figure out the mental state of an individual if he or she is in a fertile mindset for a discussion, and NOT a debate, where we end up slogging to prove who is right or wrong. Debates lead to anger issues, plummeting the energy to low levels of consciousness, which is what we have to avoid at all circumstances. You cannot fathom how many times I have smiled at people who have said or done the most terrible things, thinking I don't know or I don't have an inkling about. I have held on to my thoughts of a conversation with the same smile I always have for them. There are many with whom I never said a word pertaining to it. My discernment was making it clear for me that I was

destined to part ways with them somewhere further down the line. I opted to leave things on a happier or a sober note rather than leaving distasteful memories for them. As for me I had mastered the skill of forgiveness, letting go and alchemy. I hope you are getting it, when we are speaking all along to operate from a place of love. It was a conscious choice not to leave hurtful memories for them as our roads to our individual journeys were destined to part. By holding conversations or actions, wherever it can be foreseen, that it will not be in good taste and parting ways going further is inevitable. I personally think it is better to avoid a situation which would later need cleansing.

Challenges Are Gateways To Blessings

Losses in life is an inevitable reality, thereby instilling a sense of fear for people, relationships, places, things and happenings which can be unlike of what we desire for. When faced with circumstances of this sorts, the first impact is the dip or in certain cases a deep dive of our energy frequency. Well that is a natural thing to happen, but how fast we recover back is what REALLY matters. This again comes back to training our mind and raising our consciousness, keeping ourselves well-tuned not to indulge in activities of self-curse, you must have noticed other saying or you yourself tend to say “Why this always happens to me”, “I don’t get anything without going through unwanted struggles, “I knew something bad always happens before anything good to come” and likewise. I am sure you will be able to add many more of such statements that we commonly hear or say. This is exactly the mindset that I was training myself to avoid. After all the work done as I mentioned earlier, IT WAS ALL AIMED AT INCREASING FAITH. Where there is faith THERE EXISTS NO DOUBTS. Self-curses for one’s own self or mild negative words for

people we love must be avoided at all times. Even, if it is said jokingly or just for fun. These words carry energies, and can have potential to attach themselves for the very people we say such things about.

- The Almighty knows of every battles you and I go through that we don't tell anyone about. But he always gets us through it, in some miraculous way or the other. As for my life story from the time, realization hit me and all that I have told you about. Someone or something always appeared from somewhere, as an unfathomable help arriving from the Divine, every time.
- Life never comes to a standstill, no matter how big the loss. The Almighty ALWAYS restores things, giving ample reasons, dreams and desires to move on. No matter the age or whatever the circumstances. But it certainly requires an Unwavering Faith in his magic to happen.
- When all doors close despite of all our efforts and abilities possible. What is it that we do? We just walk with faith, facing challenges with courage. Is not it?

My whole life is riddled with instances where I thought it was the end of the road and it is here to consume me with irreparable damages. At the initial stages when I was not looking at spirituality as a phenomenon of love, the inevitable emotion was of fear and uncertainty. When it appeared as if, there is no escape. That is when all of us face our fears. I was no different. One of such incident relates to a legal matter that occurred for our family, and we were completely oblivious of how to handle it and who to approach, moreover it was at a distant court from where we were living. The natural choice left for me, was to go down on my knees to the divine. A prayer with complete surrender works wonders. No matter what the outcome in the near

future, it always turns out as a blessing in the longer run. Cutting the story short, we found legal assistance, legal charges got managed. The better thing, when I went there completely oblivious of what awaits me. Everything that unfolded was as if, God had very meticulously sorted and kept things in order in a platter for me to just go and receive it. Whilst I am writing this, we are in the final stages and it seems we are in for a favorable outcome. No matter what the outcome may be, but it will eventually be favorable as the journey of life progresses. Something that was like an immovable mountain staring at us, turned into one of the GREATEST BLESSINGS that has the potential to transform our lives forever. This is just one of an example, our lives are full of such miracles, and all that we can do is bow our heads with humility and surrender. Love and Faith conquers all.

- Sometimes what does not work out? I in my faith believe, that in reality it is actually working out for me. For if it had worked the way I planned, I could have fallen at some point ahead or would have hit a roadblock.
- I am hooked to this belief. Any detours or hurdles, which demands a change in course. Are actually protection of the most high that which a mere mortal like me would never be able to understand at the spur of the moment. The passing of time is what will unfolds the true picture. I have never been disappointed in this belief of mine from the time of my realization of this spiritual journey called life. I am sure you have many such stories as well, that testifies the same emotions.

Hence, I say, challenges at the end of it all brings BLESSINGS. All it takes is continuous and increased faith every time, over and over again. Facing the challenges with

FAITH. Remember we talked earlier, where there is Faith there is no Doubt.

Slavery Of Habits

We are all habitual of some products, things, behaviors, contents, excessive sleeping, not sleeping, inappropriate eating habits, tea, caffeine, watching TV, checking the phone regularly, living in a state of persistent fear, daily routine and rituals you can name it and the list will go on, we all are slaves to some habit or the other. The reference of slavery to habits here is to revisit the points of cleansing we discussed earlier. The only intent is to make space and de-clutter our physical and mental space of all negative thoughts and actions and to replace it with better things, thoughts and practices.

- **Replacement of Habits** – Being in a constant state of self-analysis and critically looking at myself. I know it fully well that no one knows me better than myself, and that stands true for each one of you too. Do I need to state this, that there is none to truly advise anyone of us for the highest good? Hence, once I realized the habits that I needed to change, it was a clear knowing that an unwanted habit was to be replaced with something better, which leads to betterment in some area or in overall wellbeing. Removing the bad and replacing it with something enchanting. Imagine the spiritual and physical shift that I was experiencing. Try it, make these subtle changes and experience the bliss. It is intoxicating.
- **Throw Out the Habit of Judgment** – Though it is a behavioral habit, but I still want to mention it here, as we all have it in some proportion or the other. I want to keep it short, with just a word of advice. No matter what the hurt or pain, quit the habit of being

judgmental over anything that does not fit to whatever we have otherwise desired. Replace the feeling of judgment with a natural habit to Forgive, Purge and surrendering the hurt and pain at the hands of the divine. It is his way and his alone of what is best to be done. Practice this, I lay stress on it. It pulls in the finest of blessings in the most miraculous ways.

- **Making Choices with Discernment** - Is it not true when faced with a tricky situation, in most cases we tend to brush it under the carpet. Well not taking a decision is still taking a decision just to avoid and escape the situation. I don't mean to say we have to rush it, if time permits, we have the liberty to get sane advice and guidance from people trustworthy or by our own best understanding if we can arrive to conclusive and concrete actions. We can then deliberate and chose the options best suited from the space of love, which in not to hurt others but being justified to our own selves as well. We all know life at all times is a moment of making some choice or a decision. Any decision or a choice made from the space of love for others and self mainly results in something good, sooner or later.

I was deep rooted in my belief, that the Divine will give the desires of the heart, when the time is right. He hears our prayers. We just have to be patient and trust him, always making decisions from a place of love.

- **Coming out of the Addiction of Our Own Miseries** - Around this time and this stage of my journey in life. Whilst I was evaluating my own life. I was getting in a mode of evaluation of my surroundings as well with the same sense of care. Surprisingly, I was seeing a definitive pattern in certain cases, of my past and I could also observe a similar pattern in people around

me as well. I would call this pattern as Complacency. After a good structured approach towards life for a continued period of time, and seeing the positive impacts of our spiritual growth transform into reality, we often tend to REPEAT THE EARLIER MISTAKE, simply because of complacency. This results in sliding back from which we have already taken our learnings and did our course corrections in the past.

In other words the moment we tend to relax on the core practices that pulled us out of a lack mindset, we tend to SLIDE BACK to our earlier comfort of our miseries. Yes, when we were in a state of constant upheaval, we got used to being in a mental, financial and a spiritual state of trouble. We had gotten addicted to that sense of uneasiness, and an absence of problems, in the subconscious tends to bother us and pulls us back to miseries.

What was MOST ALARMING of what I observed? This tendency of sliding back always occurred at times when we are at a verge of something great in life, or at a stage where we are about to experience a feeling of victory over something that we had set an intention to be victorious over. These can be something very common in life or can be factors which can be labeled as a quantum leap in our spiritual growth, which is more critical as that is where transformation of worldly matters originate.

This sense of giving up often happens right at the point of victory, when we slide back to our addiction to miseries, over some trigger patterns which brings in a sense of victim mentality. All we need to do, is to return to our earlier practice of evaluation and discernment and to STICK TO THE VALUES that are RIGHTEOUS.

- **Happiness is available** - Looking at all the above that we talked about. All I had to tell myself, and I say that to you as well "Please help yourself with it, HAPPINESS IS A CHOICE WE ALL HAVE TO MAKE, OVER OUR ADDICTION TO MISERIES". Look around we always find many who love to stay in a state of gloom, at times we ourselves become one. We tend to create issues ourselves, deliberately brushing away the sense of Gratitude for the numerous blessings that are already in our lives, which we inadvertently take for granted. I knew I had to crush my old mentality and choose and commit to the rightful ways derived out of divine discernment.

I had changed my view at looking things, for every reason that tends to bring miseries in mind, I started counting the numerous blessings that are there in life for which I can always be Thankful for. Like, having a good health, my needs are met, I have a roof over my head, and my family is fine. I have food on my table, I have work in hand, etc.

Like we say misery needs company, similarly. HAPPINESS NEEDS COMPANY TOO, OF THE HAPPY KINDS. It is all about being in the MOST POSITIVE MINDSET, for the Blessing to keep pouring in.

Gratitude And Surrender

In the quest of fulfilment of my desires earlier, before I could really see life with a lens of Love. I was now realizing, seeing clearly that I wavered into directions and paths which I should have avoided. If given a chance to relive those days again, I would certainly make choices which will be different. At that point in time the "EGO inside and the sense of ME and MYSELF" always took over which was the

architect of all that had happened around me. I was knowing now, I had lacked the sensibility and the ability of making choices which were to be considered spiritually correct.

Those minor tweaks and turns that we do, which we know FULLY WELL, that it is not correct. Yet we brush those realizations under the carpet, just because it seems to be minor. These very minor transient choices spiral us down the rabbit hole eventually leading us into a web of confusion and chaos. Realizing, only at a point when it hits us hard. What we have been gathering has accumulated in such a manner, that it has transformed into something much beyond our abilities to handle. That is where Anxiety, Worry, Fear, and Confusion etc steps in.

You see, we always get signs and synchronicities, ONLY IF WE KEEP OUR spiritual eyes open. Well I always got the signs, but I was arrogant and I was not truthful while making my decisions and I ignored it. I am sure everyone does that, and in hind sight we all can site million examples of that sort, only if we are willing to accept it. Well the matter here is not to tell anyone else, but it is about self-realization and corrections. It is all about genuinely Surrendering to the Divine in our own space and time, it is about training the mind to be righteous. It is about being in the space of Gratitude at all times, counting our numerous blessings that we get every day, every moment.

I had started believing that **“There had been times, when the Divine ruined my Plans. ONLY to ensure that my so called plans did not RUIN me”**. There has been many choices which I was in a verge of making but I did not, only to realize after days, weeks, months or even years. That if I would have done it, life would have been a mess, and by the time I would have realized, things would have been way out of control.

I was understanding it was IMPORTANT, that I surrender to the Divine for making sensible choices in life, surrendering my fears and plans to him. Seeking his wisdom to live life with LOVE at the core of my being, making choice and plans from the space of Love. And to be GRATEFUL for all the numerous Blessings that I have in life, which so far I have been taking it for Granted. GRATITUDE and SURRENDER to the Almighty was now a never failing act in my life, and I was ready to vouch for it.

- **To Have a Prayerful Life** - All those moments when my prayers were like a silent whisper, as if a conversation between the Divine and me. Where it was not for the world to see, but a space and time where it was just the Almighty, me and my belief. A place where time stands still, a place where all I had in my mind and my lips were words of THANKS, for life, for work, for health, for family, home, having more than what I need, food on my table, kids, parents and many more. And the list goes on and on.

I was realizing, coming from a humble background and still I was having enough, that many would struggle for. You can look into your life, there a million things to be grateful for. Instead, we choose to ignore and take these blessings for granted. Worrying for many things which if sensibly evaluated. Does not hold a place of importance. Have you also noticed, when you try to find a rightful solutions? Most of the times it happens to be right around us. I started viewing such situations as a solution provided by the Divine much before the concern began. All he was doing, was to train my spiritual self to see and evaluate better.

I started my days with a genuine thanks and surrendering the day at his hands, with a conviction,

that I will as much as possible be truthful in my thoughts, words, actions and deeds. I would refrain from things that would hurt or harm others, and will stand for what is rightfully mine, I will work with utmost honesty and leave the results in his hands. I am just saying which I believe most of us do. If not. Try it once, try it for days and weeks and months probably. It works. Good actions yield good results. I realized when I was open to the will of Divine, it not only works but life glides. I knew it. ONLY GOOD PEOPLE CAN DO GOOD THINGS. Imagine a world of rightful and honest people, what a world we will create.

- **Surrendering the ME** - Do I need to talk much about this, we live in a world where words of direct praise or in a subtle manner, sounds like music to ears. I was realizing how much damage this “ME and MYSELF” had done. On hind sight, looking back at the situations of agony, when I had no definite solutions despite all my sincere efforts. But, every time I had surrendered to the divine, I always found my miraculous solutions. It was clear to me that day onwards, it was never me but the divine alone who paves the way when we surrender in all humility. He blesses us with WISDOM to take us through it all. All I had to do was be truthful and work from a space of love.

From that time onwards I was not praying to inform the Almighty, I was praying ONLY to involve the Almighty in everything that I was doing in life. I wasn't praying to make God hear me, but I was praying to hear, or to comprehend what and where he intends to guide me. Isn't he the BEST PARTNER to have in life, where life is a taste of success at every stage? That is the power of Surrender and Gratitude that is the power of LOVE.

Just to add **“Have you ever had moments in life. Which brought a feeling – It is the Almighty who made it possible for me”**. I have many such moment in life.

Sharpening of Skills

Having come till this stage in life. I could easily see that, I had consciously and deliberately inculcated certain skills, or I would rather say these were Blessings that I received with complete humility. And needless to say, I am certainly proud of it all. IT WAS then, that I realized, that I NEEDED TO CELEBRATE these, and give myself a pat on my back to having come so far in this journey of Spiritual or Physical achievements. I believe everyone celebrates their big milestones or small concrete steps that we all take in life towards goodness, for our own-selves or for the society at large.

If you have not been doing so, I strongly encourage you, to see and to acknowledge and celebrate your achievements. It is just another way to reinforce conviction towards making the right choices in life. I was intentionally labeling consistency in growth as SHARPENING OF SKILLS. As life at all stages, throws different scenarios time and again. Just to access if we still stand by the lessons that we have learnt since the time the awakening happened of choosing right over wrong. Because we tend to get stuck in a loop of the same cycles of life, till we learn, understand and operate well. To be elevated higher in the journey.

I was getting stronger in belief that whilst we work towards making ourselves a better version than we were yesterday. TRUST and FAITH in the Almighty is also a skill or a blessing that we must keep to test at all times. This is where it becomes clear how much PURE AT HEART we have really been, or have we given ourselves to be consumed by ego

with all the changes that we have brought inside which have also in some way or the other have started reflecting in our external world as well.

If you have reached till this stage of the reading, I would say you have come a long way with me. There is still some distance to travel together for the wonders that unfold as we progress further. My friend let us be the strong torch bearers of love, lighting the way in darkness, proving that even in a tough world, love is the spark that can transform everything. Creating a WONDERFUL WORLD for as long as we walk on earth and leave behind a loving place for generations to come.

My friend, this WORLD has been BRUISED and BATTERED with hatred. Let us heal the world together with LOVE.

Why We Miss Out the Rightful Place of Our Destiny

If you have reached till this point in our conversation. Looking at our individual journey, and if you can also relate to your experiences and emotions in the points that you and I have been talking about. This journey in the spirit inside, is aimed at reaching our individual destiny and our individual call to purpose of our very being. As we talked, it is all about the Cleansing of the old and to elevate to the higher levels of consciousness in this amazing journey called life. Life is a constant elevation, from one stage to the other. Bigger the tests bigger the blessings. It is a continuous cycle of growth.

I used to get those flashbacks of the choices I made, which impacted of where I was to be as an individual in my career, or where I could have been in achievements in life, or what could have been my social standing if I was to speak from a societal standpoint. Not to forget the amount of stress, hurt, anxiety and pain that I went through only to be carried in the heart and mind. I am sure you have your own reflections and realizations whilst you read this, about the choices you have made and its impact in life. Having gone through this process. It inevitably means, if I would have taken different choices in the past. I would have had different experiences, maybe I would have reached much earlier to what I was destined to have.

Around this time, I was coming up with a thought that not all of us are chosen to walk a path of constant make and break, a path of constant rebuilding and crashing again. However, in regards to this view of mine. I would rather

keep this conversation on select chosen ones for a different point in time, if at all we get a chance to talk about it sometime in the future. As for now, let us stick to what I felt, observed and practiced to understand why we miss out on our rightful place in destiny.

Seek What Is Rightfully Yours

In all that I said so far, it all revolves around faith and belief. It is all about love and grace, it is about honesty and truthfulness. That we should follow the rightful teachings of our faith in everything we do. To follow the rightful ways and not our own twisted concept to suit our needs, using faith as a tool to fool ourselves and others. Since the time I have realized the power of Love in this spiritual journey. I have tried to practice discernment as best as possible.

- **Faith and Trust** – In just plain simple language. Self-evaluation, introspection, self-correction is a must. I had known it by then, there was no replacement of Humility and Humbleness if I was to grow in Faith. Faith goes hand in hand with Trust, and trust is inversely proportional to fear. I was to either have fear or have trust. For me, the only methodology to release fear was to surrender at the feet of the divine. I could see pointed revelations of how I was to conduct and lead my life. One step at a time and the journey came this far, growing in Trust and growing in Faith. It was more about being honest in being connected with the Divine, which was not for the world to see, but a strong connection between me and the Divine, in my solitude. Others may have their own ways to connect and grow, both in faith and trust. Which can be equally good or far better than what I have followed so far. The how to do it, is a very individual viewpoint, as long as Faith and Trusts grows the rightful way.

It is that unwavering Faith and Trust that opens closed doors, bringing us face to face with whatever is meant for us. It brings in people, it brings in opportunities, and it takes us to places, which we have not even planned and thought about. Starting something that can be small at times, but grows into something humongous or just turning into something big at the very start itself. But my friend it takes that required effort and a selfless belief just aimed at becoming the finest version of ourselves.

- **Tests of Faith and Trust** – LIFE is a MARVELOUS JOURNEY, only if Faith and Trust grows. In those times of contemplation, and my commitment towards better choices in life. What came next, was the test of my Trust and Faith. I was tested, so are the others, of what I have heard and seen.

Since we have come this far in this wonderful conversation of ours. Don't you think? It is fairly clear that there is a source, where we all originate from. We may give the divine whatever name suits us, or believe in whatever we have been taught about. In all fairness we more or less agree that it is the Divine Spirit within that brings the positive energy in our lives. It is therefore something that we all will agree that for anything positive, there exists a negative energy as well. For there are numerous acts, thoughts and deeds that are categorized as sin and mistakes. All these factors which are sinful, we all get tested on it, before we choose the line of Love, Faith and Trust. These are factors on which, I was also tested with. Life did throw my share of troubles, few of these I have already mentioned earlier. The higher I was growing, the bigger the tests were. The test of Faith, the test of Trust. At the initial growing stages I used to feel that the Almighty, had allowed me to hit rock bottom. The fear

always used to creep in. But, I was committed that no matter what the reason maybe, I never agreed in breaking the initial basic learning of this Spiritual Journey of life. All I would do, was pray, seeking his wisdom. After crossing few early tests, which in hind sight. Appears as if, it will not bother me, if I were to go through it again.

It was getting clear through my discernment that the tests stayed only till a point where it would not break me, all that I needed was to endure and have the patience to witness the tables turn in its destined time. I had grown in faith by now, knowing it fully well, for every rock bottom that I touched. He was always the rock beneath to push me up again. I was tested, others were tested, and so will you be. Keep growing for this journey is wonderful. People may fail us, they may leave us. The Almighty never leaves our hands till we decide to let him go. The blessings that came after every test, was far bigger than what I ever thought. It always will, just keep seeking what is rightfully yours, as per the destiny designed for each one of us. The Faith and Trust will always be tested before all the major breakthrough and blessings. So my friend, whenever you, come across testing times in life. Hold on to your Faith and Trust in the Almighty with all your strength with all your Love, and see your Miracles unfold, in his Divine timing. Whatever is rightfully yours will never miss no matter what. Our wrong turns can only delay the process.

- **Seeking Wisdom** – It also got me thinking, as to how do I seek what is meant for me, when I was going through this stage of trying to better understand my journey called life. Because I was already convinced that there is a role that I have to play, there is a definite purpose for my existence. All I was focused on earlier,

was to surrender and pray. But discernment also had a role to play, with discernment comes the call to action, with action comes making a choice, and to choose right, IT NEEDS WISDOM.

Having come to this conclusion it was fairly clear to me that asking for wisdom in my daily prayers was a must. Just like life has its stages, like a newborn, an infant, a toddler, a school-going age, a teenager, an adolescent etc.. There are exams that we pass as we learn and grow up the grades. Similarly, there are stages of this journey in spirit as well. And we cross those levels, growing higher in consciousness. Just like we talked about in our earlier discussion about (i) Importance of Solitude -Laying the Foundation OR Cleansing the Old (ii) Transforming and Shaping Life - The Next Level. These are like different stages of our journey. At all these various stages of life you will clearly sense, changes in thoughts, in your approach, your behavior and actions. There were noticeable changes in my level of control over anxiety and fear, increase in my Faith and Trust that all was eventually going to align for my highest good at the destined time.

I was becoming more confident that it was a MUST to have the blessing of wisdom at all times and for all stages in this journey. Wisdom is for analysis, with humility, humbleness, sensitivity, self-love and love for humanity, for discernment, for confidence and courage to make rightful choices for actions to be taken, for current and future outcomes to unfold.

I will refer to a point here as we go along further, that **“Our Thoughts, Words, Wishes and Desires are Actually PRAYERS”**.

There were countless things in the past that I had been very strongly desiring for. Like an ever lingering thought in mind as if I was addicted to it. Not thinking if it was right or wrong. Overlooking all the signs and symptoms which in-fact indicated another route to take. But I persisted ignoring everything, ONLY to realize, days, weeks, months and even years later that I should have considered and contemplated on the signs which were trying to draw my attention to make a wiser choice.

Be it a thought or a desire coming from a place of addiction or from a place of Love and Surrender. Outcomes are derived. So I told myself I might as well be with the POSTIVE thought and actions from a space of Love and Faith. For the outcomes are destined to be positive. Look back and connect the chain of events in your life, and about the things that have happened. The ones that you were proud about and had a sense of achievement about it then. But over the years the same things look like miseries for life, after new hidden information's appeared. I also told myself. Life would have been different, only if I would have operated out of wisdom and by better evaluating the signs and symptoms which did appear in subtle ways and I chose to ignore it.

Isn't that a far better way to get what is rightfully meant for us? When we operate with wisdom and not addiction. My friend, for once work on this concept of considering clean and clear thoughts in your day to day life, for anything and everything that you opt to do. As if your thoughts are Prayers and it MUST be clean. You will see Miracles unfold. WHICH ARE RIGHTFULLY YOURS.

Identifying The Purpose and Destiny

Life is actually beautiful, this is something you and I have already talked about a number of time during this conversation of ours. But at the end of it all, life is to be lived by creating WONDERFUL MEMORIES for self and for others. This world is full of people doing their own respective work, and we know, all of us in some way or the other, impact either a very few select individuals or a locality, community, a Nation or they may have Global impact in various spheres of the world. Some have a destiny to do things which are considered to be common or not so impactful from our respective view-points, some have a destiny to create massive impact for the world at large. In various spheres of the society.

Irrespective of the role each one of us play. Some might have a simple transient role. But that is equally important for the society we live in. And everyone is entitled for respect and love. But we also have numerous examples where legends have come from humble parents with humble backgrounds. Even though their parents may have been leading a simple life but they raised up extra ordinary children. Leading a simple life and being amazing parents, that is also a MIRACULOUS Journey. Isn't it? I hope I am being able to connect with you on this. The idea is to say that we all have a destined road, what matters is how well we traverse the path with PEACE, with LOVE and with FULFILMENT of life.

IMAGINE A WORLD where everyone UNDERSTANDS THE IMPORTANCE OF LOVE AND PEACE and all humans lead a life of contentment. What an AMAZING life it will be, what an AMAZING WORLD we will create. The miss out of our Rightful place in our destiny, primarily happens when we make ill intended choices in life. In a nut shell, it is my personal opinion that we all are here to have a

life of Love and Peace, and it is a genuine choice that we have to make.

Of whatever I could discern, there are few observations that can be somewhat helpful in identifying the road to destiny. Try and connect with your journey and see if the points mentioned below, seems to be of relevance. But I will still say, what I am saying below is not the only way. Your personal evaluation and enlightenment will connect and strike an unbreakable bond to something that might end up showing you your true purpose in life. Do not get bothered with the time you might take for your realization to hit, because if you walk in the path of righteousness, life anyways will eventually turn out to be far more peaceful and loveable. So it is a winning journey in any case.

- **Hurt, Pain and Recovery is a Light for Others** – This can be a factor in identifying one's purpose in life. The aspects of life where we sensed the deepest of hurt and pain, are the very areas in which the Divine may have plans to use us. The hurt and miseries of the past might be the bridge connecting us with the road to our destiny. Since we have agreed on keeping Love at the core of our journey. Having experienced those pain and having conquered it. Actually makes us a million times stronger within. Others may not be able to see it, but it starts reflecting in the way we conduct ourselves in private and in public.

I have observed it in me. And you can also look into your life and see, the positivity that has developed within. This growth inside, somehow brings people with similar life journeys into our lives. We may tend to help such people to recover and turn out to become awesome individuals just as you and I transformed our lives with love, gratitude, humility and humbles as a base representation of our personalities. You

would understand instead of going through the hits and trials of life, a travelled route can deliver much faster results in a shorter span. Have you taken note of this in your life? Whatever mindset, or experiences, trauma and pain, or life happenings, life lessons, thought process etc that we have at a particular stage of our life, whether in the present or sometime in the past. Life tends to bring in or attract people with similar experiences, in our lives. As if bringing a bunch of people with somewhat similar experiences to cross paths or stay connected or work together one way or the other. And we only part ways, when the mindsets change. And some elevate to higher levels, whilst others fall back or stay stuck in the same cycle.

However, I don't mean to mix this destiny purpose with our profession for a living. But, nonetheless, doing our receptive work with an awakened heart and mind definitely brings prosperity and happiness in the work done, alongside being a beacon of love and light for all the lives we connect with, in this journey.

Also, what I have felt is, that the divine guides us towards our rightful destiny with his wisdom and peace only if we stay in the spirit of love. He alone has power which takes us from ruins to redemption every single time. The emphasis at all times has to be on self-growth, and this journey is all about self-realization and honest efforts done from within. Hence, when we all talk about making this world a better place for self and for our children. And to really make that a reality. The realization for change starts from the smallest unit "ONES OWN SELF". Imagine a world where **EVERYONE Decides To become a wonderful Human As a Destiny Path**. The world will change in a day. Areas of Hurt and Pain in life turn into blessing to connect us closer to the Divine, helping us find the

amazing qualities hidden inside us, only to be unraveled to help others in turn getting that never ending PEACE within. I have such a strong desire that “Being a beacon of positive change may be a purpose for every life”. Or your own pull towards certain line of action that you get as a gentle nudge within, or a desire to excel in something will gradually connect as a purpose or a DESTINY PATH.

- **A Deep Embedded Desire** – As a growing child due to the happenings in my surroundings and even as an adult I would often relate to things that I received, as blessing in life. My view towards my blessings changed only when I was operating out of EGO and a sense of ME and MYSELF.

I realized when I started thinking and acting from a state of Gratitude, Humility and Love. During the time of contemplation and evaluation, when I was re-living the blessings of the past and the present. I started developing a sense of returning back the blessings to others or to the world at large, in the similar fashion. With an intention that it will change lives for others as well, as it changed for me. I believe that is how the circle of blessings flow. As for me. I got these blessings, when I least expected and it happened all through my life. I for some reason have this feeling that I am destined to create avenues for change for the life journey of others in my circle of influence. And they in turn would be a source of miracle for others who cross their life path.

There are numerous examples where people leave their normal mundane life and elevate and chose to become better humans. Just by being witness to something completely heart melting. Thereby, changing their ways to a road which takes them to the

pinnacle of a fabulous journey inspiring millions.
Through an unwavering desire to act.

Not Realizing What We Already Have Is A Blessing

Till this point, there has been various instances where we discussed that hurt comes mainly from people who we consider closer to us, or situations created by the likes of them. Now flip it and see, are we also, one of those people being a reason of hurt for the loved ones around us. This is what crossed my mind as well. It was no surprise, when I neutrally evaluated myself that I had been taking some of the most closest I have in life for Granted.

I also realized that it is a general tendency to chase situations, things and also people who we either desire to have in life just because of the external glitter of it. And in almost all such cases when the reality comes, we find ourselves ending up wasting our time and energy running behind it. Only because we did not choose discernment. And in circumstances like these we eventually end returning back to the very places we left. At times this return comes at a state where we have either lost their trust or have burnt bridges seriously severing the loving bonds which was there before. Lucky are those who still get accepted with the same love and respect.

What I eventually felt that whatever emotions and mental state we vibe at, we tend to pull similar people, similar situations and similar stories around us. A shift in our perspective to embody love and peace at all times results in bringing the right set of people and situations for us. Thereby, also having clarity to recognize the blessings that we are already surrounded with. Missing this is such a common aspect that I have seen and observed in so many people around me. We also lose good people or good situations only by choosing to stay in a negative state. As the

mental block that we create for ourselves, becomes a barrier to ignore the blessings and our true destiny.

A Note of Caution - Many a times we also knowingly or unknowingly tend to chain ourselves with the wishes and desires of one or few of the people very close to us. As if we try living a life trying to fulfill someone else's wish. No matter how close anyone will be, I personally feel that we all have our individual destinies and experiences, we all have to walk on. Remember, it is a solo journey in the spirit inside, with our own destiny and experiences, destined for us.

Understanding What Decisions Are Right Or Wrong

This is one of the most important aspect to understand. You and I we talked about this earlier that not making a decision when needed is also making a decision. When we decide to just wait and watch or just let time pass by to see what unfolds. Trust me, there were many decisions that I regretted, as to why I made those choices. I also said earlier that if I was to be given another chance, I would certainly act and choose differently, more wiser, and more from the state of love for self and others.

I am sharing what I started to see as pointers or qualifiers while evaluating my decisions. There are few that I have listed below:

- Am I deciding out of Impulse and am I letting my surrounding impact my decision.
- Have I really evaluated on all fronts how my decision will affect my overall progress, my peace, my finances and other factors that will have a direct impact on me and the ones who are directly or indirectly connected or dependent on me.

- Am I trying to fix something which does not need fixing, are my decisions coming from a neutral state of evaluation?
- Am I making decisions out of divine discernment or out of blatant emotional reaction?
- Am I making decisions out of the feeling of chasing something or people that I deeply desire for, and will I directly or indirectly become dependent on others for outcomes?
- Did I ignore the first gut feel before making a decision?
- Am I making decisions with an intent of manipulation?
- Now you and I can keep adding a long list of such qualifiers and true intentions, and I leave it to your good understanding.

All these questions have now become tick points for me before I make choices. I try doing this even till this day when I am at a juncture of making a decision. To be honest, I falter at times. But I go back to the steps to correct it and move forward.

It is easy to do a practical evaluation on this point. Whenever, you are at a crossroad of making a decision. In the very first few seconds in most of the cases if the mind says that the decision about to be taken will have the below feelings:

(1) Will I genuinely feel proud about it?

OR

(2) Action or the decision taken requires to be hidden. Then in most cases not all, is it something that leads to manipulation. At this stage itself it becomes clear that the choice to be made is not decent.

This it-self becomes the first level of filtration. But the moment the second option becomes the obvious choice. Notice how your mind will start making plans of conspiracy, concealing information, cheating and stealing, wishing ill for others etc and in worst cases might bring others to harm's way.

Of all the various scenarios that I evaluated from my past. In most cases the first thought and the gut feel within is also a good filter. THERE are exceptions in cases, where the first feel that comes in is a feeling of fear and avoidance. I think making decisions is something which needs a proper evaluation from a space of self-love, love and care for others who matter and of peace and harmony. BUT, in all cases wherever necessary, decisions MUST be taken in accordance with the Law of the Land.

Correcting Wrong Decisions Made

Making wrong choices is one of the core reasons why we miss out on what is rightfully destined for us. Till the time we do not realize the mistake done it anyways keeps us away from what we are destined to have. Upon realization it becomes a different vicious cycle. It either turn into hate and anger for someone else if the decision made was done due to an influence of the circle that we keep or keeping someone else as the center point of the decision made. Otherwise it turns into self-pity and fear for having made an ill choice.

What I have observed, we tend to make decisions mainly based on the environment and the direct impact that it makes or the desire (need or greed) that we have. I knew it, as a human I was bound to make mistake however careful I might be. Most of my key decisions were miscalculated, before I went through the realization. Later I was able to evaluate that many times it is the past experiences that has

remained in the subconscious and that becomes the automatic scale for choices made. For example, many of us do not understand how to handle appreciation. There can be many different reasons why we do that. I don't want to expand on that much. What I am trying to bring to attention is. It is our deep rooted emotions or an unconfident thought of our-selves that comes out in the way in which we react. Changing reactions and choices is a gradual process, and despite being attentive I made my slip ups as well.

Imagine if a factor as small as handling appreciations can be a task which needs time to consciously make a choice for change. How much it is important to take note of other critical behaviors and thought patterns. Consistent re-evaluation of my actions was rewiring my carefully taken decisions to become even better by constantly telling my mind of how to act better in future opportunities. For cases which felt it was important for me to correct my decisions instantly I gathered courage to open those matters again and re-approached it the better way. Only to see things unfold and revive in a much likeable manner or at time even beyond what I was expecting the outcomes to be.

In those months and years when I was in a stage of introspection, of the wrong choices made. I had clearly seen that we also get paid for a rightful decisions we made years ago at an unforeseen time, similarly we end up paying for the wrong choices we made years ago at an unforeseen time. I knew it clearly the choice was mine, and the impacts of the choices was for me to accept. Hence, it was imperative for me to rectify mistakes and a make peace with people, things and places.

I am sure you will be able to reflect on many such scenarios in your life journey also. But it became spotlessly clear that what really matters is that we have to operate from a space of Love which at the end leads to PEACE. The choice of this

very correction is an integral part of this journey for how soon we learn from our mistakes and make correction to get there where we are destined to be or we end up delaying it, till we learn through constant lessons and course corrections.

Question Everything That Happens Around (Inside And Outside) And Use Discernment -

So far till this point in our discussions. Many a times I mentioned about my constant re-evaluation of my actions, words and thoughts. I talked about course correction. I talked about, purpose, pain, choices etc. These were all intended to make myself a better person, everyday has been a choice and an attempt to be better than yesterday.

What I am now trying to tell is to simultaneously look at the development and happenings outside. Because I could see it clearly that in this spiritual life journey, at all point in time there was an In Scope aspect and an Out of Scope aspect. Something that I can directly control and what was not within my sphere of control or action. For me, the message was getting loud and clear, that I also had to question and assess the external aspects and to apply the same behavior of evaluation as I do for my internal self, and to try and foresee various outcomes that can originate from different actions that I will take, in relation to the surroundings which I cannot control directly.

I could see with some actions, if I would have taken based on the surrounding. I was to be instantly gratified but in the longer run, it would have turned into a painful result. When I kind of forecasted the subsequent results 3 or 4 layers down the line. But for other behaviors, actions, words and thoughts it seemed as it would turn into a blessing in the longer run. The questioning of the external or the surrounding was certainly aimed at events, situations, places and people. The idea was to foresee if actions

ultimately were to be resulting into peace and in all various steps was I coming from a space of love or not. Alongside this, being humble and truly exhibiting humility and gratitude towards the divine was something that I never wanted to miss out at any time, for wisdom of the highest kind comes from the Almighty alone.

What is the funny bit here is, with discernment and sensible evaluation I could easily make out, that the most likeable action or words possible was turning out to be the easiest to make but as per evaluation it was clear that it will not be yielding desirable outcomes. That is the test and the tough bit to say No to something that looks like an obvious choice but it is also bound to fall flat as time goes by.

It was becoming more and more clear that harder the choices were. It was closest to the right path. Obviously keeping Love and Peace at the core of it all was something that was not to be compromised with. Giving you an example, letting go of places, memories, hurt, pain and people specifically etc. Of whom we are heavily used to, or falsely dependent upon are one of the most difficult choices to make, but it is ultimately aimed at our highest good. So I told myself that I had to learn to question my surroundings, with neutrality and from a space of love and peace for better judgments aligning me better to what I am destined to have.

You Get What You Ask For And, You Also Don't Get What You Ask For -

This is a topic that I preferred to include here just as a precursor to a much needed behavior or an operating pattern that we will discuss about **Making Dreams a Reality** at a slightly later stage, as we progress in our discussion.

Around this time in my journey I was realizing that whatever I wished and prayed to happen in life, without

rightfully analyzing what the surroundings and events were indicating that I should have actually left and let go off, but I kept persisting. Those things, places and people happened, and it all became a part of my journey. Here my reference is towards events, places and people who I should not have asked for in the first place. Even though, I was getting all the signs and synchronicities that was indicating that I was making a wrong choice, but I kept ignoring those signs, just because of lack of understanding, and lack in acknowledging the reality and deliberately overlooked the realistic discernment.

The fact is I got all those things, people and situations that I asked for which was not right for me, as I was persistently desiring for it. There is no rewards for you to guess what eventually happened. When reality stared at my face, I could see that years passed by, and I was still standing at the same start point where I was years back. Stranded and standing there mustering courage to start again. Well if it can happen for desires that are not right for us, it goes without saying, that the desires that align with our destiny and our rightful place. Will certainly follow, all it requires it to follow the path of love.

It also so happened when I let the Divine shape my life and I was just to operate from a space of Love and Peace, keeping humility, humbleness and gratitude towards the divine with unshakeable faith and trust. I was receiving blessing which I had not fathomed in my deepest thoughts and desires. Those places, things and people who were not connected remotely to be a part of my life, actually became. And it turned out to become one of the most cherished memories of my life journey.

I was now having it clear in my understanding that what I was asking is what I was getting irrespective of whether my choices were actually good for me or not, and I was also

getting what I was not asking for but remained in the state of submission to the divine trusting that he will provide all that was necessary for me to walk this journey in the spirit for my highest good. And those miraculous things became a reality in life.

The choice is for us to make which route we take. One thing is clear the choices we make, make us go through different levels of experiences. When we delay our process of learning, we make our miseries lengthened, thereby delaying what we are destined to have and to become. But know it fully well, we do get what we ask for and we also get what we don't. I assume you and I have come to a stage by now, where I may not have to cite examples, for you must have decently tuned yourself, to reflect back to your life happenings and evaluate your own personal scenarios, gradually turning into your own guide. For it will further better your skills to dig out the past, evaluate the choices made and the results you obtained and to see if you left it to the Divine with a humbled pure heart or did you make choices out of ego and arrogance. All I will say, from this stage on, keep sharpening your skills and the gifts of the spirit.

For you are unleashing your hidden or not so uncovered potentials to get what you are destined to have in life.

What are those things that you ask for and you still you do not get it. I will keep this short. Anything that does not align with your destined road of life will not come to you. Even if certain desires became reality, but later turned out to be a problem. Look back again, those were Divine placements, just to bring you back on track. Any desire that you have, which can be fatal and can take you down the road which can break you to a point of no return. You will not get such desire in reality. Whenever you face situations like this. Sit down and contemplate, use discernment and move ahead.

Staying Positive (Nothing Negative Allowed) -

Having processed my thoughts and experiences that I had been through. It was no rocket science that all the choices that I made from a negative state of mind, or choices that I made out of external influences without really analyzing if it was really for my highest good or not. Those choices were made out of the external glow and glitter. In plain simple terms, I was far away from operating from my spiritual gifts.

Having mentioned the term Staying Positive, it is again simple that nothing negative was be allowed to enter my circle of influence. However compelling the attraction or the attachment felt towards negative sources. Like we always say that we cannot treat people like garbage and worship God at the same time. Similarly, we cannot allow ourselves be affected by situations, places and people which can be considered negative. If we miss out on this very crucial choice and then we still feel hopeful to find the happy side of what we are destined to have and to experience. How can that be remotely possible?

Like I said earlier, go back to your life experiences, and see what it is, you now consider as an unpleasant experience. Take it a step back and uncover the first level reason why it happened, then uncover the reason why the previous reason happened and till you get to the core reason of why it all unfolded. You will start seeing that at all the stages of every reason you could now identify the very negative reason of the event, or the person or that situation that cannot be considered positive under any circumstance, upon deeper evaluation.

With all the exchange of our experiences till this point, of you and me walking together understanding the spiritual journey of life and you simultaneously reflecting to your own journey. Evaluating and analyzing the rights and

wrongs with an intent to become a better person every day, and we attempting in being a better version of our selves than the previous day.

Having evaluated from your own life lessons. You must have known what is to be considered as negative. Stay away from it. For you and you alone are the one who has to walk to experience what is your rightful place in your destiny.

Maintain Healthy Boundaries -

At this point after understanding all the above stages and doing my conscious efforts to genuinely evolve to become a better version of me every day. It comes without an ounce of doubt that, all the fruits of labor are to be protected at all points. So it remains as a permanent change in my life, and that I was not to slide back to where I started this journey of spiritual realization from.

It is as simple as it sounds, I HAD TO MAINTAIN HEALTHY BOUNDARIES. All I had to do was to identify situations, thoughts, emotions and people that I had to keep a safe distance from. Even if I was to share the same space and the environment if it seems to be unavoidable. Like I said earlier, I always analyzed the impact of people on me when I left and how I was getting affected by the aura of the company. Making a conscious choice of telling myself and reiterating in my mind over and over again, of what I am supposed to leave and let go of, and not get affected from. This in another terms can be said as an act of consistent cleansing of myself.

We all carry an aura and it is all about energy that each one of us possess, and all of us have to protect this purified energy. I had this strange feeling inside based on my own evaluation of my life, my siblings and the generations before us. I was clear, that healthy boundaries was about understanding what the impacts of the entanglement of

unclear boundaries are. I also observed and evaluated situations in the lives of others who were open to talk and share their life experiences, and I will honor their complete trust of secrecy in me.

Here I also want to make a reference about certain patterns of happenings that gets passed on from generations to generations. To cite an example, diabetes runs in the bloodline, till few generation take a conscious choice to control it as a healthy practice and pass on these healthy practices to the next. Based on my personal evaluation, I felt as if impacts of a negative life carries on from generations to generations as a specific pattern. Till someone in the bloodline takes a conscious decision to correct the wrongs and the repeating patterns.

As for me I just preferred to make it a choice of following the path of being a good human. With a belief that negative patterns in our family stops with me. Not to be experienced by the next generation, and the generations to come. Self-love and a selfless love for humanity and a life of Gratitude, making consciousness and conscience to pave my way to stay away from anything negative.

This act in itself, is what I am referring to as having Healthy Boundaries, to achieve what we are destined to get in life.

Making Dreams A Reality

I will start with a BIG THANK YOU. For, you and me, we have walked a long way together, till this point talking about all the changes required for a much needed growth. Above all, for taking those huge steps towards making a more loving world, creating a legacy which will be considered nothing less than a Blessing for generations to come. For they would learn to live in peace and love, following our footsteps. Believe me it gives me such a feeling of joy, as if I am about to witness an amazing transformation of another wonderful person, in this journey of the spirit. With my constant visiting and revisiting of my past and the subsequent assessment from a very neutral position. Every time when I looked back, in most of the cases I used to find a new view point. Creating a pool of positive possibilities, teaching and rewiring my mind, to use those possibilities if I was to face similar situations in the future. The daily practices of evaluating my words and actions, led me to a place where I could categorically list out few aspects, beliefs and practices which were to stay as a firm unshakable foundation to turn my Pure Dreams into Reality in this very world we walk in.

If you have noticed. At the start I was talking about my experiences and how I was individually evaluating my past, and to train my mind and my subconscious to make choices more from the space of love for self and others. Then I gradually changed my narratives into a joint discussion on what your opinion was on the various points we were talking about. For I feel a select few would have come till those points, with a view to genuinely try and give Love and

Peace a core space in life. And your view point matters as you for sure would have taken a lot of corrective steps to make your journey in life, LOVEABLE. And there will be a lot for me to learn from you.

I am certain of the fact that you have already started evaluating your life journey and have found your own answers and inferences to situations and circumstances. So from here on, we will take this forward as a discussion expecting your inputs and the ways by which you see life, and how you see, the transformation of life towards goodness.

To Stay Permanently Connected With The Divine -

I will start this discussion with a question. Faith and Religion is all about Love, isn't it? Is it not that Love for Humanity and love for self in its purest form, is desired of all humans to be symbols of true representation of whichever faith we follow. As you see this has been the center focus of my discussions so far, and so it will remain this way for me, for the rest of my life. If it has to be this way forever then, being God fearing has to remain as a permanent aspect of life for everyone who seems to believe they are religious or spiritual in their walk in life.

So it goes without saying to make Dreams a Reality, being thankful for every Blessings received is a MUST, and also to be thankful for the blessings which we are yet to be received in life. You and I have visited our past and relooked and relived those moments again. In our minds and thoughts finding a new and a positive inference of situations and learning from setbacks. You and I also agreed on this fact that the Almighty never failed us, and he never fails anyone whatsoever, and he is not going to leave us or anyone else as well.

So for me, the first stage of making Dreams a Reality was to stay in Gratitude and Humility, to remain humble, honest and committed to be symbols of wonderful humans in whichever surroundings we live in. It takes each one of us, to change the world to be a better place. There are going to be many like you who will embrace love and heal the face of this earth. One at a time, gradually becoming many as we move on.

You know my friend, what I really believe in is. Only good people do good things and good people never miss out on good things in life, it can only be delayed. Staying connected with the Almighty with honesty, is a way to realize dreams into reality. We tend to be religious or spiritual at the time of need. But, this journey of love desires that we stay connected with him more when we are filled with blessings.

Connecting To Your Purpose And Associating With Destiny -

Like me there are many who believe, that if there is life. There has to be a purpose to every life. Now what becomes critical here is to identify one's own purpose. As we all are auto tuned by the systems of the world to learn, grow, earn, get married, have children, educate our children and put them in the same predefined systems and phase out in a life of retirement.

Now, I don't say there is anything wrong with that. But, I strongly emphasize in, attaching Love and Peace as the core around which the families must revolve. This too can be viewed as a purpose of life. For everyone desires of a peaceful and a happy family life. And it all starts with us, being role models which people in our families would love to replicate. I also believe that different people have different life paths and hence are entitled to different destiny. Some have the destiny to be role models within their families,

some get elevated to being people of influence within a society, and some grow up to influence a nation and some become people who influence the world at large. These influences can be of a good or a bad kind, and we have multiple examples of this wherever we look around.

So it goes without saying for people like you and me, we are destined to leave a positive and a loving impact on others whatever may be our circle of influence. That being said, there is a definitive drag or a drive that pulls each one of us. Which we call the aspect of our professional or a social calling. These can be either an inherent desire from a very early age, or a realization over a period of time, due to our un-denying interest towards a calling. Or, in few cases a life changing and drastically transforming action or an experience, which results into a purpose for life. Which in turn, elevates the lives of many people either directly or indirectly who they come across.

But there is certainly a purpose to all lives. Some get associated with a purpose which transforms lives at a mass scale. And if we don't manage to find or associate with anything of this kind. We still leave an impact as the least that happens is that we create wonderful people in our families, and good families are the building blocks of a wonderful nation, and happy nations create a happy world. So, how we really influence others is what matters. Life is a long and a winding journey and the true and the purest evaluation of situations and setbacks are the trigger points for truly connecting to one's individual purpose in life.

If you are meant for something different, there is nothing that will hold it back from connecting with you. I see it like a silent nudge or a calling. Turning into a strong desire inside. And the events and happenings around you tend to drive your attention towards it. If there is a destiny calling, you may delay it due to lack of understanding. But, once the

realization comes, Stay connected with your purpose and the destiny will follow. Transforming your Dreams into Reality.

Be The Reflection Of Love For Life And For Humanity -

This is again something very close to my heart. While I was in the state of evaluation of my past and what I could have done differently, or rather what I will do differently if I come across similar situations again. I could categorically see my actions lacked the essence of love and grace. I am determined to try and be focused on it for my actions in the future.

During the early stages of our discussion, we talked about the aspects of forgiving self and forgiving others, letting go of hurt, skill of detachment, releasing ones' own self from slavery of habits etc. These were all intended to make Love and Grace as the center point in life. For this is critical for realization of peace in life. So it is inevitable that love for self, love for life and love for humanity becomes the base for all things constructive and positive. We also discussed that the kind of mental state we live in is the kind of people and circumstances that we pull towards us. So being the Reflection of Love, is a certain path towards making dreams a reality. For we all dream of happiness, prosperity, peace and grace in all spheres of our life. So being an embodiment of love is a sure thing to be synonymous to our very being. You, who is a reflection of Respect and Love. You are destined to make your Dreams a Reality.

Purge The Unwanted (People, Things, Emotional Baggage And Places) -

We mostly consider our Dreams precious. Something that is worth fighting for, worth striving for, putting in everything that we can, to make those dreams a reality. These dreams in

all cases are worth protecting. It has to be protected when our Dreams become a Reality. And it also has to be protected, BEFORE these Dreams turn into Reality.

I had noticed a strange pattern when many good things happened in life in the past. Quite a lot of it happened after some changes or removals, in terms of place, a thought process, work and many times people as well. These changes occurred in some strange unplanned manner, or people leaving when it is least expected, a change in location, a sudden travel etc. I mean to refer to experiences when we as a habit tend to create comfort zones in places, circumstances and people despite it not being to our absolute liking. In other words we get accustomed to the lacks in life and adjust and accommodate ourselves accordingly.

Remember –“Life is to be lived and not to be Compromised or Adjusted”

To take this discussion further to a slightly different tangent. I see and I believe that NOT ALL blessings in one's life is meant for all who are around, not all dreams come true at the same place of work or in certain cases, not all blessings are to be realized in the same physical location that one happens to be in, or there might be a change of mindset or change in the company that we keep. But, I feel a change of mindset is the most critical of it all. This is where the trigger to the formation of positive changes starts, towards the realization of Dreams into Reality.

Adding to this, also remember what you and I discussed about letting go of any emotions that seemed to be as a baggage for the journey ahead. The release of anything that does not seem to fit. Especially anything not aligning with the changed mindset must be released and purged. And we must be conscious of not trying to hang on to factors that are breaking apart. For not everyone is entitled to be a part of

you in your winning run. Those places, people and emotions were there for the moments as learnings, and we must learn to take it like that.

I made myself understand not to overthink on every aspect that tends to separate, for you and I are not here to carry people, places, things and emotions that does not associate with us. We are here to carry and transform our Dreams into this physical world as a reality. It does not mean that we have any ill will for others who are separating, it is that they have their own life journey and we have played a part in their learning as well. So we have to let them move on with love, grace and gratitude, to what they are destined for. With this purging it is also important to have a firm belief that if there is a plan by the Almighty for our lives, then it will happen this way or the other.

Let go of whatever does not align with you, in the process of transforming your dreams into reality. As anything's or people who do not seem to be aligned anymore, were placed there to teach us till we completely understand and take the route we are destined to be on. Similarly, we were placed in their life for their learnings, so they can also move on to make their Dreams a Reality.

And to be at peace with this understanding I was believing and rewiring my thoughts on the factors below:

- Everyone has something or the other to heal. And I have my own journey of healing and growing every single day.
- Whenever, the Almighty did not had my full and committed attention towards him. He disturbed, whatever was unfit to draw my attention to him. For me, to take the required action and to move ahead towards the destined path.

- Whilst I purge what does not serve, I have to find my comfort and peace in the company of the Almighty.
- I as an individual has not done any clear study on this, but whatever I could understand and analyze. I strongly believe that a HUMONGOUS amount of all human problems, stems from a negative mindset. It has to be purged at all cost for dreams to turn into reality.
- I came to this understanding that life in itself is a continuous cycle of deaths and rebirths of habits, routines, relationships, work, places etc. Like products have a shelf life. I feel similarly, a lot of relationships have a shelf life as well or we can call it a validity period that is why we see people come and go in our lives. Depending on which phase of our journey we are in. Just as an example, we do not have all our childhood friends still connected with us. There was a time, a place and a moment for which they had a role in our lives and likewise we played a role in theirs.
- Don't feed what you don't need. This is utterly critical as we tend to keep putting our time, our resources and our energy to a lot of things that does not serve any purpose but we hang on to it. That very time, resources and energy are to be diverted to whatever is aligned to our destined road.
- Getting sober is a MUST. I also had to detox my human self from Anger, Fear, Resentment, Anxiety, Hate etc. These are negative emotions and it always brings negative results attached with it.
- TRAUMA makes us tolerate a lot of foolishness. HEALING makes us realize, we don't have to be associated with some people after a certain time in our life. No matter how much we love them. So it is always better to let them go with love, wishes and grace and

to let ourselves move on with peace for what we are destined to experience, for what they are destined to experience - "THE GOODNESS OF LIFE".

And see how your positive choices, Transform your Dreams into Reality.

Test Your Intuition With Boldness In Humility And Faith -

Intuition is actually a Blessing. "I have a gut feel" - You must have heard a lot of people say that. "Intuition" This is one of the most loving attribute of an awakened mind.

From years back, I used to have these strange feelings inside. Pertaining to things in my surrounding or work, or even in certain cases about things far away as well. It was like I was seeing things well in advance, as if I was feeling things which were attempted to be kept hidden from me, or that which I should not be knowing. Yet I was knowing it, I was somehow feeling it. I could sense prospective actions and results to appear. No rocket science, in common language we call it Intuition.

I will tell you a very interesting conversation between me and my Mentor sometime in the year 2015. I was having a very strong urge to change my job. As a matter of fact I actually did not had an option in hand at that moment. But there was something inside which was pushing me to jump into the unknown. A key reason, I was putting my heart and soul in the job that I had in hand. But, I have never been a good seller of my own self or the efforts that I put in. This has been my basic behavior from the beginning and to compensate that I always expected others to see that in me. As always, it never happened. All I would do is to move on, again expecting the acknowledgement somewhere else.

Well to cut the story short, I went to visit my mentor to take his opinion about my plans to move. You know what he said, the reasons why my peers or my seniors at first were not taking my opinion or my suggestions seriously simply because it was resolving scenarios pertaining to the current situation and it was also creating a foundation to address and resolve situations which were to appear up till 4 to 5 steps down from the current scenario. And they were unable to foresee that, hence they could not associate with what I say. Well I don't blame them for their focus was entirely on the situation at hand and not beyond that.

This precisely was the reason why my opinions were not entertained, which used to create a sense of frustration in me. My mentor categorically told me. What I could foresee, is something that they were unable to, and when those very things happen 4 to 5 steps down the line. I was told my intuition was on point. But then the damage was already done for me to a point that I would look for acknowledgement elsewhere. I will certainly say that can easily be categorized as an action taken from an unhealed mindset. There were always better ways of handling situations. But at this point I feel I was somehow destined for something different and staying back would have compromised the experiences I had to undergo to learn better. Now let me stop the story here. There can be various inferences that can be drawn from what I just told, but I wish to stick to the term "Intuition" for the time being, as this is what we are currently discussing.

You know what happens, when our mind has done its required task of re-visiting our past. Analyzing activities and happening either pertaining to our work or our personal or social life. Evaluating what we did wrong and what needs to change for the future. Letting go of what is not required to be genuinely released from the mind, forgiving self and

forgiving others. Making an honest effort to embrace honesty, humbleness, humility, being mindful of not being a reason of hurt for others, staying away from conspiracy etc. Embracing love for self and for the others and the work at hand.

These actions actually settle down in the subconscious. And when we are placed in any circumstance, it automatically starts building possible future chain of activities. Out of the previous experiences and inferences from the subconscious. The mind starts energetically placing possible step to be taken and possible outcomes that may arrive. Provided we are privy of the framework within which we have to operate in. Even if it is partial and all facts have not unfolded fully yet. The mind can still create scenarios and foresee the various possible outcomes that can appear in the upcoming stages. So we can be well prepared for it and we can comfortably avoid surprise situations. If not for all but for most of the unfolding scenarios of the future, this skill makes us battle ready well in advance.

And whatever we forecast, when it turns out to be true we call it Intuition.

As a matter of fact, this is a skill that can be consciously developed walking in the path of TRUTHFULNESS. By making an honest effort of genuinely being good humans. Consistently evaluating our past, figuring out our mistakes and by making constructive amendments. Not to forget that we stay humble to the Divine and be consistent in our faith.

Now the reason why I say - Testing our Intuition with Boldness and in Humility and Faith is required. As this is exactly how one can assess and analyze how much our genuine efforts are turning into a gift of Intuition, and how genuine are our efforts in transforming ourselves to become wonderful humans. Sharpening this skill, helps us escape

upcoming loopholes, effectively navigate through tough times, to find constructive and far reaching solutions. Helping up not to waste time for the unwanted and making our journey of struggles shorter than usual to meet the ultimate destiny we are destined to live.

Keep working on yourself to be a BETTER PERSON one day to the other. The blessing of the Intuition will follow, but beyond that. You would have embraced Love for self and for others, you would have embraced peace, you would have grown in Faith and Trust in the Almighty. That itself is an AMAZING achievement in life.

You know a surprise that happens with it. Well I cannot really vouch, if this will happen with everyone or not. What I am intending to say is, that the powers of the ethers also align to create sudden circumstances of showing us a lot of things which we call conspiracy behind our back. It has happened with my many a times. And I maneuvered well out of it. I am certain of not talking about it, as I have let go of it all. I am not holding any resentment whatsoever. Well that is what is required of us to become and to be called as good humans, isn't it?

Keep testing and keep growing your ability of Intuition. This will turn into one of key blessing for you to transform your Dreams into Reality.

Realization In The Heavenly Realms And Then Fruition On Earth -

This is a point, that is entirely and completely driven by how strong one's Faith and Trust is in the Divine. This is all about how honestly and genuinely one intends to embrace love and peace as the foundation of his or her own life.

We have talked about being a reflection of love, about sharpening our skills of Intuition, we have talked about

forgiveness, about self-love and personal care and well-being. We talked about cleansing of our thoughts and our actions, about reflection of the past and a conviction of being a better human day after day. We talked about staying away from what does not serve our highest good and to learn and purge what has been a reason for emotional turmoil.

These positive practices itself, creates a positive mindset, creating a positive surrounding. We end up creating an environment of positivity wherever we are. You remember we had talked earlier, about impacts of the mindset. About how we tend to pull and attract people and activities similar to whatever consistent mental frame we are in for a considerable period of time. I did give examples around this earlier, and I am sure you must have reflected to your own life happenings which more or less gives you a similar feeling.

Connected to this discussion of Faith and Trust in the Almighty and an honest intent to be a better human, we will discuss about another point as we go along **“Thoughts, Desires, Words And Wishes Are Actually Prayers”**. Hold on to this, for all those Thoughts, Desires, Words and Wishes that you create in mind, it actually get transformed in reality. So the responsibility lies with each one of us, as to how we train our mind and our thoughts to dream and desire as per the will of the Divine, and surrender to his plans for our lives. We will discuss on this point again, but as for now. Remember that your Dreams, Thoughts and Desires are actually a prayer. So keep them clean.

And when you do things this way. The intuition of yours, it somehow sparks a light somewhere inside that gives you a feeling, or an inner knowing of how things are going to unfold. Or so to say what the heavens above are preparing to transform and bring in, turning your desires to reality.

Now the reason why I say it this way. I am just citing an example. When we started our company in 2019, it was out of sheer push to get away from a work situation which was not aligning. As it seemed there happened to be 2 different colliding strategies working together. For me it was creating a sense of negativity that was surrounding the mind and the environment around. It sparked a desire to create a system which was devoid of such feelings. Few friends got together and started a setup. We virtually and no funds to start work at a grand scale. Lo and behold, work started trickling, in such a manner, and from sources which we had never expected it to come from. It came as one block at a time, taking care of the current need and creating a foundation for the others to come. Trust me not a single work came through any aggressive sales plan. Just one work order connecting to the other and the string went on.

When it looked as if the days ahead are going to be tough, something or the other came out of the blue and pushed us to another level, in the most miraculous way. And it became a common statement for us, that it is the Divine who is actually running the show for us. We are here just to execute things with honesty and conviction. Our intuition at all times gave us the hint that we were to witness another round of blessings. It has been quiet some years now and our work never dips. Wishes are prayers and before it translates into reality for us to see, it actually takes form in the heavens above.

As I said at the start, this point is all about one's Faith and Trust in the Almighty. No compulsion as to whether we take it or leave it. For we also talked about criticality of making choices in life. Even if we choose to be good humans with clean desires and thoughts. It really works miracles my friend. Try it, but be consistent with it and you will be amazed.

Transforming what the heavens have for you into Reality. Transform into a person that the Gods above will love. Then, who can stop your dream to see the face of the earth?

Remember – ABUNDANCE GROWS WHERE FAITH AND TRUST ON THE AMLIGHTY FLOW.

Destined To Meet My Kind Of People -

We just talked about consistent dreams and wishes are similar to prayers, and the importance of making positive choices for constructive changes in life. Also at various stages earlier as well, we talked about the strange phenomenon of alignment of places, work and people as per the mindset that we stay in, for a considerable period of time. If the mindset is negative we pull negative circumstances and people of similar kinds or experiences around us.

So it goes without saying that a consistent state of positive mindset, positive thoughts and desires and dreams pull in positive experiences and similar kind of people around us. Just to give you an example, when we started our company in the year 2019. It was a sizable number of people who participated in the initial discussion and an intent to form a setup based on certain desires and experiences we wanted to create. The ones who actually made it in the system were the ones who had a stark resemblance in their career previously, coupled with more or less, a similar mental state for a considerable period of time. The ones who moved on, after a substantial period of time working together. Was only when the thought and desires changed. As for me, there has been multiple examples like that, of people coming and people leaving. And an uncanny resemblance of mindsets when coming together and the visible change in mindset and desires when we parted ways.

I for once have given this commitment to myself to stick on the cleanest possible dreams, thoughts and desires with a firm belief that as I will keep progressing further. I am destined to meet and stay with people of similar kinds. Imagine what a bunch of people will have the potential to create who live by a code of high energy, pure thoughts and a determination to be a better version of one's own self day after day.

Try it my friend, be consistent in your growth with pure desires, pure thoughts and words and actions. You are destined to meet your kind of people. You might be having numerous examples of this kind already, else be ready to be amazed when this really works out in your life. All I will say, you will somehow find your kind of people or you will be found by the kinds you would love to be associated with. It just happens. This works my friend and that will become another way for you to see your Dreams transform into Reality. Keep your desires and wishes clean to experience a string of ultimate joy and bliss in life.

Thoughts, Desires, Whispers And Wishes Are Actually Prayers -

Just sometime back, you and I were talking about sharpening of our Intuitions and we referred to our thoughts, desires and wishes to be prayers. Whilst we talk about it, I also want to draw your attention towards another point which we were discussing while we were talking about – Why We Miss Our Rightful Place Of Our Destiny. There we also talked about – **“You Get What You Ask For, You Also Don't Get What You Ask For”**.

Well I believe it does not need much of an explanation again. The point above was in reference to what we ask for in prayers with a heart of Love and Gratitude, and we get what is aligned or not aligned towards our well-being. On the

other, there are times when we do not get something that we ask for. And in most of the cases what I could sense there are certain things which are not at all aligned with us, and realization of such prayers would certainly result into major mess up in life. Either in the near future or sometime later which will not leave us with any roads to return back.

Thoughts, desires, Wishes and those silent Whispers are an extension of the above, it is something that we do not voice out, these are more like a hidden attachment that we create with hidden aspirations for work, places, things, experiences or people etc. Having come up till this point, I assume you are getting what I am intending to communicate.

These desires and wishes become more sharpened and impactful, as we grow in spirit and understanding. So knowing things and still doing it the wrong way has a much bigger negative impact, for we do mistake not by mistake but with intent behind it, and when knowing things and doing it the right way, it multiplies the positive results considerably high.

I will refer to another conversation with my mentor here. After a lot of earlier conversations that I had with him. At quiet a later stage, he once told me, that everything in life is about energies. I really could not make much sense of it then. Like many of my conversations with him earlier, which I did not understand at the spur of the moment, but it all later made sense when I started connecting it with my real life experiences, what he exactly meant to teach me.

Just like the physical or digital currencies that we use. He said energies are also like currencies. There is always an exchange that happen wherever we put our energy and focus into anything. The way we are conscious of how, when and where we spend our money. Imagine how conscious we need to be for what, really works behind the scenes. So

having learnt the basic life lessons, it becomes more imperative that we keep our desires, wishes, those silent whispers and dreams as pure as possible. Everything around is Energy, and we should not waste this currency of energies on unwanted things.

Having said that, since we have understood about sin, hurt, anger, conspiracy and a whole lot of other negative attributes. We have also learnt about forgiveness, peace, love and care, humility, humbleness and grace etc. So it finally boils down to the choices that we make at every stage and every moment.

It is rightly said my friend – **“Do not Feed what you do not need”**

And we have to be super conscious that we only focus on those silent dreams and desires which are PURE AND GENUINE. I was thinking if a general prayer is powerful. I was certain how unthinkable and powerful will those conscious and genuine honest dreams and desires will become. Which is another form of prayer and respect for the Almighty. For the desires and dreams actually translate into prayers and in most cases, this purity in itself transforms those Dreams and Desires into Reality.

To Be The Alchemist -

You remember at the start of our conversations, we were talking about Faith and Trust and also about the importance of Love. Which actually has been the central theme of our conversation through-out. We talked about Desires, Dreams and Wishes are Prayer. And if you, somewhat align with this. It means you are a person of Faith and Belief. This specific point of Alchemy is basically for all the keepers of Faith. You can be an Alchemist and make this a tool to turn your Dream into Reality. Do keep in mind we also discussed

earlier **“There is Always Growth Where Faith Flows Consistently”**.

We also talked about energies and how energy can be felt. Similarly, energy can also be taken away and energy can also be absorbed or transferred to another. Experiencing of energies, understanding or believing that energy exists, and transforming or transmuting energies is what Alchemy is all about.

Consider what I am saying as a revisit to what we earlier talked about. We understood Sin, we talked about clean and unclean spirits. Now also understand that, negative words spoken by you for your own self, or spoken by someone else for you. A word of curse, a desire for mishap, or ill will, a desire for failure, a wish for delays in life, words about any kind of lack, be it lack of money, lack of happiness, ill health or lack of peace, disharmony in one's life or in the family, or it may be plain abusive language etc.

These are Negative Energies, and it goes without saying, anything negative will ONLY bring negative outcomes, sooner or later. We talked about cleansing of our thoughts, our actions, cleansing of our dreams and desires. With a sole view to embrace love, affection and peace as our core nature. Similarly, cleaning of these negative energies becomes equally critical to shorten the journey to be where we are destined to arrive.

These negative energies either get absorbed or these energies get transferred to us. At first these negative energies hurts, for we do not understand a basic thing that life is about experiences. Our experiences are connected to our destiny. And once we start observing patterns and acknowledge the existence of these energies which are there to transform us, it is then when it changes us, towards the better.

We talked about wishes, and words being prayers, we talked about Faith in the Almighty. We talked about Surrender to the divine. Believing that his plans for our life is better than what we try to become. So a simple desire, of surrendering all negativities at the feet of the Almighty, with a heartfelt wish to transform and transmute those negative energies in to love and peace for all and everyone. A simple desire for goodness even for the ones who do not mean good for you. Doing this with utmost faith and trust, with a belief that you free yourself of all negative attachments in life, rewiring your mindset. And that you stay consistent with this act of yours, which cleanses everything unwanted in life. This is exactly what Alchemy is all about.

- I could see, what was meant to break me was turning into my biggest blessing. I was finding the fighter and the winner inside, embracing love for self and others as my basic behavior.
- Since then I have been living with this Faith that the Divine, keeps me in his protection from anything that can steal my peace and harmony.
- With passage of time, I had understood that everything that I felt was a rejection. It was actually the plan of the Almighty, and his protection for me from the wrong choices I could have made.
- Breaking the Spirit of Rejection, which impacts everyone from as early as our childhood days.
- I could see anything unwanted, moving away from me in a perfectly orchestrated manner. It is he who removes the unwanted, and it is he who replaces it with better experiences.
- The blessing of Wisdom- It is an art of being WISE, of knowing WHO to ignore, WHAT to overlook,

WHERE to leave things, WHEN to move on and WHY it is all necessary.

Embrace the skill of Alchemy, become the Alchemist, and see your dream turn into reality.

Experience Desires In Reality (Manifestation) -

All along till this time we have been considering manifestation as the most critical of it all, when we talk about goodness in life and when we look at our life from the lens of spirituality. But I tell you to relook again, from the time you have genuinely done the efforts to transform your life as a beacon of Love and Grace. You would notice, that you have come a long way since you started this journey of transformation. You will see, earlier you used to make a conscious effort to embrace love and peace as your core behavior, and by the time you have reached till this point. Acts of Love and Peace, or making choices from a space of love and peace comes naturally to you. You will sense, you don't feel the earlier levels of anxiety any more, you don't have the spirit of fear of the unknown. Patience and being calm is a natural attribute of your personality.

You will realize being in a state of Peace is a regular factor of your life. You tend to find the hidden blessings in every situation. Is it not manifestation of the highest kind, from the time you chose to walk this road of happiness? You will see you have already manifested some of the most amazing experiences of being in a consistent state of positivity and gratitude, which millions and billions strive to achieve. My friend, I will gladly say you have already become a powerful manifestor.

The story does not end here. All though being in a consistent state of Love and Peace is already a humongous achievement. And anything beyond this is like a million

times bigger return of all the efforts put in. But all these other manifestations comes only if it aligns with our purpose and we intend to seek things with utmost purity. These fulfilments come only if we continue operating from a clean space. This is a must and it cannot be compromised with.

From here on, I was training and tuning my mind and the conscious self to visualize the final effects and impacts if my dreams and desires were fulfilled. This was mainly aimed to see, how it affects my life, what changes it might bring in my behavior and what needs to be kept in constant check. How the manifestations would impact the lives of other. The reason was to ensure that whilst I am in the buildup stages, my subconscious needs to be well trained that it does not allow the negative attributes of the spirit to overpower me. If I get to live the dreams and desires that I am destined to witness in life. We already talked about evaluation and re-evaluation of our own acts, just to ensure that we do not slide back. You remember we discussed about intuition. Trust me, operating from a clean and a clear heart. Your intuitions will certainly speak of what you are about to manifest into reality.

I also kept reaffirming the below to myself in a state of submission to the Almighty.

- I was attracting happiness, prosperity, wealth, abundance, peace and love in my life. With a sole intent that it becomes a medium of blessings for many around me, or within the circle of influence that I will have.
- Doubts will appear in times of delay and tests of life, it is a natural process. These doubts are to be acknowledged and released to leave the mental and the spiritual space. These doubts should not be given the emotional energy. Anything that we do not need we do not feed. We agreed upon this, so let doubts

fade away, clearing the mental and emotional space for better things to replace it.

- To keep the focus and drive towards the destiny which any awakened soul will somehow or the other have a feeling of knowing what one is walking towards in his or her destiny.
- Clearing the hindrances and using discernment of how and what was to be detached from, and to let the Divine work within. To lead my life towards my destined experiences.
- Feeling the abundance even before my external world changes, when the dreams and the wishes turn into reality. This is mainly to keep myself well-grounded and not let the EGO and the sense of ME and MYSELF spoil the sustainability and future course further.
- To consistently tell myself that the Almighty, did not give me these dreams, wishes and desires, unless he already has a plan on how to make it a reality in my life. All I have to do is to walk the road with conviction and purity, to witness the miracles unfold.
- I understood myself. Only after I destroyed, let go and released my previous self. And in the process of fixing myself, I actually knew what hidden potentials are concealed within. With the acceptance of submission and embracing Love, Peace and Gratitude as my core nature.
- Accepting positivity is rewiring the brain, making it believe that I am worthy for all that I dream about. For there is a purpose I am here for, and it has to and will be fulfilled by my actions for a larger good for humanity.
- To Rely and to keep testing my Intuitive Nudges, which we talked about earlier.

We talked about tests at various stages of life, and that we stay stuck till we learn the lessons and pass the cycles. This consistent upward growth is what grants access to the higher blessings of life. This grant of access implies to authority. It implies of usage of resources both physical and spiritual towards the right direction of life.

This grant of access is aimed towards experiencing the higher callings of life and fulfilment of desires in reality. It gives a feeling of not just fulfilment of simple desires but of destined desires. Which is not to be fulfilled just for me. But upon realization, it has to become a blessing for many who will fall within my circle of influence. Manifestation of Dreams, Wishes and Desires is like opening a vault with bags full of blessings. And this vault only opens for you and I, after we have been pressure tested. These manifestations are like blessings piled up in a closet which can overwhelm us, despite us having an intuitive idea of what is in store, or what we are destined to experience in this physical world.

Remember my friend, we talked about humility, humbleness and gratitude at all times, a slip here and everything crumbles down to be reworked again. Remember we agreed to become the best versions of ourselves. The true beacon of Love and Peace for ourselves and for others. For ABUNDANCE IN THE WRONG HANDS DESTABILIZES, BUT WHEN PUT IN THE RIGHT HANDS IT MULTIPLIES A MILLION FOLDS.

Be the manifestor to transform your Dreams, Wishes and Desires into Reality for the Greater Good of the world at large.

Accepting Reality And Staying Conscious To Stay On Course -

Having entered the phase of Manifestation and to be rooted in this space. We have to remain grounded and stay in the present

and to accept the reality in its purest form. If you remember during the cleansing stages, we talked about evaluating the past in solitude and deriving actionable points to work on ourselves. Whilst staying in the present and also assessing the growth we make. And, acceptance of reality was about introspection and was about the building stages of life.

Having come this far, having become a testimony of Love, Peace, Grace and Gratitude. Having left the negativities behind and having learnt how to effectively manoeuvre through the challenging times. I knew it was time for me to accept the reality in a different way. It was time, to evaluate how I am supposed to accept the realities and the outcomes of my efforts that I put in various aspects of my life. This is all to stay on course in my road to my destiny. To also embody the blessings of discernment to quickly evaluate the outcomes, understanding what emotions to receive and what to be left aside. Keeping into consideration what and how do I see my fulfilment in the outcomes? And its further translation into blessings for others.

All the skill, the blessings and the positive attributes of the spirit that we had received and learnt to enlighten ourselves with. It all blends in perfect synergy enabling us to better evaluate, act and traverse through this journey of life, with an intent to leave a positive and a lasting impact and a legacy behind for generations to come.

Making Memories -

The crux of all the efforts, transformations, crossing the tests of this journey eventually is aimed at living a life fulfilled. You remember we talked about this earlier, that **LIFE IS TO BE LIVED AND NOT TO BE MANIPULATED OR COMPROMISED**. Life is all about Experiences of all kinds, life is about choices and its impact on ourselves and on others. Life is a journey of Gratitude, a helping hand, a

considerate and an empathizing mind. Life is all about every positive aspect of the gifts of the spirit. LIFE IS ALL ABOUT WORKING TOWARDS MAKING POSITIVE AND IMPACTFUL MEMORIES. Life is about doing our rightful duties towards our livelihood, doing our rightful duties with honesty towards our societal responsibilities. Fame, Recognition and Abundance of all kinds are mere by products of a life well lived, in its fullness for the greater good of our own selves and for others at large.

It has now become a standard practice for me to count my blessings rather than to cry over pain, for I have understood there is a time and purpose for everything that we as individuals go through in life. To constantly teach and shape us to the best version of our selves day after day. I have this constant self-talk:

- The Divine has always blessed me and he always will, beyond what I can ever think or imagine. That I am a walking example of continuous experiences of blessing and that is the end of the story.
- I knew that I needed the Almighty in every single moment of the day and for the rest of my life. This is the only bond that stays permanent.
- I am a firm believer that I have never been alone, neither will I ever be. For he always held me and will always do.
- And at the base of it. RESPECT is a term that will always be engrained in my core nature. For it is Respect for self and respect for other is what is the start for self-love and love for other.

Keep writing your story, and keep LIVING. Keep making amazing memories. For LIVING LIFE to its fullest with all its experiences, is certainly one of the core purpose of every single life.

Work Towards Your Dreams And Desires With Integrity -

This is the most IMPORTANT of it all. Having come so far working on our own selves. I am absolutely sure that there will be a noticeable difference that you and I feel in our lives. It subsequently gets observed by others around us as well. For the way we start approaching anything in our day to day lives, shifts considerably towards the positive.

Everything prior to this, which you and I discussed was about doing the inner work, to see and approach the worldly matters with a positive lens. Now to make our Dreams, Wishes and Desires to transform into reality. It needs physical and tangible actions. We also have to constantly upgrade our livelihood skills as well, for nothing happens just by believing in the goodness of life and not backing it with required actions.

As for me, from the time I made a concrete decision internally. This it-self somehow, started translating in opportunities aligned in the right direction. Taking one step at a time, the situations and scenarios kept unfolding for the next logical step to follow. But I also noticed, this happens for whatever is in sync with my purpose and destiny.

So all I will say here. Be diligent to act, for only actions result into visible translation of Dreams, Desires and Wishes. As an example, me writing this book. I had to act on it and hence here you and I are walking and experiencing our respective journey of life with an elevated and an awakened mindset.

Impact of “Operating from Love and Consciousness” in Corporate and Social Life

The heading itself is self-explanatory. Just Imagine, if a huge percentage of employees in any organization approach their work and responsibilities with this awakened mindset. Imagine the kind of imprint they will leave during customer interactions. Imagine the level of service they will deliver. Every businesses have an organizational culture. We often hear about best companies to work with etc.

In such organizations, in my mind it goes without a doubt that Respect and Love for self and for others must to be an engrained behavior in most of the employees if not all. It goes without a doubt, that people in such organizations take real pride in whatever role and responsibility they carry, they for sure take pride in the very organization that they are associated with. I am sure employee retention and long span services must be a key feature of such organizations where employees and also the organization, understands and values these basic but the very core positive attributes, which makes organizations grow. These very attributes must be playing a critical role for companies to sustain growth for longer periods. I am sure such organizations effectively weather trying times in whatever line of business they may be in.

At the end however, tech savvy an organization might be, however big and appealing the brick and mortar structures look like. Wherever these tangible things end, that is where

the human aspect of the businesses begins. It is this very human factor that brings in Excellence and Growth or the downfall of established setups.

No extra point for you in guessing this famous personality. One of the leading Industrialist of India once said, that he prefers to spend money in training his employees what to do and what not to do. With an intention to ensure the organization avoids situations where employees make a costly mistake. He further emphasized that untrained employees are a greater risk to any organization than the cost of training them.

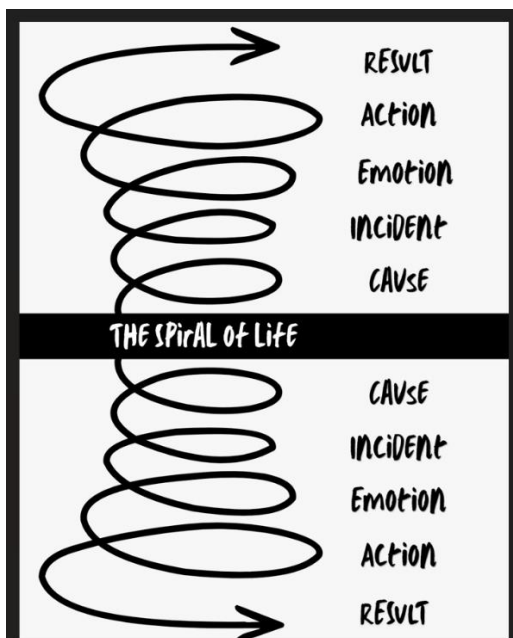
Now I wish to add a simple statement to the above. Imagine the results both trained employees and the leadership will create with an awakened mindset. What a marvelous combination it will be.

Take this same analogy to a family unit, or a locality a State or a Nation. If we have family members with an awakened mindset, where respect, love and gratitude is a core character. Every family will be a happy family, translating into a happy State and a happy and a Prosperous Nation.

And it all starts from the very lowest unit “1 Person” or a better way to say. With You and Me. This is where the change begins. And the best part is, we have already agreed to transform our own life to its happiest state, we agreed to be a beacon of Respect, Love and Gratitude for the others to follow. We have agreed that 1 common purpose of every life is to “LIVE LIFE TO ITS FULLEST IN THE MOST PUREST WAY”

I leave you with a commitment that we will discuss this in another book sometime. But Imagine an Organization or a Nation filled with people with awakened minds. I believe it is worth striving together to build something like that.

The Spiral of Life



Having understood the Importance of Respect and Love and everything positive. That we will always ensure to be engulfed with it at all times. At least we can try to always be in that mindset. Remember we talked about energies and impacts of these energies. We understood everything positive or negative are actually energies and we consider it as currency. And we know that energy never dies, it makes its mark and impact visible or it gets transformed or transmuted depending on how we treat or process it. I am just trying to explain the impact and flow and how it affects us directly, with this visual depiction.

Consider the central line as the neutral state of our mindset. We did talk that life at every moment is a choice, just like a fork (Good or Bad). Based on how the external energies impact us. Based on the impact, our mindset either RISES or SLIDES from the neutral state, momentarily or for a substantial period. Let's break down the markers in the picture above.

CAUSE- It is the reason or the trigger

INCIDENT- This is the effect of the trigger or the cause within our sphere of influence or the sphere of getting impacted

EMOTION- After the incident that occurs, and we being within the area of impact. Be it a physical impact, emotional impact OR even an ENERGETIC impact. What is the emotion that is generated?

ACTION- This emotion derives a desire of action. Even if stay silent, it is still a decision that we make. Otherwise, there will be other actions that we take based on our choice. Depending on whatever factors we take into consideration. Or we end up taking a decisive action.

RESULT - Like every action has a result. Whatever action we take, it will generate results in accordance to it.

How it works, I will try and explain it with a Simple Example-

- (i) Imagine I bumped shoulder with a stranger in a busy lane. The overcrowded lane was the CAUSE, the bumping of our shoulders was the INCIDENT. It triggered an EMOTION of anger, mainly because I was soo consumed either in ego about my stature or

my strength, or that ego and me and myself happens to be my primary reactive behavior. The ACTION that got prompted was to hit back or be abusive. You will get no points to guess. The RESULT will obviously be anything negative. Maybe the other person got beaten badly, or I got hammered decently well? In either case it was not a good thing. Or I end up creating a humiliating scene for myself with people pointing towards an immature act of mine. But in all fairness, whenever I will come to a realization that I was wrong. I will be in a state, were I cannot UNDO anything from those past moments. Since he was stranger, I may never cross paths with him again. And I will REMAIN in a state of regret whenever that incident will resurface in my mind. And it will remain like that for the rest of my life. Certainly not a happy state to be in. It goes without saying, my energy levels would plummet down to the deepest depths of darkness, whenever it will resurface.

Think, whenever we act from an immature state with someone we really love and care about. Someone who we meet daily or we meet them time and again. Upon realization, we will get an opportunity to apologize and seek forgiveness, we will be forgiven as well. But the memory will be etched on stone. That is an even horrible state to be in for the rest of our life.

ANOTHER SCENARIO

- (ii) Imagine I bumped shoulder with a stranger in a busy lane. The overcrowded lane was the CAUSE, the bumping of our shoulders was the INCIDENT. I looked at him and he looked at me, maybe we both were taken aback on the sudden bump. But he SMILED, I recollected myself and after a few seconds I smiled back. He gently asked me, hope you are fine and you did not get hurt. I reciprocated asking him the same question. It triggered an EMOTION of humility, humbleness, care and concern, and anything else that can be considered positive and good. Because I was fortunate enough to be covered by the positive attributes of the spirit well in time. The ACTION, we both shook hands, we exchanged few good words, we exchanged numbers, we agreed to say hello whenever we would cross paths again. Here I will let your imagination fly of what happened next. Well the RESULT as per my story, he happened to be an amazing teacher of Saxophone. I have been harboring a desire to learn how to play. We are friends now, and he started guiding me. Well, whether I really learnt playing or not, lets' leave that for some other time.

Lets' look at what the positive shift and approach created. There are happy memories of two good humans being great friends. We both happen to learn good and amazing attributes from each other, of living a good life as sensible citizens. The energy levels move upward whenever we get time to meet, on that busy lane. We have embraced RESPECT and CARE for each other as our primary reactive behavior. I feel proud that my friend is a Master Saxophonist. Well as for me, he has certainly motivated me to become one. As of now, I have this unwavering desire to buy a

Saxophone and be a Saxophonist someday. Such a happy story isn't it.

Moving on, I would urge you to reflect on your life again. Being in that neutral state of mind. Think, have you really lived in the PRESENT moment of all the moments of your life gone by. Or have you been oscillating between:

- i. Being angry, resentful and sorry or also other negative emotions about YOUR PAST. There will also be a lot of happy moments which you cherish, about your achievements and relationships of your life lived so far.
- ii. Or are you living in the current moment, WORRING about your future, for whatever stands in your long list of priorities.

I think a lot of us have actually lived this very dynamic of life. Moving up towards the brighter side of life or sliding down towards the darker depths of life. BUT HAVE YOU AND I REALLY EVER LIVED IN THE PRESENT MOMENT OF LIFE? This is a question we have to ask and give an honest answer to our inner self. As for me, till the realization struck me. I was mainly hovering in the darker depths of life, with an off and on, sprinkle of happiness moving upwards. But mainly, either I was pondering about the past or worried about the future. ONLY because of external validation, because I had really not understood the impacts of the positive attributes of the spirit. The release of the unwanted baggage, creates space for us to live life in the current. Absorbing all the blessings we have in life and being thankful for it.

Understanding of Respect and Unconditional Self-Love and an Unconditional Respect and Love for others. Is something that changed me forever from within? The time for myself on a daily basis, has been such an eye opener. I have freed myself of the pains of the past, which were due to lack of

understanding of the real thing. I am always hopeful for the future and I make sure that my steps for further progression are well evaluated.

I will leave it here. With another desire, that someday I will meet you. Just like that sudden bump, in this busy world. We may take some time to recognize each other. That you and I have energetically met here in these pages. Talking and walking this amazing journey called life. At that moment and a lot of moments to follow after that. I will, always sit down with an attentive ear. Just to listen and learn from you, how you POSTIVELY NAVIAGATED your AMAZING JOURNEY. For I am sure your experiences will be far better than mine and your experiences will open awesome avenues for me to understand life better. BECAUSE LIFE IS THE BIGGEST BLESSING AND THERE ARE MORE BETTER ROADS THAT CAN BETTER TAKE US TO A STATE OF LIFE WELL LIVED.

Because my friend, we agreed. LIFE IS TO BE LIVED FULLY AND HAPPILY, AND NOT TO BE COMPROMISED OR MANIPULTED.