

# A GUIDE BOOK TO HEALING AND HAPPINESS



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## JOURNEY 1.0

### GETTING OUT OF HELLISH MIND

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ABHIJIT SEN

**About the Author:** Abhijit Sen has an extensive academic background, having studied at IIT Roorkee in India, Novosibirsk State University in Russia, and Tulane University in the USA. While his primary focus has been in physics, his passion extends beyond science into the realm of mental well-being. For over 14 years, Abhijit has been deeply committed to yoga and meditation, incorporating these practices into his daily life to explore the mind's intricacies and promote holistic mental health.

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### **From the Author:**

The price we pay for refusing to change is suffering. The more we fight it, the more we suffer. And the more we suffer, the more we become trapped in it until our mind and body can no longer bear it. It is our ego that resists change. We resist because we haven't fully understood the benefits of change. Change is a natural part of life. Sometimes it's hot, sometimes it rains, and so on. These changes make life beautiful. Every season brings new flowers. Isn't that beautiful? You enjoy the sight of a waterfall because it flows. The old water is replaced by fresh new water. Accepting change means one is willing to go with the flow of life. But this change must begin within. Anything new must start from within yourself.

The plan was to write something that the readers will enjoy and appreciate and in the process, bring some changes into their life. However, in the process of writing the book, I myself went through some interesting changes. I hope to write Journey 2.0 at a later stage.

I would like to thank all those who took time to read this book and gave me feedback to make it better (which includes my wife, my sister, my students & my friends). I would like to thank my parents who always motivated me with my decisions in life. I would like to thank my wife Mahima Arya Sen for her support at all stages of our life.

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**Dedicated to my wife**

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## **How to Read the Book:**

If you've picked up this book, chances are your mind feels like a mess—too many thoughts, too much noise, and no clear way out. Maybe you're stressed, anxious, or just tired of feeling this way. You want peace, but you don't know how to get there.

Here's the truth: there's no magic switch to fix everything overnight. But there is a way forward. Think of it like a journey. Step by step, as you move along, your mind will start to change. The chaos won't disappear instantly, but little by little, you'll feel lighter, clearer, and more in control.

Now, you might notice the chapters in this book are short. That's on purpose. This isn't a book that throws a bunch of facts at you. It's a book that makes you think. After each chapter, stop for a moment. Let it sink in. Ask yourself, What does this mean for me? Because if you just keep reading without thinking, you'll get some short-term comfort, but nothing will really change.

This book isn't here to entertain you. It's here to help you wake up, take charge of your mind, and start living with more clarity and peace. The journey won't always be easy, but one thing is certain—if you're here, you've already taken the first step.

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# Part I

## The Beginning

## Chapter I

### A Boon

**I**magine that you receive a boon to get food and clothes and the required things you need to live. But here is the condition: you need to stay in a room and never leave the room until you die. This condition is imposed because of your safety. The outside world is not safe. During your interaction with the world, with the people, with the situation, you may end up getting hurt. The outside world is no fun. In the outside world, there is everyday management (management of people, your time, your work, etc), everyday hard work, everyday stress, and everyday tiredness towards the end of the day. You may end up depressed.

#### **Would you take it?**

Well, if your answer is yes, good luck. That's not going to happen.

Well, if your answer is no, ask yourself why you choose not to live such a secure life. Why do you seek dangerous adventures in the outside world? Well, to some extent, the answer may be, "I don't want to end up lonely." Hence, you have figured out one thing about your mental state.

#### **Loneliness bothers you.**

Another answer may be, "I always feel like doing something, and I cannot sit still the whole day doing nothing. I must engage myself." And many people will have many answers.

All these answers are actually linked to your evolutionary self. I will

explain this in the next section in "Who You Are." This evolutionary self of yours is an intelligent self, and that intelligence has developed over millions of years of evolution.

So, what is the point? The point is that you must understand who you are and what your fundamental need is. Unless that is properly taken care of, you yourself will be a living chaos, and wherever you go, you will create chaos for others too. Chaos means no order. The order comes when you know what is to be done.

This book is all about understanding many ideas related to living a life in a way that makes you feel happy to be alive. Imagine a life that you are just dragging, somehow trying to reach the goal - death. One way or the other, this goal is to be reached. Now it is your decision if you want to reach it with a happy journey or a sad one.



## Chapter 2

### Life is Difficult

**L**ife is difficult. Why do you think it should be easy? If it were easy, you would still complain. Let me tell you why you would complain to God if life were damn easy?

Imagine, I build a game for you, a video game you can play on the computer. The game is such that there is a monkey, and all you need to do is take the money from one point to another on a straight road. That's it. Would you play the game? No. Not only do you refuse to play the game, but you complain about it, saying that this is not even a game. If there were no challenge in the game, if the monkey does not have to jump, does not have enemies, does not have weapons to beat enemies, does not have any goal to reach, and so on, this is not a game. Forget the word "game." Without all the things I mentioned, it will make no sense at all.

Life has to be difficult and filled with challenges to give it any meaning. Surely, the creator gave thought to it.

So what do you do when you are in a difficult situation? Well, first you must realize that without the given difficulties in your life, your existence would make no sense. Your individual identity must relate to how well you strategize to find a solution to a difficult problem at hand. Is it possible for you to do this better than any other person? But we tend to do it in reverse. We tend to make the already difficult situation more difficult because we have an unhealthy mind that cannot think of intelligent solutions, an

unhealthy body that resists taking any action, and not to mention, an unending emotional chaos that you have made a part of your life.

Life's work is to give challenges, and your work is to derive happiness from these challenges. The only way you can add some meaning to your existence is through these challenges. Remember, there are two groups of people. One who becomes part of the problem, and one who is part of the solution. Where you would like to belong is your choice. And the solution must start with yourself. To be someone who solves problems requires a person who is solved within himself/herself.



## Chapter 3

### Everything Starts with a Thought

If you don't think, you don't act. And if you don't act, then you don't get it. The rule is quite simple. There is another rule. If you do what you have done, you will get what you have got. Nothing will change in your life. Nothing new will enter your life, and you will complain about how monotonous life is. And all that you will do is complain. This has to stop. Period!

**Read the two simple rules mentioned above again.**

Let us take, for example, relationships. Say you are at a party, and you like a particular girl. Suddenly, a thought comes into your mind that tells you that it will be so beautiful to have her as your life partner. Well, a nice little innocent thought. It may be love at first sight. Who knows? You have two options: either let the thought pass as you do not have any courage to ask her out, or you gather some courage and try to think of an intelligent way to ask her out. I cannot make it more simple. The process is simple. Thought comes first. Then you need to put in some more thought to bring some clarity to the situation and then action.

Everything starts with a thought. You need to think first. If you need good health, you need to think about it. If you want to quit a bad habit, think about it. If you want a healthy state of mind, think about it. More important than thinking is to feel how you will feel if you have them. Going back to the relationship example, if apart from your thoughts, you would

have given 2-minutes to feel how it would be to have her as a life partner, courage would come up automatically, and you would have taken your first step. If you think too much about the chances of success or failure, definitely failure will happen. Just do things in life, but before you take action, have some clarity.

So the bottom line is this. You think about what you want and feel how you would feel if you had it. Do not let any negativity come and tell you that you cannot have it. Because if you believe you cannot have it, then it blocks your brain to come up with any intelligent solution to ever have it.



## Chapter 4

### Reflections

Let me tell you something interesting. It takes time and energy to go from happiness to sadness. You have to devote the required time and energy. And if you are not happy, you have done that already. You have invested enough time in overthinking, negative thinking, wrong actions due to wrong thinking, fighting, trying to change external situations and fix them the way you wanted, and much more. And day by day, you gather frustration, anger, and sadness, and suddenly, your mind and body crash because it fails to manage the shit that you have acquired over time. Your mind and body did not sign a contract with you to handle the shit. That's why it crashed. Think about it. What have all your actions led you to? Mostly, you are dragging your life, and sometimes, you develop the feeling to end your life. However, ending your life is not easy because doing so also needs time, energy, and some planning.

Imagine now if you had invested all the time and energy into making your life beautiful. It is sometimes difficult to imagine a beautiful life as now your brain is addicted to sadness. Years of practice of being in a sad state has made you skillful - the skill being how to be low and sad. So if you can be skillful in making life hell, why not try your skill at making life beautiful? You already showed your talent in being sad, indicating that you can develop a talent to be happy, and who knows, you may also fill other people's lives with happiness.

Here is the interesting stuff! You have the skill to be sad, but you have

something "happy people" do not have. You know what sadness is in its actual form and how it can make life hell. You have the experience of the hell you have been through. You know what it means to be in hell and how dangerous this can be. You have good knowledge of all those things not to be messed with. You have a healthy idea of the places where you should not allow your mind to wander unnecessarily. Hence, you can easily differentiate between real happiness and fake happiness. You can differentiate between the happy and relaxed state of the body and mind from the horror state they can be in. In fact, with all this knowledge at hand, it is complicated to figure out what true happiness is. In order to be truly happy, you need to know what unhappiness means.

Now you have a few things to start with:

- Experience to share with other people
- The knowledge of what sadness can do
- The vision of a real happy self (that you will now set out to attain)

**Remember, those who have been in the dark for long usually tend to become the people who find the light.**

It is a good start. Now, you must take action and find some tools to start self-transformation. You will find them as you go through the book. You need to tell your mind and body that from now on you will do justice for them and for yourself. I hope you feel energetic, and please write the next train stop down in your journal:

**THE HAPPY STATION.**



## Chapter 5

### Buy Good Memories

**W**hat do you do with money? One part of your savings goes into buying good things to decorate your home. You don't spend your money on things you find ugly. You buy the good stuff. Similarly, with time, you buy memories. And fundamentally, this is life. What most of us do is trade time with bad memories. These bad memories stay with us. We tend to add more bad memories with time. What a bad trade! What a big waste of time!

Remember, money is not limited. You can do good business and earn well. But time is limited. How good your business is has nothing to do with time. It is ticking the same for everyone. All beggars, all kings, all saints - they die. You think you will lead an infinite life. You tend to forget the value of your ticking time. Not only have you lost its value, but you tend to trade it with bad memories.

So, first and foremost, you need to understand the value of time. At this point, when you reflect upon your past, you tend to waste more time repeating the same loop of thoughts and even feeling bad about wasting time. So now you are wasting time thinking about how you wasted your time. Funny isn't it? The complexities of life's situation.

There is no point in thinking such things. It is better for you to use your time (I mean the time right now) to plan what you want to enhance in your life. Use your time to write a list of stupid things you are doing to

make yourself miserable, and come up with an action plan to get rid of it. If you are still reading, stop right now. Take some time to write down things that I have just said on a piece of paper, and come up with an action plan. Let that plan be very simple. As simple as making your bed in the morning, skipping one cup of coffee tomorrow, doing a 5-minute stretch tomorrow morning, waking up at least 1 hour earlier than the time you usually wake up, etc. Always start small, and small actions will motivate you to take bigger leaps in life. It is like building a new home. It is laying the foundation of your new home brick by brick. It is a long task. You lay at least one brick. And with this, in the near future, you will be proud of this tiny little step that you decided to take today.



## Chapter 6

### Drinking the New Poison

I hope you have a clear vision now. A vision to stop troubling yourself. A vision to make some changes in life. A vision to move ahead, leaving the past behind. A vision to make sure you have a powerful story to tell - **"A Journey Through Hell and Back."**

What happens now? Well, you will forget all about it in a few days. This book that you are reading now goes into some place you may never take a look at. All your energy is gone. All your motivation is gone. End of story. And then, after some days, after you torment yourself a bit more, you will gather some courage back and fall again. And this will continue. You will rise and fall. All this will add to further frustration. And then you may think, *why the hell change at all? I was already frustrated, and trying to change is making me more frustrated. Why take extra frustration?*

Here is the thing. If it takes poison to kill you, it takes poison (a different kind of poison) to get your life back. If it takes a lot of pain to go to hell, it will take pain (a different kind of pain) to return back.

And finally, you know better than anyone how tough life can be. You know very well what pain can do. There's the suffering that comes with change, and there's the suffering that comes from staying exactly where you are. The pain of change is just as real as the pain that comes from suffering. The pain of change pushes you, stretches you, and forces you to grow. It's uncomfortable, but it leads somewhere—it has purpose.

The pain to suffer is permanent. The pain of change leads to a solution, and the pain that makes you suffer leads to regret. The pain of change makes you strong, while the pain of suffering makes you weak and vulnerable to new kinds of unseen suffering. The pain of change shows you a new way, while the pain of suffering makes you stay where you are. And there is nothing more miserable than to stay where you are. If something stays in one spot too long, it rots and wastes away. Don't let that be you. Choose the pain of change—it's the only way to grow and move forward.



## Chapter 7

### Discipline and Willpower

I hope you've made it to Chapter 7. Chapter 6 was the hard truth. If you've managed to digest it, take a moment to celebrate. And why not celebrate? It's a small victory, and every victory, no matter how small, deserves celebration.

Do you remember how you celebrated your small steps to hell? How you would reward yourself with more torment, sinking even deeper? Well seriously, if you are ready to drink the new poison that gifts discipline to you, first celebrate. Go to a nice restaurant, and eat something good. Buy a new outfit, something that symbolizes your courage. Let it be your armor, a reminder of your promise to yourself—your promise to your mind, your body, and your soul. Whenever you feel low, wear that outfit. Let it remind you of your journey, of the vow you've made: from now on, we'll take baby steps to climb out of hell. With each step you take, if you succeed, celebrate. Small victories are still victories, and they deserve to be cherished.

From now on, we will take baby steps to return from hell, and at the end of each baby step, if taken successfully, celebrate.

Let us understand what is discipline. Discipline means deciding to stick with something important, no matter how boring or hard it feels or you don't feel like not doing it. Staying disciplined means maintaining consistent focus and commitment to your goals, values, or responsibilities,

even when faced with challenges, distractions, or a lack of motivation. Discipline means making yourself reliable. A disciplined body and mind can be trusted with any task, responsibility, or the pursuit of a new skill. Achieving a goal or mastering a skill is never easy—it requires effort, and over time, the process might become tedious or exhausting. However, a disciplined mind stays focused on the end goal. It knows how to endure the discomfort and push through boredom to honor the commitment you’ve made to yourself.

Discipline is a rich attitude. Not everyone has it, nor does everyone develop it. Look around you—how many people can you truly rely on to complete a given task? You might find only a few. Many lack reliability; they get distracted, lose motivation, and eventually give up. Such people rarely achieve anything significant in life. hope you’ve made it to Chapter 7. Chapter 6 was the hard truth. If you’ve managed to digest it, take a moment to celebrate. And why not celebrate? It’s a small victory, and every victory, no matter how small, deserves celebration.

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### **Enough of talk and motivation. What is next?**

Develop discipline. The baby steps that you need to take toward a happy life need to be taken in a full-fledged disciplined way. No lying to yourself so that you miss the step. No going back to laziness. Doing things in a well-planned and orderly manner is the new way forward. Can you develop discipline in a day? No. It takes time and energy. You will fail at it. Many people fail at it. Even the so-called happy people fail at it. Remember, without discipline, there is no success in life. If you were disciplined, you would not have been trapped in the negative state in the first place. This is what you lacked, and you need to bring this into your life.

Once you do things in a disciplined way and succeed at what you plan, you will develop "willpower" slowly. Each success you attain will develop your willpower. People with discipline have strong willpower.

All this is indeed a tough job to be done. You stayed strong when you were/are in hell; you better keep that strength while you return from it.

Now you might question - *what is the big deal about discipline? Why is this at all important?* Indeed it is. Discipline is the ability to regulate and control oneself in various aspects of life, such as behavior, habits, and work. It involves making conscious choices and taking actions that align with one's goals and values. It will help you gather strength and self-control. Strong self-control is the first thing you lose when you end up in a negative self. Most people in these states are governed by their impulses. And all this can lead you to a chaotic lifestyle. You need to discipline yourself. You must discipline yourself in your life. Discipline yourself to wake up early. Discipline yourself to exercise regularly. Discipline yourself to eat properly. Discipline yourself to have a clean room. Discipline yourself to practice self-care. At the least, discipline yourself to stop doing things that focus on short-term results (instant gratification). Discipline yourself to think positively. So many actions need to be taken in a disciplined way. I am not saying to start all this immediately. Start with one discipline. Start with a clean room. The first thing you do when you wake up is make your bed. Just start with this small thing. Other things will automatically follow. Note how one negative thought leads to another, and finally, all of them lead to negative action. Similarly, one tiny small positive thought/action will slowly start a chain of positive thoughts leading to positive actions/decisions in life.



## Chapter 8

### Setting Goals

**D**iscipline comes when you have already set a goal. The goal is required to be set, or else, what are you planning to do in life? Do you plan to sit in the same room as described in Chapter 1? The safe room. But you won't be happy there either. We understood this earlier. The goal can be to enjoy life. Fine. "I want to enjoy my life" has become the new norm, but it turns out that most people end up miserable when they pursue it without much thinking or planning. When you do not understand what you want in a much deeper way, you end up setting goals that provide you with short-term gratification or short-term happiness. But now we do understand, even scientifically, that such a tendency is wrong, and it has its own way of making you miserable. Each act of short-term gratification leads you one step closer to chaos.

Does that mean short-term gratification is wrong? No, not at all. If the action of short-term gratification exists and gives you some fun in life, then why would you consider it a bad thing? Then you might ask where is the problem? The problem is that it is not complete. There is something called long-term gratification. Long-term gratification means fulfillment that you get when you achieve long-term goals. This is also an essential ingredient of life. Long-term goals may require you to train yourself for a time frame that can range from months to years. For example, getting yourself educated, learning a difficult-to-learn skill, saving money for an extended amount of time to use it for more essential things, maintaining

your health, and much more. Certain essential aspects of life require long-term dedication. In order to have yourself dedicated to a cause for an extended period of time, you must have discipline. Discipline yourself so that you do not waste time on short-term gratification actions in excess amounts.

You know very well that in order to achieve any long-term goal, you need vision, proper planning, focus, discipline, and willpower. The question is - what are you doing on a daily basis to improve these qualities within yourself? Try to write down the answer to this question before you move ahead. Try to write down some short-term goals and long-term goals and why you want to achieve them.



## Chapter 9

### Getting Rid of Problem - An Illusion

The core motivation that drives most people to work and earn a living often stems from a desire to escape the challenges and difficulties they face in life. We tend to believe that if we currently have ten problems—nine smaller ones and one major issue—working hard will help us eliminate them. However, due to our short-sightedness, we fail to recognize that the number of problems in our lives tends to remain constant. What changes is not the quantity but the nature of these problems? The intensity of our struggles may rise or fall, but the pattern of nine smaller issues and one major challenge often persists.

Once you understand this, you'll find a sense of peace. You won't rush to eliminate all your problems and risk making mistakes. Instead, you'll approach them more calmly, working steadily toward solutions. Once the  $9+1$  equation becomes clear to you, you'll find peace with the problems in life. You'll begin to understand them more deeply, viewing them not through frustration and anxiety, but with a calm and composed mind. This shift in perspective might even lead you to ponder the bigger questions—why do we have problems at all, and do they serve a purpose? While the answers to these questions may vary, one thing is certain: problems in life break the cycle of living a life of repetition and lead us into new realms of experience and growth. Once you start noticing the new things that problems introduce into your life, you begin to see the various colors life has to offer. Life becomes truly colorful when you have the eyes to

appreciate those colors.

Let's delve into an example. Imagine you have 10 problems—9 smaller ones and 1 major issue—and 5 of them are related to financial struggles. As you work hard and start earning more, those 5 financial problems may disappear. However, new problems will likely arise, but this time, they may not be about money. Instead, these new challenges might require your time, energy, or emotional investment. The nature of the problems changes, but the cycle remains, reminding us that no matter how much we progress, there will always be new challenges to face.

We often believe that our current problems are harder than those from the past. This is an illusion and never fall into such traps as this will always lower your confidence. In reality, the intensity of problems is usually similar; it's just our view that changes. Remembering that we've overcome challenges before can help us manage stress and see things more clearly.



## Chapter 10

### Stress Relief - A Possible Reality

**L**ife will always present challenges, and there is no way to avoid them. You may work hard to overcome some difficulties, but as you progress in life, more challenges will arise. The resulting stress needs to be managed in order to come up with innovative solutions to these challenges. This is where a decision must be made - you can either fight life's fight with a restless mind or combat it with calmness and serenity. This is a choice, and no matter how much you may disagree and always stick to the fact that stress cannot be taken care of, you agree to more stress and nothing else.

Once you recognize that maintaining a low-stress level is achievable through certain mental states, it's important to understand that this won't happen instantly or merely through thought alone. Achieving this requires a process and dedicated practice. Every new strategy involves a learning curve and demands consistent effort and training. This is the point where you must first learn to observe your mind and body.

When you're feeling angry, stressed, vengeful, or hateful, take a moment to sit quietly and observe these emotions. This practice of pausing to understand the core nature of these feelings—before they escalate into stress—can be incredibly insightful. Consider this as the first stage of meditation: a period of pure self-observation. By dedicating time to this self-reflection, you lay the groundwork for greater emotional clarity and resilience.

The next stage involves dedicating time to yoga. Engage in conscious body movements and observe how they affect your emotions and thoughts. Treat yoga not just as a daily practice or routine, but as an integral part of your self-observation process. By doing so, you'll gain deeper insights into how physical activity influences your emotional and mental state. I won't dictate exact steps for managing stress, but I urge you to explore and find your own path. While you might not be able to eliminate all problems in life, you can certainly choose to lessen your stress. It's for you to uncover how to make that happen without complaining.



## Chapter II

### Don't Give Up without A Fight

**W**hen faced with a challenging situation, many of us tend to give up without even trying to fight. This happens because we don't understand that living a good life requires learning lessons, and those lessons often come from tough times. If we don't take the opportunity to learn during small challenges, we won't be ready to handle bigger challenges in the future. Giving up means you're choosing not to learn, and the belief that a solution doesn't exist keeps you stuck, making you repeat the same mistakes over and over. Please read the previous line again and reflect on it.

Fighting against a difficult situation shows that you're willing to learn and grow. Learning happens when you face something new and unfamiliar. Challenges come naturally when dealing with the unknown—it's just how life works. Moreover, real growth comes from facing powerful challenges, not weaker ones. Fighting someone weaker might boost your confidence, but it won't teach you anything new because you'll rely on techniques you already know. True lessons come from struggling against stronger opponents or situations, and these lessons become valuable when you face even tougher challenges in the future.

To gain power in life, you need powerful lessons. Without these lessons, you remain no different from an average person and, therefore, not truly powerful. Power is not meant for everyone—that's its very nature. Only those who take risks, strive to learn, and refuse to give up can achieve it. This is why powerful people make up less than 1% of the population.

These individuals hold the top positions in society, and we admire them because they are willing to face challenges that most people aren't prepared to handle.

Before you enter a fight, you must understand one thing—fighting without a clear strategy is a waste of effort. It is a sign of mental laziness. Most people believe that jumping straight into battle is enough, that they can think and react as the fight unfolds. But they forget a crucial truth—thinking is hardest when chaos takes over. In the heat of the moment, your mind becomes clouded, and decisions become impulsive. A well-crafted strategy, made in advance, acts as your guide, keeping you sharp and focused when your ability to think is at its weakest.



## Chapter 12

### More than Just Surviving

Survival is the foundation of life—it is the core idea that keeps everything alive. To experience life fully, we must first ensure that our basic needs are met. When these needs are not fulfilled, depression can set in, robbing us of the will to move forward. The human body is truly remarkable. It possesses an amazing ability to adapt, even when its needs are only partially met. However, this adaptation is merely the first step. Once the body adjusts, it is your responsibility to ensure that your mind does the same. A healthy mind is crucial for moving beyond mere survival.

But surviving alone is not enough. As the saying goes, “A ship is always safe at the shore, but that is not what it is built for.” Your body and mind are built to do far more than simply exist. They are designed to explore, to create, and to conquer the unimaginable. True happiness is found in exploring the unknown and navigating uncharted waters, seeking the rewards that come from such courage. Yes, dangers lurk there, but so do opportunities for growth and fulfillment.

A sad, depressed mind cannot rise above survival. Even when its basic needs are met, it remains unsatisfied. You cannot make a sad mind happy by merely providing food, shelter, or comfort. That is a myth. These things may bring temporary relief, but soon the mind becomes restless, bored, and dissatisfied. It craves more. If you ignore this inner call, depression will find its way back into your life. The circumstances may change—you might no longer cry in hunger on the streets, but instead, you’ll cry on a comfortable

bed with a full stomach. If you are sad, even with a full stomach and most of your survival needs met, it is because you have ignored your inner call—the need to find purpose and meaning in your life. Survival alone cannot satisfy the deeper cravings of the mind and soul.

Purpose is not something handed to you overnight. It reveals itself through your struggles, setbacks, and efforts to achieve something greater. Purpose is not found; it is uncovered in the process of living, striving, and failing. Much like wandering through a dense jungle in search of a river, you must embrace the challenge, endure the struggle, and keep moving forward to discover the path that sustains you. Every obstacle and frustration is a clue if you look at it with awareness. An unaware mind, however, complains endlessly, refusing to learn and grow.

Just as a well-built stage allows a dancer to perform beautifully, a healthy body and mind provide the foundation for you to seek and fulfill your purpose. But being physically and mentally healthy is not enough. You must step out into the world, face challenges, and take action. Build your resilience and strength. Through these efforts, a direction will emerge, guiding you toward your purpose.

However, you cannot wait forever. Waiting until your 80s to figure out why you exist is no way to live. You need to act now. The more you actively engage with life, the sooner you'll discover your purpose.



## Chapter 13

### Train in the Peace-time

A great athlete trains when the body is healthy and the mind is sharp. They take their health seriously, knowing that achieving greatness requires preparation in times of stability, not when they are injured or weak. Soldiers, too, do not learn to fight in the chaos of war. They train relentlessly during peacetime so that when the battle comes, they are ready.

We live in an era of overwhelming information and relentless competition. To succeed, we must protect our minds from unnecessary distractions and keep them focused. A calm, focused mind is essential to handle the challenges of modern life. But such focus and clarity cannot be learned in the middle of chaos. It must be developed when life is steady, when you are in a good mental and physical state.

This is why children are sent to school during their carefree years. Parents strive to create a safe, stress-free environment so their children can build the skills they need to face life's challenges when parental support eventually fades. The foundation is laid during peaceful times because it is nearly impossible to build that foundation when life becomes turbulent.

The same principle applies to adults. When you are doing well—mentally, physically, and professionally—use that time to train and acquire new skills. Waiting for a crisis to start learning is a mistake. Losing a job, facing financial trouble, or battling stress makes it far harder to focus, let alone gain new abilities. While it's true that a strong individual can adapt and

overcome even in hard times, why burden yourself unnecessarily?

Learn while you are stable. Train while the conditions are favorable. Pick up new skills while you're in your current job, not after you lose it. Prepare yourself in times of ease, so when challenges arise, you face them with strength and clarity, not desperation.

Good soldiers train in peacetime to survive the war. Be like them. Start training now.

A great example is Arjuna from the Mahabharata. Before the Kurukshetra war, Arjuna spent years training under Guru Dronacharya, mastering every weapon and battle strategy. But his true edge came from an experience long before the war—his time with Shiva. When Arjuna was in exile, he didn't waste his days in sorrow. Instead, he sought divine weapons and trained harder. He performed severe penance to please Lord Shiva and received the Pashupatastra, one of the deadliest celestial weapons.

When the war finally arrived, Arjuna was not just another warrior—he was the best-prepared.



## Chapter 14

### It Takes Time

**T**hink about how YouTube ads work. You click on a video, and an ad pops up. It stays there for five seconds, and YouTube can easily tweak its algorithm to change that time—maybe make it 10 seconds or even a minute. They can do this in a matter of seconds. Technology works like that—quick, precise, and instant.

But nature doesn't operate that way. Nature has its own pace, its own rhythm. It doesn't rush, but it also doesn't falter. It takes the time it needs to create something stable, something lasting. And your body—your mind, your emotions—are creations of nature. They follow the same rules.

If you're feeling low, struggling with depression, and you want to shift to a state of happiness, it won't happen overnight. If your body is in poor health, and you want it to be strong and vibrant, you can't expect immediate results. Healing—whether it's physical or mental—is a complex process. It requires time and patience. But here's the beauty of it: when nature heals, it heals in the most precise and perfect way. And once it's done, the change is permanent.

The people who understand this—the ones who realize that meaningful change takes time—are the ones who truly master their craft. Look at someone like Leonardo da Vinci. He wasn't a man who rushed. He took his time with his art, and that's why his work became world-famous. Sure, he was criticized for being slow, and yes, he sometimes missed deadlines.

His genius work is remembered and celebrated, not because he raced to meet deadlines, but because of the creativity that defined his efforts. On the other hand, there are countless people who rush to finish things just to survive in the marketplace. They meet deadlines, check the boxes, and move on. But does anyone remember them? No. They vanish into the noise.

You see, when you rush to meet a deadline, you're just surviving. You're getting the task done, but you're not showing the world your true potential. Real excellence—real mastery—takes time. Developing a skill takes time. Transforming your body takes time. Changing your mindset, improving your life, building wealth—all of it takes time.

Those who grasp this idea—who embrace the slow, steady process of growth—end up succeeding in ways others can't even imagine. So don't rush. Give yourself the time you need to grow, to heal, to master your craft. Because when the results come, they'll be worth every moment you invested.



## Part II

# The Understanding

## Chapter 15

### Understanding Certain Aspects

When you plan for a journey, you use a backpack. You meticulously plan all the items required for the journey ahead. The items are a road map, a travel plan, a first-aid kit, and whatnot. You plan because you know you can run into troubles that will cost you time, money, and sometimes even your life. You make the plan with complete awareness in order to be sure that the journey is a happy one and not one filled with too much trouble. You expect some trouble on the way, but given your preparation and confidence to face the unknown, you start your journey.

Here, we are talking about your life's journey. It needs not just a nice but a *fantastic* plan. Also, you must have a proper understanding of life. You cannot simply do a random walk. It will lead you nowhere, and the situation can worsen when you move in circles/loops.

In order to frame a proper plan, you must have a complete understanding of the situation. So what is to be understood? Well, we need to answer the following questions:

- **Who am I ?**
- **How much control do I have ?**
- **Understanding of my toolkit connections**

- **Understanding of my current state**

We mostly tend to jump into doing something without much understanding and preparedness. This is not a good idea because you may waste time and energy on solving problems whose solutions may be readily available. I do understand that sometimes life can throw situations where we are not allowed much time to prepare or raise our understanding level. Let us consider such situations (sudden situations) as exceptions. However, when you train yourself to think and understand before dealing with any situation, the training enhances your receptivity and capability, which does miracles when you face the above-mentioned sudden situations that life throws at you. Hence, always try to develop understanding through reading, observing, listening, and paying attention to details. Remember to seek advice from those with more experience and knowledge than you. This is the quickest way to gain understanding.

## Who am I

**A**n important concept that you must strive to understand is that you are neither the mind nor the body. Yes, such an understanding can only develop over time when you practice reminding yourself of it. On top of that, a few daily yogic or meditative practices can make you feel/experience this aspect of life instead of having the idea merely as a thought at the back of your mind.

You have both these tools to experience life. You are the top manager. You manage your mind and your body. A bad management of these tools can lead you to bad mental and physical health. Note that you also do not have full direct control of your mind and body. For example, in the case of the body, digestion is an involuntary process. Imagine if this were a voluntary process, and you had to use your mind's focus to digest food. It would have been a disaster because your focus is already bad enough. How can you focus with a wandering mind? Similarly, many processes also occur in your mind that are involuntary processes. For example, dreaming,

immediate emotional reactions, autonomic arousal, and so on. On the top of the mind and body, you have one more aspect: emotions. So fundamentally, you are an awareness with your toolkit being emotions, body, and mind, and working alongside you is an inner intelligence that takes care of things over which you are not allowed to have full control. Maybe the inner intelligence understands that you are not intelligent enough to be given full access to everything.

And these tools (emotion, body, and mind) are not independent but rather dependent on each other. Bad mental health can trigger bad physical and emotional health. Bad emotional health can cause bad mental and physical health. Hence, messing around with one tool can disturb the whole set of them.

## How much control do I have

Here, you should know your boundaries with the tools at your disposal. You should have some knowledge about their nature, workings, and path to proper management of the tools.

You must understand that these tools are complicated and have regions where you have direct access and control and regions where you might have in-direct control. For example, to enhance your body health, you exercise. Through exercise, you tend to enhance your digestion process (there is substantial scientific evidence of how exercise improves digestion). This is the kind of indirect control you have on your digestion. Similarly, your breathing is connected to your mind. The suggestion to take deep breathing during stressful situations in order to relax does work. Note, we *do* have scientific evidence on how something as simple as breathing has a strong connection with the mind. Thus, make sure to implement breathing exercises in your daily routine.

Now once you have understood your access to your body, mind, and emotions, you can play a better game of life. Without such understanding,

you will mess up your life sooner or later. The point is that you need to gain a proper understanding of the switches in your system. You must have good knowledge about which switch/key to press and which button you must stay away from. For example, excess negativity in your body will one day press the switch of depression, and then, all of a sudden, the enthusiasm to live your life is lost. But how do you know about these switches? Well, just pay attention to yourself. Whatever you do, do it carefully, and see how it impacts you. The more careful you are, the more attentive you will be to your body, mind, and emotions. In due course of time, you will gain knowledge about yourself. And as usual, start with morning yoga, and do it attentively. You will see miracles unfolding slowly.

## Understanding of my toolkit connections

Once again, you are a pure awareness with three basic tools: mind, body and emotions. Let us understand how they are intertwined in a complicated way. We will look at basic details only without going too deep.

### **Body and Emotions**

Body is connected to emotion. Have you noticed how your body posture is different when you are happy vs when you are angry? So, given that your emotion can tend to change your body posture, can your body posture control your emotions? Can you have certain body postures that enhance your quality of life in all aspects? Well, this is where exercise and yoga come into play. Kindly explore these ideas.

### **Mind and Emotions**

So, thoughts do play a major role in determining your emotional status. If you have a stream of negative thoughts, then it is one hundred percent guaranteed that you will feel low on an emotional level and may end up being depressed. If you tend to believe that only the external environment

can change your thoughts, then you are doomed to negativity. You know that the external environment is always in a state of pure chaos. If you allow the chaos to determine your thoughts and your mental state, then good luck to you. Remember, chaos will lead to more chaos until the complete destruction of everything around. And your life is everything you have.

Note that, fundamentally, two things happen. First, a bad environmental situation in your life enters, and second, negative thoughts are created as a consequence. So, the plan is not to somehow block the second stage, but rather, to at least minimize it. A little pain you perceive during a bad situation is required for growth but too much of it will take you down into the darkness.

Hence, use your mind and thoughts only when required. Because any fluctuation in your mind will cause disturbance in your emotional being. I hope you do not want to end up being someone who always carries a frustrated face and greets everyone and everything with nothing but bitterness and anger. As a consequence, you will end up lonely. Why would anyone waste their time in managing the unmanageable, which is you? So, what to do?

Start with this when you wake up: think about something nice you plan to do today. For example, if you like to have food, think of a nice dish you would cook or eat today. If you like to walk alone, think about where you plan to have a nice walk and listen to what songs/playlist. Plan a nice music playlist for today. If you like to dress, think of a nice dress you will wear today. If you are social, think of a friend with whom you can spend quality time today. You will have a smile on your face automatically. The least you can do is to make sure that the first thought you have after you wake up is a good & motivating one. If the first thought is a frustrating thought, surely, the whole day you will not make any effort to get out of it. Further, that one frustration will remind you of more things to be frustrated about. Everyone in their life is surrounded by troubles

and giving their best in life. There are 1000 things to worry about, 1000 things to be frustrated about, 1000 things going bad in your life. So what? Either you deal with all of them with some pleasantness or bitterness. If you develop bitterness inside, then your solution to these 1000 things will be bitter in nature and bitter solutions are not solutions at all.

So, what happens now when you start with good things in the morning? Well, you are wiring your brain to become positive. But something interesting happens as a consequence. Your body starts becoming positive. So, when a bad situation comes, your mind will stay strong, and in return, your body will too. The amazing thing is, even if your mind fluctuates a bit, your body won't. The training you have indirectly given to your body does not betray you at all.

This is not about me forcing you to feel good. This is about your life's journey. It is the little things you do every day that make up most of your life, and you can either do them joyfully or frustrate yourself to death. Remember life is short, and time flies very quickly.

## **Mind and Body**

Here are some scientific facts. It turns out that people with type II diabetes are likely to develop depression. This may be natural, as bad health can deteriorate your mental state. But it turns out that depressed people are more likely to develop type II diabetes. This is how strongly your body and mind are connected. Let us go to the next one. If you are overweight, which means you have an excess of fat cells, this can lead to the shrinking of your brain, which worsens your cognitive function. Another study suggests that people with stress are prone to catch common cold. Stress also decreases the ability to repair broken DNA. If you want more similar facts, I would strongly recommend reading the book *Rewire Your Brain 2.0* by John Arden. I hope you are convinced that you must at least try to live a life which is stress free in order to save yourself from some heavy medical bills. I hope this is a nice motivation to start with.

## Understanding my current state

It is time to self-evaluate your current mental and physical health state. Also, it is time to understand your current daily schedule. It is time to evaluate your current finances and how to utilize them for self-care. It is time to look at your current state of relationships. It is time to look at the issues you are dealing with that are causing you stress. It is time to understand those attitudes towards life working against you and not for you and change such attitudes. It is time to evaluate your current emotions and thought processes. Note all of it down. Categorize them like this: Category 1 contains the essential things you must continue doing, and Category 2 contains the non-essential things you can change. By change, I mean changes to happen within you. If you are the kind of person who has the attitude of constantly blaming others and external situations for your life's misery, then look at what it has turned you into. Not only does it turn you into someone who puts on an irritated face all the time, hitting negative comments whenever an opportunity arises, picking fights, demotivating others, etc., but the worst thing that has happened is that you are finding joy in doing all this. Such an illusion of joy is a trap you can never escape unless some damage happens within you. If you enjoy making negative remarks all the time, note that it impacts your life more than others. Maybe the other guy will find someone to remove the negativity you tried to put in him/her, but what about you? The negative remark also stays in your memory. It has an impact on your health, both mental and physical.

The point is to understand your current state in all possible dimensions. This process of thought that you have just started is an important step. It will give you clarity. Without clarity, you cannot frame a proper plan of action. Life is strange. All these things look simple and yet are difficult. However, once you overcome the difficulty, they become simple.

## Chapter 16

### Nature of Stress & Worry

I read one quote a long while back. I remember reading it in some book written by the author Swami Sukhabodhananda. It goes like this, "Tension/Worrying is like a rocking chair; it keeps you busy but leads you nowhere."

Something that keeps you busy and takes away your time without leading you anywhere, as long as it keeps you entertained, is still okay. A little waste of time in all these activities is also part of life. Life does not ask you to be productive 24/7. Life does not ask you to learn and grow 24/7. So relax. However, if something keeps you busy and in turn damages you, it is time to have control over such things. Any damage inflicted on you today can destroy your tomorrow, and the day next, and the month next, and the year next, and your life. A nice beautiful morning, a nice tasty breakfast, a good mood to do something important..all sorts of beautiful things can be smashed in one shot. It is indeed very dangerous. Something that damages your entire chain of good things in one shot is something very terrible, and you must have an eagle eye on it. Try to stay super aware of things that can make you fall down in one blow.

Does that mean stress is bad? No, not at all. A definite amount of stress can be a good motivator. The right quantity of stress can make you do things you thought were impossible. The right amount of stress can help you stretch your limits. However, things can go bad when something is more than it should be. Buddha said, "Excess of anything is poison." There

is no reason to develop hatred about stress. Stress is not the enemy. The excess of it is. Similarly, all the negative things you were asked to get rid of have their own work in life. Take, for example, lying. You know lying is not good, but during some situations, it can be fruitful. Thus, do not develop hatred in you. Any negative thing you believe you have is not your enemy. For example, negative thinking. I am not asking you to completely eliminate negative thinking. This would be stupid. Sometimes negative thinking about a certain situation can be an alert asking you to stay careful. Sometimes negative thoughts you develop about someone you just met can be a warning reminding you to be careful.

I am repeating the statement again - excess of anything is poison. Have you noticed how too much socializing can be frustrating? If you talk with too many people in one go and have a lot of parties, you get addicted to it. Then you start feeling like talking to someone all the time. And if you do not get anyone to talk with, it causes stress. The brain just goes into chaos mode when you socialize too much. Does that mean you stop socializing? No. You just need to discipline yourself to do things in the appropriate amount. The moment you feel the chaos, begin to spend time alone and meditate. Just stay alone long enough to bring the chaos down. If you overdo it, you may feel lonely. So remember, just the right amount of things are to be done. This is where discipline comes into play. Discipline yourself to stop overdoing things in life.



## Chapter 17

### About Hatred

**W**hat is hatred? It is a collection of negative thoughts and feelings bundled together. Many external situations can generate hatred. An interesting thing about hatred is that it needs to reside within you. It needs a home to stay in, just like a parasite that lives within you and eats you up. It is a dangerous thing to have within you.

Hatred clouds your thinking. A hateful and revengeful mind will always create chaos. And chaos resides everywhere. When you generate chaos, the chaos resides within and outside yourself. The inner chaos is difficult to deal with. You can work out the outer chaos easily and set things right. But the chaos within you will take too much time and energy to settle down. I have seen many people who thrive in chaos. They like it. They make it hell for themselves and for others. *If you are such a person then people will tend to keep themselves away from you.*

Take for example Ashwatthama from the epic Mahabharata, who was a powerful warrior and brilliant strategist, but his heart was consumed by hatred, especially after his father was killed in battle. Blinded by hatred, he became reckless and merciless. He broke the fundamental rules of warfare—attacking at night, killing unarmed warriors, and slaughtering innocent children. His actions were so horrifying that even his own allies turned away from him, seeing him as a man consumed by darkness.

A little drop of love can make a big difference. Like chaos, love resides

everywhere. When you tend to love others, that love is both within and outside of you. Love is a medicine. It is a medicine both for your mind and emotions. It tends to keep you healthy. There is plenty of research on that. It is indeed a medicine. So when something functions like medicine, why not use it more often? A little act of kindness will make a great difference for someone who is having a bad day, so try to be kind to people. There is already a lot of suffering in the world; try not to add to it.

Love yourself, love your family, love your friends, love animals, and just try to find more things to love. There are many things to hate in life already. Hence, find things to fall in love with. And trust me, true love will make you joyful. True love will bring you tears of joy. True love will make you feel grateful. Then you will not have to force yourself to practice gratitude (a lot of research asks you to practice gratitude). Love will create gratitude within you. Gratitude is not something you can force upon you. Anyways, that is all I have to say. You are intelligent, and I guess you will figure things out in life.



## Chapter 18

### Money Making

**W**hy do you want to earn good money and become rich? The reason may vary from person to person, but there are common reasons. We would like to eat good food in a restaurant and not have to worry about the bill. We would like to have more time to enjoy ourselves with friends and family. We would like to build a home. We would like to drive a luxurious car. We would like to travel around the world. We would like to relax and so on. But what will you do with good money if, by the time you have it in abundance, you have lost your appetite to eat, you have lost your inner joy, you have lost your physical health to travel around the world or drive a luxurious car, you lost your close relationships, you have lost your mental health to relax, and you have lost the reason to live in your luxurious home? This is a life lost in the pursuit of money.

You might complain that I am discouraging you from earning money. No, this is not my aim. Money solves a lot of problems. So definitely, you must focus on earning good money. However, let us understand how to earn money in such a way that when you have it, you can enjoy it.

The first question we must answer is - why would anyone pay you more? Why would the market invest in you and make you rich?

The world is all about competency. Period! If you have the skills to solve challenging problems, you earn money. If you have the skills to manage chaos, you earn money. If you have the skills to innovate, you earn money.

If you have the skills to learn and do business, you earn money. If you have the skills to take up responsibility that no one else is willing to take up, you will be paid extra. If you have the skills to get things moving, you will be paid extra. If you stop complaining and do the task, you will be paid extra. If you lead the world, you will earn a fortune.

These are simple things, and you know this very well. Is it possible for you to complete tasks, such as mentally and physically challenging tasks, that will earn you good money, if you do not make daily investments to keep your system (mind, body, and emotions) healthy and working? Of course not. A big no. But then you would be complain that you are ready to do such things, and yet, you are not getting the opportunity. Well, the very act of complaining means you need to change something within you. You have to stop complaining. Any complaint you make means you have invested time and energy into thinking thoughts that create the complaints, and these thoughts are never productive. It means there is still a part of you that is willing to waste time on non-productive ideas.

However, people do get lucky. I agree. Being at the right time and right place does matter. However, the question is, did you make any effort towards being the right person first? If you are the right person, you will make the right decisions in life. Just because life is unfair in giving some people good opportunities does not mean that you should take a break for making complaints. In the end, it is your life. If something is happening to others, it is their life. Why should you bother in the first place?

So the point is, invest in yourself. Opportunities may or may not come. Sometimes, you have to generate opportunities for yourself. Money making is a skill, and you need to learn. You need to read books, learn the views of people who have made good money in their life, take advice, and so on. I am not the right person to advise you on this. My aim was to make you understand that even after getting your basic tools (mind, body, and emotions) correct, there are a lot of things to learn and do. Learning is always an ongoing process that will sustain your life in a stable way. If you

stop learning, life will grow dull slowly and will stop after some point in time.

Take Dhirubhai Ambani, for example. He was not born into wealth but understood the power of observation and knowledge. While working in Yemen, he couldn't afford a rich man's lifestyle, but he spent money wisely—not on luxury, but on learning. He would buy expensive coffee just to sit among successful businessmen and absorb their insights. He didn't wait for someone to teach him; he put himself in the right environment to learn. Later, when he saw the demand for polyester in India, he didn't wait for the perfect opportunity—he created one.



## Chapter 19

### Managing Relationships

I am going to write this chapter in a light-hearted manner. Given the complexity of the topic at hand, I will be unable to give you any solution. However, I can provide some insights to think about. So again, do take this chapter less seriously. If you get too serious in life, your relationship is the first thing to get injured.

Relationships are indeed complicated things to discuss. One crucial element of a relationship is the correct form of management. Hence, the name of the chapter is "Managing Relationships". It is partially a management task. It is all about how two people in love manage each other. The question is why management is required.

The answer to this is simple. You are a body, mind, and emotion system, and not all of its aspects are in your complete control. Therefore, you need to manage yourself through self-care. On the other hand, your partner is another body, mind, and emotion system, which also needs management. Now, the management program must run as a two-sided program. Sometimes, you forget to take proper self-care due to extreme situations in life, and in such situations, your partner needs to intervene and manage you and vice versa.

So the point is you do not know yourself completely. This is so because there are many parts within you that make you who you are, and these parts are not in your complete control, as discussed earlier. What you want

is never exactly clear. Your thoughts change over time, your needs change over time, your choices change over time, your stress-handling capacity changes over time, and so on. And since you change over time, you must change your partner over the same period of time. Funny but true. How fast do you change? If the changes reflect in you every day, you may need a new partner every day. Tremendous task - isn't it? The other option is that you take one partner, drag them as long as it works, and then ditch them for another. And you keep up this cycle until you die. The task may look relatively simple now, but unfortunately, it is not that simple. The other option is that, given you have a known devil, and given a known devil is better than an unknown one, why not stick with the current devil and try to manage things with them? This seems intelligent and less time-consuming, and you may have to deal with less uncertainty. Anyway, I was trying to make fun of the situation. But indeed, if you think about the things I have mentioned above, you will soon realize something important. Relationships are more than simple math and calculations you can do.

You fundamentally change over time, and the same goes for your partner. As long as there is a lack of self-understanding and self-management, you will not be able to make yourself capable enough to understand the other person, let alone manage them. Mostly, relationships are built upon the expectation that, "I will be the same chaotic person that I am, and the other person should manage me in any given situation." Well, good luck with that. The other person has to be a rich angel, I guess. I am unsure about the exact characteristics the person should have to accept and do well with that demand.

And this is the reason for any chaos in a relationship. The next thing is that you are changing over time, and your partner is changing over time, but you do not have any idea how you are changing and how your partner is changing. The changes can be permanent. So it is better to set up a weekly discussion to discuss things going on in your mind and life. Are these discussions enough to solve this issue? Maybe not. But at least you will have three things: a problem statement to work on, a good fight, and

making love later on. Fights are necessary to release tension. It is inevitable, I guess.

Relationships are among the many mysteries that nature gives you, a never-ending puzzle that keeps you busy. It is healthy for you to be busy in life. An empty mind is a devil's workshop. Here, the devil may be your husband, who resides in your mental space most of the time.

Abraham Lincoln, one of the greatest U.S. presidents, had a difficult marriage with Mary Todd Lincoln. She was known for her fiery temper, mood swings, and frequent arguments. Many believed their marriage would not last, but Lincoln used wit, patience, and intelligent thinking to maintain harmony. Instead of confronting Mary's anger with aggression, he used humor and clever responses to diffuse tension. When she scolded him publicly, he would often respond with a joke or a lighthearted comment, turning fights into laughter. His ability to stay calm and not react emotionally helped them stay together through difficult times.

If you truly love someone, you will give your best. And giving your best means pushing through the toughest moments—those times when giving up feels easier than holding on. True love isn't just about feelings; it's about resilience, effort, and the willingness to overcome every challenge that tests your commitment.



## Chapter 20

### Don't Mess with Yourself

**D**o not mess with yourself. Do not mess with your body, mind, and emotions. Your body, mind, and emotions exist and are tools to perceive life. They are neither your friend nor your enemy. However, you can make them that. If you mess with your system and mess around it for some time, you will undoubtedly find that these tools start acting as your enemy, making your life unhappy.

Your body, mind, and emotions constitute your system. They are still under research. We do not have a complete understanding of these tools yet. Now and then, new scientific investigation leads to a shift in our understanding of these tools. Given that we do not yet understand it completely, we therefore do not have a complete understanding of how dangerous it can be. However, the diseases you see and read about are enough to caution you to manage your system wisely.

If you mess with your system, the system cleans up the mess the next day so that you live. If you create a greater mess, we have some solutions in medical sciences to clean up the mess so that you live. However, if you keep messing around, one fine day your system will simply give up. Now, this is dangerous. If you reach a state of no solution, death is a natural consequence. Either you die naturally or the pain makes sure you take your own life.

In the previous chapter, we established that you need to manage your

relationships with people in life. Similarly, you must manage a good relationship with yourself. Remember that an intelligent system exists within you that wants you to live your life. It serves you well, cleans up your daily mess, and keeps you alive. You must maintain a good relationship with this intelligent self within you through self-care, love, and gratitude towards it.

The key idea is not to mess around with anything about which you either have no complete knowledge or control unless you want to be in a dangerous situation. Sometimes in life, you need to push yourself, which is fine as some situations in life can be hectic. However, you must approach such a situation with care and good understanding. You should know how much you can push yourself given your state. You cannot lift a 150 kg weight if you have not successfully lifted lower weights. Remember, you can push your limit and mess around with yourself a little bit more in order to solve a tough task given that your system is made ready to clean the higher level of mess that is generated when you push yourself.



## Chapter 21

### A Lazy Mind

The human body is designed to adapt to changes. When you challenge yourself to achieve extraordinary things through hard work, your body evolves to make those efforts feel natural and effortless over time. When you challenge yourself, your body transforms so that actions that once required great effort become easy and natural over time. This is how people acquire skills. For example, someone who is a skilled swimmer and performs with ease has trained their body to adapt to intense swimming exercises. Similarly, when someone trains extensively in a skill like badminton, the brain and muscles work together to refine and automate the movements involved. What we admire as effortless skill in others is simply the result of relentless training—these individuals practiced until their bodies adapted, allowing them to perform the action seamlessly.

This principle also applies to how our minds work. An average person might wonder how a scientist's brain handles complex equations that, for most, are intimidating. Yet, for a well-trained scientific mind, these equations are simple to understand. Scientists can not only grasp these equations but also manipulate them to fuel new discoveries. However, a mind trained for scientific analysis may struggle with business tasks. Business requires specialized training, including an understanding of financial dynamics, customer psychology, and social interactions. Often, individuals with scientific training tend to avoid engaging in business ventures. The brain adapts to the mental training it receives, eventually performing

specific tasks effortlessly as it grows accustomed to them over time.

The science behind this adaptability is largely rooted in neuroplasticity. Neuroplasticity refers to the brain's ability to reorganize itself by forming new neural connections throughout life. Neuroplasticity, however, is a double-edged sword. While it can enable us to learn new skills, change habits, and adapt to new environments, it can also reinforce patterns that may lead to a "lazy brain" if we consistently avoid mental challenges or engage in unproductive habits.

Engaging in easy or low-level tasks that provide quick boosts to our ego can hinder our mental development. When our minds are occupied with tasks that require minimal effort or shallow concentration, we miss out on the challenges that are essential for deeper growth and meaningful cognitive progress. The lazy brain will only get lazier over time—a gradual but unfortunate process. A lazy brain can be surprisingly good at coming up with smart reasons to avoid difficult tasks. It may focus on the risks, predict failure, and think about how things could go wrong, while ignoring the positive outcomes that could come from trying. Your lazy brain will play tricks to keep its nature lazy. Once you enter the lazy zone, it is indeed difficult to come out. However, the opposite is also true: with consistent mental challenges and engagement, the brain becomes sharper, more resilient, and better equipped to handle complex tasks. Engaging in complex tasks means you're willing to take risks (calculated risks), as there's often uncertainty about whether the task can even be solved. Risk-taking, therefore, is a natural part of a high-functioning brain—it embraces challenges despite the unknowns.



## Chapter 22

### Understanding the Process

In life, everything follows a process, and this applies to most things we want to do. Even simple tasks, like going to the movies, involve steps to keep things organized. For example, to watch a movie in a theater, you may need to stand in line, buy a ticket, and follow a path to reach your seat. These steps help things run smoothly and keep everyone managed well. The same holds for relationships, marriage, or any meaningful pursuit. There is a process that, when followed by both partners, helps the relationship flow smoothly. However, once people enter marriage, they often try random approaches to make it work, overlooking the structured process that supports a strong partnership. At times, our laziness contributes to the chaos in relationships, as the brain tends to avoid the effort required to read, think, or observe—steps essential to understanding and following a process. The same thing goes for learning new skills. Trying to learn things randomly usually doesn't work well. However, if you follow a clear process, you're more likely to master the skill you want.

Many people don't realize the importance of finding and following the right process. However, understanding this is key to reaching any goal. Knowing the process and following it carefully will help you succeed in whatever you aim to do. However, following any process requires discipline. Without a clear mindset and firm discipline, you will likely give up midway or skip essential steps, leading to frustration and failure. Similarly, if you feel your mental health is low, you need to find the right process to

improve your well-being. Finding this process may involve some initial experimentation, but with a bit of persistence, you will start to see what works best. With effort, you'll develop the understanding needed to move forward with confidence and resilience, allowing you to stay on the path and reach your goals.

The bottom line is this: whenever you set out to achieve something, the first step is to identify the process involved, and every process requires discipline and willpower. Once you understand the process, create a strategy and plan to keep your journey on track as you follow it. Sometimes, certain processes demand a lot from you, but they also lead to profound transformation. Take, for example, an ordinary person entering the army. Through a structured process of training, they not only gain skills but also undergo a complete transformation. This is the power of a true process—it doesn't just teach; it changes you. If you find yourself following a process that doesn't lead to growth or inner transformation, it may be a sign that you're on the wrong path. A strong process doesn't merely deliver results; it reshapes you along the way. Every process takes its own time, so do not rush; otherwise, you may miss essential keys to transformation.



## Chapter 23

### The Power of Patience and Silence

If you ever get the chance to meet a powerful, influential person, take it. You'll notice an immediate shift in your body language—you may find yourself acting strangely or even foolishly. You might say silly things, try too hard to impress, or behave like a clown to capture their attention or win their favor. Often, we try to befriend powerful people out of greed or jealousy, drawn by what they have that we lack. This is a fundamental aspect of human nature. If you reflect, you may recall times when you acted in such a way, driven by the pull toward what you don't possess.

Now, consider the behavior of the powerful person. They are often silent, observing those around them. They listen patiently, rarely speaking, yet their calm silence, patience, and disciplined body language are exactly what make them so compelling. This is the power of silence and self-control. You'll never be drawn to a powerful person who acts foolishly because they never do. It's your own desire for power and wealth that temporarily changes you, pulling you into actions that aren't true to yourself. The question is, why do powerful people prefer to stay calm and composed? Why have they developed such high levels of patience? The answer lies in the fact that these qualities are among the most essential traits that made them powerful. At their core, they achieved influence because they solved significant challenges in society—with patience. It is this calm resilience, this ability to endure and observe without rushing, that enabled them to make a real impact and rise to their position of power.

Ratan Tata, one of India's richest and most respected business leaders, is known for his patience, silence, and calm leadership. Unlike loud and aggressive businessmen, he stays quiet, listens carefully, and speaks only when needed. His relaxed posture, steady eye contact, and simple hand movements show confidence and deep thinking. He never rushes to react, even in tough situations, but takes his time to observe, plan, and make smart decisions. His soft, steady voice and calm nature\*\* make people respect him naturally. Instead of seeking attention, \*\*he leads with wisdom and action, proving that true power comes from patience, not noise\*\*.

In our day-to-day lives, we've lost patience and silence. When filling an empty bottle with water, we lack the patience to simply watch the water pour in, growing restless even with this simple act. If someone insults us, we often fail to stay calm, rushing to respond without using silence to think for a moment and consider a measured reply. We struggle to resist the urge for immediate action, even if that action is impulsive or unwise. Training ourselves daily to live without patience leads nowhere good.



## Chapter 24

### The Failure Mindset

Success is not just about being skilled or talented—it comes from managing many things, including unexpected challenges. It's like keeping your house clean. You need more than the intention to keep it tidy; you also have to deal with accidents like spilled coffee, children drawing on walls, or a leaking bathroom pipe. Similarly, the path to success often gets disrupted by things people don't expect. Being skilled at your work is just the beginning.

Consider a student working hard to excel in an exam. While they might be talented and quick to learn, if they fail to manage stress, all their hard work could go to waste. Many students experience unexpected forgetfulness due to the stress they feel during the actual exam. The desperation to succeed creates this stress, which clouds their thought process and can ultimately lead to failure. Even if the exam starts well, a challenging question midway can trigger a negative chain of thoughts. Instead of focusing on solving the question, their mind might wander to doubts about whether they will pass or worry about the consequences of a poor performance. This tendency to dwell on future outcomes instead of staying focused on the present can significantly impact the performance. Further, managing other aspects of life is equally important. Constant conflicts with family or friends can make it nearly impossible to have a relaxed mind that can concentrate on studies. A disturbed mind may sit for 12 hours straight, but its efficiency will decline. The bigger issue is that this drop in efficiency

often happens so gradually that the student doesn't even realize it. It's crucial to address these mental and emotional challenges to maintain focus and make the best use of study time.

Most people don't prepare for these challenges because they don't think about them or don't understand themselves well enough. Success isn't just about being ready for the task—it's also about handling the unexpected calmly. Without this, many people give up when things don't go as planned.

At this point, understanding how the brain plays tricks is also very important. For example, if you are addicted to checking messages on your phone, staying focused becomes impossible. Your mind will play tricks by giving clever arguments to distract you, like saying an important message might have come or you need to send something urgent. However, when you think carefully, you realize it wasn't important at all, but your brain tricked you into checking the phone. Similarly, when your mind becomes lazy, it finds excuses to avoid work. One common excuse is making a timetable for the future again and again. Instead of focusing on execution, you keep remaking the timetable, wasting a lot of time. This happens because planning feels easier than executing, which requires effort your brain is trying to avoid.

Another trick your brain plays is making you believe that what you want to achieve is something extraordinary, only possible for great people. This thought plants the idea that if you fail, it's because you don't belong to that "great" category. This is the start of a negative thought process.

Your brain also tricks you by quickly leading you to frustration. Negative thoughts are easy but harmful. In this frustrated state, your brain avoids hard work and directs you toward distractions like sleeping or watching movies aimlessly. These activities provide temporary comfort by convincing you that the effort required is not meant for you. Furthermore, a frustrated brain often seeks excuses to justify the current lack of effort. It may blame the people around you for your struggles, or, in the absence

of others, it might curse the situation you are in. Both of these are easy mental escapes that further hinder progress and keep you stuck in a cycle of inaction. Recognizing these tricks is key to staying focused and productive.

Overall, a lazy mindset is a sure road to failure. A lazy attitude is particularly dangerous because it operates in a very subtle way, often without you realizing its impact. The brain has a remarkable ability to adapt to the habits and patterns you train it to follow. If you cultivate laziness, your brain will use its intelligence to reinforce that laziness, finding excuses and shortcuts to keep you in your comfort zone. However, the opposite is also true. If you actively train yourself to be disciplined and proactive, your brain will adapt to that mindset as well, helping you stay focused and productive. Essentially, the way you program your brain determines how it will support you. Training it with positive habits can lead to success while allowing laziness to take over will almost certainly lead to failure.



## Chapter 25

### The Low-Efficiency Trap

The low-efficiency trap is one of the most dangerous cycles you can fall into. It creeps up slowly, stealing all your free time before you even notice. You stop having time for family, friends, or even yourself. Your entire focus shifts to work, but the work itself becomes slow and ineffective. The harder you push, the less progress you make, and frustration starts to build. This trap doesn't just consume your time—it drains your energy, your focus, and your sense of control over life. To escape, you must first recognize it, then act decisively to break free.

Here's how it starts: you pick up a few bad habits—maybe procrastination, multitasking, wrong food and sleep habits, or skipping breaks. These habits make your brain run slower, like a computer with too many tabs open. So now, everything takes longer, and suddenly you're working more hours just to keep up with your daily tasks which once in the past you did it swiftly and in less time. Now, someone comes along and says, "Hey, spend a little time building better habits! It'll make things easier in the long run." But your brain, already overloaded, says, "I can't! I don't have time!" The irony? The reason you don't have time is because of the bad habits that slowed you down in the first place. It's a cycle: low efficiency eats up your time, and your lack of time stops you from fixing the habits causing the problem.

To escape, you need to take a bold, decisive step. At first, it might feel like you're falling behind, but the reality is quite the opposite. When

you commit to building better habits, your efficiency begins to grow—at first slowly, then rapidly. It's like unlocking a door that seemed stuck. Suddenly, tasks that once drained your time become easier, faster. The free time that feels impossible now starts to appear, growing more and more as your habits take root. The key is to break the cycle and trust the process—small changes lead to big rewards. We all find ourselves caught in the low-efficiency trap at some point. It happens when life becomes unbalanced, or when unexpected events disrupt our daily routines—like skipping yoga, meditation, proper sleep, or regular meals. These disruptions are a natural part of life, but the difference lies in how we respond. While some recover quickly, most struggle to get back on track. As we age, falling into this trap becomes more common, and recovery feels harder, sometimes even impossible. That's why it's essential to regularly pause and reflect. Ask yourself: Have I unknowingly slipped into this trap? Another clear warning sign is the return of bad habits you once avoided—this is often a clue that your efficiency is declining. Staying mindful and self-aware is the key to avoiding or escaping this cycle.

Escaping the low-efficiency trap is not easy. This is when you need a mentor—someone who can challenge your limits, push you out of your comfort zone, and help you break through mental blocks. But finding the right mentor during such times is often difficult. It's wise to seek help in identifying a mentor because, just like a student learning to wield a sword, trying to navigate this alone can sometimes do more harm than good.

When no mentor is available, self-learning becomes the only path. Though it's long and challenging, it is still possible. To start, you must develop sharp self-awareness to identify your comfort zones and mental blocks. Regular yoga and meditation can greatly aid this process by calming the mind and improving focus.

The easiest way to start is by practicing yoga, including breathing exercises and simple physical movements. These exercises will help calm your mind, strengthen your body, and make you more aware of yourself. This

will set the foundation for breaking free from the low-efficiency trap and taking back control of your time and focus. The next step is to build a positive mindset, which you'll naturally develop as you go through this book. A positive mindset, combined with the right knowledge, is enough to start something new on your own. It's like a spark that ignites a fire—once lit, it will guide you forward and show you the way.



## Chapter 26

### The Unstructured Mind

**W**hen your brain is working inefficiently, your life starts to fall apart. You can't think clearly, so simple tasks like making decisions or planning your day become difficult. Your room gets messy, things are left out of place, and you forget where you put them. Your house becomes disorganized, your car stays dirty, and you don't bother with clean or pressed clothes. When you talk to others, your words are scattered and hard to follow. People find it frustrating to talk to you because you're always irritated, and small conversations can quickly turn into arguments. Over time, you push people away—friends, family, and even work relationships. Soon, you're alone in a messy room, wondering how things got so bad. But instead of looking at the small mistakes that led there, your inefficient mind makes excuses and blames others.

Notice how one problem leads to another, creating a cycle that feeds on itself. Over time, this takes a toll on your health, further worsening your overall well-being and situation. At such points, it can feel nearly impossible to fix things on your own. When you find yourself in this state, the only way to change is to shift your thinking. A new perspective is essential to break free from the patterns that keep you stuck. But the mantra I'm about to share isn't an easy one—it's the hard truth you've probably avoided. It's uncomfortable but necessary for real change.

Here it is: Accept, just for a moment, that you are the reason for your current situation. It is quite frustrating to think this way, but such irrita-

tion is natural when trying to shift your perspective. Try to overcome this. It's not about blaming yourself harshly but looking at it differently. Instead of focusing on people or events that worked against you, ask yourself what choices or mistakes brought you into that environment or attracted such horrible people. This shift in thinking can open the door to real solutions.



## Chapter 27

### Life Full of Complaints

**W**hen you mess with yourself, you are messing up your life. When you have a messy life, negative situations and negative people are natural consequences you have to face. What happens next? You start to interpret good things negatively, worsening the condition. And with too much negativity, you reject any nearby positivity. Further, you tend to like it when miserable things happen to people around you (it gives you short-term gratification with which you develop a devilish smile), but you tend to complain when it happens to you. A big chain reaction! One negativity leads to another. One complaint leads to another. And the more you complain, the more you are conditioning your mind to not seeking a solution.

What a bad state to be in. What a horrible situation to live in the trap of a never-ending complaining thought process! You move in circles. Similar negative thoughts with different shapes come and go. When negative thoughts come, they bring your state down one level, degrading your mental health step by step. Is this fun? Well, in the beginning, it seems so - until you hit depression.

Why endure such suffering? Let us seek a way out. First, make a list of complaints you have. Interestingly, if the number of complaints is more than your number of short-term and long-term goals combined, this is the first indication that you are in more of a complaint zone than a goal-setting zone. In the complaint zone, you do not look for a solution because

complaining means you have nothing to do about it. Now ask yourself, can you move some of the things you are complaining about to either your short-term or long-term goal list? The moment you put them on a goal list, you start seeking a solution. And with patience, you will find them! It happens automatically.

Furthermore, if you develop a mindset of gratitude and love, you will find fewer things to complain about. By doing so, you will also realize that some things you were complaining about were merely a consequence of being negative, and you can strike them off. Usually, negative thinking leads to delusional and incorrect information, which can result in a higher number of complaints.

There will still be complaints on your list, but the number of them will be reduced. At this point, you should understand that not everything is in your hands. Not all problems are meant to have a solution. Even if there is a solution, it will demand time, and your lifetime is limited. If your definition of happiness when all complaints are struck off from the list, good luck.



## Chapter 28

### The Nature of Life's Problems

Life's problems are inherently multi-layered. This isn't a pessimistic perspective; it's just a reality. From the moment we are born, we encounter various challenges—some minor and some significant. Almost every problem we face has multiple layers.

When these problems arise, our natural instinct is to find a solution. We often believe that every problem has a single, clear answer. But this is a dangerous illusion. Problems are rarely simple. They are layered, complex, and often interconnected. Solving one layer may reveal another beneath it. And sometimes, the solution to one problem can create a new one entirely. This is the nature of life. To navigate it successfully, you must shift your perspective. You must learn to think globally, not locally.

Local thinking is tempting. It feels comfortable and straightforward. You see a problem, you fix it, and you move on. But life doesn't work that way. Take relationships, for example. Maintaining a healthy relationship with a partner isn't just about keeping them happy. It's about understanding the web of connections they bring with them—their family, friends, and social circles. A conflict with your partner might stem from external pressures, like their parents' expectations or their friends' opinions. If you focus only on the surface issue—your partner's unhappiness—you might miss the deeper layers. True solutions require a broader view. You must see the problem as part of a larger system.

The same principle applies to business. Starting a company is often seen as a risky venture, and for good reason. A startup must navigate countless challenges—developing a product, attracting customers, managing finances, and competing in the market. Each of these challenges has its own layers. For instance, creating a product isn't just about design and functionality. It's about understanding customer needs, anticipating market trends, and ensuring quality control. If you solve one problem—say, designing a great product—but ignore another, like marketing, your business will fail. Startups are risky not because of the problems themselves, but because of the narrow, local thinking that fails to address the full picture.

But here's the truth: life itself is a startup. Your life. Every day, you face multidimensional issues that require a global perspective. Whether it's your career, your relationships, or your personal growth, you must approach problems with the mindset of an entrepreneur. You must see the connections, anticipate the ripple effects, and address each layer with care. This is not easy, but it is necessary.

Consider education. Many students fall into the trap of local thinking. They believe that completing their education will automatically lead to a job. This narrow view sets them up for disappointment. The reality is far more complex. Finding a job is not just about having a degree. It's about understanding the job market, acquiring additional skills, building a network, and maintaining your mental and physical health. If you focus only on education and ignore these other layers, you will struggle. The problem of unemployment isn't solved by a single solution. It requires a global approach.

Another example is health. If you develop a health issue, your first instinct might be to treat the symptoms. But this is local thinking. True health requires a broader view. It's about understanding the root cause of the problem—your diet, your lifestyle, your stress levels, even your emotional well-being. If you only address the symptoms, the problem will persist or resurface in another form. A global approach means looking at

your health as a system, not just a single issue.

The lesson is clear: life's problems are not isolated. They are part of a larger web. To solve them, you must step back and see the bigger picture. You must think globally. This means considering all the layers, anticipating the consequences, and addressing the problem as part of a system. It's not easy, but it's the only way to find true solutions.



## **Part III**

# **Towards Solution**

## Chapter 29

### Paying Attention

Since you are born here in a physical world, the main idea is to live in the physical world. However, for any given day, you mostly live in your minds. This has consequences. This means that every day you are training yourself to live not in the real world (in which you have limited time) but in your mind. The more you train yourself to do something, the more your body and mind tend to do it. So do not give yourself bad training.

Instead of that, begin the following. Pay good attention to everything you are doing. When you wake up and get up to wash your face in the morning, feel the water on your face. Pay attention to the water flow. Do not waste water. When you are exercising, just exercise. Try not to think about what your routine is going to be. The routine time must be fixed separately from the exercise time. During the exercise, pay close attention to each body movement you are doing. If you are walking towards your office, pay attention to the road or else you may end up in an accident. However, the idea is not only to avoid accidents but to wire your brain to learn to pay attention. These acts may look simple, but you are achieving two things:

- living in reality, which literally should be the case
- wiring your brain to pay close attention.

If you wire your brain to pay close attention to everything, from here on out, this attention-paying attitude will subconsciously activate when

you begin a particular task. This will also be reflected in your work. You will see that the work you did contains finer details that others would simply miss if they had done it.

However, this is the most difficult thing to do. Paying attention means you have to live in the present. Living in the present means you must be free from guilt of the past and fear of the future. But how do you practice it? Well, slow down your life. Try doing things as slowly as possible and as attentively as possible. The busy lifestyle has made us lose our attention-paying capability. If you do everything fast, it means you are also willing to approach death very fast. This much eagerness to die soon is not good. Hence, try to slow down. Find some time for yourself. To find time for yourself, you need to learn to say NO to many things that currently take up your time.



## Chapter 30

### Dealing with Bad Situations

**W**hen faced with a challenging situation in life, it's natural for stress to take over. Stress often arises because the mind begins to focus on potential future consequences of the situation. However, it's important to recognize that dwelling on the problem without taking action only compounds the difficulty. Time spent crying, complaining, or asking "Why me?" is time that could be used to address and resolve the issue. Instead of asking the question "Why me?" when faced with a tough situation, a more constructive approach is to ask yourself, "Why am I in this situation?" or "What steps did I take that led me here?" These questions shift the focus from self-pity to self-awareness, enabling you to take control of the situation at hand. Note that the longer you delay analysis or taking action after that, the more the situation can spiral out of control, possibly becoming worse than you initially imagined.

It's undeniably hard to remain calm and composed in difficult times. Life can be tough, and expecting yourself to act rationally and promptly in the face of adversity might feel like a daunting task. But ask yourself: Do you have an alternative? Allowing the problem to persist without taking steps to mitigate it isn't a viable solution.

The key is to shift your focus from stress to action. A good starting point is to take a deep breath, grab a pen and paper, and write down the details of what has happened. Then, brainstorm possible actions you can take to minimize or completely eliminate the problem. If the task feels

overwhelming, don't hesitate to reach out to a trusted friend. Explain the situation clearly and work together to create an actionable plan.

Admittedly, developing the habit of writing down your thoughts and plans in a small pocket diary during moments of crisis might seem unrealistic or even awkward. But I thought about it. The more I thought about it, the more I understood that although it is a difficult thing to do, it is the right thing to do. The right things are usually difficult things to do.

Taking some time to relax your mind before diving into action is equally important. Use this relaxation time wisely—not for lamenting or self-pity but for regaining composure. If you feel the need to cry a little to release the burden of sorrow, allow yourself that moment, but don't let it stretch out. Once you feel a little lighter, shift gears toward productivity.

It is clear that life is not simple enough for you to follow certain rules and expect everything to go smoothly. Life is doing its own stuff, and you need to do your own stuff. Bad situations can break people down. They can tear people apart like nothing else. Sometimes, situations can be so bad for some people that they even lose the very purpose they were living for. It is very difficult to find a new purpose. However, all you can do is give it your best, and make sure that life goes on. It takes immense courage to keep moving forward in life, especially when faced with challenges. This courage doesn't appear overnight—it develops as you consistently learn to overcome difficult situations. Each obstacle you face and conquer becomes a stepping stone, gradually building your strength and resilience.



## Chapter 31

### Dealing with Insecurity

Life often throws challenges our way, leaving us feeling trapped and unsure about the future. It's natural to be concerned—concern can motivate deep thinking and help us develop strategies for action. But insecurity is different. It's an obsession that traps our mind in endless cycles of worry, keeping us stuck.

Insecurity arises when our thoughts are driven by fear rather than solutions. Fear clouds our judgment and makes every decision feel overwhelming. When we operate from a place of fear, even the smallest steps seem fraught with danger. But the truth is, every decision in life comes with both risks and rewards. Only a fearless mind can navigate these uncertainties and take action to change an unfortunate situation. An insecure mind, on the other hand, paralyzes us. It keeps us from taking any meaningful action and, over time, can lead to a state of complete inaction—even depression. Often, we justify our insecurities as "real concerns," but a closer examination with a calm and fearless perspective can reveal the truth. Many of these insecurities stem from fear alone, not from actual problems.

To break free, it's crucial to distinguish between concern and insecurity. Concern leads to thoughtful action, while insecurity keeps us stuck. Fearless thinking is the key to overcoming the loop of insecurity and finding real solutions to life's challenges.

Imagine a lady who can't sleep unless she has the keys to a locked door.

If she doesn't get the keys, she feels insecure and restless. Or consider a man who feels suffocated when he knows the door is locked from the outside. These might seem like psychological issues to an outsider, but from their perspective, these are valid concerns. In both cases, their minds latch onto something specific—like the door or the keys—and turn it into a point of insecurity. Why? Because they don't feel insecure in other areas of their lives, so their minds find small, trivial things to worry about.

Now think about your own insecurities. They might feel different, even serious, but they often work the same way. Like the examples above, you might justify your worries as real concerns, but they're just another form of insecurity. Whether it's about a locked door or a bigger life issue, the pattern is the same.



## Chapter 32

### Dealing with Fear

Overcoming fear is one of the most challenging aspects of life. There are no tricks, no shortcuts to overcoming it. The only way forward is to confront it directly. For instance, if you are afraid of the dark, avoiding it won't help. Surrounding yourself with light might give you a false sense of power, but in reality, it deepens your dependency on the light. This introduces a new fear—the fear of losing the light—which adds to the original problem. Instead of solving the issue, you've now doubled your fears.

The truth is, there is no easy escape. You must immerse yourself in the darkness. Experience the fear in its rawest form. Let it frustrate you, let it unsettle you. But over time, as your mind and body adjust, you begin to understand its nature. You explore the roots of your fear, questioning its origins and the way it destabilizes you. Through this turmoil, a solution arises—not by eliminating the fear, but by developing resilience against it.

Once you've developed this inner strength, tools like light become just that—tools. Once you become stronger, things like light become helpful tools instead of something you depend on out of fear. You use them to make things easier, not because you can't manage without them. You can now walk into dark spaces with a sense of calm. Fear might linger, but it no longer controls you.

To overcome fear, you must take risks. Without a willingness to face

danger and manage it, fear will always hold its grip. Consider the fear of water. Until you jump in, learn to swim, and study the nature of both water and your mind, the fear of drowning will persist. Similarly, if you fear snakes, you must hold one to truly understand and demystify your terror. But this doesn't mean recklessness. Risks must be taken thoughtfully, with preparation and understanding.

When you confront your fears, you gain two things: inner resilience and external tools. Fear isn't just an emotional state; it's a call to action. By addressing it directly, you gain control over yourself and the situations you face.

You cannot conquer your insecurities by avoiding consequences. A life spent avoiding fear is not a true life. Being fearless means learning to live alongside fear, not eliminating it. Face your fears head-on to discover your strength, and in doing so, you can diminish their power over you.



## Chapter 33

### Treating Life's Wounds

**I**t is simple and yet complicated. If you have a wound, you protect it using a bandage. Even if it itches, you resist scratching it because it may worsen the situation. It may deepen the wound. Similarly, once you have a mental trauma, you bandage it using positive thoughts. Often it will itch, the itching of negative thinking. However, if you do not resist the itching of negative thoughts, the wound will not heal.

Sometimes, the solution to a problem is not readily available. Then try finding it. What alternative do you have? Either suffer finding a solution or die suffering the problem. Suffering from the problem seems comfortable at first, until it sucks out the enthusiasm to live life. The next step is the suicidal thought process. You tend to put yourself in a room and let yourself move in the loop in the labyrinth of negative thoughts. This attitude will not help. It will surely help to make things worse. It is tempting to scratch the itching wound, but you need to resist.

Resistance is natural when a change happens. Both positive and negative changes within you get initial resistance from your system. But the resistance period is natural. All you need to do is bear it or do something to divert attention. When the mind resists some change, it can play tricks. It will work intelligently to resist it. It will give you nice intelligent thoughts in order to avoid it. The body resists using laziness. Thus you have to be careful not to fall into traps of not changing. Positive changes require more brain energy and body actions - hence, the greater the resistance. And to

overcome any resistance you need energy and willpower.

Reflect on this: At just 15 years old, Mary Vincent faced a nightmare. A man attacked her, cut off both her arms, and threw her into a deep ravine, thinking she was dead. But Mary refused to give up. Even in terrible pain, bleeding and weak, she did something amazing—she pressed her arms into the dirt to stop the bleeding and forced herself to stand. Barefoot and covered in blood, she walked for miles, step by step, until she found help. She could have lost hope, but instead, she chose to fight for her life. She learned to use prosthetic arms, followed her dreams, and became a strong voice for other survivors. I would suggest to read her life's story in detail.

Note that Mary Vincent's life's wound was deep, leaving scars that would never fade. But she found ways to heal both physically and mentally. What other choice did she have? Think about it. Wounds should never define your entire existence—they are just a part of the life's journey that come and heal with time if you don't interfere with the healing process with overthinking.



## Chapter 34

### Get a Mentor

**F**irst, try to incorporate the changes you think are good for you. It can be difficult doing it all alone, but try it. At least you will get to know where you stand and how much can be done or not by you alone. Once you are clear, the next job is to find a mentor. It would make the process much easier. But how do you start? It is easy. Go and socialize with people who are into it. Find a nearby yoga and meditation teacher near you, and join the classes. Interact with people there. Let me tell you that socializing is a great start towards finding any solution. You need to begin the process somewhere. The more you meet with people, the more you will get to know the world and different ideas, and who knows, you may end up with a solution from someone. This reduces the pain of finding it alone. Note, when you are ready for a transformation, take this step.

Mostly, people with severe mental problems end up either staying alone or socializing in excess to divert their attention. Given your situation, note that it is better if you seek the help of an expert. Why so? Note that in order to gain expertise in anything, there are certain rules you must know, and many books have stated these rules in their full glory. If you want to improve your communication, read a book. If you want to improve your language skills, read a book. If you want to improve your personality, read a book. If you want to improve your health, read a book. If you want to improve your relationship, read a book. If you want to get a better job, read a book on job hunting. You must understand that every small task

you think is simple is not that simple. Sometimes, there are better ways to do something that you may not have even thought of.

If you cannot read it, seek expert advice because those experts have done tons of research on it. They know better than you. Mostly in order to save some money, you plan to do it all by yourself, and you do it incorrectly. You may do it right, but it ends up taking a lot of time. But the worst thing that can happen is ending up doing it wrong. It has the potential to damage you. Hence, the bottom line is every step that you take in life has tons of knowledge attached to it, whether you get to read it or get to hear it from an expert.

Remember, a good mentor will push you beyond your limits. Also, when a mentor says something, just follow. Do not involve your ideas in it as you may think something he is suggesting to you is stupid, but remember, it is him who has expertise and not you. I have seen many people who do take the help of experts, but they tend to include their life philosophies and ideas, and it ends up not working well. The idea is to follow something faithfully, and if that does not work, move on. The same happened with Lord Buddha. He went from mentor to mentor in search of truth. Every mentor he had liked him a lot, as he would do exactly what his mentor instructed him in a faithful and truthful manner. When it did not work, the mentors themselves told him to move on. However, I do understand dynamics can be complicated. Sometimes, you may end you with the wrong mentor or a good mentor with techniques that may not work for you. So it is you who needs to be careful, seek advice, find a mentor through connection, try your best, and lastly, follow your intuition. Remember, be careful to know when it is an intuition or a thought coming from your mental drama. There is a thin line between them.

In the end, I would like to say, "When the student is ready, the master appears." If you are truthful to yourself and honestly want to transform, nature will help you in your journey. Do not worry much. Just begin it.

## Chapter 35

### Expectation without Attachment

**W**hen we put effort into something, it's natural to desire a reward. We expect the result to meet or exceed our hopes. This expectation isn't just natural—it's essential. It reflects that we understand our efforts, have clarity about our goals, and can foresee a realistic outcome. Such expectations are not only valid but also signify a genuine approach to work. When we invest effort, passion, and emotion into our endeavors, we set the foundation for success. It's this blend of dedication and heartfelt commitment that often distinguishes those who achieve greatness.

However, as with all things in life, balance is crucial. As Buddha wisely said, "Anything in excess is poison." While it's important to have expectations, they must be realistic and tempered by an awareness of uncertainties. Pouring an unregulated amount of emotion into our efforts, coupled with unrealistic expectations, can lead to frustration. This frustration often stems from two primary causes: a lack of understanding about the unpredictable nature of life and an inability to regulate our emotional attachment to outcomes.

Thus, when things do not go as we expected, we often feel frustrated. This frustration leads to stress, which prevents us from thinking clearly and making the decisions needed to solve the problem. Instead, we may find ourselves stuck in a state where making decisions feels impossible. This is a worrying situation. We all face setbacks in life, but the quickest way to recover is not by stressing over what happened. Instead, shift your

energy into understanding the situation and reflecting on it. This will help you learn from the experience and plan your next steps with clarity and purpose.

A key principle to embrace is this: have expectations, but don't be attached to them. Expectations and hope are good because they motivate us to move forward. However, becoming too attached to the outcome means you also tie yourself to the frustration that comes when things don't go as planned. It's like buying a beautiful pot—you enjoy the happiness it brings while it exists, but you also invite the sadness of losing it if it breaks. The intensity of your happiness or sadness depends on how attached you are to it. By reducing attachment to outcomes, you can focus on working toward your goals without being overwhelmed by failure.



## Chapter 36

### Educate Yourself

If you do not use something for a long period of time, it will become useless. When you get a bike and do not ride it, you will see the machine will slowly become useless. You may even need to repair it before you can use it again. The same goes for your brain. It is a thinking machine. It is a solution-creating machine. It is this machine through which you experience life. Use it wisely. Not just use it, but improve it every day by training your brain. When you educate yourself with new ideas, your brain's ability to frame a solution for a problem will improve. Such a dramatic improvement happens because the brain has more information than before. Any new and important knowledge you gather adds to its ability to guide you through life well. Therefore, you must learn new skills in life! When we think of skill, we always think about making some money out of it. If this is not the case, we tend not to learn it. You should note that people have made a decent amount of money with just one skill. Then does that mean you devote your life to that skill only? This is not a wise attitude to lead a life. And here is a scientific fact: learning new and complex skills will keep your brain healthy. With an unhealthy brain, you will not do well with your "one money-making skill" in due course of time. I guess this should motivate you to learn new skills.

The idea that your brain degrades with age was wrong. With new and advanced research related to the "neuroplasticity" of the brain, we know that you can always make your brain work in the same way it worked for

you when you were young. I would suggest you read a book titled *The Brain That Changes Itself* by the author Norman Doidge, M.D. Even the preface of the book will blow your mind.



## Chapter 37

### Enhance Communication

Communication is a fundamental part of life, but it's also one of the easiest areas to get wrong. Often, we find ourselves in unfortunate situations simply because we fail to communicate effectively. The problem lies in the assumption that what we say and how we say it is enough for others to understand us. This is rarely true. A poor choice of words or a lack of clarity can lead to misunderstandings, leaving others confused about what you truly mean.

How can you ensure that people truly understand what you are saying? This can only happen when you have absolute clarity about three things: what you are saying, why you are saying it, and what outcome you wish to achieve from the conversation. With this level of precision and focus, even someone with poor communication skills will naturally align with your message. They will begin to grasp your concerns and intentions, not because of their skill, but because of your clarity.

Good communication starts with understanding the situation. Many times, we don't fully grasp what's happening around us. We rely on partial information and come to wrong conclusions, which then leads to misleading or ineffective communication. Awareness is the foundation of effective communication. If you don't understand the context, no matter how clear or confident you are, your message will miss the mark. Effective communication isn't just about talking smart or sounding clear. It's about showing that you understand the situation, presenting a well-thought-out

message, and offering a plan or solution to address the issue. People aren't interested in listening to complaints or dealing with your emotional state. Most of the time, they're already preoccupied with their own problems. Expecting someone else to fully understand and respond to your emotions is unrealistic—especially outside of close family relationships. In the professional world, people simply don't have the time or patience to manage your emotional needs.

So, be professional in your communication. Avoid turning it into an emotional outburst. Use your words as a tool to address the underlying problem and propose a solution. Be clear, be thoughtful, and stay focused on the outcome you want. Communication isn't just about expressing how you feel—it's about creating understanding and driving action.

Amitabh Bachchan's success with *Kaun Banega Crorepati* (KBC) is a great example of good communication. When he became the host, the show was just a quiz game (note that hosting a quiz show is much tougher than it seems. It's not just about reading questions—it requires quick thinking, handling pressure, and keeping contestants and audiences engaged), but his way of speaking, listening, and interacting with people made it special. His deep and strong voice got everyone's attention, while his kindness and warmth made contestants feel comfortable. He asked them about their struggles, dreams, and life stories, making the show more about people than just winning money. His calm nature, famous lines like "Lock kiya jaye?", and respectful way of talking built trust with both the contestants and the viewers.



## Chapter 38

### Intelligence and Success

We live in a world where people often cling to simple views of intelligence and success. Intelligence and success are often misunderstood as simple, single ideas. Many people think intelligence means being good at school or games like chess. Success is often seen as having a lot of money. But these views are too narrow and miss the bigger picture. To truly understand intelligence and success, we need to see them as having many parts. Intelligence is not limited to academic brilliance or logical reasoning; it spans a diverse range—from linguistic and musical to spatial, bodily-kinesthetic, interpersonal, intrapersonal, naturalistic, and existential. Likewise, success isn't just about financial gains; it includes professional achievement, personal fulfillment, strong family bonds, physical well-being, social influence, spiritual depth, and impactful contributions. Each form of intelligence fuels a different dimension of success, and when we cultivate them in harmony, we unlock a life that is both prosperous and meaningful.

Consider the story of Nikola Tesla, the most brilliant inventor the world has ever seen. He devised groundbreaking ideas—like the alternating current (AC) electrical system—that shaped modern technology. However, despite his brilliance, he struggled to market his work or secure consistent funding. Others, with better social intelligence or business acumen, often took credit or reaped bigger rewards from similar ideas. Thomas Edison is often highlighted as an example of someone who combined business acumen with social intelligence, enabling him to overshadow Tesla in terms

of financial success and public recognition. This is one such example. Many people who are very smart and come up with amazing inventions. Their intelligence is clear, but it doesn't guarantee success. There are many smart people whose ideas never see the light of day because they couldn't handle the challenges of politics or marketing.

But social intelligence alone isn't enough. True success goes beyond money or fame; it's about feeling happy and fulfilled within—what we can call "Inner Success." Take for example Howard Hughes who was a brilliant entrepreneur, film producer, and aviation pioneer whose genius and ambition changed industries and captivated the world. But Howard Hughes lacked intrapersonal intelligence, which is the ability to understand and manage one's own emotions and mental health. Despite his immense wealth and influence, Hughes struggled with severe mental health issues, including obsessive-compulsive disorder (OCD), paranoia, and addiction.

Let us now talk about emotional intelligence. Emotional intelligence is the ability to understand and manage your own emotions, as well as recognize and respond to the emotions of others. It involves empathy, self-awareness, and effective communication. Ravana, from the Ramayana, was highly educated and very strong but lacked emotional intelligence. A clear sign of his poor emotional intelligence was when he kidnapped Sita against her will—a choice driven by vanity and a disregard for moral consequences. This act sparked a war he could not win and led to his downfall.

Practical Intelligence—often called “street smarts”—is about handling everyday challenges, adapting to unexpected changes, and solving real-world problems. This kind of intelligence helps people navigate situations that deep thinking style or high-level knowledge might not cover. Many successful salespeople rely heavily on street smarts, or practical intelligence, to excel. An example is Karsanbhai Patel, who started the Nirma brand. He began by making detergent powder at home and selling it door to door in Gujarat. With very little money, he used practical, street-smart

methods—knowing how to advertise his product, set affordable prices, and build trust with local buyers. This simple yet effective approach helped him grow from a small home operation into one of India’s most famous detergent brands.

Spatial intelligence involves the ability to visualize objects, dimensions, and movements in one’s mind. It’s crucial for architects, designers, and even physicists who need to imagine complex structures and concepts. In ancient India, the Ellora Caves—especially the Kailasa Temple—offer a stunning example of spatial intelligence. Carved from a single rock, starting at the top and working down, the temple demanded precise planning and visualization. Craftsmen had no modern tools, yet they calculated every dimension and detail to ensure strength and beauty. Spatial intelligence in temple design isn’t just about creating visually impressive buildings. It also reflects the deep devotion of the craftsmen and fosters a sense of spiritual success.

Ultimately, to shape a truly fulfilling life, we must recognize success in all its forms, then cultivate the different intelligences that help us reach each of those goals.



## Chapter 39

### Avoid Unnecessary Arguments

**M**any people we encounter in life carry emotional baggage. This baggage can consist of painful memories from childhood or struggles experienced in adulthood. Often, individuals are filled with anger and irritation, and they may subconsciously seek someone to unload their negative energy onto. The goal is to identify such people in your life and ensure you don't become a punching bag for others. Let's look at the idea of "visibility" in life. This concept encourages us to focus on discussions and decisions that are realistic in the near future and saves you from being victims of negatively-energetic people.

For example, a couple might discuss how to prepare for a healthy pregnancy, or a startup's founders might plan to increase their team from 50 to 80 employees in the next few months. These are issues within "visible" range because they need immediate attention and action. Disagreements can happen here due to different views, but these are normal and often help in finding the best solution. Now imagine a couple arguing about what career their unborn child should have, or founders discussing strategies for managing 10,000 employees, long before reaching that size. These topics are outside of their "visibility" because they are too far ahead and not relevant to their current situation. Although it may seem funny, these examples show how we sometimes waste time debating things that don't matter right now. Yet, people are often drawn into these kinds of arguments, subconsciously using them as a way to release pent-up energy or

frustration, even if the topic itself holds little real significance.

A common example of "visibility" in conversations among friends is discussing politics. Friends might talk about current political issues to decide whom they'll vote for in the next election. This is relevant because their choice impacts the near future. However, if they start debating what a particular political party might do 30 years from now, it goes beyond their "visibility" and isn't a productive use of time. These are just a few examples, but if you start observing your life closely, you'll notice many similar situations where "visibility" can help guide more focused and meaningful discussions.

Without clarity in life, spending time on such arguments becomes common. Without a clear purpose, we lose the value of time, often wasting it on satisfying minor ego battles. These arguments tend to escalate, leaving us angry or frustrated, and we end up replaying scenarios in our minds, thinking about how we could have "won" the trivial debate. This cycle drains both our time and mental energy. Arguments without "visibility" rarely lead to decision-making because the topics often lie too far ahead to be relevant. A clever mind might argue that these topics are important, but this is often just the brain—or ego—playing tricks to keep you engaged, satisfying its need for attention rather than focusing on practical, immediate concerns. Thus, have clear visibility in life and talk when necessary.



## Chapter 40

### Avoid Unnecessary People

**I**magine you are on a journey down a road filled with thorns and stones. When navigating such a path, the best option is to avoid these obstacles and walk carefully. Similarly, in life, you may encounter people who are like stones and thorns. These individuals tend to create obstructions in the journeys of others. They simply exist in this way because they do not want to grow or transform. In fact, people who do not grow and transform tend to stagnate. Be careful—if you plan to remain inactive in your life’s journey and avoid growth and transformation, there’s a chance you will end up like them.

Avoiding difficult people is not always easy. One reason for this is your own behavior, which can contribute to their success in obstructing you. If you tend to get angry easily, have a fragile ego, or lose focus quickly, you may find yourself falling into the traps set by these individuals. Due to these weaknesses, one may engage in unnecessary arguments, which tend to be endless. Furthermore, establishing clear boundaries is an essential defense that protects you from difficult people. If you allow them too much access to your life, they can have a negative impact on you. It’s important not only to set emotional boundaries but also to establish physical ones. Always try to maintain your own space where these individuals are not present. If you must interact with them, do so infrequently and only when necessary. While they may keep an eye on what you’re doing, remember that you have no control over their actions or opinions.

Arguments are inevitable in life because of the nature of human interactions. However, you always have a choice about whom to argue with. Remember, unless an argument is healthy or leads to an important decision within a reasonable timeframe, it's best to avoid it. When you engage with the right people, discussions can occur instead of arguments. That is the benefit of surrounding yourself with the right individuals.

Always remember to surround yourself with the right people. When you encounter argumentative individuals, it's crucial to distance yourself from them as soon as possible. Such people may indeed be talented, and you may find their skills valuable, but sooner or later, they tend to create problems that are often far more disruptive than any immediate issue they help resolve. However, with the right attitude and clearly established boundaries, even difficult personalities can be managed.



## Chapter 4I

### Avoid Constant Irritation

**O**ur daily life has become busy. Either you tend to make yourself intentionally busy because you cannot sit quietly, or you may be really busy. In any case, a busy schedule leads to two things:

- You do your everyday act in an irritable manner
- There is a chaotic energy that flows within you whenever you see the time

In both cases, chaos takes over you. You may think you are working in an orderly manner because you tend to do external tasks at hand in time, but you must also notice the chaos building up in you on a daily basis. In the long run, such daily chaos will do no good. This is like kicking the door so often that it breaks open at some later point in time. Every day irritation and chaos are the kicks your body and mind are resisting, until one day, it may break.

You must note that preparing food every day is an important work. However, you do it in such a hurry that, while doing it, if something goes wrong, you tend to get irritated. Now this irritation does not go away. This is your today's quick kick to your system. Just imagine what it can do when it happens every day for the next 10 years. However, such kicks are one too many on a per-day basis. You have many mundane tasks to do in daily life. Waking up and brushing your teeth, showering, preparing food, making plans, driving to the office, and so on. These are not mundane but

important tasks. These are what make up your life. And these tasks must be done with care and attention. This is part of self-care.

Sometimes the demand or greed to have more things in life keeps us away from self-care. We fail to give ourselves the time it requires. Even if we tend to give such time, we convert the moments into hell by letting in anger and irritation while doing them. But the consequences are far-reaching. If this moment is used up in developing irritation, then part of the generated irritation also slips into the next moment. You may not realise it, but this happens. If you observe carefully you will see. This is because the irritation or chaos generated within you needs some time to go down. So the new moment of life you have now is not completely fresh but has some baggage from the past moment. And then this baggage is added to the new baggage you create and the effect continues. So the generation of a fresh and baggage-free moment stops in the process.

What is the solution? It is simple. You must tell yourself, while being in the moment, that you will not generate any irritation within you (also, regular yoga and meditation will help you reach your calm state). Pay attention to your daily tasks to make sure they are done in a way that makes you happy. And food cooked happily will definitely taste better. A room cleaned with happiness achieves two things: happiness for the present moment and satisfaction for the future moment (that is, when you return home at night and find a clean room, you will feel satisfied). The vibes in your home matter, and it also influences how everyone else in your family will spend the day. One person creating chaos will cause chaos to enter everyone else in the family.

So the whole point is that you must understand that little things add up and make big things. Every moment of positivity will add to the next moment of positivity and so on and will make your day beautiful. If your day is beautiful, you will make sure your tomorrow is also beautiful. These days will add up to months and years of your life. Hence, it is up to you what you generate in each moment.

## Chapter 42

### Avoid "Last Minute Life"

**M**any people live what can be called a "last-minute life," where everything important is pushed to the final moment. They are always in crisis, scrambling to make decisions or finish tasks, and constantly needing help as deadlines close in. These people don't just struggle alone—they often pull others into their chaos. People who help them need to deal partly with such chaos. They seem helpless, even like victims, but this pattern usually comes from laziness and a lack of planning. And here's the hard truth: they rarely change. Everything important to them is always delayed, and this delay creates even bigger problems. Over time, they even lose the people who were always willing to help—everyone has their limits. Constant last-minute chaos drives away even the most patient friends, leaving them isolated and without support.

Living like this is a slow-motion disaster. Every time you leave something until the last minute, you're acting as if the world is predictable and smooth, which it isn't. Life is full of unexpected events, and when you're already out of time, even a small problem can throw everything off. This makes failure much more likely, and repeated failure leads to frustration and hopelessness. Add to this the unrealistic belief that last-minute work will somehow lead to good results, and you're setting yourself up for even deeper disappointment—and eventually, depression.



## Chapter 43

### Financial Success - Part I: Beyond Skills

**F**inancial problems are a source of deep stress and unhappiness. When in distress, most people fall into one of two traps: they either lose hope and stop trying, or they become desperate, chasing quick money without thinking about the consequences. Both paths lead to regret and frustration.

To earn money, you begin with a skill. Based on your skill and mindset, you choose one of two paths: becoming an employee or starting a business. In either case, success isn't just about your talent—it's about finding the right environment to use it. A teacher needs a school or an online platform. A businessperson needs a marketplace or customers. And here's the key: the environment is filled with people.

But there's one critical factor most people ignore: dealing with people. The idea that skill alone guarantees success is an illusion. Whether you work for someone else or for yourself, a big part of your success depends on how well you handle people.

If you can't communicate well, manage conflicts, or understand others, you'll struggle. People won't want to work with you, and misunderstandings will multiply. Without strong interpersonal skills, even the most talented person fails. To avoid this, you must learn how to deal with people effectively. Communication, conflict resolution, and understanding human psychology are not optional—they are essential.

Here's the truth: if you are difficult to work with, you'll fail as an employee or a businessperson. And this difficulty doesn't start at work; it starts at home. If you are a difficult person at home, you will be a difficult person outside. Change begins at home. Start by being less argumentative, more understanding, and easier to live with.

Once you improve at home, these habits will naturally carry into your professional life. Financial success is never just about the numbers—it's about people. Master that, and you'll thrive.

Reflect on this: In 2008, Tesla was close to bankruptcy, facing huge losses, investor problems, and there was internal conflict among executives and investors. Instead of letting the company fail, Elon Musk took charge as CEO and solved these problems wisely. He talked to investors, put 40 million of his own money into the company, and made a 50 million deal with Daimler, saving Tesla from collapse. He also changed the management team, inspired employees to stay motivated, and handled media pressure by being honest about Tesla's future. Many people think that having money is enough to make more money, but this example proves that good conflict management is an important ingredient in financial stability.



## Chapter 44

### Financial Success - Part II: Connections

In this new age, connections have become a cornerstone of financial success. Networking platforms like LinkedIn thrive on this principle, promoting the importance of first, second, and third-degree connections. Whether you're seeking a job or building a business, your connections often hold the key. But why is the world increasingly valuing people beyond their skills? Why does the marketplace prioritize attitude over expertise, even though a basic level of skill is always necessary?

Here's the truth: skills can be taught; attitude cannot. If someone has basic intelligence, they can learn new skills or be trained to adapt. But a bad attitude? That's almost impossible to change. Your attitude is deeply rooted in your experiences, shaped by years of growth, the environment you were raised in, childhood traumas, life lessons, and—if you're lucky—guidance from good mentors. Who you are and what you've become are not surface-level traits; they are foundational and take years to develop.

This is why the world seeks people with great attitudes. Skills may get your foot in the door, but your attitude determines how far you go. Now, let's explore how those with great attitudes naturally develop connections and succeed financially.

People with great attitudes do two things consistently:

1. **They seek opportunities to help others.** By offering genuine help,

they create deep emotional bonds with the people they assist. These bonds often transform into strong, reliable connections over time.

2. **They tackle big problems.** Solving major challenges is never a solo act. On this journey, they meet capable individuals, leaders, and collaborators who help them achieve their goals. These relationships grow organically as they work toward a shared purpose.

In both cases, attitude plays a critical role. A helpful, positive, and solution-focused mindset makes others want to work with you and trust you. Connections form naturally when people see your willingness to contribute and your commitment to solving meaningful problems.

Financial success, then, isn't an individual achievement—it's the result of creating value in a collective effort. In the marketplace, where everyone benefits, you also benefit. Your skills are the foundation, but your attitude is what builds the bridge to lasting success.



## Chapter 45

### Financial Success - Part III: Core Idea

To live life fully is to embrace its multidimensional nature. When we lose balance in these dimensions, we inevitably invite emptiness, dissatisfaction, and eventually, depression. The key elements of life are many, but among the most vital are: health, relationships, purpose, financial growth, emotional expression, contribution, freedom, creativity, adventure, connection to nature, spiritual exploration, and legacy.

Imagine a life without purpose. Without it, every action feels meaningless, eventually pulling us into depression. Now, imagine a life without good health. Poor health pushes us into a state of low energy, declining productivity, and ultimately no action at all, leading to the same dark end—depression. Similarly, consider a life without human interaction. Lock yourself in a room for a year, and see where it takes you: a slow unraveling of your mental stability, a descent into loneliness, and yes, depression. Think of a life without financial growth. The relentless daily struggle to make ends meet crushes your spirit, leaving no room for hope or happiness. What about a life without adventure? Staying in one place for too long drains motivation and leads to boredom. Imagine a life where you cannot express or share your emotions—soon, you'll find yourself isolated and emotionally hollow. In a family, emotions must flow both ways—given and received. When this balance breaks, the family itself begins to shatter. Many people cut themselves off from spiritual roots, only to find emptiness creeping in when material success no longer excites them. Once material

needs are fulfilled, the natural instinct is to create something lasting—a name, a legacy. Deny this urge, and even the most lavish life will start to feel hollow and meaningless. And it doesn't end there. The dimensions of life are vast, and ignoring even one leads to imbalance and emptiness.

Each dimension matters. Together, they form the symphony of life. To ignore one is to weaken the whole.

But life demands balance. Engaging too deeply in one dimension requires sacrifice in others. For instance, the pursuit of financial success often comes at the cost of time with loved ones. This trade-off is inevitable, but when taken too far, it erodes the very foundation of life.

Many fall into the trap of viewing life solely through the lens of personal profit and loss. While this mindset drives hard work, saving, and planning for survival, when it dominates, it narrows our perspective and blinds us to life's deeper richness. Relationships become transactional, and people are reduced to tools for personal gain. In such environments, this self-centered approach creates toxicity, leading to strain and mental health challenges for those within it. True financial success thrives in an environment that serves a greater purpose. When the focus shifts from individual gain to a collective vision, financial growth becomes more meaningful and sustainable. A personal agenda for financial success, when pursued in isolation, often leads to eventual downfall because it neglects the essential foundation of human existence: collective living.

Reflect on this story:

Once, there was a very rich merchant in a prosperous kingdom. His warehouses were full of gold, jewels, and valuable goods, but he was never satisfied. He always wanted more wealth.

One day, he heard about a magical island where precious pearls lay scattered on the beach. Greedy for more riches, he hired a ship and a crew and set out to collect as many pearls as possible. To make room for the pearls, he brought very little food and water, saying, "There's no need to

waste space on supplies.” During the journey, the crew became hungry and thirsty. They asked the merchant to stop for food and water, but he refused. “We must focus on the pearls,” he said. “They will make us rich!”

When they finally reached the island, the merchant was thrilled. He made the crew gather pearls day and night, ignoring their weakness. The ship was soon overloaded with treasure. Just as they were about to leave, a huge storm struck. The heavy ship couldn’t handle the rough seas and started sinking.

Even as the water rose, the merchant held onto his sack of pearls. “I can’t lose my treasure!” he shouted. But the weight of the pearls dragged him underwater, and he drowned. The crew managed to escape and returned home, telling everyone the sad story of the merchant who lost his life because of his greed.

The merchant’s desire for more blinded him to the needs of others and even his own safety. His shift in mindset from considering multidimensional requirements to a narrow greed for money caused his downfall and finally death.



## Chapter 46

### Making a Career

**B**uilding a successful career is one of the most important goals in life. It gives us financial stability, purpose, and respect in society. A career affects almost every part of our lives—our relationships, responsibilities, and even how we see ourselves. Yet, many people approach their careers with a lack of awareness. They follow their own ideas and beliefs without considering the real world they are stepping into. This overconfidence, no matter how strong, often leads to failure. Talent alone is not enough. Let me say it again: talent is just the beginning.

What we call "talent" is really intellectual intelligence. This is the kind of intelligence that grows when you practice a skill over and over until you master it. Over time, this skill becomes the foundation of your career. But here's where many go wrong. They learn a skill without understanding its real value or whether it's in demand. They choose a career because they see others succeeding in it, without thinking if it's right for them or the world they live in. This is a big mistake. A skill, no matter how good, is only the start. Intellectual intelligence is just one part of the equation.

Let me give you an example. Imagine you enter the job market with a highly specialized skill. You're technically brilliant, but you don't know how to connect with people. You don't understand how to talk to those above you, how to handle office politics, or how to build relationships. Even with your talent, you'll struggle. You might make enemies, hurt your own progress, or miss out on opportunities simply because you lack social

intelligence. This is the second kind of intelligence you need. It's the ability to read people, understand their motivations, and build relationships that help you move forward.

But even intellectual and social intelligence aren't enough. Life is unpredictable, and sometimes you need more than logic or charm. You need emotional intelligence—the ability to manage your own emotions and understand others' feelings. Without this, you might make rash decisions, upset people, or crack under pressure. For example, imagine a high-pressure project where tensions are high. If you can't control your frustration or understand your team's stress, the project could fail, no matter how skilled you are. Emotional intelligence is what holds everything together.

Then there's communication—a skill we often overlook. We think that because we can talk, we can communicate well. But this isn't true. Communication is an art, and it's more than just words. It includes your body language, your tone, and your ability to listen. Studies show that over 90% of communication is non-verbal. If your body language doesn't match your words, or if you miss the subtle signals others send, your message won't get through. This is where bodily-kinesthetic intelligence comes in. It's about being aware of how your physical presence affects others. A confident posture, a firm handshake, or even good eye contact can make a huge difference.

Beyond these types of intelligence, there's something even more important: your mindset. Many of us think a career is a straight, unchanging path. We learn a skill, use it, and expect it to last a lifetime. But this is an old way of thinking. The world is changing fast, especially with technology and artificial intelligence. To survive and succeed, you need a mindset of constant learning. You must be ready to adapt, learn new skills, and reinvent yourself when needed. Resisting change is a form of self-sabotage. It's refusing to face reality. The truth is, the way you earn money today might not work tomorrow. If you stick to one skill or one way of doing

things, you'll eventually fall behind.

Finally, there's the question of passion. Too often, we settle for careers that drain us, that leave us feeling empty. We tell ourselves work isn't supposed to be fun, that it's just a way to make money. But this is a dangerous lie. A career that brings you no joy won't last. It will wear you down, mentally and emotionally. The key is to keep exploring, to keep trying new things until you find what truly excites you. Yes, there will be boring phases, times when you feel like giving up. But if you push through, you might find a path that not only pays the bills but also makes you happy.



## Chapter 47

### Know Where to Lie

One of the most important lessons in life is this: Do not lie. Lying is tempting because it offers short-term rewards. It can make life easier in the moment. But lies are a trap. We think people are naive and won't catch us. We believe we are clever enough to pull it off. This overconfidence is dangerous. Sooner or later, the truth comes out. And when it does, it destroys trust, ruins relationships, and can bring everything you've built crashing down.

Lying appeals to our natural desire for quick wins. Most people think only about the immediate benefit, not the long-term cost. Those who resist this urge—who prioritize truth over convenience—rise to positions others can only dream of. Why? Because truth builds a foundation of trust, and trust is the cornerstone of power and influence. At the highest levels, you will encounter people of extraordinary intelligence and experience. These leaders have faced countless liars and deceptions. They know how to read people, spot inconsistencies, and dismantle lies. The tactics that work on ordinary people will fail miserably with them. Lies may fool the weak, but they cannot fool the strong.

In leadership, honesty is an invisible but undeniable force. It shapes your body language, your tone, and your energy. People are drawn to authenticity. They sense when someone is grounded in truth, and they instinctively trust that person. A liar, on the other hand, carries a subtle unease—something in their posture, gestures, or eyes gives them away.

This weakness will always undermine their position. History is full of leaders who relied on lies to hold power. They always fell. Lies create cracks in the foundation, and over time, those cracks grow until everything collapses. The fallout harms not only the liar but also everyone around them.

Real relationships can only exist in an honest environment. In a world full of competition, lies, and showing off, the connections people build are fake. They may look attractive at first, but they have no strong foundation. Over time, these flashy environments lose their charm, leaving people feeling empty and alone.

When lies and competition take over, people focus more on appearances than on real bonds. They try to impress each other with false images, but these relationships don't last. They fall apart when the truth comes out, leaving nothing meaningful behind. In honest environments, relationships are built on trust and respect. These connections may not seem as exciting at first, but they are strong and reliable. They give you true emotional support and a sense of belonging that fake environments can never provide.

Choose honesty whenever possible. This option may not always work and sometimes telling lies may feel necessary but be careful. Surround yourself with people who value truth, not appearances. Over time, you'll see that real relationships built on honesty are far more rewarding and lasting than anything built on lies.



## Chapter 48

### Moments of Joy

**W**e all crave a life filled with happiness. For many, happiness is tied to comfort, social status, wealth, fame, or a smooth family life. But happiness is a tricky thing—it's different for everyone. Some people find it in material success, while others go beyond and seek it through spiritual growth. At its core, happiness is personal and shaped by our beliefs and desires.

The biggest mistake we make is believing that achieving our goals will automatically make us happy. While aiming for an ideal future can keep us motivated, it can also lead to frustration and unhappiness in the present. This dissatisfaction isn't always caused by life's challenges but by a mindset that doesn't know how to savor small joys. People who chase "the big moment" of happiness often miss out. They don't realize that unless they learn to enjoy life's little joys—moments we all experience, even in hard times—they'll never truly enjoy the big ones. Why? Because their minds are always focused on the future. Even when good times come, they're too busy planning the next step.

True happiness and joy exist only in the present. If your mind is constantly living in the future, you'll miss what's right in front of you. Train yourself to be present, to notice the small, fleeting joys life offers. If you don't, no matter how good your life gets, you'll always feel like something's missing. Happiness isn't somewhere out there—it's here, now.

Training yourself to live in the present moment is a skill—one that requires practice and understanding. Think of it like learning to balance on a bicycle. At first, it feels unnatural, but with consistent effort, you grasp the concept and can maintain balance effortlessly. Similarly, being in the present takes intentional effort and practice.

One powerful way to achieve this is through yoga and meditation. These practices help cultivate calmness, which is essential for staying in the present. Here's the catch: a stressed mind is always caught up in the future, but a calm mind naturally resides in the present. This makes stress management not just important but vital. However, the idea goes beyond managing stress—you must release it entirely and embrace a deep sense of calmness to truly experience the present moment.

Another simple technique is to redirect your wandering mind. When you catch yourself lost in thoughts about the future, pause and start observing your surroundings. Look at the objects around you—the trees, the people, the flow of life. Watch them as if you'll never see them again. This kind of focused observation anchors you to the present moment. Over time, you'll find that by observing your surroundings, you naturally begin to feel more present.

Here's the interesting part: calmness and presence feed into each other. When you're calm, you're more present. And when you're present, you experience calmness and relaxation. It's a cycle—one that's simple yet profound. The key is to start small, be consistent, and let yourself embrace the moment fully.



## Chapter 49

### The Magic of Writing

**W**riting isn't just a tool for expressing your thoughts—it's a tool for shaping them. Many times in life, especially when faced with challenges or decisions, the act of writing brings clarity. When you write down what happened, why it happened, and how you can resolve it, you begin to see the situation from a new perspective. Writing helps you break down the problem and identify solutions, even if they require bold or difficult actions.

The same principle applies to setting goals. Whether it's short-term aspirations or long-term dreams, writing them down turns vague ideas into concrete plans. Similarly, when you're preparing for a deadline or an exam, planning your schedule in writing forces you to organize your time effectively.

Why is writing so powerful? Simply put: writing helps you think. Many people believe they need complete clarity before they can write. This is a misconception. Writing and thinking are not separate processes—they feed each other. As you put your thoughts on paper, they begin to take shape. The more you write, the clearer your thinking becomes. It's a feedback loop: better writing leads to sharper ideas, and sharper ideas lead to better writing.

When you write, different parts of your brain activate. This process enhances your ability to analyze, reflect, and solve problems. It transforms

abstract thoughts into structured insights. While writing may not help in split-second decisions, in most other situations, it's a powerful tool to deepen your understanding and sharpen your mind.

Writing is not just an action—it's a practice. Use it to focus your thoughts, clarify your goals, and approach life's challenges with greater insight and confidence. Remember that your brain is a tool, and there are various ways to activate specific areas of it that can be beneficial, with writing being one of those ways.



## Chapter 50

### Learn to Laugh

I think among all things that life provides you with, a good laugh is something very precious. Make friends who can make you laugh. Humour is something that can light up your day like anything. A good sense of humour must be mandatory in life.

Here is OSHO's view on laughter: "In laughter it happens more easily because it needs no talent, no learning, no discipline – unless you are a born donkey, then that's another matter. Laughter is simple – but let it be total. It has been crippled. Society has stopped you from going totally into it. If you go into a total laughter people think it is hysterical. It is not, it is historical!" This is derived from Osho's book *Come, Come, Yet Again Come*, Ch 10.

Laugh and dance and celebrate your life. Condition yourself to laugh in life. It needs no practice. All it needs is time spent with friends. Therefore, learn to socialize and make new friends. If you laugh daily, and you laugh even if it is a bad day, you are preparing yourself so that even in the face of death, you can smile. Dying with a smile on your face and joy in your heart is not something that is simple. Most people die in agony and shock. And why wouldn't they feel the shock? Losing everything in one go - it is a shock. You have worked so hard to collect materials, collect relationships, collect knowledge, and find a meaningful life, and in the face of death, you lose them all. If you always feel shock when you lose something, imagine how much shock you will give yourself in the face of death. The ultimate

loss happens there.

Life is a mysterious dance. Do not try to solve it. The best thing you can do is have a good laugh at it.

Reflect on this: Ikkyu Sojun was a famous Zen master known for his unconventional ways and humor. Ikkyu Sojun understood something deeper about life—and as a consequence, he chose humor. It may take a lifetime to realize what Ikkyu realized, but humor is always available to us. If we cannot yet grasp the depth of his wisdom, we can at least laugh more, lighten our burdens, and make our journey easier.

As his final moment approached, his disciples, trapped in the seriousness of life, asked, “Master, what will happen when you die?” They expected deep wisdom, perhaps sorrow, some last great teaching. Instead, Ikkyu laughed and replied, “Nothing special. Just like when I was born—only people will make a bigger fuss about it!”



## Chapter 51

### Quitting: A Strategic Pause for Growth

In life, we often find ourselves stuck in situations that feel toxic—a difficult marriage, a draining work environment, or an unlivable place. We try our best to manage the toxicity, hoping things will improve, but our efforts sometimes fail. The toxicity starts to eat away at us, leaving us sad, drained, and unable to live with enthusiasm. Quitting may feel like the best solution, but the decision to quit is rarely easy. To move forward, we need to analyze why we feel stuck and what steps we can take to break free.

The first step is to understand the root cause of the problem. Many times, what feels like a toxic situation is actually a challenge we are not prepared to handle. It is not the situation itself but our lack of skills or readiness that makes things seem overwhelming. Whether it's handling conflicts in a relationship, managing workplace stress, or adapting to a new environment, competency is often the key. To address this, we must acquire knowledge. Learn from others who have faced similar challenges and found solutions. Their experiences can guide us and save us from having to figure everything out on our own. Human struggles are often universal, and many people have already paved the way with clever solutions to similar problems.

It's also important to recognize that competency is relative and always evolving. What seems impossible today may feel manageable a few years later as you grow and gain experience. Think back to a problem you

struggled with years ago that now feels trivial—that's evidence of growth. At any point in life, you are competent enough to handle some challenges but not all. If a challenge feels too big to handle now, you have two options: work on developing the necessary skills or step away temporarily to focus on growth. Both choices are valid, depending on the time and resources you have.

Quitting is sometimes the best choice, especially if the toxic environment is holding you back from personal growth. But quitting doesn't mean giving up—it's about stepping back strategically. If you have time, work on developing the skills you need to face the challenge. If time is short and the situation is damaging your well-being, quit. Use the break to focus on self-improvement and recharge. Sometimes quitting allows you to pursue something better suited to your current abilities, reducing stress while still keeping you productive. If someone can support your basic needs while you take this step back, it's an even greater opportunity to focus on yourself.

However, quitting should not be seen as a permanent escape. Real growth happens through challenges, and you can only learn so much by sitting alone and reflecting. Use the time away to develop your skills and plan to return stronger. Each difficult situation teaches valuable lessons, and avoiding them entirely robs you of those opportunities. Quitting should be a strategic pause—a chance to grow and prepare to face life's challenges with more confidence and competence.

Breaking free from a toxic situation is about making a clear, informed decision. Understand whether the problem lies in the situation itself or your current ability to handle it. If you decide to quit, do so with the intention of growth and learning. Work on yourself, develop your skills, and prepare to face challenges again. Life's struggles are not obstacles to avoid—they are teachers. Quit when necessary, but quit strategically, with a plan to come back stronger and thrive.

## Chapter 52

### Self-Care to Push Limits

**H**appiness is a consequence of all the daily effort you make to keep your mind, body, and emotions healthy. Hence, you should feed your mind with good knowledge and maintain pleasant emotions. Now, for the body, provide it with good food and regular exercise. Remember as I have explained in one of the previous chapters, that if you mess with them, you mess with your life badly. All valuable things in life need proper care and attention.

These tools are of utmost value to you because, through these tools, you are experiencing life. The tools you have are like eyeglasses. If dust sticks on them, the world around you will look dirty, unless you clean them. Remember, just like you need to clean your eyeglasses daily, you should take care of your tools EVERYDAY.

However, in the process of self-care and finding happiness, do not become too fragile. If self-care makes you too fragile, the main idea is lost. The main idea behind self-care is not to be comfortable but to explore the uncomfortable terrains of life.

The idea is to enhance and push the limits of your body, mind, and emotions because then you will be capable of doing the audacious tasks at hand. The idea of regular self-care is to make sure that you succeed in the challenges you have undertaken to be successful in life. And at this point, let me remind you of the importance of challenges in life that we discussed

earlier in the book. It is only through the challenges you undertake that you will be able to find the purpose of your life. The idea of self-care must not limit you to your comfort zone. Rather, it should make sure that as you are pushing yourself out of your comfort zone, the tools (mind, body, and emotions) get enhanced without getting broken in the process and thus hinder your process of self-transformation and self-upgrading. Self-care is an important step that helps to ease the process of upgrading. It makes your path smooth.

You must grow and upgrade yourself in your life. And why you must upgrade? Why did you need to grow at all? What is the purpose of growth at all? These questions often cross our minds. Here is the answer: You should upgrade yourself because the whole world is upgrading. Nature itself is upgrading. The viruses that are spreading are upgrading themselves. Life challenges are upgrading. All of humanity needs to upgrade in order to accommodate the growing population sustainably. Up-gradation is a natural process, and you must be in tune with it. The moment you decide to stop upgrading yourself, guess what? You start downgrading yourself. This may seem to be counter-intuitive, but it is indeed true. You do not remain the same. Either you are moving uphill or downhill.

Upgrading yourself is fun. It is like driving a new version of a car. You always want an upgraded version of your old car in order to have a better experience. Similarly, an upgraded version of you will allow you to have a better experience in life. So do not be afraid of the hard work required to upgrade yourself. Always search for opportunities to grow. And to grow, you need to explore the world. Meet new people. Also, stay open-minded so that your exploration happens smoothly and without friction.



## Chapter 53

### Journey 1.0

Life is a mystery, an unsolved puzzle that unfolds in ways we can never fully predict. It is this very unpredictability that makes life meaningful. If you were to know every twist and turn, every joy and sorrow that awaited you, what would be the point of living it? The beauty of existence lies in its uncertainty, in the constant unfolding of the unknown. It is this uncertainty that drives us to seek, to strive, and to grow.

Throughout history, countless minds have pondered the meaning of life. Religious texts often speak of a higher purpose, urging us to seek union with the divine, to attain God. Atheists, on the other hand, may argue that life is about pleasure, about indulging in what brings us joy and satisfaction. And then there are those who do not bother with such questions at all, content to live without seeking deeper meaning. But here's the twist: no matter what you believe, death resets the life's equation to zero. What matters then? Maybe the act of living itself—the curiosity, the joy of discovery, the connections we form.

Anyways, all great thinkers of life and non thinkers will die. There is an end. Therefore it is important to recognise that your life is yours alone. It's shaped by the choices you make, the challenges you face, and the victories you achieve. While it's helpful to learn from others and listen to their advice, the true meaning of your life is something only you can find. No one else can decide it for you. It's a journey you must take and a mystery you must uncover on your own.

And what is the point of learning and growing in life if the end is the same for all? What is the point of developing willpower through discipline? What is the point of putting daily effort into making life good? What is the point of finding a meaningful relationship, a life companion? Well, indeed, these are valid questions. Life seems to have no meaning. And what do we even mean by death? It further makes no sense. Well, we do not have all the answers. The question is - do we need all the answers? Is life long enough and your brain intelligent enough to gather all knowledge that is available in the world? No. So relax.

Instead, death is a great reminder that the journey is more important. As the goal (death) itself makes no sense. Your everyday life matters. Small things matter. Did you start the day well? Did you exercise today? Do you have a plan to work and plan to have fun today? Are you enjoying your work today? Did you manage your stress well today? Did you make any progress today for a better tomorrow? Were you kind to someone today? What extra was done today by you and your partner to bring joy? Did you help someone in need today? Did you eat well today? Did you make progress in solving any family-related issues? Did your son/daughter do their homework today? Did you sleep tight? These small actions add up to a meaningful life. Focus on doing them well, one day at a time. That's the best way to live.



## **Part IV**

# **Beware of Dark Forces**

## Chapter 54

### Darkness In & Out

**G**etting out of a hellish mind and operating the world with a healthy self is just the beginning. The world has places where sunshine reaches and enhances the beauty of the place it touches. These are places you can move around freely without worry and enjoy the beauty of life. And there are places in the same world devoid of sunlight where the dark forces operate in secrecy. This book would not be complete without warning you about the darkness that exists within and outside you.

If you just be aware of the dark side, you can save yourself from making unnecessary mistakes in life and falling into obvious traps. These traps can be laid either by you for self-destruction (sometimes your system can behave in a self-destructive way if you mess with yourself, a topic already covered previously) or by others to sabotage you.

Yes, others. You might wonder why someone would be interested in harming you at all. And the best I can do here is to remind you that people can be dangerous. There are various reasons - someone is jealous of you, maybe you said something to someone who took it wrongly and sought revenge on a long-term basis (yes, people can wait for the right time to seek revenge), or maybe someone is psychopathic enough that they seek pleasure in manipulating you and sabotaging your life slowly (yes, such mad breed of people exists). Maybe someone is ambitious enough to use you to fulfill their own ambition without caring what happens to you in the process, and so on.

At this point, for most good people & honest people who are too naive in their approach to life (sorry to make such a statement, but unfortunately, it is indeed true, and you need some training or else you will end up thinking about why bad things happen to good people) and hence suffer, it may be difficult to digest the fact that people are capable of great harm. This is easy to understand once you understand that we are all wired differently. We, as human beings, come from different cultures, different upbringings, different friend circles, different hardships of life, and so on. Some people are even gifted. You know there exist child prodigies who learn hard and difficult physics and math during childhood. It is unimaginable, but it is indeed true. So let us extend this a bit further. Why can't there exist people who, without any training, can manipulate people as if they are born with such a gift? This is an extreme example, and like child prodigies, they may be less in number. However, the idea was to make you understand that we are all wired differently, and all our brains work differently. So some people with one particular type of brain are capable of saying harsh things without considering others' feelings. People with another type of brain can be good at lying. Some can be bad at lying, as they feel uncomfortable in doing so, and if you observe carefully, their body language will tell you that they were lying. Some can be so ambitious that they fail to consider what is good for other people, and some care so much about others that they lose their own self in the turmoil and end up depressed. At this point, you can do an interesting exercise to have a better understanding of this. When you watch a movie, observe how different characters think and act. Now extend this to real life, and observe how other people behave and act, and this will confirm the differences that exist within all of us. Therefore, we should be careful in dealing with people.

I would like to end this chapter with a hard truth. The hard truth is this: in your life, there will be good times and bad times. There will be good people to have fun with and not-so-good people whom you need to learn to manage. There will be positive environments to work and build your career, or, at times (say due to bad luck), you may end up in a toxic

environment in which you must learn to cope. Here is the good news. Everything is temporary. The good times will come and go, and the same goes for the bad times.



## Chapter 55

### Darkness Within

**N**ow that you know that there is darkness in the outside world, we must admit, as humans, we have our own dark side. We have aggression, jealousy, hatred, selfishness, and so on. The dark side within you is not something to hate. Sometimes, some of our dark characteristics can protect us as a shield. If I suddenly throw you into a wild jungle, your fear makes you take steps carefully. The same fear will ask you to learn some skills to survive in the jungle, and as you learn more skills to survive such a harsh condition, the fear within you will disappear, and courage will appear. The process is like a lotus growing from the mud. Sometimes, the worst situations will make you so angry and frustrated from within that you will think of changing your attitude to get out of such a situation. If the bad qualities can bring good motivation within you to change yourself, then it is good. However, the same bad qualities can degrade you and make you end up in depression. The key lies in maintaining a watchful eye over our dark side, ensuring that it does not harm us but rather serves as a guiding force, propelling us towards greater heights of personal growth and fulfillment. It is through this process that we can hope for the darkness within to ultimately lead us towards the light.

As you respect the dark side of you, have respect for the dark side within others. Everyone is trying their best to survive with what they have. In the process, they tend to harm others knowingly and unknowingly. If you can feed such an understanding within your mind, all you will have is

compassion for others. And such compassion will make you powerful.

The question is, "How can compassion make you powerful?" Let us contemplate this profound point. When dealing with a manipulative individual, the most effective approach is to remain calm and composed. By maintaining a state of inner tranquility, you possess control over yourself, making it exceedingly difficult for others to manipulate you. The very act of manipulation relies on exploiting and playing upon your emotions. However, if you have mastered absolute control over your emotional self, no one can easily manipulate you, as the manipulator lacks access to control your emotions and, consequently, your actions.

There are two paths to achieving this calmness. One is to consciously remind yourself to remain calm, a challenging feat that requires constant practice and vigilance. Despite your efforts, mistakes are inevitable on this path. The other, more powerful approach is to fill your internal being with compassion and love, which naturally cultivates a state of calmness and composure rooted in these elevated emotions. Love imbues you with stability, granting you the clarity to recognize the manipulative tactics of others while responding with wisdom and kindness born of your compassionate center.

It is crucial to understand that your compassion does not render you naive or blind to the manipulative individual's intentions. Rather, it elevates you to a higher position, empowering you to respond appropriately while maintaining your emotional equilibrium. However, developing genuine compassion is no easy feat; it requires a profound commitment to enhancing your spiritual aspect and inner growth.

Cultivating compassion within yourself is a transformative process that not only shields you from manipulation but also opens the door to greater understanding, empathy, and personal growth. When you approach challenges from a place of love and compassion, rather than reacting defensively or judgmentally, you unlock the power to respond with wisdom, grace, and a deep recognition of the shared humanity that connects us all.

## Chapter 56

### Caution

**A**s you read and understand the dark side of the world, don't let hatred and bitterness develop within you. There is a famous saying - "Don't become a monster while fighting a monster." The best example I can think of here is of Lord Krishna. He was an enlightened personality who knew the ins and outs of politics. Krishna tried his best to bring the flavor of enlightenment to management. Mahabharata explains how Krishna dealt with dirty politics while still maintaining his positive self.

Managing a kingdom is not a straightforward task and as a result, a naive person who thinks in a very straightforward way can never rise to power. In order to get to the top leadership, a good amount of political acumen is required. However, as you encounter and fight dirty politics, make sure you don't fall into the trap of dirty politics by playing it dirty. Dirty politics may give you some quick wins, but it also has the potential to make you get addicted to it and make you lose your power of patience. There is no shortcut, and if you take one, there is a price attached to it. Most of the time, these prices are too heavy to pay. Therefore, maintain the purity and compassion of your inner self while being aware of the dark forces. This is the main challenge. The dark forces will always find shortcuts to win, and they don't care about the price they have to pay for it. All these people care for is money and power, and in the process, they lose compassion and human touch. However, the challenge is to battle them while maintaining all positivity within you. A tough task indeed!

## Chapter 57

### Rules of the Dark Game

One major cause of people falling into depression is when they do not understand the rules of manipulation and fall into traps of manipulators who tend to use them until nothing is left of them. Let us look at some rules of manipulation and politics.

1. Rule 1: They speak less & let you speak more
2. Rule 2: They stay stable & make you unstable
3. Rule 3: They have confidence & lower yours
4. Rule 4: They keep information from you
5. Rule 5: They behave like a fool
6. Rule 6: They use your information against you
7. Rule 7: They present an impossible dream
8. Rule 8: They repeat behaviour
9. Rule 9: They tell a secret while observing you
10. Rule 10: They have a sense of urgency
11. Rule 11: They test your strength
12. Rule 12: They take risks safely
13. Rule 13: They stay off topic

14. Rule 14: They implant a thought

15. Rule 15: They use your noble intensions

The list can go on, but understanding these rules can activate your brain towards thinking about these aspects of life. Trust me, as you think and observe more people and how they act, you will learn more. If you are lucky, you can have a nice but manipulative friend/boss/life partner to observe and learn from.

Manipulators can use Rule 1 to collect more information about you. They can plan any act of manipulation on you if they have sufficient information to act upon you. You will see how, in a conversation with them, they will utter a sentence (a statement or a question that will make you speak more) and stay completely quiet to listen to you. Each question they ask and the statement they make usually has a hidden motive towards gaining either lots of information about you or specific information they may need at that moment to plan their next step. Only if you spot that the person you are conversing with is a manipulator, the best defense is to feed them with trash information. In that, they will quickly lose their patience and will ask questions that are more specific in nature. In doing so, you will learn to find their motive in their next moves. However, note that a more clever manipulator is more patient in nature. The good ones know how to be calm and are usually masters at it.

The next move is to play with your emotions. This is what Rule 2 is all about. Manipulators aim to keep you off-balance by creating emotional instability, confusion, or doubt while they maintain a calm and seemingly rational demeanor. They will try to make negative statements to make you angry (or jealous) as they believe an angry person may speak out valuable information in their act of rage without realizing it. Clever manipulators know how to make you angry. If their words fail to make you angry, they may act angry to make you angry. But remember, they are acting angry but are stable within. They listen to you carefully even if they act angry. In order to not fall into such a trap, stay calm and have compassion like

Buddha for those who are angry. If you are strong at your spiritual roots, your state of calmness will stay with you at all times. Thus it is necessary to work on your spiritual aspect. In a genuine act of compassion, anger won't deflect your thinking. In case your spiritual roots are not strong enough, practise being calm.

A good sense of control can be achieved in someone who is less confident and always demands other people's evaluation of what they have done. Just like a kid shows his parents his painting to get a pat on the back, we all tend to do that. But with age, you must learn to self-evaluate and to do it requires some amount of confidence in yourself. People who do not have self-confidence are more prone to fall into the traps of a manipulator. If you constantly ask for a review of your work from someone who is manipulating you, they will tend to give reviews in a way where you end up doing what they tell you to do. They may initially praise you for your work to gain trust but later will find unnecessary faults within your work to lower your confidence and suggest you try their ideas instead. In a subtle way and in due course of time, you will do what they tell you to do. They will project more confidence (Rule 3) and undermine your self-assurance to make you more susceptible to their influence and less likely to question their motives.

Rule 4 is the most common tactic. This tactic can involve withholding crucial details, distorting facts, or only sharing information that serves their agenda. Withholding information or providing only partial truths is a way for manipulators to maintain control and keep you dependent on them for knowledge. The less information you will have, the more foolish you may act in some situations. And the more foolish you act, the more you will return to them for advice and give them a chance to manipulate you. When someone withholds any information from you, the best thing you can do is question them more often. To avoid excessive questioning, manipulators may limit their interactions with you or appear busy. However, if you are observant and discerning, you can ask strategic questions that prompt them to provide information. If they get irritated

while providing you with more information, it indicates that they wanted to keep the information from you.

The foolish person in the room may be a clever manipulator (Rule 5) silently listening to all while acting foolish and dumb. While they blabber trash information, they will go absolutely silent when others speak. Their act of being foolish can also be an act to make you feel intelligent, and then you tend to talk more to show off your intelligence. The clever manipulator very well knows when to praise you and lift you high in the air so that you enjoy your temporary high position and blabber important information and when to lower your confidence in order to make sure you are still under their control.

Rule 6 comes into play after you fail to detect other rules and have already fallen into their trap. A clever manipulator knows when to use your information against you to lower your confidence or gain trust by showing he remembers your private information. Imagine you shared that you're physically weak due to an old injury or that your parents often fall ill. Then, if you can't finish a task at work, the manipulator might tell your boss about these issues, making it seem like external factors are why you can't meet expectations. This could silently lead to you losing your job. This is just one example, and there are many complicated scenarios where someone can use your private information to destroy you out of their hidden jealousy. Hence, it is said to choose your friends wisely.

Rule 7 is another commonly used technique. Manipulators might showcase you a big impossible dream that can leverage your career or respect in society or make you rich (whichever is your primary motive) to get you to agree to something, even if it's not likely to happen or realistic. In this way, they can also make you do the work that most people won't be interested in doing or a risky project whose failure can damage your future prospects and not theirs. Manipulators make sure they don't get their hands dirty and will always try to find someone more naive to do their dirty work.

Manipulators might keep doing the same things again and again (Rule 8). This can make you used to their behavior, so you might not realize they're manipulating you. It's like training you to accept their tricks without questioning them. For instance, they could start by asking you to do a dirty job once a week. Then, gradually, they increase it to twice a week, then thrice a week. This conditioning process makes you accustomed to doing the dirty work regularly without realizing that you're being manipulated into taking on more than your fair share of unpleasant tasks.

Rule 9 is where you are being observed in a serious way. One important thing manipulators want to know about you is how good or bad you are at keeping secrets. Some people have a big weakness - they can't help but reveal secrets, not just their own personal secrets, but also secrets about their friends, family, and even the company they work for. This is a very dangerous trait, and it's usually weaker-minded people who struggle with this. If a manipulator figures out that you have this weakness of spilling secrets, they can use it against you later on. They might get you to spread harmful rumors or reveal private information about someone else, doing their dirty work for them without you even realizing it.

But how do they find out if you have this weakness in the first place? In the beginning, the manipulator might tell you some small, unimportant piece of information and pretend like it's a big secret. This makes you feel like you've been trusted with an important secret. Then, the manipulator watches how you behave around others and might even ask indirect questions to other people, just to see if you've spilled the beans about this "secret." If you did reveal the unimportant information they told you, the manipulator knows they can potentially use your inability to keep secrets to their advantage later on. They've identified a weakness in you that they can exploit down the line for their own benefit.

Rule 10 is about how manipulators don't give you enough time to think things through clearly. They often provide important information or make big demands when a deadline is very close. For example, they might tell

you about a major decision that needs to be made just a day or two before the cutoff date. This puts you in a stressful situation where you don't have much time left to consider everything carefully. When people are faced with tight deadlines, they tend to feel panicked and lose their normal calm. The pressure and stress can make it hard to think rationally before acting. This is exactly what the manipulator wants. If you're rushed and don't have proper time to process things, you're more likely to make rash decisions that might not be in your best interest. The manipulator is counting on the time pressure to throw you off balance mentally. By creating these last-minute, high-stress scenarios, the manipulator increases the chances that you'll act impulsively in the way they want you to – because your usual level-headed approach gets disrupted by the looming deadline. So in essence, rule 10 is about controlling the timeline and allowing insufficient time for you to think clearly before having to act on the manipulator's terms. The time crunch makes you mentally unstable and easier to be influenced.

Skilled manipulators will often put you to the test (Rule 11). They do this because they want to gauge your strength of character. They'll continually seek opportunities to provoke you, aiming to see how easily you can be angered and at what point you reach your breaking point. These tests are subtle and usually occur at critical moments. Manipulators do this to understand the type of person they're dealing with. If they find that you remain calm and composed under stress, they'll need to devise a different strategy to manipulate you. However, if you crack under pressure, they'll adjust their approach accordingly. It's not just about stress and anger; they'll also probe to uncover your vulnerabilities, such as ego or jealousy. These tests provide the manipulator with insights into your weaknesses and help them determine which situations might cause you to break.

Manipulators are often willing to take risks (Rule 12), sometimes more so than you are, giving them an advantage. They might risk offending you, but they only do so after they've figured out how to keep you content as well. For instance, they might deliberately upset you one day just to

observe your reaction. If they find that you buckle under their pressure, they'll exploit you to accomplish their tasks through you. However, if you push back strongly and if you're valuable to them, they won't hesitate to apologize the next day or after a few days when tensions have eased. This is because losing a valuable employee poses a greater risk to them in the long run, so they'll take steps to maintain the relationship.

Rule 13 is something not obvious. However, it is true. Most manipulators try to stay off-topic and make sure what they want is never clear to anyone. The true motive, if revealed, can serve as a weakness. They hide their vulnerabilities to maintain a sense of power, often obscuring their true goals behind lofty aspirations. Though they will talk of a big dream they want to achieve, the true aim is kept hidden. As a result, an honest discussion with them is never possible. They will always make the conversation go off-topic so that you eventually will get tired and leave the conversation, or they pretend they do not understand, wasting your time. Thus, when you notice someone is not engaging in an honest discussion, or even when they do engage, the conversation remains foolishly vague, in a way that you might question why they don't grasp such a simple argument. This should alert you to the possibility that you are dealing with a manipulator. In such situations, mastering the art of asking indirect questions is key. It's akin to playing chess, where you strategically position your pieces to corner your opponent. Similarly, in conversations with manipulators, you can use indirect questions to gently guide the discussion towards revealing their true intentions or challenging their vague arguments. This skill is developed through keen observation and practice. By paying attention to how others respond to different types of questions and noting which questions elicit the most revealing answers, you can learn to craft your inquiries more effectively.

In this ending paragraph, let us explore why some people resort to manipulation and if all manipulators are bad. "The fundamental truth about life is that nothing is inherently good or bad." Many things in life exist in grey areas, and one must not form an extreme view of anything.

Almost all people resort to such tricks in life (some do it to a low degree and some very high). Many use them subconsciously without even knowing they are doing so. Some do it consciously. The question is why? One section of people who are very insecure in their lives and are unable to guide themselves through insecurity have a deep desire or may have an impulse to take control of the situation and people around them. Some people are visionaries, but the team they make is unable to understand their vision, and sometimes, they are pushed into situations where they find themselves bound to resort to such tricks even if they do not want to. Some people are straight away greedy from the very beginning. Period. In life, situations can make you do a lot of things. However, you must decide carefully to what degree you want to utilize them and for what purpose. But note that you must remember the overuse of such tricks will expose you as a manipulator, and people, in-between, without your knowledge, drop any emotional connection they built with you. It is foolish to think that people are dumb enough not to see through such tricks. Hence, you must be extremely cautious with such things in life.

Finally, if you can discover a higher purpose to live for, any negative situations or games you find yourself in won't affect you as much because your purpose will motivate you to stay focused and avoid distractions. This is essential because distractions are often the main objective of any manipulation.

Rule 14 is sensitive, and it takes skill to understand it. Beware of manipulators because they possess the cunning ability to implant their thoughts in your mind, ultimately leading you down the path they want you to follow. To implant a thought, manipulators observe and understand their target, then engage in a brief, strategic conversation. They subtly introduce the desired idea, using persuasive language or emotional appeals. After planting the seed, they may stay silent, allowing the suggestion to take hold in your mind without distractions.

They know very well not to burden you with excess information that

may make your mind wander away from the topic they want you to think about. Another way is a long persuasive discussion where they repeatedly make similar statements so that the ideas are ingrained in your brain. People can manipulate your ego to influence your thoughts. They may flatter you or bring you in comparison with others. When you have a conversation, learn to observe closely the direction of the conversation. However, if you observe too much, people will doubt you are observing, but with practice, you can hide your observation and allow people to speak with you comfortably. Once they are comfortable, or if you make them feel comfortable by acting vulnerable, they will do their act, and you will get an idea of where things are going.

Rule 15 is a way to trap people with good intentions. Let us understand this through a simple example. Consider the manipulator's plan to trap you in a place of their choice. The best way to ensure this is to involve you in a task that carries immense importance, not only for you or the manipulator but for a larger group of people. Since this task appears critical and fulfills a significant need, you feel compelled by your conscience to travel to the designated place and commence the work. Now, you find yourself trapped in that location—not due to the task itself but rather due to the weight of guilt and the sense of responsibility, unable to leave without feeling that abandoning it would damage your self-image or betray the important cause.

A manipulator will always seek to exploit your personal needs and aspirations. If you seem content and self-sufficient, they will shift focus to connect you with the needs of others. This may appear to you as a noble undertaking, but in reality, it's a calculated way to draw you in deeper. Your overly accommodating attitude, though admirable, can become a vulnerability if you are not cautious. To avoid falling prey to manipulation, you must strike a balance—neither overly self-sacrificing nor entirely self-serving. It's essential to rise above both extremes to develop the clarity needed to recognize hidden agendas. A simple trick to get away with is to either cite a different need that requires you to stay in the place of your

choice or you may explain why you are not the right person for the work.



## Chapter 58

### Advantages & Disadvantages

**A**fter reading the previous chapter, you might start thinking about the list of potential people who might have manipulated you in the past or are doing so in the present. Here is the main issue. The over-thinking attitude within you will create, at this point, more confusion than clarity. Either you are the manipulator or the target of a manipulator- in both cases, overthinking will always lead you to make the wrong decision.

Let me give you an example. Everyone who listens to you carefully (Rule 1) is not a potential manipulator. Sometimes, people who genuinely care for you do listen to you and try to get information from you before they can act responsibly. People who are manipulative in nature or are always fearful of being manipulated in their lives, tend to think everyone is a manipulator. Here is another example. Some people genuinely speak less, which may be due to their lack of confidence to talk more or fear of getting hurt if they say something stupid and you (people) laugh at them. Thus passing judgment on people based on Rule 1 can be dangerous.

The counter to Rule 5 also exists. Foolish people do exist. The counter to Rule 7 is that there exist people who dream big. Now, in this category, there are two people- one who dreams big and works hard to achieve it, while the other type dreams big and does nothing. Thus, you may encounter people who dream big and collaborate with them to enhance your own skills. At this point, your overthinking might shadow your judgment.

The main point is - don't rush into making conclusions about someone. It's better to be patient and observe their behavior over time. Identifying a manipulative person is not easy. On the flip side, being a manipulator yourself requires a lot of effort. As a manipulator, you have to constantly process information about the people around you on a daily basis. You have limited time and energy that you can devote to this.

You face a choice - you can either use your time and energy for your own personal growth and development, or you can use it to manipulate others for your benefit. In the former case, you become a valuable person. In the latter, you're always on the hunt for your next victim or "prey."

Manipulating others is an ongoing process that doesn't stop. You're in a constant state of looking for new people to exploit using mind games and deception tactics. This drains your focus and resources that could have been used more positively.

So it's important to step back, watch carefully, and not jump to conclusions about someone's intentions. And decide whether you want to live a life of manipulation that requires persistent effort, or focus that energy on truly improving yourself as an individual.

However, do not undermine the power of manipulation because these are the tools of life that may come in handy in life's journey. Politics is also a part of life, and therefore, one must learn to embrace it and not discard its existence with disgust because, in doing so, you will be harming yourself. The idea is to know the dark stuff that exists in life and learn to deal with it. The best way to stay out of depression and keep your mental well-being is to learn good management skills in life. Learn to manage both the good and the bad that you will encounter in your life.



## Chapter 59

### Dealing With The Dark Forces

Here are some basic rules to deal with the dark forces.

1. Rule 1: Be Valuable & Powerful
2. Rule 2: Read Books & Stay Intelligent
3. Rule 3: Have Courage
4. Rule 4: Behave Professionally
5. Rule 5: Less Affinity towards Material Things
6. Rule 6: Learn To Let Go
7. Rule 7: Value Your Life
8. Rule 8: Learn To Negotiate
9. Rule 9: Maintain Give & Take
10. Rule 10: Stay Alert
11. Rule 11: Preserve Mental Energy
12. Rule 12: Understand Complexity of Life

Starting with basic rules is not the end. Life is challenging and requires continuous learning and improvement. However, let us focus on these rules and see how they will help you battle the wrong people in life as well as avoid getting into bad situations. If you take care of this, life will be

beautiful. However, doing this is not an easy task, and, as a result, many fail. Choice of the wrong partner in life, shitty relationship stories in life, falling into toxic work culture, betrayal by friends, and depression, as a result, can be avoided.

Rule 1 asks you to stay valuable in life. Nobody would let go of anything that has value. If you are skillful at your job, even in the worst layoff, you may not lose your job. If you are valuable in personality and character, your friends may stay loyal to you. If you are a person of value to the people you work with, they won't betray you. If you have a good amount of talent, money, and power, you will get respect in society. Given you have only talent and skill but no conversion of your skills into monetary value, you will get fake respect because, in society, your economic status dictates a large portion of how much people will treat you. There will be jealousy behind the scenes, but even in the worst of the situation, they won't dare to talk in disrespect towards you. However, note that there are people of value in society who won't be influenced by your financial status but by your skill and work position. They will tend to value you more if you are in a difficult position where you are solving an impossible task related to the world. If you have only talent and money but no power, then some people will exist who will try to take advantage of you through manipulative means. The reason being a person without power is an easy target. If you are valuable and you possess valuable things, your power in society will be like a shield protecting you against bad elements of society.

You may ask the question of how to be valuable and how to attain power. To be valuable in somebody's eye means you must observe carefully what the people or organization you are connected with deeply wants. Sometimes people are vague in terms of saying what they actually want or sometimes they feel shame at explaining their needs or they may give indirect hints to make you understand their needs. You must enhance your observational skills to notice such delicate things. We will get to this again in Rule 10. Also, you must understand Rule 8 properly. Now comes power. Power is a byproduct of a lot of things you must learn and do. Your value

in the market or your projection of your value in the market (sometimes people with less value have the skill to project themselves as highly valued people) is a major factor in attaining power. Apart from this, how you walk, how you talk, what kind of people you are associated with, how you work, how you manage others, how good you are at communicating with others, how good your emotional and social intelligence etc are a few of many deciding factors of power. In conclusion, you must first learn to develop power within. A powerful person is someone who has an inner strength like no other. So working on yourself can be your first step towards power.

Rule 2 is simple. Learn and educate yourself from time to time. If you do not cultivate good essential qualities within you through education, you will be responsible for falling constantly in trouble. Educate yourself to spot the red flags early on. And do not just learn, implement them in your life. It is one thing to know something and another to act on it. Many people, you will meet in life, are more like a storehouse of knowledge but when you observe their life carefully, it is filled with misery. This is because they know but do not implement it. Try not to be like them. Learning a lot and not acting on it can bring depression at a later stage of your life. You mistake your vast knowledge as a sign of your great intelligence. Later in life, when such intelligence fails to bring you money and power, you may feel worthless at a certain point in time. Being a storehouse of knowledge is inactive intelligence. When you implement them in your life and create value in the marketplace, inactive intelligence becomes intelligence in action. That is all.

Courage (Rule 3) is a consequence of inner strength, self-confidence, and a collection of experiences where you have shown some courage. These little acts of courage and determination add up and, in due course of time, when it crosses a certain threshold within you, people start seeing you as a brave and courageous individual. So whenever you are in a situation where you can show some courage, show that amount of courage at least. It takes courage to stand up against manipulative individuals. It takes courage to keep fighting and surviving at times of depression in life. It takes courage

to bring change in life. It takes courage to take responsibility for yourself and the people around you who you love. Remember, the pattern goes like this. A manipulative person will dominate you and keep dominating you unless you gather some courage to stand up against them. Bad situations will push you down and keep pushing you down unless you find some courage to battle them. Depression will keep making you feel crazier day by day (and the intensity will keep going up) unless you find some courage to stand up and find some way to get out of it.

Rule 4 is a big solution to dismantle lot of manipulation tactics. Being professional involves a lot of things. One part is communication. Being professional involves more than just how you communicate or frame your words—it also includes understanding boundaries, like maintaining a safe distance when talking to others. When you speak to someone by standing very close, they might feel like you're trying to intimidate them or make a romantic gesture, even if that's not your intention. People have written books on how to be professional. However, I will highlight important points here that will help you not fall into manipulation techniques. But as I have mentioned earlier, do not overdo any trick or technique you learn. It is you who must understand how to do anything in a balanced way. So let us start. In the workplace, maintain a composed body language and participate only in work-related discussions. Do not participate in gossip because when things take an ugly turn, you have to carry part of the blame, which will degrade your position or status in the workplace. When you stop unnecessary discussion, manipulators won't be able to get into your personal life, which they try mostly to figure out some weakness within you. However, as I mentioned earlier, never overdo it because by doing so, you may fail to make meaningful emotional connections with colleagues who can give you support or stand by you during rough times. The next thing to note is that you should not react immediately to negative stuff done to you. Always take a step back, analyze the situation, and try to reach trusted people in the workplace to handle any negative situation. If you react impulsively and take action without consulting others, your

words or actions can be twisted and spread through gossip, leading to misunderstandings and potentially harming your reputation. That's why it is necessary to take a step back, analyze the situation, and seek advice from trusted colleagues before acting. Do remember that a manipulator will twist your words and actions (which you cannot deny) in front of others to character assassinate you. So learn to talk to the point and act when necessary. Also, try to have most things written, mostly in email, because written things can serve as evidence later. However, again, do not overdo this because email may sometimes cause miscommunication, and then to resolve you may need a face-to-face meeting. The bottom line is to manage your emotions and avoid unnecessary arguments unless required.

Rule 5 is difficult and to have this in your life you must enhance your spiritual roots. One of the greatest known human weaknesses is attraction towards material possessions. For many, this is the end goal of everything they do. If your whole motivation to work is to enhance material possessions, soon this motivation can become your weakness that can be exploited by manipulators. The expert manipulator will gauge your affinity towards material possessions. They will try to see the shine in your eyes when you receive a gift or happiness in your face when they discuss how to further your career prospects. This observation helps them understand the extent of your weakness for material possessions. They may then use this knowledge to lure you into their schemes, tempting you with material goods to manipulate your actions or decisions. It's important to be aware of this vulnerability and not let it cloud your judgment or lead you into situations that could be harmful. Once you work on your spiritual roots, you will not be easily influenced by such possessions because spirituality shifts your motivation from mere material possessions to self-mastery. This shift in motivation, from material wealth to inner growth and self-awareness, helps you find deeper meaning and fulfillment in life beyond just accumulating possessions.

Rule 6 is another masterpiece rule to follow. However, working on your spiritual self can help cultivate a "Letting go" nature within you. Let

us understand why "Letting go" is an important skill everyone must possess. A simple consequence of not letting go of something is obsession. You become obsessed with an event, enemy, or goal so much that your thoughts keep hovering near them. Most of the time, your thoughts keep repeating in a pattern that is difficult to recognize. Every new thought seems new, but fundamentally, these thoughts have similar meanings and patterns. They always touch upon the thing that bugs you so much that obsession takes over. Once obsession hits you, your thought process narrows down so much that you start repelling new thoughts and ideas. It is because of this repulsion finding a way out of obsession becomes difficult. The repeating thoughts not only repel new ideas but also mentally drain you of energy. Thus, with a narrow thought process, and limited mental energy, you won't be capable of doing anything drastically new. As a result, you will be too predictable to be manipulated by a manipulator. Hence, learn to let go of things, if not permanently, then try temporarily and come back to the source of the problem with new thoughts to attack or deal with it. The question is how do you do it?

Let us understand the situation. Imagine your situation is such that when you open your eyes, obsessive thoughts take over, and the only relaxation you get is when you sleep or drink enough not to remember it. One suggestion is to take a cold shower and start with simple breathing exercises. If you don't feel like doing it at home, go outside for a walk. Maybe go to a nearby park and sit there for some exercise (remember that the body and the mind are intricately connected). Note that Physical changes can cause mental changes and vice versa. Get some fresh air. If this is not helping, meet a friend to socialize, and come back. However, for a long-term solution, you must learn to use yoga and meditation to their full capability. Another way is to do mantra sadhana. Take a simple mantra and a Sankalpa (a promise) to chant it for a certain period. Some discipline is required to take control of your thoughts. Finding balance in how we treat our minds is the key. While it's important not to coddle it like a child all the time, there are moments when a disciplined approach is

needed. It's about understanding when to be firm and when to be gentle with ourselves.

In this delicate balance, it's crucial to remind ourselves that we're not trying to escape from challenges or emotions. Instead, we're aiming for control and understanding. This mindset empowers us to navigate through difficulties without being overwhelmed by them.

When we feel obsessions creeping in, it's a sign to take a step back and reevaluate. Taking a break to focus on self-improvement allows us to regain perspective and prevent obsessions from taking hold.

If you always stay insecure and obsessed, your mind will keep repeating selfish thoughts centered around you. As a result, you fail to observe people and events around you, and you never know when it may take a nasty turn. Also, another lesson is to avoid insecure people because there is a high chance that they will be obsessed about dealing with their own insecurity, and as a result, they will ignore your needs. They may want to care for you genuinely or show that they are trying to take care of you but they are mentally handicapped to do so.

Rule 7 can be better followed if you learn to remember the limited time you have at hand. If you are at a stage in your life such that waking up the next day is about somehow passing the day like the one done yesterday, this is a terrible way of thinking about life. If you think about life as an idea of just "getting through" life, almost like it's some sort of race to a finish line. A mind with such a thought process starts missing days and then months and later years, living like a zombie or robot with no consciousness about the seriousness of losing time but passing it. Such a thought process is a consequence of too much negativity within you. You devalue your life. You think life is a mere process to pass through and do not recognize the fact that it is your life. You will vanish after death. You, who is witnessing the world, will witness no more. You've got to ask yourself, is life just about shuffling from one tiny room (your home) to another tiny room (your office) until the end? It's not about dismissing the significance of work; it's

about questioning the purpose behind it all. This lack of purpose can be incredibly detrimental—it's like opening the door for all sorts of ailments to come knocking. You need to understand that you have come to live a life in the world and not live it all in your mind. You have got to see the world, the people in it, the forests in it, the mountains in it, the great creations of human beings documented in it, the beauty of flowers, the variety of insects, the variety of weather, the variety of food and so on. If you do not value your life and understand the limited nature of it to live it, who else will understand this for you and make sure to design your life for you. Others will always be busy valuing their life and not yours. You must think for yourself. This is only possible when you value each time you spend in this world. Again, reminding you that you have not come here to merely pass the time. You have within you the feeling of joy and excitement. Hence, it is your duty to scale them to an ultimate level. Always remind yourself that one day there will be no you to experience this world. Death is mysterious, and it is better not to spend time waiting for it.

How can Rule 7 help you save from manipulation? When you value your life and thoughts, you become more discerning and avoid wasting time on trivial matters. Prioritizing your well-being and maintaining a clear sense of purpose makes you less susceptible to manipulation. When your brain is wired to value your time, your brain will be wired to detect fake manipulative traps that can potentially waste your time. Instead of being swayed by empty promises or flattery, you approach situations with a clear mind and a sense of self-assuredness.

Our failure to negotiate is an outcome of our failure to recognize our market value. The idea of negotiation arises from the need to get more or at least equal prices (in terms of money, energy, emotions, time, etc ) for yourself. If you settle for anything less, it directly harms your value. In fact, by settling for less, you have already devalued yourself in the market. However, the consequence is more dangerous. By settling for less, your value in the market starts falling. The value of anything is never constant.

It is either rising or decreasing. Either your value is on the rising side or approaching continuous downfall.

Whenever a negotiation happens, the people involved in the process automatically feel the pressure of being in a battle where their ego is at stake, and all they want is to win. Once they can get something they want with a value less than what they should have paid for it, a sense of accomplishment comes that further pushes their ego up. So, in any negotiation process, people would like to acquire your time, skill, energy, etc, by paying less than what you are worth. Clever people do careful research before they come to the negotiation table. It would be a foolish move if you did not research the things you put on the table. Remember, in any negotiation process, you must try to get a higher value for what you give. Because negotiation is an art and requires time and energy to learn and perform well, we tend not to negotiate, and in the process, we stay at a loss for ourselves by remaining in our comfort zone. However, as I always mention, never overdo anything. If you negotiate over small things, people may perceive you as cheap. Thus, you should know what things you have that are worth spending time in negotiating. Here is the list of items you have and you should negotiate-Time, energy, skill, emotions & property. These items you possess must be of higher value because if people perceive your time as a commodity they can, as well as they know you can, afford to lose, they will misuse your time. If you are an energetic person then you should make sure to divert it in the right direction because people who lack enthusiasm and energy will try to get their work done using yours. If you have a skill, enhance it daily. You should continuously enhance your skills as it will increase your value in the market. With a lower skill set and no market idea of what you are worth, you will make misjudgment and negotiate wrongly.

Rule 9 is particularly useful to avoid being manipulated by others or performing manipulation yourself. If you ask a simple question

**What do I get if I am involved in this task with you?**

directly and bluntly, keeping things clear and in writing, you can focus on the task at hand and improve your skills. Most of the time, you may want to show off your good nature and avoid being direct to people you know can harm you in the long term. Your good nature can also serve as your weakness in many cases, and therefore, be careful with whom you are being good at. Most manipulation techniques by design exploit honest and naive individuals by taking advantage of their good nature. It is good to be honest but not naive. If you can honestly maintain the give and take, you will save yourself from a lot of trouble. And as I always warn, never overdo it. Many people have the habit of performing the art of give and take with almost everyone, and as a result, they fail to form a meaningful relationship with anyone. In a meaningful relationship, where you want to have a heart-to-heart connection, giving must be the central purpose.

Giving is powerful because it builds trust. Trust is like the glue that holds things together in a successful partnership or business or relationship. Without trust, things can fall apart, no matter how careful you are. So, it's often a good idea to give first, whether it's help, kindness, or something else, to start things off on the right foot. People avoid giving first because they have an insecurity of facing loss. You must understand that life is not about winning all the time. The second success does not always follow the first success but an intermediate failure between them. If you are too careful and always want to win, soon you will see yourself become a manipulator in due process. Loss is part of life, and if you cannot embrace it, it will gradually make you someone who cannot take risks in life. It is a slow process, but you will lose your risk-taking ability. Therefore, learn to give first.

Many people only give if they're sure they'll get something back. Those who focus only on taking are the people who need to resort to many manipulation techniques and use them to get what they want. They can treat people like disposable pens, disregarding the harm caused. Such people get confused when they see a giver. They fail to understand that just like some people are born to take, some are born to give. They lack such

understanding of life because of their narrow thought process. Indeed, a mindset that focuses on only taking will in due course of time become narrow in thought process. A narrow thought process leads to a narrow life. To give, you must first earn enough (be it knowledge, money, material objects, etc) to be able to give/donate to others. You can achieve this by following the next rule.

Note that manipulators are not dumb people. They can be intensely intelligent. How someone uses the intelligence they possess is up to them. Some people use their intelligence to benefit those around them, while others focus more on personal gain or ambition. When you deal with a manipulator, you are dealing with exceptional people who are intelligent and practiced to become skilled at the art of manipulation using their intelligence. Hence, to defeat manipulators, one must develop the necessary intelligence and learn how to defend oneself from or attack a manipulation trick based on the situation. One way to attain mastery is to observe yourself. Learn more about the workings of your brain, including when it is most alert, when it is most fatigued when it can handle information effectively, and when it performs poorly. You can identify your weaknesses with the use of such an exercise. It is crucial because skilled manipulators take advantage of your fatigue or lack of mental awareness of your surroundings. They might ask you a trick question out of the blue, and if you're not paying attention, you might say something foolish or make a facial expression that gives them plenty of information. However, a good counterattack automatically happens if you are honest. Because saying something true needs no extra effort. Manipulators know this very well, and they do such an act to see if you were honest with them or tried to trick them. You can play the same game with them too. In conclusion, practice paying attention to your surroundings and people and their behavior, and stay alert (Rule 10) when you remain outside your comfort zone.

Rule 11 is another critical rule that we all miss. And we miss it because of the fundamental nature of our mind. The fundamental nature of the mind is to jump like a monkey. Even when the mind is exhausted, it tends

to jump here and there. With all these unstructured jumps in thought, you lose a lot of mental energy, and as a result, you lose your quick processing power. Hence, though you are alert to new information or changes in information in your surroundings, you fail to process it. Manipulators usually wait for the times when you are overworked and have less mental capacity to process their tricks, and as a result, they get away with what they want. Let us understand how we lose our mental energy. One example is when you are walking or driving from your home to the office. You tend to use your brain, at that particular time, to think about 15 different problems you are facing in life and their solution. Thus, if you get to your office in 15 minutes, you give 1 minute to each problem-solution activity. You know that such a one-minute time spent on any problem is not good enough to come up with any feasible solution. Thus, with all this, all you have done is waste your mental energy for nothing. Now, you have to enter your workspace with less mental energy than the one you had when you left home. With less mental energy, your work is equally affected.

Indeed, taking a structured approach to problem-solving can be highly effective. Sitting down with a pen and paper allows you to focus your thoughts and organize them more clearly. Writing down the problem helps you define it more precisely, which is the first step in finding a solution. By jotting down your thoughts, you can also avoid overthinking. Instead of letting your mind wander aimlessly, you can channel your thoughts into a more productive direction. This process can lead to more creative and practical solutions.

Preserving mental energy is a crucial aspect of maintaining focus and efficiency in daily life. One effective method, rooted in spirituality, is the practice of "Mantra jap." This practice involves chanting mantras, which are sacred sounds, words, or phrases with profound spiritual significance. During mantra jap, you are using minimum energy to keep your mind busy and not allowing it to do any unnecessary complex task. To implement this solution, it is essential to strengthen your spiritual foundation and grasp the profound impact of mantra chanting. By engaging in this

practice, individuals can experience a calming effect on the mind, leading to increased mental clarity and focus.

It is imperative to understand another important fact of how you waste your mental energy into thinking negative thoughts and ideas. The result is not just that you have passed the time but you used up the time to train your brain to think negatively, and in due course of time, when you are obsessed with negative thinking, it will soon reflect in your words and later in your action. How human beings act and talk comes directly from how they think. If you are unable to conserve mental energy due to restlessness, it's crucial to steer clear of negative thinking patterns. These negative thoughts can have lasting effects on your well-being.

Let us understand this deeply. Look all around your room and find all the things that are red in colour. Try to do the task at this point and do not read ahead, or else you will miss the experiment. Then close your eyes, and write down a list of things that are red in colour. Now, try to write down a list of things that are blue in color. I guess you may not have a single answer because your mind was busy finding the red. Similarly, when you train your brain to think negatively, soon you will see only negative things around you and fail to see positivity. This process will lead you to depression in the long run.

Understanding Rule 12 deeply, not just from the book but also through observation, can lead to a calm state where sadness or depression have less impact. The world is complex and unpredictable on a large scale. Just because each day seems similar doesn't mean a future storm isn't possible. Throughout history, humanity has faced many destructive forces. Life itself is complex. Events may or may not have reasons. We often try to find reasons for everything, but many things can be random and beyond our understanding. Justice and injustice are also complex. What is just for one person can be unjust for another. Our idea of justice is flawed. It is required to fight for justice, but the reality is more complicated than we think.

Life gets more complicated the more you explore it. Even understanding yourself can be complex, as you see how your thoughts and personality change over time. Looking back, your younger self might seem immature. Every human mind around you is complex, and even if you try your best management to have things in order, you can never reach a hundred percent accuracy. Relationships can get complicated, work life can get challenging, starting a project can be complicated, being a parent is challenging, and in the end, you realize everything is quite difficult. Such are the complications of life. Once you acknowledge the complications, you start to think deeply to find solutions. You will gain an understanding of how things can go wrong and that not everything happens the way you plan it. Once this is ingrained within you, you calmly work expecting challenges and solutions as you progress. As problems pop up, similarly, solutions will pop up. If you stress out because a problem has popped up, you lose focus and get stuck with the problem itself.

Well, you might wonder why it's so tough to achieve anything truly meaningful. Among the myriad of reasons, one intriguing factor is the absence of strict societal rules. You might think there are plenty of rules already, but there's always someone finding new ways to bend or break them. Consequently, there is no fixed and complete set of rules and regulations that could guarantee smooth functioning in any sector (personal life, work life, life among friends and relatives, and so on). If such rules were established, we'd likely end up behaving like robots, knowing every move in advance.

The main fun of being human is our imagination. The human imagination is the most wonderful thing, and because you imagine something big, and interesting may happen in your life or you can make it happen, keep you busy and alive. The room for imagination maintains our hunger to be alive. Even as children, when we make a new game, which is initially quite unstructured, the proper set of rules are being made while the play is on, thus making the whole game more fun. It's challenging to get children to play games with strict rules. They prefer games that allow them to use

their imagination. Ever wondered how a kid is simply happy with a toy car? He uses his imagination to imagine various scenarios and then runs the toy car accordingly. Imagination is the most important tool that differentiates us as a human species.

However, the same imagination that can do wonders makes you depressed. You should not let the disorderliness in the world, which will always exist, trouble you. In fact, learn to use it to your advantage to create something new and unimaginable to average people. And if you learn to use this un-structuredness in the world, you will be successful. Also, manipulators use the disorder to their advantage a lot. They keep their conversations disordered and never talk straightforwardly. They try to keep everything around them quite unstructured so that they can bring a sense of unpredictability to other people. Unpredictability gives them room to make new moves and trick you. If everything works by rule, manipulators can never exist. The reason why many people feel sad is because they desire order in life. They also want people around them to be honest. Well, this is not how the world is made and not how people are made. Human beings are fundamentally disordered. If you do not believe me, look at your thoughts in the next two hours. You will witness a craziness and disorderliness to the extreme. Now, you can bring a certain amount of order to your mind, but it needs the effort of yoga and meditation. So, in conclusion, do not let the unstructured world with unstructured people depress you. At first, many things can seem vague, but over time, some become clear while others remain uncertain. Always, try to give less attention to things that are meant to be vague. Learn to navigate through vagueness rather than to understand it.



## Chapter 60

### Dealing With Negative People - Part I

To do justice to the complexities of dealing with negative people, it would merit a standalone chapter that thoroughly explores it. The main challenge every individual must face is understanding negativity and various ways to deal with negative people at different levels. The first level involves dealing with negativity from those closest to you, such as immediate family members, close relatives, or very close friends. The second level is handling negative attitudes and behaviors from colleagues and friends in the workplace setting. The third and most challenging level is coping with a negative boss or superior in the workplace hierarchy. We will discuss various strategies to deal with them in complete detail.

First, you need to identify negative people in your life. People with negative personality have the following characteristics:

- They start the conversation with a negative note and tone
- They always have the stuff to complain about
- They enjoy gossiping and blaming others
- They have strong and hidden jealousy
- They are lazy but ambitious.

Negative individuals tend to react strongly to negative discussions. When you try to strike up a negative conversation with someone with a

negative mind, notice how quickly they can gather energy for such a conversation with a shine on their face. Any person with a negative personality is ever ready for a negative conversation. During the discussion, if anything positive comes up, to save themselves from looking bad in front of others, they will agree with a positive statement or make a few positive statements themselves, but they will not shy away from adding negative statements to attack the positivity. The most negatively inclined brain is wired to do so. You will notice how any discussion with a negative personality has complaints and gossip within it. Notice how quickly they innovate wonderful arguments against positive stuff you tell/inform them. Another trait of negativity is a lack of trust. You will never find negative people showing trust but will be suspicious of everyone and everything around them. Building trust with someone requires a shift in mindset from being suspicious to being strong enough to take the risk of trusting. If you are always suspicious of people, you will never be able to build strong relationships with anyone. Negative people tend to surround themselves with others who also lack trust; their entire circle of friends may be hollow and lacking in trust. Note that negative people are not dumb. The intelligent ones can come up with arguments justifying their negative statements and words, as a result of which, it can get tricky to point negative people out. If a negative person is a strong manipulator, they know how to hide their negative attitude as they know the consequences of being negative. However, while they hide all their negativities within, they pose as someone you can trust. However, if you are sensitive enough (through yoga and meditation, you can attain such sensitivity) and observant enough about your energy, then check in whose presence your energy is draining and find the source of this energy leakage within you. Unfortunately, sometimes, you can also be the reason for your energy leakage. In such cases, you will wrongly tag a person as negative even if they are not. It is now evident that there are some strategies to identify negative individuals. If you see these qualities in yourself, it's time to make a change.

What negative people want and what they need are two different things.

It is imperative to find a balance between meeting the needs and wants of difficult people when managing them. However, sometimes even with all the strategies in place, the situations can be rough and complicated. In such cases, if managing negative people is taking a toll on your mental health, the best course of action is to remove yourself from the environment.

Negative people are drawn to negative conversations because it gives them temporary satisfaction. They always crave negative discussion to satisfy their daily hunger for negativity. However, this habit can lead to a downward spiral in their overall well-being, which they fail to take notice of as their thought process is unable to do so. A strategy for managing them is to provide them with their daily negative dose. When you do so, you will be closer to their inner circle, and slowly, they will depend on you. However, if you consistently involve yourself in someone else's negative behavior, you may find the same negativity growing within yourself. This might appear to be an approach to handling that person, particularly if you're unable to avoid them due to professional or emotional circumstances, this can, in due course of time, have a bad effect on you.

However, this strategy may sometimes work if you do it diligently without making it cause any harm to you. Negative people need positivity to uplift them, even though they may resist it at first but you must make them get acquainted with it slowly. The introduction of positivity can initially evoke anger, but over time, it can benefit them. When you bring positivity into their lives, they may resist it initially, but gradually, subconsciously, they will find comfort in your presence, leading to a subconscious dependency on you. However, overuse of this strategy can push negative people away from you entirely. Hence, it is essential to balance between what they want (negativity) and what they need (positivity) to manage them.



## Chapter 6I

### Dealing With Negative People - Part II

First of all, before exploring further, I would like you to take note of the fact that do not bring hatred within you for any negative person in your life. Staying positive can require effort; as a result, it is not easy for everyone to maintain that positivity. Some people may be simply weak and lack the strength to do so. Their weaknesses might be due to either their laziness or hardships of life that have rendered them weak to do anything positive or new. It is important to remember that everyone has their struggles and challenges. Life is difficult for many, and you must acknowledge that life unfolds unique challenges for different people. Therefore, I urge you to refrain from making any judgments about others.

Staying positive can be a huge challenge when you are surrounded by negative people. I used to believe that having a strong positive attitude could overcome any amount of negativity. It is indeed true, but the amount of positivity accumulated within us over time is less effective in dealing with real-world negativity. One of my friends, who had been through many negative environments in life, once told me that negative people suck positivity out of you. I disagreed with it, but later, I found it to be true. Negative environments and toxic work culture will suck most of the positive energy from within you. And the moment all of the positivity within you is gone, depression hits you.

The only solution in dealing with negative people or environments is to work on increasing your positivity daily using yoga, meditation, and

acquiring knowledge from books daily. Also, avoid the negative people as much as possible. You cannot avoid 100% but try to minimize the interaction. And in the worst situation, you must make a hard decision to leave. Sometimes, when faced with negative people, it may be tempting to decide to leave. However, it is necessary to take time and observe how you handle these situations before making any hasty decisions. By doing so, you may learn new ways to deal with negative people and realize that leaving isn't always necessary. It's important to refrain from deciding to quit too quickly and delay making such a decision as much as possible. A good exit happens when the time is right, so one must wait for the right opportunity to quit.

Now, let us discuss how to deal with negative people at various levels.

Level I: The first level includes your immediate family members, relatives, or friends. In such cases, since there is an emotional connection in the background, you must leverage the emotions in handling them. You must have patience with them and shower your love. It is a slow process, and it will work. The next practical step is to make some interesting travel plans with them. This will refresh their minds and take them away from their current environment. When you remove them from their current environment, they stop encountering things that trigger negative thoughts. In the new environment, their brain will need to think differently, resulting in a sense of freshness. Once they return to their familiar environment, their thinking may not be the same. However, over time, they might fall back into obsessive thoughts, and you may need to plan another trip to a different place. This solution may seem temporary, and indeed it is, but it can help a lot in the initial stages, acting as a quick remedy. The next best remedy is to sit and talk to them. Sometimes, people need someone who can listen to them. During the conversation, they might release negativity. Therefore, the listener must be positive enough to handle the incoming negativity. The next best thing is celebration. Make a plan to celebrate trivial things and try to make sure you celebrate most festivals that come. During festivals, people participate in rituals, meet new people, and buy

things that distract them from negativity. Nothing is better than having a spiritual touch when it comes to healing. To encourage spirituality in your family, you should promote regular yoga and meditation and reading spiritual texts. However, you should avoid forcing them and instead encourage them. To do this, you should set an example at home. In the worst case, either consult a counselor or a doctor depending on the situation.

Level 2: The workplace is more complicated than family relationships. At work, your main connection with people is through the work itself, not emotions. Even if you're friendly with coworkers, if the work isn't going well, there will be trouble regardless of feelings. You have to remember that at work, people are doing their jobs to support themselves and their families. When things get difficult, people will make decisions based on what's best for their survival, not just based on emotions. The boss might say "we're all one big family here" but that's not true.

In the workplace, people's top priority is taking care of themselves and their careers, and not getting too emotionally invested. They'll act in their self-interest when push comes to shove, even if it means setting aside personal feelings or friendships. Workplace relationships are really about the practical, professional side of things rather than just emotions. So while you can be friendly at work, don't expect those relationships to be just like family relationships. Keep yourself balanced, stay professional, and don't take things too personally. Understand that people are looking out for themselves first when jobs are on the line.

In such a setting, negativity can lurk, and a few negative people can make the entire work environment toxic. In such a case, the strategy is not taking the responsibility to create positivity but to keep the priority on saving yourself from negativity. The responsibility to maintain a positive environment lies with someone with the power to bring change. You can only invite trouble for yourself when you plan to bring change by going against the one who is responsible for bringing change. If the individuals responsible for driving positive change are not fulfilling their duties, your

attempts to take matters into your own hands by pushing for change can trigger resistance or backlash. This is especially true if your actions are perceived as overstepping your boundaries or challenging the established power dynamics. It is the responsibility of the leader of the company to make the right hiring for such positions, and it is not your responsibility. Always remember that you must be within your responsibility zone.

However, while staying within your responsibility zone, if you can bring in some positivity, why not do so? The whole idea in a workplace setting is to work as a team. If all the employee does not contribute to spreading positivity by doing good things while staying in their responsibility zone, the workplace will not evolve. And when it does not evolve, all are bound to suffer. It is crucial to join an organization that values teamwork.

Level 3: The worst situation one can be in is when one has to deal with a negative boss. Negative bosses never make leaders. Mostly, they are selfish and think of their gain. Depending on their level of negativity and self-fitness, they treat their employees. Some bosses forget that employees are human too and make sure they squeeze the most out of them before throwing them when they become useless. They never give a second thought to employees' mental or physical well-being. They may pretend to so do, but in due course of time, the truth about them is always out. The work environment is mostly toxic, and negativity is all around.

In such workplaces, employees feel pressured to gossip with their bosses or betray their colleagues to avoid getting fired. Unfortunately, in such a work environment, the formation of teams never happens, as bosses may fear groupism and try to suppress it forcefully. As a result, forming genuine friendships can become challenging, and it may feel like social connections are slipping away during office hours.

In such an environment, it can be difficult to bring positivity, as the boss may not allow anyone to work against the established culture. It's a mistake to try to explain to such bosses what could be done for the betterment of the company, as they may praise your suggestion outwardly

but feel angry inside, perceiving it as a challenge to their way of doing things. The only thing you can do in such an environment is make your escape plan. Once you have an exit plan, you can happily pass the other time by being careful and staying within your limits. In such cases, there may not be a straightforward solution, and it's often best to avoid conflict with such bosses.



## Chapter 62

### Dealing With Enemies

**E**nemies are part of life. If you ever felt shocked in life regarding someone close to you betraying you or suddenly behaving like an enemy, you should accept that you lack the ability to discern enemies within friends. Human beings, those who lack control of their senses and live mostly as slaves to their impulses, can never make good friends. If you make significant progress in life, jealousy will trigger within them, and if they have a stronger jealousy, soon they will turn into your enemies, and this process is just a matter of time.

Jealousy is one such factor. Some people also have uncontrollable egos and revenge-taking abilities. If you are not careful and hurt the ego of someone in this category, these people will struggle to find the right time to attack you and take revenge. The dark side of humans, if tempered, can turn an honest guy into a devil. Most dishonest people wear the skin of honesty and deceive people. Given such complicated dynamics that are also part of life, it becomes imperative to observe and stay careful in your life. Most of the time, we suffer because we are unable to track down the enemies, those who have already started the process of damaging us. Most enemies like to stay hidden while they attack. If people perceive them as someone's enemies, their reputations will be at stake. This is because, if someone can be an enemy of one person also possesses the potential to become anybody's enemy. Hence, people hide their internal hatred and jealousy and act silently. Once they succeed, the fire of jealousy and hatred

within them cools down. Until then, they burn from within.

In the modern age, where we have some rules and regulations against physical violence, most enemies fight indirectly without resorting to physical violence, unless necessary. These people use gossip and character assassination as their primary tools to inflict damage upon you. These enemies will strike you without warning, and you get to know them (sometimes you never know who the enemies are even after the damage) only when you see the damage done. In such cases, the only way you can know some drama is going against you is by talking and cross-questioning people around you in a way that they don't feel that you are cross-examining them. Hence, take some break from work life and develop your social circle. Be friendly with all, but also be careful what they say. Sometimes, people may indirectly warn you about potential enemies, and you must be alert to understand such indications.

Taking time to observe and not immediately react when you suspect someone is damaging you can be a wise strategy. It allows you to gain clarity, avoid impulsive reactions driven by emotions like anger or fear, collect evidence of the other person's actions, assess intentions more accurately, strategize your response effectively, and maintain a sense of control over the situation. This approach increases the likelihood of responding thoughtfully and resolving the situation positively. Patience is the key. Firstly, focus on the amount of damage inflicted upon you and try to recover from the damage. Once the wound is healed, make a defensive strategy. If you plan to launch an attack during this time, it could be a poor decision as you never know what tricks your enemy may have up their sleeve to render the attack useless. Unless, you gather enough information, try to be patient and work on defense. If they have already made a character assassination attempt successfully, wait and plan to regain your respect. In such a plan, you must first discuss it with trusted people within your circle (be careful if the enemy is unknown). Let them know your side of the story, and try to spread your side of the story slowly and carefully. It is important to carefully choose your words and plan before speaking. Desperation shows

weakness and weak personalities are not listened to. It is important to plan your attack while your wound is healing, but only execute it when you are certain that the enemy is known and the wound is healed.

It's best to only fight battles that truly matter. (However, do not make excuses to avoid fighting as it shows weakness. Overall, observe yourself more carefully too before taking any action.) If your enemy isn't a real threat, it's a waste of time and can even make you look bad. (Participate in conflicts that, when emerged victorious, elevate your reputation.) Instead, focus on strengthening your defenses so you can ignore minor threats and save your energy for bigger challenges. When facing a strong enemy, it can be necessary to confront them decisively and without mercy. This approach is often based on the idea that allowing a strong enemy to persist can lead to greater harm in the future.



## Chapter 63

### Approach Politics Like Mathematics

Politics often gets a bad name. People see it as dirty, full of lies and selfishness. Because of this, many avoid it, thinking it's not worth their time. But the truth is, politics is everywhere. It's not just for governments or big leaders—it's part of everyday life. Whether you want to create positive change or avoid harm, you need to understand how to navigate the political realm.

Politics is really just a skill. Like any skill, it can be used for good or bad. Some fear it because they think it requires dishonesty. But being dishonest isn't always the same as being bad. For example, there are times when hiding the truth is necessary to protect others. Sharing sensitive information with someone who doesn't understand its importance can cause harm. Even honest people need to know when to stay silent or carefully handle the truth. This is where political understanding comes in.

Let's understand how politics comes into play. In any system with a hierarchy of power where people are assigned different tasks based on their skills, not everyone will fully understand each other's work. A leader might have a vision that others in the team don't grasp. The leader then faces a choice: either take the time to explain it or keep certain things private. Both options have challenges. Explaining takes time and effort, and sometimes decisions need to be made quickly. In such moments, a leader may be forced to act without full transparency but should also work on building the team's understanding over time. This balance is not easy—it's

a process that requires thought and strategy. Without politics, managing information in many situations can become chaotic. For instance, a spy or rival could infiltrate the team and gain access to sensitive information by gaining someone's trust. It sounds like something out of a movie, but these scenarios are very real in competitive environments. Navigating these complexities demands political skills. It's not just about managing tasks but also managing relationships, information, and trust. A good leader uses politics not to manipulate, but to maintain order, protect the team, and work toward their vision effectively.

The problem isn't politics itself—it's the emotions behind it. When people act out of jealousy, revenge, or anger, their politics become harmful. But if you approach politics calmly, like solving a math problem, it can be a powerful tool. Math doesn't involve emotions; you follow steps to reach a solution. Similarly, politics done without letting emotions take over can help achieve goals and bring positive results.

A great example of this is Krishna from the Mahabharata. He was wise, calm, and strategic, using politics to guide the good side to victory. He wasn't driven by anger or selfishness but by a clear vision of what was right. His actions show that politics, when done with purpose and detachment, can be a force for good.

In the end, politics isn't something to fear or hate. It's a part of life, and learning how to use it wisely can make all the difference. The key is to stay focused, stay calm, and always aim for the greater good.



## Chapter 64

### Understanding SCAMS

**M**anipulation is an art, and it is up to each person to decide whether to use it for the good of others or for selfish reasons. Manipulations used for individual gain give birth to SCAMS.

Good manipulators are also good scammers. Good scammers operate above moral rules, targeting their victims without mercy. It is the gullible, good-hearted person who gets confused by moral considerations, trying to avoid hurting others, which the scammer exploits. If you constantly act in a way to avoid offending others, people may start to take advantage of your kindness or unwillingness to say "no." Scammers know that, in general, people often jump into things without doing proper background checks or critical thinking. Those who haven't trained their minds for critical thinking tend to develop lazy brains. Such brains seek shortcuts to avoid the effort of critical thinking. Manipulators know that most people are preoccupied with their thoughts, trapped in obsessive ruminations about their personal problems, and seeking shortcut solutions. As a result, the minds of people are preoccupied with junk stuff and fail to think clearly or act promptly. Only a clear mind can process things properly, while a busy or lazy mind is vulnerable to being scammed. If further trained, a clear mind can act smartly and promptly with a speed that scammers cannot comprehend. However, there are times in life, especially during difficult moments, when our minds become overwhelmed with multiple concerns. During such periods, it's essential to recognize that our minds are

preoccupied, and as a result, it's wise to delay making important decisions until we have mental clarity.

Scams can occur at both individual and mass levels. At the individual level, less critical thinkers are easily scammed. In such cases, scammers often offer a shortcut in exchange for money. However, in more significant scams, scammers may take time to assess their target. They might present a situation and ask for your suggestions, gauging your intelligence level based on your response. At the mass level, scams are handled differently. Scammers exploit misinformation and poor crowd management. They also understand that people in a crowd often lack the courage or responsibility to stand up and question them.

Scammers are experts at controlling information. They know that the first things people notice are how they dress and how they speak, so they maintain a flawless appearance. If you fall for their appearance, they don't need to work hard to deceive you. They will say very little about their proposal, giving you less time to think, or they may play on your ego to push you into a hasty decision. However, if they realize their appearance hasn't deceived you, they will shift to smooth-talking. They might guide the conversation toward topics such as politics, food, travel, government actions, or the advantages and disadvantages of technology. While talking, they will figure out your interests and steer the discussion accordingly.



## Chapter 65

### Revenge

Life is unfair. Life has created the good and the bad. Life has created saints and sinners in an unequal amount. Even the darkness in the universe is more than the light. People who do unfair things and betray do exist. They are part of the nature's creation. Hence, the fundamental idea is to learn how to deal with them. Whenever an unfair event occurs in life, human beings think about revenge. Revenge is a natural emotion. However, one must recognize that not all enemies are worth fighting and teaching them a lesson. The value of some people may decrease over time. When you see your former enemies' worth depreciating and your value rising, ignore them. Fighting them is a waste of time. The idea that you grew and outperformed them is itself the punishment that will make your enemies burn in jealousy. Such a kind of revenge is silent and does its work without any drama. Because if people come to know that you are seeking revenge, it will destroy your reputation. This is why a growth mindset is the best mindset to live with.

A growth-oriented person chooses his enemies wisely. Life is not designed such that you can seek revenge for everything bad that happened in life. And if you set out to do so, you will make sure you fail to see better things in life. An enemy is someone who seeks to hinder your progress and stop you from achieving your goals. However, if you use your growth and development as a weapon, you can silently and effectively defeat them. By focusing on your personal growth, you can become stronger and more

resilient, making it difficult for your enemy to impede your progress. Ultimately, your ability to grow and improve is the key to overcoming any obstacle or challenge that comes your way.

Sometimes, people need to be taught a lesson. If it's worth fighting them, then fight. But if their values have degraded over time, don't waste your time seeking revenge. You may enlist someone of equivalent value to your enemy to fight with them, but not you. The idea of making other people work for you is an important skill and must be learned along the way. You can never do big things without forming a dedicated team, be it revenge.

Reflect on this: In the 1950s, Ferruccio Lamborghini was a rich businessman who built tractors. He also loved fast cars and owned several Ferraris. But there was a problem—the clutch kept breaking down. Being an engineer, he checked and found something shocking: Ferrari was using the same cheap clutch as his tractors!

So, he went to Enzo Ferrari and suggested an improvement. Ferrari laughed. He dismissed him, saying: “You're just a tractor maker. You know nothing about sports cars.”

Most people would have walked away. Not Lamborghini. Instead of arguing, he built his own car—better, faster, and stronger than Ferrari's.

In 1963, Lamborghini created the 350 GT. It was a masterpiece. Soon, Lamborghini became a legend, challenging Ferrari at every turn. Today, Lamborghini is one of the most powerful car brands in the world, standing side by side or even above Ferrari.

Ferruccio Lamborghini turned an insult into a billion-dollar empire. When someone underestimates you, don't argue—prove them wrong. Success is the best revenge.



## Chapter 66

### Smart Talk

**T**he way we talk to people affects how they feel about us. Sweet talking is often used by manipulators because they know people like to hear what makes them feel good. What someone wants to hear depends on their mood. Positive people don't like negative talk, and negative people don't like positive talk. This is because when we are in a certain mood, our brain looks for things that strengthen that mood. Negative people enjoy more negativity, and it's usually hard to have a positive conversation with them. Similarly, it is difficult to deliver bad news to extremely positive-minded people because it can provoke irritation within them.

But with the right tricks, you can make negative people think positively and positive people think negatively. Manipulators are skilled at this because they understand something many people don't: emotions can be influenced by saying the right words at the right time. They often hide a negative idea within a flow of positive talk, and similarly, they insert a positive thought into negative conversations. This way, they control how others feel without them even realizing it. Another important fact that plays a big role in conversations must be understood: people's brains have limited energy. Most people use a lot of that energy thinking about their problems. Because of this, they have only a small amount of brain power left for the outside world. So, when you talk to such people, you must be careful and use their limited attention wisely. One simple rule is to avoid giving too much unnecessary information. Speak only about what is

needed at that moment. Not everyone can handle extra details, especially if it's not related to what they are interested in hearing.

Thus, in conclusion, start by sensing the person's mood with simple questions like, "How are you doing today?" or "Everything good?" While the answer is often positive, pay close attention to their facial expressions and body language, as these usually reveal their true feelings. Once you have a clear idea of their emotional state, you can move forward with the conversation, whether it's work-related or something else. And always remember, to speak in a way that the other person can easily process and understand. If you sense that their intelligence or understanding is not on the same level as yours, avoid trying too hard to explain complicated things. If their brain isn't capable of processing the information, they may become frustrated or irritated. Keep it simple, and focus on what they can grasp, as this keeps the conversation smooth and prevents any unnecessary tension. Tailor your words to suit the understanding of your audience, to have a more effective and pleasant interaction.



## Chapter 67

### A Life Without Challenge

Everybody is working hard because they dream of a state of life that is devoid of any challenges. We naively think that there exists a state in life that will take care of our insecurities. But unfortunately, life does not function in that way. If you are struggling financially, you may believe that having more money will alleviate the stress of being broke. In fact, to some extent, it does help with the insecurity, but along with it comes new unknown insecurities. A concern may be to protect your assets from potential harm or theft. This is indeed a genuine problem, and therefore, you need security measures. However, such measures come at a cost. Similarly, if we suffer in marriage with our spouse, we always believe we made a mistake, and most people tend to separate or get re-married. Sometimes it works but people who do not understand that with a new spouse will come new challenges, and the next marriage will also be a disaster. The problem is not the decision to move forward (if you are miserable in your current state, you have every right to explore a new state) but a mindset that searches for a trouble-free state is the main problem. This is also a major cause of depression because instead of understanding that any stage of life is fraught with challenges, a depressed mind dreams about an abstract state that is trouble-free. Such a mindset will make you weak and depressed.

Instead of seeking a challenge-free existence, perhaps we should embrace the idea of continuous growth and learning to navigate through the challenges that come our way. Each challenge offers an opportunity for

personal development and resilience-building. Additionally, remember that life is a flow and that death is the only way it ends. You have to stay in the flow of life until the end. The Hindu scriptures even assert that life is a never-ending cycle of God's creation and that death itself is not the end.

Life is full of challenges, and one may wonder why they are a constant presence until death. It seems life is full of suffering. But this is not the case. Think of it this way: even when everything seems comfortable (remember Chapter 1), we can still feel unhappy. Challenges keep us occupied and give our lives meaning. They're like the rhythm that keeps us moving forward.

Reflect on this: Before becoming one of the most successful authors in history, J.K. Rowling faced deep depression, poverty, and personal struggles. She was a single mother, living on welfare, trying to survive after a failed marriage. She also suffered from clinical depression. But instead of letting her pain control her life, she found purpose by taking on the challenge of becoming a successful writer. For Rowling, writing was not just a way to escape depression—it was the challenge that saved her. Writing Harry Potter was not easy. She faced rejection from publishers, but these struggles were secretly making her stronger. They helped her become a more determined and resilient person. In the end, her writing challenge became her path to healing, purpose, and worldwide success.



## Part V

# The Ultimate Question

## Chapter 68

### Asking Question

The kind of questions you ask yourself when faced with a life-threatening situation decides your attitude toward life. The right questions lead to the right solutions. Most of the time, upon facing challenges, we move in the obsessive pattern of asking wrong questions which tend to be more philosophical with no real solution or have multi-dimensional answers but are not relevant in alleviating the problem at hand. "Why has such a bad situation happened to me? Why did someone I trust betray me? Why would someone I love hate me so much? I put so much energy into developing the company, so why did the company betray me? Why has such a bad situation happened to me?" These are some of the questions that often come to mind when we face difficult situations in life. Now, there is no real answer to these questions and you ask these questions to yourself obsessively without reaching any answer but depression. The best question in this situation is: Let's find a way out first, and determine the cause later if necessary. Most of the time, knowing the cause does not help much in solution and hence, one must learn to let of of finding a reason for everything.

There are two kinds of people who tend to ask a lot of questions. The first kind is the skeptical questioner who doubts everything. Skepticism is good to a certain extent, but becoming too skeptical in life can make you incapable of taking risks and leaping in trust when necessary. The other type is a solution-oriented questioner, which is the best way to question.

One example is Lord Buddha who asked himself a spiritual/philosophical question but instead of getting into an obsessive thought process, he went out to find an answer to it. This is a solution-oriented way of dealing with life situations.

There is, however, another obstacle that comes attached to the questions you ask. The obstacle is the fascination of the solution. When we ask questions, we often have this idea of what the answer should be. But that idea can steer us away from the real answer. Hence, be open to all possibilities and remember that the correct answer may be unconventional and difficult to digest. Usually, we repel many things in life that do not fit our fascination and as a result, we miss even good things that could have hugely enhanced our lives. One must stay careful in forming such a strict filter in one's mind, and stay open to all possibilities.



## Chapter 69

### Seeking Answer

Once you learn to ask the right question, the next step is seeking the answers. As already warned in the previous chapter, do not fascinate solutions but be open to all possibilities. However, you can only seek a solution when the thirst to have it is higher than your day-to-day activities. If you are more concerned with your day-to-day activities and securely live your life, in a way to avoid taking risks, in a way to avoid sacrifice, then you will always find a temporary solution to your problem. These solutions do work, but they never give a permanent fix. Nothing great can happen in life without risks and sacrifice. Nothing in this world comes with ease. There is always a price to pay, or else what you have got is not valuable. Most achievements in life are the result of pain and suffering, indicating that the things we accumulate without any effort are often mediocre. Finding greatness isn't forced upon us by nature—it's a personal decision. If you're happy with life's simpler joys, that's perfectly okay. But if you get temporarily a magical tool for creating wealth, it would make sense to make the most of it. Often, people would endure hardship to seize such an opportunity. It is crucial to understand that life is temporary, which is why it's essential to seize every moment and make the most of it.

Pain and suffering are an inevitable part of life that contribute to our growth and development. However, it is crucial to recognize that we must face the right hardships to learn and evolve. Often, we go through unnecessary hardships that stem from poor decisions, neglect, and unrealistic

expectations, which result in wasting our time. In these moments, it is important to understand that the pain and suffering we experience due to our neglect and carelessness will not yield any valuable returns. Rather, we must learn from our mistakes and make wiser choices in the future. Hence, it is necessary to create awareness, carefulness, and observation skills to make sure the chosen path is the correct one and the hardship contributes to self-development.



## Chapter 70

### The Ultimate Question

The ultimate question is how to live joyfully. Living joyfully is a profound question that necessitates a deep understanding and a shift in perspective. A limited or narrow viewpoint might offer quick solutions, but they often prove to be mere illusions – temporary fixes that initially seem magical but ultimately fail to address the underlying complexities of the matter. With limited understanding and knowledge, it would be inappropriate to attempt to answer any such question. Hence, let us develop some understanding to deepen our approach to answering it.

A joyful life has nothing to do with the state of physical or mental comfort because too much comfort deteriorates a person. A joyful life is not necessarily about feeling satisfied, as our brains can sometimes trick us into feeling content to avoid hard work or challenges ahead. A joyful life is not one devoid of pain and suffering because life is not designed to be free from it.

The question we can ponder is can we design a world that is free from pain and suffering? Human beings have significantly reduced pain and suffering through scientific and philosophical advancements. The development of medical technologies, social safety nets, and the establishment of ethical and legal frameworks have undoubtedly improved the quality of life for countless individuals. However, despite these efforts, we have not yet achieved an ideal state, and there is still much work to be done at various levels to continue this pursuit. This suggests that the definition of

joy in life also depends on how these challenges that lie in the world are approached and solved. A better solution might lead to a better state of joy in human life. Hence, a lot of work has to be done at individual level, at society level and at political level. At the individual level, each person has the responsibility to cultivate resilience, empathy, and a sense of purpose that can help them navigate through life's inevitable challenges with grace and fortitude. Personal growth, self-awareness, and the development of coping mechanisms are crucial in this regard. At the societal level, fostering compassion, inclusivity, and support can reduce suffering. Addressing inequalities, promoting education, and building community are crucial. At the political level, leaders should prioritize people's well-being. They need to protect the vulnerable, ensure justice, and provide essential resources. Good governance and human rights are vital. To achieve a deeper sense of joy, it's important to think collectively and inclusively. When we have a broad perspective that considers the well-being of others, we create a more harmonious and supportive environment. In contrast, a narrow, selfish mindset tends to focus only on immediate personal gains. This limited way of thinking often leads to more problems because it ignores the larger context and the needs of others. People with this mindset may not feel motivated to solve problems that don't directly affect them, which can lead to more issues for themselves and those around them.

Imagine we achieve a world with excellent management at all levels. However, this alone is not enough. The inner world within us also needs care and good management. People often seek joy by looking externally, forgetting that their inner dimension requires attention too. The inner world, which experiences the outer world, needs just as much effort to manage effectively. Balancing both the external and internal worlds is essential for true happiness and well-being. Hence, leaders and entrepreneurs should focus on solutions for both the inner and outer worlds of people. By addressing external challenges and supporting internal well-being, they can create a more balanced and fulfilling life for everyone.

Let us return to our question of finding a joyful life. At the individual

level, happiness often emerges from how we handle the inevitable physical or mental stress that comes our way. It's a natural part of our journey to encounter challenges and pressures. However, when we channel our energy into innovative solutions and creative endeavors to overcome these stresses, we transform these efforts into opportunities for growth and achievement. This process not only reduces stress but also brings profound joy and satisfaction. However, one must also rise from seeking individual joy to dedicating part of life to working for the well-being of others. Disturbances at the societal or political level can impact personal happiness. By contributing to the betterment of society, we help create a more stable and supportive environment, which in turn enhances our own joy.

We look at ourselves as individuals separated from others and the world. We fail to see that we are all connected, and unless we work together as a team, individual joy may not happen perfectly. However, it is another challenge to make people aware of the connectedness with other human beings and nature. Human minds never think that way. It inclines towards a selfish attitude when it comes to joy, thus the experience of joy is not genuine but merely an illusion of joy and happiness. Humans are masters at living in illusion and have used their minds mostly to create such illusions. Unless one finds a way out of the matrix, there is only an illusion of joy but never true joy. Many people throughout the ages have developed various techniques and ideas to experience joy. The question is how many of these people are being read or followed. If not, how many truly ask questions about the nature of life and happiness? Unless you are willing to seek the truth, there is no truth but mere illusion.



## Chapter 71

### The Ultimate Seeking

Till now we addressed questions regarding how to make your mind, body, and life in sync to live better. We developed an understanding of how to get out of a hellish mind and techniques to deal with it. A hellish mind creates hell not only for you but for others. A hellish-minded person is like a snake whose only purpose is to spread poison, knowingly or unknowingly. We must strive to reduce the number of those who inflict harm and suffering, not by eliminating such individuals, but by understanding the root causes that lead to their actions. Eradicating the processes and circumstances that create hellish conditions on Earth is of paramount importance, and it is always an ongoing endeavor. While we can minimize the prevalence of harm, we cannot eliminate it. Individuals capable of causing harm will always exist, but we can work together to decrease their numbers and ensure that we do not become part of that destructive tribe. Further, we learned the technique of how to protect yourself from such individuals. However, there is one last thing left to be addressed which is also a cause of depression. People mostly ignore this and try to find temporary joy and pass their life but towards the end of life, you may feel an unbearable pain of making meaning out of the life lived. If you do not find your true purpose or fail to give meaning to your life, always avoiding such questions, you will soon lose clarity of life and will be lost in an obsessive pattern of thought trying to justify your life and forcibly give meaning to it. The moment such a question strikes you deep

within your heart and if you never prepared your life in a way to answer this, you will get into an obsessive thought pattern of false justification of your life and since you know it is false, the thought process will repeat itself till your death. And such a death is an unfortunate and a terrible one. A death with mental chaos and agony is what you are preparing for if you avoid finding purpose.

Who am I? A profound question to seek and the seeking itself is so powerful that you may end up finding the purpose of your life during the seeking process itself. You may not have the answer to this question but as a by-product, you may strike upon a purpose which will make your life more meaningful. Such a profound inquiry arises only in those with the intelligence and awareness to transcend the mundane demands of daily life and observe existence more closely and truthfully. If one's mind is constantly preoccupied with serving immediate needs and desires, one may miss the opportunity to pose these profound questions to oneself. The quest for inner exploration and self-discovery has been undertaken by many throughout history, and their written accounts of these profound experiences are invaluable reads. A profound thirst to delve into spiritual texts and to seek out and listen to spiritual leaders is of great importance on this journey. Having a spiritual mentor in one's life is almost a necessity, for they can help guide you towards answering that fundamental question – "Who am I?" – the very pursuit of which, or even just the earnest seeking, can alleviate the depression.

We blindly plunge into life's situations without first acquiring the critical knowledge needed to approach them skillfully. This lack of knowledge makes us overconfident, leading to impulsive reactions to life events, resulting in chaos and confusion. It is essential that we cultivate patience and take the time to thoughtfully prepare ourselves before venturing into new terrain. By seeking knowledge from trusted sources, such as books, mentors, or life lessons, we fortify ourselves to respond to challenges with grace and discernment. This wisdom serves as a guiding light, leading us through life's challenges with grace and understanding.

*"For whom is the company of  
great people not beneficial?  
Even a water droplet, when on a  
lotus petal, shines like a pearl."*

— Bhagavad Gita

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