



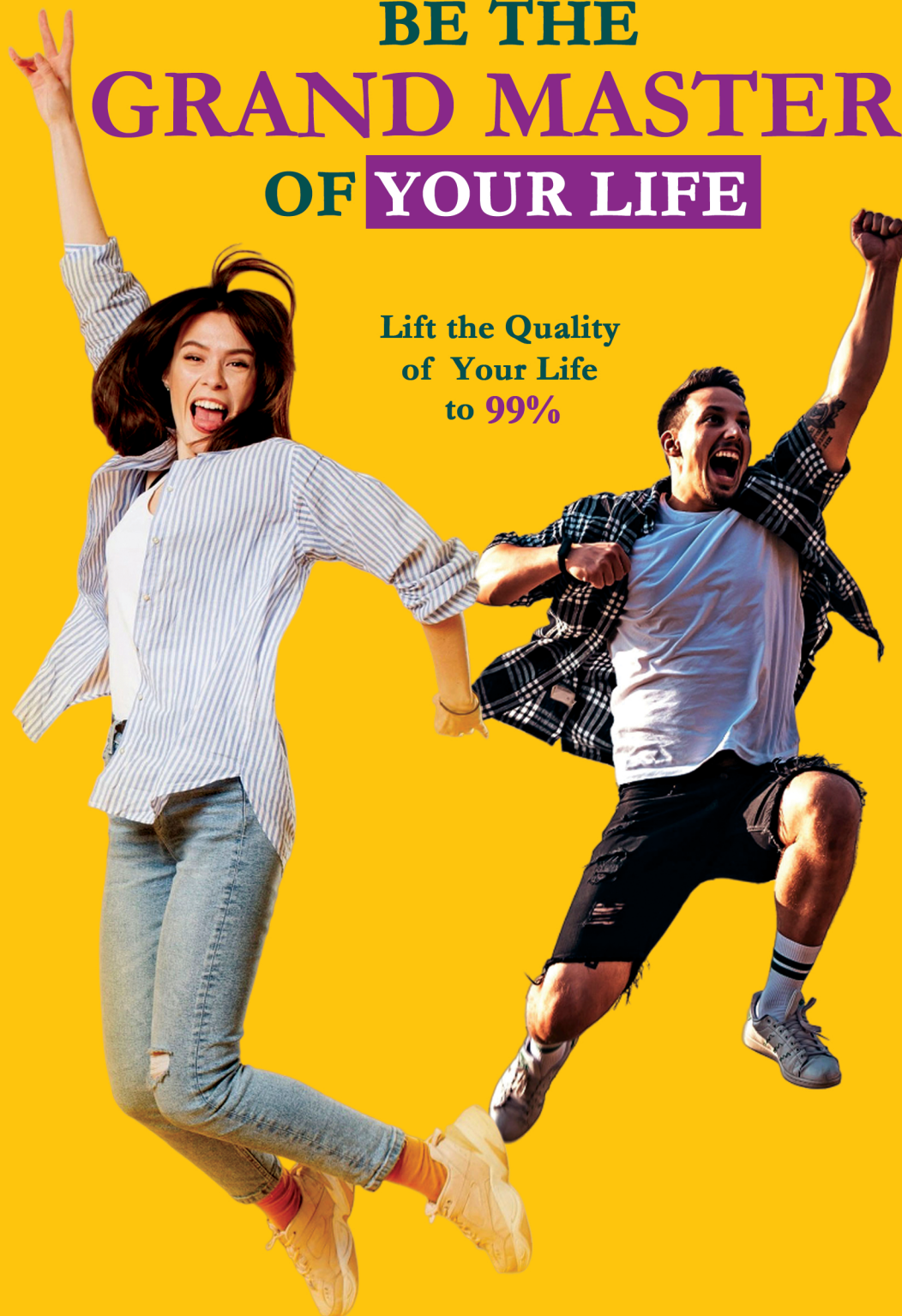
Kamlesh Patel is the former Head (of HR) and Chief Learning Officer of the Bank of Baroda and has - 41-years of experience in HR and Learning and Development. With a B.Sc. and Master of Labor Welfare, CAIIB, and a Diploma in Training and Development, he is a prolific writer. Kamlesh is a two-time winner of the Innovative Trainer Competition conducted by the ISTD Vadodara Chapter. He was awarded the Outstanding Leader Award by ISTD, Anand, in January 2019. He is a Corporate trainer in leadership, HR, Life skills, and soft skills. He has been writing "Extraordinary Life" as weekly

series on social media, including Facebook, since January 2019, and more than 1000 persons are regular readers of this column. **"Be the Grand Master of Life"** is his second book. Earlier, he authored **"Ordinary to Extraordinary Life"** published on Amazon in January 2021. His third book **"Blossoming Post Retirement"** is also releasing shortly.

What is the quality of your life today? How many marks will you give from 100? Quality of life is what we are experiencing internally. How to take your quality of life score high? How to activate, unleash, explore, and expand your fullest potential? Our single most valuable asset is our mind. Mind Mastery is Life Mastery. Mind is our inner software consisting of thoughts, beliefs, attitudes, perceptions, values, etc. This inner software impacts every aspect of our life, Physical and emotional health, Relationships, Professional life, etc. All misery in life comes from the mind if we have no control over it. Our mind can make us, or it can break us. The reason is the most overused and underutilized part of our experience. It plays a role in everything we do in life. And yet we never spend our time understanding it. It is responsible for our most creative and genius insights and our biggest mistakes and failures. If in our entire life, if we master only one skill- mastering our mind - the quality of our life will significantly increase. So to become the Grand Master of Life, we must conquer our minds. Which are the challenges in conquering the mind? The book discusses these challenges and focuses on ten mindset shifts to conquer the mind. These -10- mind shifts will make us the Grand Master of Life. It will take the quality of life to the next level. Embark on a journey that will bring joy, contentment, success, and happiness beyond your wildest dreams.



BE THE GRAND MASTER OF YOUR LIFE



KAMLESH PATEL

BE THE GRAND MASTER OF YOUR LIFE

Lift the Quality
of Your Life
to 99%

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**"You were born with potential.
You were born with goodness and trust.
You were born with ideals and dreams.
You were born with greatness.
You were born with wings.
You are not meant for crawling, so don't.
You have wings. Learn to use them and fly." Rumi**

**Never underestimate your power to change yourself. — H.
Jackson Brown, Jr.**

**"The purpose of life is to activate, unleash, explore, and
expand your fullest potential to grow beyond your wildest
imagination."- Tony Dovale.**

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This book is dedicated to all the magic people in my life, including my Spiritual Guru Sri Sri Ravishankar, my loving family, friends, colleagues, and well-wishers, for their positive contribution to my life and the love and affection showered on me, believing in me, and encouraging me to follow my dreams.

Preamble/ Prologue

What should be our vision for the world?

A world where people can say,

"I enjoy living in this world."

"A world that is free of stress and violence and full of love and cooperation."

"A world having people who, besides good citizens and excellent professionals, are sensitive, compassionate human beings, whose goodness is reflected in their actions."

Is it possible to achieve the above vision? It is possible. Yes. There are challenges. But if we change our mindset, we can make this world a better place.

From where can we start the transformation? A very common excuse is that by changing me, how can the world have an 8 billion population can change? But it is essential to realize that when I change, my family will change. When every family changes, our society will change. When our society changes, our country will change. Finally, with each country becoming happier, the world will change.

So transformation begins from self by endeavoring mind mastery. Mind Mastery is a game changer. It leads to life mastery. Mind Mastery means mastery of the world within us. Once you master the inner world, success and happiness will come as a by-product.

Our single most valuable asset is our mind. Mind Mastery is Life Mastery. Mind is our inner software consisting of

thoughts, beliefs, attitudes, perceptions, values, etc. This inner software impacts every aspect of our life, Physical and emotional health, Relationships, Professional life, etc. So to become the Grand Master of Life, we must conquer our minds. Which are the challenges in conquering the mind? The book discusses these challenges and focuses on ten mindset shifts to conquer the mind. These -10- mind shifts will make us the Grand Master of Life. It will take the quality of life to the next level.

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“One can have no smaller or greater mastery
than mastery of oneself.” **Leonardo da Vinci**

Chapter 1

Introduction

True growth requires conquering our mind

Mind Mastery is Life Mastery.

"The mindset is much more important than having a million dollars."-Justin Ho

"Conquer your mind. Conquer your life". Wesam Fawzi

"Transform and Master Your Mindset and You Will Transform and Master Your Life."- Gary A. Ferraro

What is the quality of your life today? How many marks will you give from 100? **Quality of life is what we are experiencing internally.** For the first time in the history of humanity, human beings have all resources, technology, and capabilities to address every human problem on the planet. Yet we are the most stressed generation. Some are fundamentally wrong in our approach to life. At the inner experience level, we have less joy, happiness, peace, bliss, etc., and more fear, stress, anxiety, and worry. How can we correct it?

Quality of life depends on the following critical areas of life:

1. Physical Health
2. Emotional/Mental Health
3. Relationships
4. Professional Life
5. Financial Position

Which is one area impacting all the above five areas? Our Mind impacts all critical areas of life. **Mind Mastery is Life Mastery**. Our single most valuable asset is our **mind**. How can we tap its potential? All misery in life comes from the mind if we have no control over it. Our mind can make us, or it can break us. The reason is the most overused and underutilized part of our experience. It plays a role in everything we do in life. And yet we never spend our time understanding it. It is responsible for our most creative and genius insights and our biggest mistakes and failures. If in our entire life, if we master only one skill- mastering our mind - the quality of our life will significantly increase. When we refer to the mind, we are referring to our inner software, i.e., our thoughts, beliefs, attitudes, perceptions, values, etc.

We live in our minds

Martina Navratilova was asked, "How do you maintain your focus, physique, and sharp game even at 43?" She humbly replied, "The ball doesn't know how old I am."

It would be best if you stopped yourself from stopping yourself.

Every game in life is played on a 6-inch ground – the space between your two ears. We don't live in bungalows, duplexes, or flats. We live in our mind, which is an unlimited area. Life is great when things are sorted and uncluttered there.

Keeping the mind messy with negative emotions and irritations over small insignificant matters ruins this real home.

The critical factor to performing well in life is controlling the quality of your internal dialogues.

So to become the Grand Master of Life, we must conquer our minds. We must be in control of our inner world. Is it easy? No. Is it Impossible? No. We all can control our minds. Whenever we want a proper solution, the first step is understanding the problem. It is like the role of a doctor who first diagnoses, and then prescribes. So what are some issues with our minds?

Let us first diagnose the problem. Why controlling the mind is difficult?

1. Are your mind always creates the right thoughts, independent of situations and people's behavior? What is required for this? Mind is a weak slave of the external world. Most of the time, it reacts instead of responding. The mind creates labels, judgments, likes, and dislikes. Our Actions are based on this. It keeps seeking the approval of others. The mind keeps scheming to outperform competitors. (There are adequate resources and opportunities for all). We lose valuable time, focus, and energy because of over thinking and worry.
2. What is your everyday outlook – Victor or Victim? Are you constantly complaining, criticizing, blaming, finding fault, giving excuses, or having jealousy? Do you react or respond when people do not behave as per your expectations or situations do not happen as per your desire?
3. Many times mind is stuck up in limiting beliefs. We lack self-confidence and self-esteem. We doubt our potential. Divine is so kind to bestow upon us unlimited potential on each human being.

4. Nothing is perfect in this world, no human being, no situation. Yet we keep looking for perfection and keep suffering.
5. Are you making the right choices in life? What is required to make the right choices? Without clarity, the mind keeps running after mundane things in life.
6. The mind tends to remain in the past or future, not in the present. Because the mind keeps running between the past and future and not staying in the present, we keep making mistakes, doing half-hearted jobs, and getting mediocre results in every area of life.
7. We all face challenges/problems in life, sometimes small, sometimes overwhelming. We are bogged down or overwhelmed by difficulties in life.
8. Once student life is over, we believe no further learning is required. However, we are living VUCA world- Volatility, Uncertainty, Complexity, and Ambiguity. In such a world, what we learn today becomes outdated tomorrow. Hence to remain relevant, one should be a lifelong learner.
9. We need to reflect more on various vital aspects of life, including our purpose in life. Without this reflection, we lack clarity and waste energy and time in the wrong direction.
10. We are most of the time trapped in our ego. The ego needs to be regulated. It affects your decision-making; your mood turns you into a victim or makes you feel superior to others to justify your behavior. Awareness of your ego plays a large part in improving your

relationships with others and your ability to manage others and yourself.

What do we want from the mind?

1. Pure and qualitative thoughts. Avoid or replace negative thoughts.
2. Responding to people and situations instead of reacting. Always looking at the brighter side of People and Situations.
3. Empowering beliefs – Trust about our potential.
4. Courage and Conviction to change situations and people for the better, accept it when not possible to change, and withdraw when neither change nor acceptance is possible.
5. Mind making conscious choices, not on auto-pilot mode.
6. Mind in the present moment most of the time.
7. Unfazed during negativity and adversity-Resilience to face challenges and problems in life powerfully.
8. Mind with heightened awareness.
9. Mind with clarity of purpose and other critical aspects of life.
10. Replacing ego with unconditional love and making a positive difference.

When we clean our minds and make them healthy, life will be brighter and sunnier. Quality of life will jump upwards.

Let us explore some fundamental shifts we require to become the Grand Master of our life in subsequent chapters.

You are about to embark on a journey that will bring you joy, contentment, true success, and happiness beyond your wildest dreams, so let's get started.



Mind Shift 1

Nurture Quality Thoughts

"Our life is shaped by our mind; we become what we think." Buddha

"Think positively and masterfully, with confidence and faith, and life becomes more secure, more fraught with action, richer in achievement and experience." - Eddie Rickenbacker

"You are today where your thoughts have brought you; you will be tomorrow where your thoughts take you. " - Jams Lane Allen

Are your mind always creates the right thoughts, independent of situations and people's behavior? Thoughts that uplift, inspire, and soothe you?

We outsmarted every species on Earth with the power of thinking. Our powerful brains constantly process all sorts of experiences and analyze them in the form of thoughts.

Our thoughts are energy; the entire universe is also made of energy. Energy attracts similar energy. Whatever we plant in our subconscious mind and nourish with repetition and emotion will one day become a reality. You are what you think. The quality of your thoughts decides the quality of your life. Daily we get around 50,000 to 70,000 thoughts. How can we ensure quality thoughts? Before we learn how to create Pure, Positive, qualitative thoughts, let us see the impact of thoughts on various critical areas of life.

You Become What You Think

Thoughts determine outcomes in life

You are what you are right now because of the thoughts you once had or have. You should start by changing your thoughts if you want to change yourself. All the actions of man arise from the hidden seeds of thoughts. Thoughts impact success in life. Why is it that some people succeed while others achieve disappointing results?

Good thoughts and results can never produce bad results; evil thoughts and actions can never produce good results.

Thoughts create our Emotions and feelings

Thoughts impact our Physical, emotional, and mental health

Every thought we create impacts every cell of our body. A series of thoughts give rise to a feeling. If we want to change our emotions, we must make quality thoughts. Changing our thoughts is the only way to change our feelings.

Collective research reveals that eighty percent of physical, emotional, and mental health issues stem from our negative thought patterns.

How and what we think significantly impacts our mental and physical levels. The body is the servant of the mind, and it obeys the order of the mind, be it deliberately chosen or automatically expressed.

People who live in constant fear of disease are the ones who get it. Therefore being healthy is not just about the body; it's also more about the mind. A diet change will not help a man who will not change his thoughts.

Thoughts affect how we age.

Thoughts also affect how we age. If we pause for a second and observe the people around us, we can see people in their nineties with bright, smiling faces. But we also can see the people in their mid-thirties whose face is drawn into unharmonious contours.

Thoughts impact our attitude.

“The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind.” – WILLIAM JAMES

Think of your attitude as the mental filter through which you experience the world. Some people see the world through the filter of optimism (the glass being half full), while others see life through a filter of pessimism (the glass being half empty). Our attitude drives every aspect of our life. Our attitude determines how we look at life, react to circumstances, feel, and respond to each other and life. Your attitude affects the way you see everything in life. Your success in life begins and ends with your attitude.

Thoughts Impact Our Relationships

Pure and positive thoughts can heal any challenging relationship. Usually, in relationships, we typically focus on words and actions and never on thoughts.

There can never be any problem in relationship if we focus on thoughts and ensure we create pure and positive thoughts for relationship.

Thoughts are the most critical aspect of building a relationship. If we are prejudiced, judgmental, and vital about others internally, that relationship will always have issues. Do not restrict your focus on how sweetly you talk to others; also, focus on how sweetly you think of others. Thoughts created by people in our minds form the foundation of our relationships.

Thoughts impact our Happiness.

“A happy person is not a person in a certain set of circumstances, but rather a person with a certain set of attitudes.” Hugh Downs

All the unhappiness in our world is due to the sadness in our minds. Nearly every negative thought you have relates to the past or future.

The longer the negative thoughts continue to loop, the worse you feel.

The more fearful, guilt-ridden, regretful thoughts we have, the more stressed, anxious, depressed, and angry we feel. Sometimes our thoughts paralyze us with bad feelings, and it's those feelings that rob us of inner peace and contentment.

Positive, Pure, qualitative thoughts lead us to Happiness.

Thus each critical area of our life is impacted by the quality of our thoughts. Pure, positive, qualitative thoughts profoundly improve our quality of life and overall Happiness. Once we understand this, all our endeavors should be what are required to create the right, pure, positive thoughts.

Moving away from negativity to Positivity, Possibility, and Purity

How to be a positive force in a world full of negativity? We believe toxicity is all around us. But unconsciously, we are also not pure. So we have to start cleaning ourselves.

Unconsciously we get a lot of negative thoughts. When we complain, criticize, and make judgments about others, we allow negativity into our life. What is the solution? There are few solutions.

Awareness

To purify our thoughts, the first step is awareness. The moment you compare, complain, or criticize, tell your mind to "Shut up." Periodically watch your thoughts. When you observe any negative thought, replace it with a positive one.

Garbage in, Garbage out. Positive in, Positive out

Suppose you are in the company of toxic people or read or listen to more negative stories on social media. In that case, you will have more negative thoughts. Focus on positive news and stories in media. Surround yourself with positive, supportive people and the environment.

Do companion audit. Make a list of people with whom you spend the most time. Are you giving the most time to inspiring people or pessimistic people?

Impact of Values; High Values vs. Low Values

The quality of our thoughts also depends on values imbibed by us. What kind of human being do you want to be? That

will depend on the values you practice daily. Higher values propel and elevate us toward happiness, fulfillment, and meaning. Lower values demote us towards anxiety, depression, and suffering. So which are high values? Let us refer Bhagwad Gita, Indian Spiritual Scripture as per which following are high values:

Gratitude, Purity of Mind, Fearlessness, Service and Charity, Acceptance, Kindness, Humility, Integrity, Compassion towards all human beings, Continuous Learning, Austerity, Straightforwardness, Nonviolence, Truthfulness, Absence of Anger, Restraint from fault finding.

Lower values are Greed, Anger, Ego, Arrogance and Envy.

Practice Mudita

Never derive joy from other people's failures.

"If you can, help others; if you cannot do that, at least do not harm them." Dalai Lama

"It is impossible to build one's own happiness on the unhappiness of others." - Daisaku Ikeda

Practice "Mudita" means taking joy in the good fortune of others. If I only find joy in my success, I limit my joy. But if I can find joy in the success of my friends and family, my happiness expands.

Fear vs. Faith

Confront your fears and grow

"None of us knows what might happen even the next minute, yet still we go forward. Because we trust. Because we have Faith. "- Paulo Coelho

Fear is an opposing force. Whenever fear is present, pro-life energy drops. In spiritual terms, Faith is the only effective antidote to fear.

Trust that when one door closes, another opens. This optimistic outlook helps to deal with fear.

I quote one example- one lady was rejected hospital admission, stating that due to Covid, lung infection is 95 % and there is no scope of her survival. Lady, however, continued her Faith that her infection was only 5 % and continued treatment at home. She finally recovered primarily due to her Faith.

Inspirational Story

"A businessman was on a long-haul flight. A warning that something was wrong came over the PA system. The pilot asked everyone to take their seats and fasten their seat belts.

The plane came upon the storm shortly after this announcement. Thunder could be heard all around the aircraft, and lightning could be seen lighting up the dark sky. Within minutes, the plane was tossed around like a small toy, with passengers becoming fearfully alarmed by every big bump.

The businessman was becoming very anxious, and suddenly he saw a little girl from the corner of his eye. It seemed like the storm meant nothing to her; worry and fear were not in her world. The little girl was composed and unafraid when all the adults were scared half to death. The businessman was utterly amazed!

When the plane landed, the businessman asked her if she was unafraid! The little girl replied, "Sir, my Dad is the pilot, and he is taking me home."

We all need to imbibe this quality of Faith. For all of us, the pilot is "God."

Faith is trust, assurance, and confidence in self, others, and God. Faith helps us get through the major problems and obstacles we experience in life. If you are facing any issues and you are feeling hopeless because of a problem, relax and rely on your Faith. Remain calm and believe that a solution is coming your way. Take a deep breath, and have Faith that everything will work out for the best.

Let our Faith be bigger than our fears.

Flush out Negative tendencies

Avoid comparing, blaming, criticizing, and judging in all situations

Avoid complaining, comparing, blaming, criticizing, and judging in all situations. Focus on what you can do in given situations. Guilt and regrets are the biggest enemies of emotional health and happiness. Envy or comparing with others is a waste of time. You have no idea what their journey is all about. Do not waste your precious energy on gossip.

There is an exciting story on this. An elder tells his grandson, "Every choice in life is a battle between two wolves inside us. One represents anger, envy, greed, fear, lies, insecurity, and ego. The other represents peace, love, compassion, kindness, and positivity. They are competing for supremacy. "

"Which wolf wins?"The grandson asks.

"The one you feed, "the elder replies.

"But how do we feed them?"

"By what we read and hear. By whom we spend time with. By what we do with our time. By where we focus our energy and attention."

Hence spend more time with inspiring people, people who uplift your energy. Also careful when you use social media or TV and do not spend more time on negative stories/news.

Ensure your last thoughts before going to sleep are positive thoughts.

Do you want to wake up with good energy? Then be careful about your last thoughts before you go to sleep. Reflect on a feel-good moment from your day. Something that made you feel proud, something you did to help someone else. Calming thoughts before going to sleep creates a beautiful impact.

You can use affirmation-"I have done my best today and now deserve to rest."

Try positive reading before bed.

Take a minute for a gratitude practice. Reflect on good things that happen during the day and feel grateful for them.

Happy thoughts before bed are a powerful way to clear your brain of negativity, drift off to sleep calmly and enjoy a fantastic night's rest.

Bring the magic of gratitude into your life.

"Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for." Zig Ziglar

"No matter who you are, where you are, no matter what your current circumstances, the magic of gratitude will change your entire life." "You are the builder of your life, and Gratitude is your magical tool to build the most incredible life." Rhonda Byrne

Miracles can occur in all areas of life, including health, wealth, relationships, career, etc., if one starts practicing gratitude. If you practice gratitude a little, your life will change a little. If you practice gratitude a lot every day, your life will change dramatically and in ways that you can hardly imagine.

**What is the magic formula for practicing gratitude?
Count your blessings**

Gratitude is feeling. So the more we deliberately think and feel and say the magic word "Thank You," the more abundance we receive. The more genuine and profound the feeling, the more sincerely grateful you are, the faster your life will change.

In the morning or before sleep, reflect on good things in your life in the following critical areas and feel gratitude for these blessings.

- ❖ Health
- ❖ Family/relationship
- ❖ Money/Finance
- ❖ Experiences in life
- ❖ Career
- ❖ Food
- ❖ Nature
- ❖ Passions
- ❖ Material Goods and services, Your gadgets

Also, reflect on one best thing that happened during the day. If you want to go one step further, write a gratitude journal daily.

Examples:

"I'm truly grateful for..."

1. Beautiful home/car/Smartphone/beautiful clothes
2. Beautiful weather/sunrise/sunset
3. Morning coffee/tea
4. A job to go to
5. The ability to stay home to care for my family
6. Healthy home-cooked food I am getting
7. Fresh air to breathe
8. Fresh water to drink
9. A healthy body to get me through the day
10. A comfortable bed to sleep in
11. The joy of seeing my children every day
12. A spouse who I love and adore
13. Parents who always love me and support me
14. Furniture and appliances that serve a purpose in my home

15. Money to pay for everything I need
16. Skills that I have learned that help me
17. Holidays/Vacations, which recharged me and my family
18. Inspiring books to read
19. The internet to keep in touch with all and also for learning
20. Wonderful friends
21. Movie ----- I watch which inspired me or entertained me
22. Song --- which I listen to and become joyful

Oprah Winfrey, a famous TV personality and author, says, "I started out giving thanks for small things, and the more thankful I became, the more my bounty increased. That is because what you focus on expands. So when you focus on goodness in your life, you create more of it. Opportunities, relationships, even money flowed my way when I learned to be grateful no matter what happened in my life."

Bring gratitude's magical power to revolutionize your health, money, job, and relationships and to make your smallest desires and your biggest dreams come true. Gratitude also dissolves problems and transforms any adverse situation.

Practice Affirmations

Affirmations are pure high-energy thoughts that we want to become reality. For example,

- ❖ I am fearless.
- ❖ I am powerful.
- ❖ I am peaceful.
- ❖ My thoughts are of peace and purity.
- ❖ I am a pure soul.
- ❖ My body is perfect and healthy and will always be healthy. I have a very long qualitative life.

- ❖ My family is safe and healthy and will remain self and healthy.
- ❖ I have loving relationships.
- ❖ God protects my planet.

See that each affiliation is in the present tense. We want it to become a reality.

We should repeat these affirmations every hour. We should also say it before taking any food or water as it will make our food like Prasad (blessed food) and water like Amrut (Nectar). Even while cooking, if we can play high-energy devotional songs and keep our emotions positive, food will become Prasad (blessed food).

We should say these affirmations 20 to 25 times during the day.

Let us contribute to the universe by practicing affirmations and gratitude. Let us make this planet peaceful, pure, loving, safe, and of high vibrations energy.

Meditation

"Meditation is seeing GOD in yourself; Love is seeing GOD in the person next to you. Knowledge is seeing GOD everywhere. "Sri Sri Ravishankar, Global Humanitarian and Spiritual Master

Another powerful technique for purity of Mind is Meditation- the most powerful tool. Meditation also removes laziness and restlessness.

Meditation is retiring from the external world and going inward. Meditation is an inward journey of deep rest.

There are several techniques to do meditation. Each spiritual path focuses on different techniques. So we will not focus on processes or techniques. Our focus is what the outcome of meditation is.

Meditation allows the Mind to experience its true nature, bliss consciousness. Meditation soothes our nervous system, and we can experience a more profound rest than sleep. You will feel internal coolness and bliss when your Mind is calm, tranquil, and relaxed. When you are calm, the whole universe appears fantastic. Once the nervous system is freed of stress, you begin to experience absolute joy. You are more relaxed, and self-awareness happens more frequently. You bring to experience a higher state of consciousness in day-to-day life. And this happens naturally and effortlessly, without drugs or alcohol. The world will look completely new, vibrant, and crystal clear.

Sri Sri Ravishankar, Global Humanitarian and Spiritual Master, convey to keep in Mind three golden rules while doing meditation:

1. During 15 or 20 minutes of meditation, I should not expect anything.
2. I do nothing. I should refrain from making any effort during these 15 or 20 minutes.
3. I am nothing. Put all your ego aside.

Meditation, at its core, is a blossoming of our spirit. In meditation, the body is rested, the senses are calmed, and the Mind is quieted. Meditation is the essential tool to get multiple benefits - your stress is decreased, your intuitive power is enhanced, you realize your pure nature, and you can ultimately connect with a superpower. No form of negativity can coexist with meditation. With regular practice, even deep-rooted negativity starts getting diluted and gradually

disappears. Health, happiness, and beauty / radiant face are restored.

So if meditation is not part of your daily routine, add it. If you argue that you have no time, understand that meditation will create more time for you. Once you get more profound rest, your efficiency, effectiveness, and creativity will increase.

Power of forgiving

"Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that." - Martin Luther King

"I believe Forgiveness is the best form of love in any relationship. It takes a strong person to say they're sorry and an even stronger person to forgive." Yolanda Hadid

Life is too short to hate anyone. Forgive everyone for everything.

No individual is perfect. In the process, we get hurt by others, and we also hurt others. As a result, we all hold grudges, big and small. Forgiveness is vital to our emotional health and spiritual survival. Forgiveness is a way of disposal of unwanted hurts and humiliations.

Whoever does not forgive does not have peace in the soul. Hurt is a poison that intoxicates and kills. Forgiveness transforms anger and hurt into healing and peace.

Harvard researcher and physician George Valliant describes Forgiveness as one of the eight positive emotions that keep us connected with our deepest selves and with others. As per

said research, developing stronger positive emotions supports us in leading healthier, happier, and more connected lives.

Nelson Mandela is an icon of Forgiveness. He was imprisoned for 27 years for his objection to Apartheid and tortured for many of those years; when he was finally released in 1990, he called not for revenge but Forgiveness and reconciliation. Mandela said, "As I walked out the door toward the gate that would lead to my freedom, I knew if I didn't leave my bitterness and hatred behind, I'd still be in prison." He further said, "Forgiveness liberates the soul; it removes fear. That's why it's such a powerful weapon."

Mandela showed the world and his fellow citizens -- black, white, rich, and poor -- that revenge is not the answer to years of injustice. Who among us, in coming out of prison after 27 years, would have had the generosity to turn away from settling scores? Who among us would have refused to avenge ourselves on those who had treated us with such cruelty?

If a man tortured and imprisoned for nearly three decades could practice Forgiveness, what lessons might we take from him on responding to acts of hurt in our ordinary lives?

So here is the practice: close your eyes and visualize the person who wronged you or who you wronged. Ask for Forgiveness and then forgive them.

Practice humility

"We come nearest to the great when we are great in humility." Rabindranath Tagore

"Whenever I see someone, may I never feel superior. From the depth of my heart, may I be able to really appreciate the other person in front of me ." A Tibetan master

Humility is so deeply revered by all spiritual traditions that many consider it the mother of all virtues. Despite achieving so much in life, few great personalities like Dr. Abdul Kalam are so down to earth, the complete opposite of many others who lose their connection with employees / the public once they get to higher positions or recognition. Nobody likes arrogance, no matter how smart, successful, good-looking, or unique you are. It's vital to practice humility to develop into a better leader and a better person.

Another excellent example of humility is JRD Tata. Taking to the group's helm in 1938 at age 34, employees across all statures remember JRD as a firm but gentle leader who brought out the best in people not by force or fear but through affection. He was the personification of humility. Sudha Murthy, wife of Shri Narayana Murthy, who was working in TELCO, narrates an exciting experience demonstrating JRD Tata's humility.

"One day, I was waiting for Narayana, my husband, to pick me up after office hours. To my surprise, I saw JRD standing next to me. I did not know how to react."

"Young lady, why are you here?" he asked. "Office time is over." I said, "Sir, I'm waiting for my husband to come and pick me up." JRD said, "It is getting dark, and there's no one in the corridor."

"I will wait with you till your husband comes."

"There wasn't any air of superiority about him." I was thinking, "Look at this person. He is a chairman, a well-

respected man in India, and he is waiting for the sake of an ordinary employee.”

What a great example of humility. Against this, see the following example.

In one meeting of spiritual leaders, one leader insisted that his seat be higher than others. Organizers had to bring some extra bricks to elevate this spiritual leader's chair. In the process, the whole time, he remained immobile like a statue. Should we call him a spiritual leader? All such formalities and protocols are artificial.

We need others. We should not get caught up in our temporary roles. Arrogance is confusion about our temporary roles and our fundamental identity. When we realize that we are all children of God and have equal and intrinsic value, we don't have to feel better or worse than others.

To summarise, thought mastery is a prerequisite to Mind mastery. Carefully guard what you put in Mind. Keep negative thoughts and negative emotions out of your life. Challenge negative thoughts. Rather than accepting negative thoughts and beliefs as accurate, challenge them by considering alternative perspectives and practicing positive self-talk. Stay away from negative people, news, movies, and social media messages/discussions. Spend your time with inspiring people and inspiring talks on social media. Practice Mudita, gratitude, Forgiveness, and humility to ensure that all your thoughts are pure, positive, and qualitative. Quality of thoughts will decide the quality of your life.



Key Takeaways

1. Master the art of creating right and qualitative thoughts. Quality of thoughts will decide the quality of your life. Mastery over the quality of thoughts will give you mastery for internal balance. In turn, you will have a grip on external balance.
2. Let our faith be bigger than our fears.
3. Associate with positive and inspiring people.
4. Avoid comparing, blaming, criticizing, and judging in all situations.
5. Practice "Mudita" means taking joy in the good fortune of others
6. Practice Gratitude, affirmations, Meditation, forgiving, humility, and high values.

Mind Shift 2

Look at the brighter side of people and the situation

Reaction Vs. Response

"People are not disturbed by things, but by the view they take of them." Epictetus

"You can't always control circumstances. But you can control your thoughts." Charles Popplestone.

People's behavior or situations are not in our control. But thoughts we create in response are in our control. Ensure you create pure, positive, qualitative thoughts. We have already learned how to create positive, pure, qualitative thoughts.

What is your typical outlook, Victor or Victim? Are you constantly complaining, criticizing, blaming, finding fault, giving excuses, or having jealousy? Do you react or respond when people do not behave as per your expectations or situations do not happen as per your desire?

Reaction Vs. Response

People, events, and situations are not responsible for our feelings; our interpretations are responsible. When we change how we look at things and people, the things and people we look at change. No one is bad. Human beings are inherently good, and nothing bitter can survive forever.

Life is experience, and our experiences are created in two ways –

- a) Something happens to us, and we react or respond.
- b) Or something we create.

Let us first focus on something that happens to us (stimulus) and how we react or respond to it. We do not have control over what happens to us. People will never behave as per our expectations, and situations will never arise as per our wishes. But we have a choice in response. Response decides whether that experience will create positive energy (happiness) or negative energy.

Example

Two people are retiring from their jobs, and their colleagues have organized a farewell function. One person has sad facial expressions, slumped posture, and thoughts like "What will I do now? Life is almost over, I will live a few more years, and life is almost near to the end, etc." Another person is smiling, sitting upright in a chair, and thinking, "Now is my life's best moment. This is the beginning of the second innings of my life. Now I can fulfill my dreams, I can travel a lot, I can read a lot, I can listen to music, and I can spend quality time with my family," and so on.

What appears to be challenging for one person could be stimulating for another. So it is not People or event which impacts our life, but our ability to choose our view of People/things/events that affect our life. By selecting the proper response, we can improve our lives.

Life is experience. Events happen outside, but we create meaning/Interpretation. We are meaning making machines.

Every person and situation has two sides - one brighter / optimistic and another negative/pessimistic. We have a choice of where to focus our energy. Let us take another example: One woman has detected cancer at 55. When she was going out of the hospital after learning her diagnosis, she saw the

children's ward where many children were suffering from terminal illnesses. Suddenly she realized God was kind to her and that she had 54 years of life without such a disease.

Life is all about the choices we make. Our choices decide the quality of life. Nick Vujicic is an Australian born with tetra-amelia syndrome, a rare disorder characterized by the absence of arms and legs. In the initial period of life, he was in pain as he focused on what he lacked. Then he decided to focus on what he had- a powerful mind - and once he chose this new outlook, his life changed. Now he is a motivational speaker and author enjoying his life thoroughly.

Two arrows

Buddha explains this concept of **Reaction Vs. Response** by taking the example of "*Two Arrows*" to one of his followers.

"If a person is walking through the forest and is shot by an arrow, is it painful?" Asked Buddha.

"Of course," answered his follower.

"And if he is shot by a second arrow, is it even more painful? Buddha again asked.

"Of course, much more than first."

"The first arrow represents the bad things that happen to us, which we cannot avoid. We have no control over those things." Buddha explained.

It could be falling sick, having an accident, break up, loss of some family, relative, or friend, or any such other event which causes pain or discomfort. The possibility or situation in our

life that makes us feel bad is the first arrow. That's the triggering event – why we feel bad, not ok, unsettled, or upset.

However, Buddha says that we are the ones who shoot the second arrow, inflicting unnecessary damage and suffering on ourselves.

If something terrible happens to us, we will inevitably feel pain. Still, after the initial impact, we tend to react by brooding over what had happened. And when we start mulling it over, feeding the pain of the initial impact, we create more pain.

As humans, we tend to hunt for reasons why the bad thing occurred quickly – and more often than not, we tend to blame ourselves. There's something wrong with me; there's something defective; I'm unlovable, not good enough, falling short, and failing somehow. And this self-blame, this turning inwards against oneself – is the second arrow.

For example, you go to the office, and your car or scooter breaks down. And you're starting to spiral into the second-arrow territory. The pattern of thoughts might look like this:

"I should have gotten that service, but I always forget. I am careless. Now I'm going to be late. And my boss is going to be mad at me about missing the meeting. I'm really falling behind at work; I'm never going to end up getting a promotion at this rate."

So you see, we've escalated rapidly through self-blame and shot into "I'm crap at my job." We quickly cycle from "this feels bad" to "I'm bad."

Next time this happens, and you are in the grip of it, try and remember to spot the pattern and quietly say, "I see you,

second arrow." Noticing it takes away so much of its power. Recognizing that this is a pattern – this doesn't represent reality; instead, it is our faulty interpretation of it.

There is no way to protect ourselves from the first arrow because life is full of challenges and problems. Still, we can avoid shooting ourselves with the second arrow, which is the worry, blame, and anxiety that arise from thinking about the first. We add suffering to pain.

Buddha summed up, "Pain is inevitable, and suffering is optional." Avoid the second arrow.

Drop Expectations

"When you stop expecting people to be perfect, you can like them for who they are."-Donald Miller

"I'm not in this world to live up to your expectations and you're not in this world to live up to mine." ~Bruce Lee

For nurturing our relationships, one key factor is dropping our expectations. Expectations mean we expect people to behave as per our wish, and we expect events/situations to happen as per our wish, which will only happen sometimes. You can't control the way people think, feel, or react. Similarly, you cannot handle events/ situations.

The best way is to drop expectations. Knowing events will not always go as planned, and people will not always meet your needs is the key to happiness.

Embrace the world without expectations and remain happy for a longer time.

Give Six seconds Pause before responding

When something happens outside, the first thought is created inside us. Primarily it is based on our past experiences. Our past experiences may be good or bad. Based on the thought created, we will take action. If we give six seconds pause, our brain processing shifts from the amygdala (which stores our memories) to the brain's Cerebral cortex. This brain area regulates voluntary actions like reasoning, thinking, movement, decision-making, and planning. It is more rational than the amygdala. So your response will be automatically much better. So always take six seconds pause before you respond to any situation. The best way to do this is to take a deep breath before answering.

Remember, you can take control of your life. You can be more responsive and less reactive by simply navigating your thoughts in the right direction.

Right thoughts will always create the right response. We already learned in Mind Shift 1 about how to make pure, positive, qualitative thoughts.



Key Takeaways

1. Choose the right response in place of impulsive reactions. For this, give a six-second pause before responding.
2. Drop Expectations. People will not always behave as per our expectations, and Situations will not always happen as we desire. It is not in our control. But what response we want to give to people or situation is in our control.
3. Right thoughts will create the right response.

Mind Shift 3

Reinforce Empowering Beliefs

Flush out Negative beliefs from our inner software

"The thing always happens that you really believe in; and the belief in a thing makes it happen." - Frank Lloyd Wright

"Empowering beliefs are ideas that launch us forward and help us to become the person we want to be. Empowering beliefs are freeing, encouraging, and inclusive; they nurture and uplift. When we find ourselves harboring a limiting belief, we need to replace it with one that cultivates joy."

— Laurie Buchanan

Beliefs are our unquestioned commands, telling us what is possible, what is not, and what we can and cannot do. They shape every thought, action, and feeling we experience. As a result, changing our limiting beliefs is central to making any lasting change in our life.

Beliefs are fixed ways of looking at reality. Beliefs guide our behavior. What do you believe? What deeply held beliefs are shaping your life? Are your beliefs empowering? Do they move you at a deep level, or are they holding you back?

There are some beliefs which are empowering us in life, but some beliefs put limitations on our life.

Empowering Beliefs are beliefs we have about ourselves which are helpful, positive, and accurate. Empowering Beliefs give us power because they affect our thoughts, feelings, and actions. They help us to take positive action and feel good about ourselves.

A limiting belief is a state of mind or Belief about yourself that restricts you somehow. These beliefs are often false accusations you make about yourself that can cause many negative results.

Our role is to identify and delete such limiting beliefs from our software.

For example, our earlier Belief was that certain occupations, like police, pilot, etc., are unsuitable for women. Now we have, many women have successful careers as Police, pilots etc. Thus our earlier Belief was limiting Belief. The best example of limiting Belief is from sports. In the Olympics, till 100 years belief was that one requires more than 4 minutes to run -1- mile. This Belief of 100 years was broken by Roger Bannisters in 1954 by running a mile in less than -4- minutes. Subsequently, this record was broken 37 times. So reprogramme your limiting beliefs which are holding your progress.

There is a modern Management belief that if you want to get work done, you need to express anger toward others. This is a mistaken belief – this rise to anger and tension, which is why happiness is rare.

Let us take a few more examples of limiting and empowering beliefs in a few critical areas of life.

Limiting and Empowering Beliefs about Health and Fitness

Limiting Belief: Health/ Fitness require a significant time and commitment.

Empowering Beliefs about Health and Fitness: It requires only 30 minutes every day, which is better than nothing! Or

taking care of my health is my priority in life. I will not read the newspaper in the morning and instead use this time for walking/ exercise. Or the more I exercise, the more time and energy I will get.

Nothing in life is more important than health because my health and fitness affect everything. I feel beautiful and unstoppable when feeling healthy lean, and fit. I am more confident and happier and can do more fulfilling things when I feel my best. Everything else in my life will be more accessible if my body is healthy and fit.

Limiting Belief: I can't do it, I've tried before, and it doesn't last.

Empowering Belief: One step at a time. My health is the most important thing.

Limiting Belief: It is too late to have a wow body. I am okay with it.

Empowering Belief: I can have a wow body in excellent health and shape at any age.

Limiting and Empowering Beliefs about Self

Limiting beliefs: I am not smart enough. I am not strong enough. I am not young enough. I am not pretty enough.

Empowering Belief: "I am enough." Or "I am more than enough."

Limiting Beliefs: People and situations create my thoughts and response. My actions and behaviors depend on the external world.

Empowering Beliefs: I am the master of my mind. I am the creator of every thought and feeling.

The entire Universe loves me.

The future can be better than the present. I have the power to make it so.

Potential Belief -"Whatever the mind can conceive and believe , it can achieve "Napoleon Hill

Let us go deeper in Empowering Belief:" I am powerful ."

Whenever we feel low or unhappy, we forget that some divine power is there to care for us. We are also part of that divine power. Once we start believing this, our confidence level will go very high.

One of the natural sources of stress in our life is the insecurity of not being enough. This leads to a need for more self-confidence. We constantly compare ourselves with others. As there is always someone more successful, attractive, healthier, better connected, or seemingly happier, we feel less about ourselves.

Sri Sri Ravishankar, Indian Spiritual Master, and Humanitarian, says," No matter whether people look at the plant or not, it continues to grow. Right? Wake up! Don't crave attention, approval, and appreciation from others. Know that you are self-radiating. You are full. You are complete. Relax. Kick the begging bowl. Repose in the self. Things will come to you. Nothing is lacking in your life."

Each of us is a microcosm of the Universe. Our essence is the same as the rest of our existence. But our limited mind is unable to relate this. The individual soul is the same as the soul of the Universe. And it is whole, complete, and enough. You are the creation of God, and God's creation cannot be incomplete. So always believe "I am powerful ."

Keep coming out of your comfort zone. Trust your potential. Nothing is impossible. Real growth and learning happen outside our comfort zone.

Empowering Belief: There is nothing wrong with you.

Do you love yourself? Do you feel confident? Is your self-esteem high? Do you take care of yourself? Do you think abundance?

If you insist on making one resolution- it must be to accept yourself for who you are, not to feel wrong about what you are not (like you are not stylish or not enough rich or not extrovert or not bright, or not thin). That way, you will enjoy life more.

The only wrong thing is that you think something is wrong with you. It isn't about thinking positively; it is about seeing yourself accurately through a lens of unconditional love and Acceptance of the authentic you.

You have to feel your cup is full. You can't fill another cup if you are carrying half cup. Only when your cup is brimming with self-love can you fill other cups with love? Make yourself a priority. It is not selfish to think about yourself. Remember that I overflow with love, joy, peace, and enthusiasm. Love yourself unconditionally and accept yourself as you are.

When we travel in the air, the air hostess always announces on board, in case of cabin pressure, please put on your oxygen mask first and then assists your children or other passengers. Help yourself first so that you can help others, which will save everyone's life.

Start accepting your strength and flaws. Start loving yourself so that you can love others. It's impossible to have a great life without love.

Limiting and Empowering Beliefs about Professional Life

Limiting Belief: My progress can be at the cost of others.

Empowering Belief: Have a mindset of abundance. There is no scarcity in the world. There are enough opportunities and resources for everyone. The Universe is a storehouse of abundant opportunities and challenges. There are enough resources and successes to share with others. Once we have this abundance mindset, we will not waste our energy on petty politics but will cooperate and collaborate.

The mindset of scarcity is destructive and creates unnecessary competition. A scarcity mindset believes that if one person wins, another loses.

While the scarcity mindset is predominantly characterized by fear and doubt, the abundance mindset displays trust, self-confidence, optimism, and Belief in plentiful possibilities.

Limiting and empowering beliefs about relationships

Limiting Belief: Relationships are what we say or do to others.

Empowering Belief: Relationships are what we think of others.

Limiting Belief: I do not have time for true friends, which are hard to find and keep.

Empowering Belief: Great friendships are worth investing in; I take the time to connect with these special people and nurture these great relationships. It takes time and effort, so I choose my friends carefully and ensure I am spending time with wonderful people I mutually adore and enjoy being with.

Limiting Belief: Professional life is more important than relationships.

Empowering Belief: Relationships are the most important asset of life. I must take full responsibility to do MY part effectively to build bridges, reach out to people, and rebuild my relationships. I must be more caring, loving, respectful, and supportive if I want fulfilling relationships.

Empowering Belief: The simple formula of great relationships is that if you want the best spouse, you must first become the best spouse. If you want a good friend, first you have to become a good friend. You must first become the best parent to have the best son or daughter. What you give comes back to you. If you appreciate others, you will get appreciation. If you give love to others, you will receive love. If you respect others,

others will respect you. Communication in a relationship should be open and with dignity. Make the life of your loved ones amazing. Relationships need empathy, caring, compassion, reliability, kindness, Acceptance, and loving imperfections.

Trust is the foundation for a relationship.

Limiting Belief: It is impossible to re-capture the amazing love and desire we once had as newlyweds.

Empowering Belief: With improved communication and commitment, we can have a fantastic love life until the end of our life together. True love is about giving, not expecting. Love takes life to another level of happiness. Love feels more impressive than anything else.

Empowering Beliefs about Parenting

As a parent, I am here to give his roots and wings to my children.

My role is to love, guide, and support to enable them to be good human beings.

To be effective as a parent, I must create the right environment and become a role model for my children.

Limiting and Empowering Beliefs about Money

Limiting Belief: Money is the root cause of all evils.

Empowering Belief: Lack of money is not the root cause of all evils.

Limiting and Empowering Beliefs about Old Age

Limiting Belief: My body gets older and weaker with age.

Empowering Belief: I can control and even reverse my biological age.

Limiting Belief: I cannot do certain activities after 60. I am too old and cannot do yoga or exercise now.

Empowering Belief: I can do anything. I can do exercise or yoga at any age. Age is just a number, and I can control my fitness at any age.

Power of the Subconscious Mind

The most potent gift we human beings have is our subconscious mind. Unfortunately, only some of us utilize this gift to the full extent and in the proper manner. The conscious mind has only 10% of our mind's power, while the remaining 90% is with the subconscious mind. The brain is our hardware, and the mind is our software.

The conscious mind is active when we are awake. It becomes inactive when we sleep or when we are unconscious. The subconscious mind is active for all 24 hours.

The subconscious mind tended to act faster on negative commands. So if you say to your child that you are useless or stupid and will never improve, the child's subconscious mind will start working on it to make it a reality. We should be, therefore, cautious while communicating with children, mainly when we are angry.

We often give negative commands to ourselves, like "I am not capable of doing this task." Or "I am not good enough." Or "I am not smart enough." It becomes a reality if we keep feeding our subconscious mind with such negative commands.

Remember the Indian bollywood movie Tarre Zameen Par? The art teacher tells the father of the dyslexic kid about *the Solomon Islands..*

In those islands, the tribal don't cut down a tree. *They surround the tree and curse it for hours every day.*

Within a few weeks, the tree dries up and becomes dead.

Many of us might find that example too difficult to believe. How can intangible and invisible thoughts and words kill a tree?

Well, when Islands curse a tree, they install harmful beliefs and eventually change the molecular architecture of the tree and kill it from the inside.

So constantly give positive commands to yourself and others.

Repetition of words and thoughts is the best way to install a powerful belief in your subconscious mind.

Winston Churchill is said to have contemplated his war strategies with the aid of his subconscious mind. The subconscious mind played a fascinating role in the discovery of insulin.

The subconscious mind is subjective. It does not think or reason independently; it merely obeys the commands it receives from the conscious mind. Just as our conscious mind can be thought of as the gardener planting seeds, our

subconscious mind can be thought of as the garden, or fertile soil, where the seeds germinate and grow. This is another reason we must plant positive thoughts and empowering beliefs in this garden.



Key Takeaways

1. As humans, we all have specific belief systems through which we interpret our lives and the world in which we live. Our belief systems are strongly connected with our thought processes, experiences, values, and faith.
2. Beliefs have the power to create and the power to destroy. Our beliefs can make us sick or make us healthy in a moment.
4. Examine your beliefs in each area of life and find out which beliefs empower you and which beliefs take away your energy and then drop such beliefs.
5. Try to create win-win conditions in your life; look for win-win solutions. Consider practicing this in both your personal and professional life.
6. A simple change in your belief system can do wonders.

Mind Shift 4

Practicing CAW

Change, Accept, Withdraw

"God, Grant me the serenity to accept the things I cannot change, courage to change the things I can and Wisdom to know the difference." Reinhold Niebuhr

Nothing is perfect in this world—no human being. No situation. Yet we keep looking for perfection and keep suffering. **Change what you can, Accept what you cannot change, and Withdraw where neither change nor acceptance is possible.**

Have courage and conviction to what you can change for the better- people or situations. But Life is not perfect, Situations are not ideal, and people are imperfect. So there will be situations where you will not be able to change people or situations. Will you accept the imperfect flow of Life, or will you fight it? Will you find peace in the present case (good or bad) and the present moment? The Sooner you Accept the good and bad things that Life throws at you, the lighter you will feel. You will come out of suffering.

A Japanese philosophy is encapsulated in the term "Uketamo," which means "I humbly accept with an open heart." Did you suffer an accident? Accept. You had a breakup? Accept. When you resist the flow and fight it, you may grow weaker, feel more pain, and you suffer more. On the other hand, if you relax and go with the flow, accepting the things you cannot change, you can stay calm, firm, and steady. This is the essence of Uketamo.

What is acceptance of self?

You are not required to do what you cannot do. You are not required to be what you cannot. This is acceptance of self.

What is acceptance of others?

The way you are not perfect, others are also not perfect. Most of the time, people will behave differently from your desire. The situation will not happen as per your expectations. Learn to adapt to this uncertainty. This is acceptance of others and conditions.

When someone speaks unpleasant words, do not create conflict in your mind. Accept that it is others' perceptions and others' perceptions need not be accurate. Learn to be at peace with it. Acceptance is not endorsing others' points of view but being at peace with others' points of view. You dislike someone's unpleasant words because you have a map of how others should behave and are addicted to that expectation. If others' behavior does not fit into your expectations, you start disliking it.

Let us learn to practice acceptance at all levels. Believe that nothing is perfect in this world. You are not here to change others. Even you are not perfect. One of the Buddha's beautiful teaching is about total acceptance. Accepting people and situations as they are and then doing your best.

Learn not to fight with Life but flow with Life. The moment you flow with Life, inner lightness will envelop you. You will feel hurt, disturbed, and disappointed when you do not accept. Acceptance is critical to transform your Life. When there is Love, acceptance becomes easy.

What is fear? Nonacceptance of uncertainty. Acceptance of uncertainty becomes Adventure.

What is envy? Nonacceptance of good in others. If we accept that good, it becomes Inspiration.

What is Anger? Nonacceptance of things that are beyond our control. If we accept it, it becomes Tolerance.

What is hatred? Nonacceptance of a person as he is. If we accept a person unconditionally, it becomes Love.

Take total responsibility for every situation in your Life. Our inherent tendency is to blame other people or situations for our suffering. Complete acceptance will lead to freedom once we take full responsibility for everything happening in our Life. Pain and suffering are only because of the nonacceptance of the certainty of the present moment. Recollect moments of your Life when you were happy, be it getting a job, finding a soul partner, or giving birth to a son or daughter; one common factor in each situation is acceptance of what is happening. If we can extend this acceptance to all conditions / good or bad, if you accept what is there right now, that is the end of suffering. Whatever you get becomes part of you. What is Love? Love is a more profound acceptance of another person. When you succeed in total acceptance of other person, you two become one - yoga happens. Yoga means union - in your experience, everything becomes one. If your acceptance is total, you can experience your whole existence. The nature of intellect is to divide. Intelligence can explore only the periphery of Life. If you want to know the core of Life, you have to blossom into total acceptance. Raman Maharshi, Great Indian Sage, was once asked, "How do you view others?". He replied, "There are no others."

Again it does not mean no actions are required from us. We must continue to take whatever steps we can in a particular situation, but from perspective of total acceptance of person or situation, that means from happy state of mind. Our

effectiveness will go multiply once we operate from a state of happiness.



Key Takeaways

1. Accept everyone as they are. That means an end to judging or resisting others, an end to complaining and blaming, an end to criticizing and controlling, and an end to competing with anyone.
2. Take total responsibility for every situation in Life.

Mind Shift 5

Master the technique of choosing wisely

Make conscious choices, not on autopilot mode

'May your choices reflect your hopes, not your fears.' - Nelson Mandela

Are you making the right choices in Life? What is required to make the right choices? Without clarity, the mind keeps running after mundane things in Life.

There are two types of people. The first category of people come and goes from this world with no significant difference made by their existence. He or She is an ordinary son or daughter, an ordinary husband or wife, an ordinary father or mother, ordinary professional Life, ordinary thoughts, and an ordinary way of living. They die with the music inside them unsung, the notes unplayed. They always blame others. They always complain. They always keep comparing themselves with others. They always try to find excuses.

The second category of people leaves a lasting impact on the world around them. Life changes for those around them for as long as they exist and even after that. They are the ones who become a reason for several others to live. They trust their potential. They have empowering beliefs. They are bold and courageous. They keep learning and growing and never become complacent. They never blame others, they never complain, and they never compare with others. They never give excuses. They accept people as they are in relationships and provide an unconditional Love to others. They are caring and supportive relationships. They are active, energetic, and enthusiastic. They believe they are more powerful than any problem or challenge they face in Life. They are tough but also

loving and compassionate. They nurture the quality of their thoughts. They are possibility thinkers. They love fun. They are fully empathetic. They have a firm belief that winners never cheat. They believe everything in Life is abundant and need not require defeating others to win. On the contrary, they believe in cooperation, collaboration, and synergy. They are contented and grateful for what they have in Life. They do not hold hurt and forgive others. They invest in their health and relationships. They know it is their Life; they are heroes, directors, producers, and scriptwriters. They take ownership and develop the willpower to lead extraordinary life-a Life where they can say at the end, "I enjoyed living my life "and others can say "Well Played."

Our greatest asset is the power to choose how we feel. Life is between "Birth" and "Death "- between "B" and "D." What comes between "B" and "D"? "C" - Choices we make every day. These choices decide the quality of our Life. Make conscious choices - not on an autopilot basis.

How do we make our choices? Hindu Philosopher Bhaktivinoda Thakur describes four factors :

1. Some of our choices are from fear. We may exercise, walk or eat right out of fear of losing our good health.
2. Many choices come from our desire for money, wealth, fame, success, approval, validation, pleasure, etc.
3. Some choices come from gratitude, responsibility, and the desire to do the right thing.
4. Some of our choices come from Love, care for others, and the urge to help others.

Fear limits us, and success does not satisfy us. When we make our choices out of fear, we cannot work to the best of our

abilities. Choices coming out of desires also do not provide happiness.

However, when we make choices out of gratitude, faith, hope, humility, unconditional Love, or to make a positive difference in others, Life certainly goes to the next level.

Happiness and fulfillment do not come from objects or success, or attainments. Success does not guarantee happiness, and happiness does not require success. Happiness and fulfillment come only from mastering the mind.

To conclude, fear limits us, and success does not satisfy us. However, when we make choices out of gratitude, unconditional Love, or to make a positive difference in others, Life certainly goes to the next level.

So make your choices with this fresh awareness.

To be successful in Life needs the right decision- the right choices at the right time. We all have a wide range of choices in every area of Life. Are we choosing wisely? You can read newspapers in the morning or invest that time in your health. You have a choice of eating healthy or unhealthy food. You have the choice to sleep well on time or late at night. That which is painful in the beginning gives everlasting happiness. This is the law of Life.

To make the right choices, we are also gifted with the intellect. Think about one of the bad choices you made. What drove you to make the choice? Think of one good choice you made. The intelligence helped you to decide. You thought it over, weighed the pros and cons, and arrived at a decision. We may at times ignore our intellect and make choices based on impulse. Sometimes bad choices come from peer pressure.

You drink or take drugs because your friends do so, or you could be driven by herd mentality. If you want to buy a particular car, jewelry, or any such item, you cannot afford it. So what is the way out?

The way out is to pause, think, consult your intellect, and choose. Initially, it would help if you had some time, but it will become effortless with practice. Important decisions take time to decide.

The best choice is based on values. With a strong intellect, you make wise choices. Value-based decisions make you happy. Happiness is choice

A lady over 90 years old had a great flair for dressing up well, applying makeup, and arranging her hair in beautiful patterns. She and her husband had been married to each other for 70 years.

After the departure of her beloved partner, having no children and no one in the family to care for her, she decided to move to a nursing home.

Even on the day when she vacated her home for good, she dressed up elegantly and looked gorgeous.

After arriving at the nursing home, she had to wait patiently in the lobby for hours before the room was ready.

When an attendant helped her make her way to the room, she gave the lady a visual description of the tiny space she was meant to occupy.

"I love it," the lady expressed with the enthusiasm of an eight-year-old who had just been presented with a new puppy.

"Mrs. Jones, you haven't even seen the room yet... Just wait." The attendant remarked. "Well, my joy has nothing to do with the room," The lady replied.

"Whether I like my room or not doesn't depend on how the furniture is arranged; it depends on how I set my mind; happiness is something you can decide ahead of time. And I have already decided to love my room, the people around me, and my Life.

It is a decision that I make every morning when I wake up. *You know what. Our greatest asset is the power to choose how we feel.*"

The lady continued speaking as the attendant listened attentively with her mouth wide open.

"I can spend my entire day in bed thinking of the pain I am in, focusing on the parts of my body that no longer work or I can get out of bed and be thankful for those parts that do work. Each day is a gift, and as long as my eyes can still open, I will continue to focus on today and all the happy memories I have stored in my mind, just for this time in my Life."

The attendant was astounded by the positive attitude of the elderly lady, whose Life, from an external point of view, was only full of problems and hopelessness.

Actually, 'problems' happen automatically, whereas *happiness is a choice* we all can make.

"Hatred" happens automatically, while "love" is a choice we all can make.

"Complaining" is automatic, whereas "Gratitude" is a choice we all can make. Let us choose to celebrate an abundance of Joy and Happiness always.

Mastering Balance in Life

"I believe that being successful means having a balance of success stories across the many areas of your life. You can't truly be considered successful in your business life if your home life is in shambles." Zig Ziglar

What is your perception of successful and fulfilled / happy Life? Suppose you are good at professional Life but at the cost of your health and relationship, then? Suppose you focus well on your health and relationship but ignore your financial side again. Successful and fulfilled Life requires balance in each critical area of Life- profession/career, health, relationship including role as parent, and finance.

The secret of Life is finding balance: not too much, not too little. Just as a car balances on four wheels, we must balance the four crucial areas of our Life: our Personal Life, Health, our relationships, and Professional life.

Balance on an external level is about the alignment of the wheels. For this, we should learn to adjust our priorities based on the need of the moment. At some points in our lives, our Professional life may need more focus than our personal Life. At some other point, our personal Life or health may need more focus.

In various roles also, you need a balanced approach. For example, you need a balance between push and pull technique as a leader. As an administrator, you need to balance discipline and toughness with compassion. As a

parent, you must balance caring and support and be vigilant to ensure your child does not deviate from values. You are required to give both wings and roots to the child.

However, balancing at an internal level is more critical, which depends on the quality of our thoughts, beliefs, and attitude.

These internal elements, i.e., thoughts, beliefs, and attitudes, are like air in the tires of the car. If the car tires are not at the correct pressure, there can be a puncture, stopping us from reaching our destination. This is why we have to navigate the internal aspects of balance.

The more we control our internal balance, the more we can have a grip on external balance.



Key Takeaways

1. Do not make your choices on autopilot mode. Do not make your choices out of fear.
2. Master the art of choosing wisely. Make conscious choices based on Love, gratitude, faith, hope, humility, unconditional Love, and making a positive difference.
3. Master the art of balancing in Life. Successful and fulfilled Life requires balance in each critical area of Life—profession/career, health, relationship including role as parent, and finance.

Mind Shift 6

Live in Present Moment

Practice Pranayama and Meditation

"Feelings come and go like clouds in a windy sky. Conscious breathing is my anchor." – Thích Nhat Hanh

There is the tendency of the mind to go into the past and keep regretting or keep worrying about the future. Because the mind keeps running between the past and future and not remaining in the present, we keep making mistakes, doing half-hearted jobs, and getting mediocre results in every area of life.

How to live in the present moment?

Give 100 % effort in whatever you do. Once you do this, worry will disappear. You will automatically remain in the present. If you are singing songs, it should come from everybody cell. If you are eating, your 100 % focus should be on eating. If you are walking, your 100 % focus should be on every step.

Breathing techniques are one of the easiest ways to manage the mind and quickly return it to its present state. Mind is like a kite, and breath is like a string. Without the string, the kite will fly all over the place, depending on where the wind blows, but with the string, you can control where it goes, how far, and how high. By becoming aware of the breath and consciously changing how you breathe, you can change or reverse modulations of the mind.

Ichi-go ichi-e

Be hunters for special moments

Ichi-go ichi-e is Japanese word. The meaning of **Ichi-go ichi-e** is something like this: What we are experiencing right now will never happen again. And therefore, we must value each moment like a beautiful treasure. In our age of complete distraction and our culture of instant gratification, we often fail to listen and engage only superficially with our surroundings.

You don't bathe in the same river twice – says Buddha. The water into which you dipped in had flown when you get up. (The theory of “Momentariness”)

Each meeting and everything we experience is a unique treasure that will never be repeated in the same way again. So if we let it slip away without enjoying it, the moment will be lost forever. As the well-known saying goes, you only live once.

We all know this as human beings but easily forget when we allow ourselves to get caught up in our everyday worries and obligations.

Perhaps we will run into the same people in the same place again. Still, we will be older, our situation will be distinct, and we will carry the weight of other priorities and experiences. The universe is in a constant state of flux, and so are we. That's why nothing will ever happen again in the same way.

So treasure every moment you meet someone, your family, friends, or anyone else. Please do not rush through it or do not spend that time mechanically. Be aware and enjoy every interaction, however small it may be. Every moment we spend with our children, loved ones, and friends is infinitely

valuable and deserves full attention. Similarly, when you have guests, treat them as if the meeting would occur only once in your life. Let's consider the extraordinary nature of every moment. We realize that each encounter is an once-in-a-lifetime occasion. The cultivation and practice of **Ichigo-ichie** will allow us to lead a happier, more fulfilled life. We will learn to live fully in the present, acknowledging and appreciating the gift of every moment.

Mindfulness

In recent times, there has been a lot of talk about Mindfulness. More than 60,000 books for sale on Amazon have a variant of "mindfulness" in their title. Even Time magazine published an article, "Mindful revolution." Celebrities like Oprah Winfrey endorse this practice. So what is it? The concept is derived from Buddhism.

Simply put, it is about focusing our energies on the present moment.

Why is it required?

Our modern lifestyle is such that we rush through all activities. For example, while eating, instead of enjoying, our attention goes to mobile or TV or other less critical issues. Mindfulness brings our focus to the present, and we enjoy what we are doing.

The fundamental message of the mindfulness movement is that the underlying cause of dissatisfaction and distress is in our heads. Ignoring what happens in each moment, we get lost in regrets about the past and fears for the future, making us unhappy. Kabat-Zinn, often labeled the father of modern Mindfulness, calls this a "thinking disease."

Kabat-Zinn's diagnosis is that our "entire society is suffering from attention deficit disorder. So what is the solution? Practice Mindfulness. It brings awareness and caring into everything we do and cuts down needless stress.

Explore the following daily practices for bringing more Mindfulness into your life:

1. **On waking, sit in your bed or a chair in a relaxed posture.** Close your eyes and connect with the sensations of your seated body. Make sure your spine is straight but not rigid. **Take three long, deep, nourishing breaths. Set your intention for the day.** For example, *"Today, I will be kind to myself; be patient with others; give generously; stay grounded; have fun; eat well,"* or anything else you feel is essential. During the day, keep this intention in focus.
2. **Mindful Eating.** Take your bites mindfully; experience the taste, flavors, textures, and how much enjoyment you are receiving from a particular food.
3. **Mindful Pause:** Take a 1-minute pause after every 60 to 90 minutes. Take some deep breathing.
4. **A mindfulness meditation** program is one of how the mind can be strengthened. It removes stress, improves focus and emotion regulation, and improves the brain's working memory. For this, sit quietly for 15 minutes daily, and pay attention to breathing. When your mind wanders, bring it back.

Kabat-Zinn assures us that "happiness is an inside job" that simply requires us to attend to the present moment mindfully and purposely without judgment.



Key Takeaways

1. Give 100 % effort in whatever you do. Once you do this, you will automatically remain in the present. If you are singing songs, it should come from everybody cell. If you are eating, your 100 % focus should be on eating. If you are walking, your 100 % focus should be on every step.
2. By becoming aware of the breath and consciously changing how you breathe, you can change or reverse modulations of the mind.
3. Make peace with your past so it won't spoil your present.
4. Treasure every moment when you meet someone, your family, friends, or anyone else. Please do not rush through it or do not spend that time mechanically. Be aware and enjoy every interaction, however small it may be.
5. Practice Mindfulness, i.e., focus your energies on the present moment.
6. Take your bites mindfully; experience the taste, flavors, textures, and how much enjoyment you are receiving from a particular food.
7. **Mindful Pause:** Take a 1-minute pause after every 60 to 90 minutes. Take some deep breathing.

Mind Shift 7
Building Resilience
Our capacity to recover quickly from
difficulties/challenges

Facing stand-down moments, Problems, and Challenges powerfully

"The brick walls are there for a reason. They're not there to keep us out. The brick walls are there to give us a chance to show how badly we want something." Randy Paush

"Every challenge we take on has the power to knock on our knees. But even more disturbing than the jolt is our fear that we won't withstand it. When we feel the ground beneath us shifting, we panic. We forget everything we know and allow fear to freeze us. I just thought of what could happen to throw us off balance. But we must realize we cannot avoid daily tremors. They come with being alive." Oprah Winfrey

"One day, in retrospect, the years of struggle will strike you as the most beautiful." -Sigmund Freud

"Tough times never last but tough people do." Robert H. Schuller

"The greatest glory in living lies in never falling, but in rising every time we fall." - Nelson Mandela

We all face challenges/ problems, sometimes small, sometimes very overwhelming. Many times we get bogged down. How can we be resilient? Replace "Why this is

happening to me" with "What is this trying to teach me "and your mindset will change.

Being Challenged In Life Is Inevitable; defeat is Optional. Life can be challenging, but we can always get tougher. Our journey will never be easy; we will encounter multiple bumps and humps. We have the option to stop or go on. No matter who we are or where we come from, we all have our journey full of more minor and more significant challenges. One empowering belief is that we are more powerful than any problem or challenge we may face in Life. Once you start believing this, bliss will come to you. Every problematic moment has a silver lining. Our most profound struggle produces our greatest strength if we are willing and open. It is a blessing to be able to survive them and make the climb up Life's mountain, knowing that the summit still lies ahead. And every experience is a valuable teacher. Being open and learning from these challenges, believing we are more powerful than these challenges, is the difference between succeeding and getting stuck.

You have the power to shape your reality. Circumstances may challenge you, but they will only defeat you if you allow them to. When faced with setbacks, you have the strength to rise again. Your outlook determines your experiences. So take control and take you to a more elevated and contended life.

You can adopt the following options to face challenges/Problems.

1. Believe you are more powerful than any problem or challenge. Already in Life's journey, you have overcome so many challenges. Just look back and reflect on your Life.
2. Everything in this world is temporary. Every problem/challenge has an expiry date. Just be patient,

keep going with the flow, and do your best. "This too shall pass . By believing that every problem/ challenge has an expiry date. Nothing in this world is permanent. When war was going on between America and Vietnam, America destroyed many Vietnam villages by bombarding. At that time, Buddhist monk Til Nar Han along with other monks joined rehabilitation efforts. They reconstructed one village near the ashram after one year of hard work. Unfortunately, that village was again destroyed by American bombarding. Again monks inspired villagers, and they rehabilitated the village within 6 months. The third time village was destroyed by American bombarding. Now villagers got totally frustrated. Monk told them, "I do not know when war will end, but I know everything is impermanent. All we should reflect on is how we can accelerate this impermanence? The only answer is to keep taking action. We must do something other than sit ideal and wait for the problem to end. We can keep complaining, or we can continue our efforts. The best choice is to continue our actions.

3. Believe "Whatever happens happens for good. Many times, in the short term, we do not realize this. But God's plans are always good for us in the long term.

Adopt any approach that suits you, and you can go through challenges without much pain.

Realize that Life is school and you are here to learn. Problems are simply part of the curriculum that appear and fade away, but the lessons you learn will last a lifetime.



Key Takeaways

1. Whenever you face any challenge or problem, replace "Why this is happening to me" with "What is this trying to teach me?"
2. Being Challenged In Life Is Inevitable; defeat is Optional.
3. Believe you are more powerful than any problem or challenge.
4. Every problem/challenge has an expiry date. This, too, shall pass. Just be patient, keep going with the flow, and do your best.
5. Believe "Whatever happens, happens for good"

Mind Shift 8

Be Lifelong Learner

"The illiterate of 21st Century will not be those who cannot read and write, but those who cannot learn, unlearn and relearn." Alvin Toffler

"I buy more books than I can finish. I sign up for more online courses than I can complete. I fundamentally believe that if you are not learning new things, you stop doing great and useful things." Satya Nadella, CEO, Microsoft. "

"Anyone who stops learning is old, whether at twenty or eighty." Henry Ford

Once student life is over, we believe no further learning is required. However, we are living VUCA world- Volatility, Uncertainty, Complexity, and Ambiguity. In such a world, what we learn today becomes outdated tomorrow. Hence to remain relevant, one should be a lifelong learner.

Knowledge is a new currency

Our neurons in the brain also need exercise. Life is not static- it continues to change and evolve. To match its pace and remain relevant, our learning must continue across our life span to live authentically, meaningfully, and joyfully.

Be a lifelong learner. Surround yourself with stimulating people. Learn from role models of your Life. Take advantage of every opportunity of attending learning events- workshops, seminars, conferences, etc. Seek different views in critical areas, which will give you new insights. The only way that we

can live is if we grow. The only way we can grow is if we change. The only way we can change is if we learn.

More learning and more wisdom mean better choices in Life.

Learning is what keeps the mind young. Any lasting change of mood, outlook, or behavior requires learning. About a third of our attributes are innate in our DNA, while the other two-thirds are acquired through learning. Learning is the superpower of superpowers. Learning is essential to our existence. Just like food nourishes our bodies, learning nourishes our minds.

Our ability to expand our minds and strive for lifelong learning is critical to our success. By dedicating ourselves to education, we can get ahead in every aspect of our Life. Learning facilitates change and innovation. Our quality of decisions also improves if we are updated. All it takes is a commitment.

Learning is beneficial emotionally, financially, physically, and socially. An educated public improves society as a whole. The most extraordinary power of all lies inside the mind. With everything we learn, we strengthen the mind, thus strengthening our capacity.

Learning rewires the brain. The brain comprises billions of **nerve cells**, called **neuron**. Continuous learning gives exercise to neurons **and we can minimize the chances of Alzheimer's and dementia in older age**.

So what strategy will you adopt for continuous learning?

1. Spare 30 minutes of your day for new learning.
2. Develop the habit of reading. You can also learn from inspirational talks on YouTube as also from ted talks.
3. Surround yourself with stimulating people.
4. Learn from role models of your Life.
5. Take advantage of every opportunity of attending learning events- workshops, seminars, conferences, etc.
6. Seek different views in critical areas, which will give you new insights.



Key Takeaways

1. In the VUCA world (Volatility, Uncertainty, Complexity, and Ambiguity, be a lifelong learner to remain relevant.
2. Knowledge is a new currency.
3. Surround yourself with stimulating people.
4. Learn from role models of your Life
5. Learning rewires the brain. The brain comprises billions of **nerve cells**, called **neuron**. Continuous learning gives exercise to neurons **and we can minimize the chances of Alzheimer's and dementia in older age.**

Mind shift 9

Find out your purpose

Bring Clarity

"The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, and to have it make some difference that you have lived and lived well". Ralph Waldo Emerson

"Definiteness of purpose is the starting point of all achievement" – W. Clement Stone

We never reflect enough on our purpose in life. Without this reflection, we lack clarity in life and waste our energy and time in the wrong direction.

One can live life by design or by default. The more we reflect on fundamental aspects of life, the more we can live by design.

Many people are living meaningless mechanical life. They are chasing the wrong things. The reason for this is our culture. We are supposed to be successful. We are always supposed to be better than others. Money is the most essential thing in life. You cannot win unless you pull someone down -etc. Such culture does not allow us to pause and feel good. One needs to be mentally strong enough to defy this type of culture. One has to create their own culture - values. Like, devoting yourself to loving others. Making a positive difference in society. Having some purpose in life. Be fully human. Sensitive to others. Full of humility. Nurture your

relationships. Meeting friends. Spending quality time with loved ones. Spending time with self.

Reflection is a potent method to bring more self-awareness and clarity about life. With such exercise, we will be able to live our life by design rather than by default. Let me share some Powerful reflections and in some cases, I have also provided possible options. You may choose any option, multiple options, or you can have your perspective. Enjoy this self-awareness.

1. What is life? (Experience- every second we pass through some experience- good or bad, journey from birth to death, mystery)
2. What do you want from life? (love, joy/ happiness, peace, bliss, contentment/ fulfillment, profound experiences)
3. If there were one word you would want your life to stand for, what would that one word is? (Love, Courage, authenticity)
4. What will you no longer tolerate in your life? (fear, worry, mediocrity, low self-esteem, low self-confidence)
5. What identity have you created for yourself? (introvert/extrovert / lively /boring/dull/ enthusiastic / not good at public speaking / powerful public speaker/ at ease with technology/wrong with technology)
6. If there was one thing you could change in your life to lift it to its highest level, what would that one thing be? (more Confidence, more self-esteem, being fearless, the transformation from being mediocre to one pursuing excellence)
7. What has been your most significant turning point in life? (this being personal, you can reflect on your turning point)

8. If you have only 30 days left, how would you spend those 30 days? (Live every day as if it were your last. It's because most of us think that we always have more time to do the right thing. But the truth is we never know when would be the last time to say goodbye. The right time is always now. Meditation, listening to music, spending quality time with loved ones, watching good movies, moving in nature, enjoying eating, playing with children, and making a positive difference in someone's life. Why only 30 days? Live the rest of your life based on your reflection on this question)
9. What will be your best version? (fully confident, fearless, high self-esteem, practicing unconditional love for every living being, gratitude, forgiving, nurturing relationships, investing in my health, continuous learning, always thinking significant and positive, looking at the brighter side of life, having empowering beliefs, keep coming out of comfort zone, exploring spirituality, creating five-star experiences- experiences which give me maximum joy)
10. What is your best Day look like? (Day with least negative thoughts, least worry, least boredom, Day with more positive/inspiring ideas, walk in nature, light exercise/ yoga, good food to eat, watching a good movie, reading good book/ learning, quality time with family/ friends followed by good quality sleep)
11. What emotions do you want more in life? (Joy, Happiness, Bliss, Ecstasy, Peace, Love, Fun, Excitement, Contentment)
12. What emotions do you want to avoid? (Worry, Fear, Anger, Jealousy, Envy, Guilt, Anxiety, Hurt, Boredom, Depression, Frustration)

13. Which are values close to your heart? (Humility, Contribution, Compassion, Respect, Courage, Care, Support, Integrity, High self-esteem Confidence, Self-discipline, Determination, Adventure, Boldness)
14. **Yearly Reflection:** Which mistakes I made this year? What are my learning's?
15. Monthly reflection Which is the best part of my life, and which is the worst part?
16. If your life ends tomorrow, what would you regret not doing?
17. Who are you when everything is taken away?
18. If five people you spend most of your time with were asked how they would describe you as a human being, what would they say? (This reflection will help you to understand what kind of human being you want to be-Soft but strong? Loving? Caring? Inspirational? Bold? Courageous?)
19. If you were asked to describe yourself in one paragraph, what would that paragraph say? And instead of one paragraph. If you were asked to describe in one sentence, what would that sentence be?
20. How would you rate the quality of your life, at this moment, on a scale of 1 to 10 (10 being extraordinary)?
21. What five things make you happiest in your life? (Music? Humor? Company of friends? Time with loved ones? Walk in nature? Playing with children? Listening to inspirational people or reading inspirational books? Watching a beautiful movie? Playing musical instruments? Playing any sport?)
22. What are the three most significant barriers keeping you from creating extraordinary life? (fear? Worry? Procrastinating? Company of harmful or toxic people? Limiting beliefs? Narrow perspective? Lack of

willpower? Lack of disciplinary approach towards health habits?)

23. Which is the best book you have ever read and why? (In my case, the best book I read is "The Magic" by Rhonda Byrne which focuses on 28 practices for bringing magic of gratitude in our life.)
24. What daily act could you do to make the world a better place?
25. What is the best lesson that life has taught you? (In my case, best learning of my life is " Change your thinking, Change your life.")
26. Who has inspired you the most?
27. What are the three top priorities of your life?
28. How will you feel at the end of your life if you do not make the changes you need to make?

Let us now discuss some profound reflections in detail.

I. What is the purpose of your life?

Again the objective is to live life by design and not by default.

What are the two most important days in your life? "The day you are born, and the day you find out why," Mark Twain famously wrote.

Everyone will have different perspectives about the purpose of their life. One way to reach an answer is to reflect on what is not my life's purpose. Once we filtered it out, what remains is the true purpose of life. I share a few views.

1. To reflect on the purpose of life, we first need to reflect on what life is. This is not a textbook question, so there can be no standard reply. Everyone can have their perspective. Few believe life is a journey from birth to

death. Few believe life is a game. One view I always like is life is experience. Every second we pass through some experience. Some good. Some bad. If we accept this perspective, the purpose of life is to make our experiences profound.

2. The second perspective for the purpose of life is to rise upwards in life. Each person carries the seed of that supreme development. Only seeds are required "to be fertilized.
3. The third perspective on the purpose of life, as shared by Sr" Sri Ravishankar, an Indian Spiritual Master, is "Purpose of Life is to celebrate life and facilitate others in celebrating life." What requires for celebration? Feeling complete. Contended. How can you feel complete? When you love every living being unconditionally. When you practice gratitude and forgiveness. When you practice compassion and empathy.
4. The fourth perspective on the purpose of life is to manifest divinity in self. As per Gita, the ultimate purpose of life is to achieve a mystical or experiential union of one's self with the Supreme Being.

Chose any or articulate your purpose but do this reflection to live life by design

- II. When will you be able to say at the end of life (last thought) that you enjoyed living your life? If we reflect and become clear about this aspect, we will have a lot of clarity in living life. Let me share a few thoughts. (You can have your reflection)**

I will able to say I enjoyed my life if

1. If, by and large, I maintain good health.
2. If I am constantly able to nurture my relationship.

3. If I continue to excel in mind mastery. (qualitative thoughts, empowering beliefs, resilience during challenges in life continue to live in soul consciousness instead of ego consciousness.)
4. If I could make a positive difference in at least 100 people before my journey ends.
5. If I Keep creating five-star experiences through music, Fun, humor, movies, nature, travel, playing with children, etc
6. If I can convert stress into bliss. (the outcome of the spiritual path)
7. If I continue to learn for the rest of my life and keep expanding my wisdom, so that I can make better choices in life.
8. If I can spend most of my life with mindfulness - living every moment with full awareness in the present moment.
9. If I continue to have adequate money and a reasonably good home. (money has a limited but definitely, some role in life so that we can maintain reasonably good living standards)
10. If I can consistently practice Gratitude, Forgiveness, Humility, Acceptance, Unconditional Love, Empathy, and Compassion throughout my life.

III. How will your life be measured when you die? (Divine's Performance review of your life)

All professionals are used to year-end evaluation of performance. How will Divine measure performance and quality of our life at the end of the journey? By how much wealth have we acquired? By what designation could we get post a series of promotions? By our possession of two or three or four bedroom flat? By having Honda City or **Mercedes-**

Benz? The answer is no. Stop measuring who you are by what you accomplish in your life and what you have acquired. Based on various Spiritual Guru's talks, I believe the divine will measure our life performance based on the following parameters:

1. How much love did we share? Start with self. The more loving you are with yourself, the more loving you can be with everyone around you.
2. How much positive difference did you make in the life of others?
3. How much time have you lived in the present moments instead of regretting the past or worrying about the future?
4. How much wisdom have you acquired? (life is between B and D-birth and death. C comes between B and D- C indicates the choices we make in life. More wisdom, better choices)
5. Is your happiness unconditional? (Normally, we link our happiness to something outside - if we get something more or if some event happens as per our expectation and there are chances those things may not occur as expected.)
6. How many people in your life are happy because of your presence in their life?

So stop your never-ending to-do lists, skipping lunch, sacrificing sleep, and running after more and more success and money. More at what cost? Instead, spend your time getting more wisdom, preserving your health, adding value to others, loving your family and every living being, and bringing more smiles to others. Make the world a better place to live in. Let us all together create a divine society.

IV. What is Success?

Success is not making money or acquiring power or position or material acquired. Outer things and external achievements are not a yardstick for success.

Success is an undying smile. Success is the ability to be happy and make others happy, to love and be loved, and to be at peace with oneself and others. Success is the confidence to face any situation. Success is the Strength to stand up after falling down.



Key Takeaways

1. One can live life by design or by default. The more we reflect on fundamental aspects of life, the more we can live by design.
2. With reflections, we will focus our energy on the right places.
3. The purpose of life is to make our experiences profound, to rise upwards in life by becoming lifelong learners, to celebrate life, and facilitate others to celebrate life.
4. True Success is Confidence to face any situation and an undying smile.

Mind Shift 10

Operate from Soul, Operate from Love

Make a Positive Difference

"As your love grows, your life becomes a moment to moment dance. A joy. A celebration." Osho

"Single or coupled, I have always treated February, 14 as a celebration of all kinds of love, not purely romantic. Love for myself, my parents and my friends." Lisa Bonors

Operate from Love

If someone asks you -what is the most crucial thing in your life? What will be your answer? Health, happiness, relationship, money, or your profession? Well, whatever your choice is, the list is incomplete without one thing - Love.

Love is our most profound emotion. Life becomes richer once love grows in our life. Love is a much broader, far-reaching, and more inclusive concept.

The definition of love in Buddhism is: wanting others to be happy.

Unconditional love will kill your ego. Love includes caring, accepting, supporting, empathy, compassion, and being sensitive to each one on this planet, not only human beings but all creations of Nature. We need to develop a great sense of belonging to the world. This sensitivity will create new friendships for us. Friendships with all human beings, trees,

birds, animals, mountains, oceans, and stars. Life becomes richer as love grows and friendliness grows.

Love is in abundance. You can give it to as many as you can. True love is about giving, not expecting. As Dalai Lama says, unconditional love is divine love.

Love is acceptance of the person as they are. Love is even loving imperfections. Love is the absence of judgments.

To love others unconditionally, first, you must be in a zone of peace within yourself. Accept yourself, your past, strengths, weaknesses, achievements, failures, blunders, actions, and inactions with complete stability.

Love is an energy that exists inside us. We believe the energy of love will come from the outside and fill us inside. However, the truth is it always goes from the inside out, reaches out to the other, and benefits the other. It does not come from the outside in.

Follow this affirmation," My life is full of love . I radiate the fragrance of love I give out love and it is returns to me multiplied."

So keep radiating or giving love. When we give love, we experience it ourselves first, and that's what we want - an experience of love.

Shift from Success to Significance

Our whole life, we run after success. The problem with success is- it is motivated by external factors. We want to prove to others that we are good. We are better than others. We run after our goals mindlessly. We become part of the

competition. People measure success by wealth, recognition, power, and status. External factors and pressures lead to stress.

Therefore happiness coming out of success is temporary and costly. We get it at the cost of our physical health, emotional health, relationships, and, above all, authentic living.

Over time, success has less meaning, and accomplishment has less sense if it is just about accumulating more and more. It is the wrong mindset that says if I get more stuff, I will be happier. Further, even being successful, we do not find life fulfilling.

What is the difference between success and significance?

Success is getting desired results, winning, earning more money, fame, and recognition.

Significance means we do something that makes this society and the world better. We use our skills, expertise, experience, and wisdom in areas we are passionate about, making some positive difference. Significance means using our talent and time to serve others. Significance requires internal motivation – so no stress. We are doing it not to prove anything about us. We are doing it for lasting happiness. The truth is our greatest joy comes from serving others.

In significance, the focus is on giving back to society. Giving back and helping out can make us feel needed and valued, boosting our self-esteem. It also helps us to see the world from another angle.

Success Is Great. But Significance Is Lasting. Redeploying the strengths, experience, and influence we have gained through

the years into an area we are passionate about creates something much more meaningful and lasting.

Make Positive Difference

"Try to be a rainbow in someone's cloud."- Maya Angelou

Make a positive difference in the life of others. Life's greatest joy comes from serving others. Service is a broad concept and includes sharing

- ❖ money
- ❖ food
- ❖ time
- ❖ attention
- ❖ ideas
- ❖ wishes
- ❖ blessings
- ❖ giving a smile or comforting words

In Nature, no one hoards. Sun provides us with light, the moon gives its calm radiance, Trees present fruits, Plants offer flowers, river shares their water, and Take inspiration and contribute to improving society and the world.

Each day, do something good. If nothing, at least give smiles to others.

Look for every excellent opportunity to contribute to someone financially, emotionally, and intellectually.

Contribute 5-10% of my income for a good cause.

Commit to donating your organs when you die. This body has to perish. It will give me immense joy to your soul when you concur to donate your body parts.

The more you give from the heart, the more you receive the joy of giving.

Make some positive contribution to society, making this world a better place.

Give a gift to everyone you meet.

The best way to become a beautiful human is by gifting a virtue, a kind word, a lovely smile, a warm handshake, and a caring hug to people you meet. When you make everyone richer with your love, joy, and cheerfulness, they will return the same to you, and you will become further richer.

To be a giver is to experience constant happiness.

When we give with a pure heart, we will experience happiness and make those around us happy too.

When we comfort others, we get blessings which make our responsibilities lighter. We do not get tired.

Service is true prayer. Service gives us mental and emotional wellness. It helps in building a loving and powerful world.

Our best investment - A random act of Kindness
An act of Kindness can turn someone's day around

"Be kind wherever possible . It is always possible ." Dalai Lama

Of all the investments we make in life, the one that keeps coming back manifold is that of Kindness, caring, and helping act. Kindness is something we do from our hearts. Kindness is extending ourselves in a way that uplifts another human being. There is magical healing power in Kindness that impacts both the giver and the receiver. The value of inclusiveness is the foundation for this. It may be providing support to someone who is sick, volunteering at a community event, helping some senior citizen or blind person to cross the road, holding the door for someone, solving someone's problem, giving an honest compliment, just giving a smile, showing respect for others, using appropriate language and so on. If you have the opportunity to make someone happy, do it.

Practicing Kindness has many benefits, including increased happiness and a healthy heart. It slows the aging process and improves relationships and connections, indirectly boosting our health. Acts of Kindness can release hormones contributing to our mood and overall well-being. The practice is so effective it's being formally incorporated into some types of psychotherapy. Most research on the science behind why Kindness makes us feel better has concluded that it stimulates the release of happy hormones like oxytocin and dopamine.

We all seek the path of happiness. Practicing Kindness will lead us to the path of joy. Do at least one act of Kindness every day. Let us make this world a better place.



Key Takeaways

1. Life becomes richer once love grows in our life. Love is a much broader, far-reaching, and more inclusive concept.
2. Unconditional love will kill your ego. Love includes caring, accepting, supporting, empathy, compassion, and being sensitive to each one on this planet, not only human beings but all creations of Nature.
3. To love others unconditionally, first, you must be in a zone of peace within yourself. Accept yourself, your past, your strengths, weaknesses, achievements, failures, blunders, actions, and inactions with complete equanimity.
4. Shift from success to significance. Success is getting desired results, winning, earning more money, fame, and recognition. Significance means using our talent and time to serve others.
5. More you give from your heart, the more you receive the joy of giving.
6. Make some positive contributions to society, making this world better. True happiness in life comes from selfless service, making a positive difference in the life of others.
7. Daily do one act of Kindness.

Some Other Shifts

1. **Live in the mode of Surrender.** Surrender does not mean surrendering our efforts but surrendering our selfish desires and self-centered attitude.
2. **Never compare with others.** When we compare ourselves with others, we want to be like them. Instead, let us have our self-respect and self-esteem. However, you can learn from Role Models. If at all we need to compare, compare with self.
3. **Go through life, savoring each moment and not rushing through life. Believing life is not race.** Replace "I am busy" with "I am easy." Being busy will lead to dis-ease.
4. **Awareness: Our actions in life should come from awareness, not conditioning.** Perform all activities with awareness, owning full Responsibility, and not concerned by name and fame.
5. **Let go-** learning to let go of things that you cannot change but also having the courage to give it still try for adventure's sake.
6. **Dealing with desires:** Desires arise out of emptiness. We always want more. This creates mental agitation. Use intellect to analyze desire and give direction. If the desire is worth it, convert it into aspiration. You get what you deserve, not what you desire. Rise above desire, create higher desire. Lower desires automatically drop. Joy comes from simply being rather than wanting or trying.
7. Move from the passenger seat to the driving seat of life.
8. Listen to understand and not judge.
9. Use empowerment and not power.
10. Accept and explore change instead of denial or resistance to it.
11. Speak to express and not impress.

12. Start to look for what to appreciate instead of finding faults.
13. Become Flexible instead of Rigid.
14. Look for possibilities instead of pointlessness.
15. Start claiming Responsibility instead of Blaming.
16. When we create anger, we want everything to be our way. Instead, let us be compassionate.
17. When we complain or criticize, we want people and situations to change; instead, let us accept. We want to change others. Drop it and change yourself.
18. When we become jealous, we want what someone else has. Instead, let us contend.
19. **Live every day as if it were your last.** It's because most of us think that we always have more time to do the right thing. But the truth is we never know when would be the last time to say goodbye. The right time is always now. Steve Job, the former CEO of Apple who died of cancer, also shared this insight when he recovered from his first-time occurrence of cancer, saying, "Every morning I looked in the mirror and asked myself: If today were the last day of my life, would I want to do what I do today?. This approach will facilitate us to focus on the most critical aspects of life and not waste life and energy on nonessential stuff.
20. **Celebrate frequently.** Take advantage of every opportunity for celebration, even if the achievement or event is negligible. *"Life should be an ongoing celebration. The more you celebrate your life, the more there is life to celebrate."* Oprah Winfrey
21. **Spend some time in Nature every day.** Research has proved that spending some time in Nature –green spaces, parks, rural landscape, etc.- tremendously impacts our emotional health. Nowadays, we spend significant time on gadgets like mobile, TV, Laptop, I pad, etc. But we must give a break to ourselves and spend some time in a nearby garden or beach.

Action Points

1. Start the day with prayer, affirmations, and gratitude.
2. Also, end the day with affirmations and gratitude.
3. Challenge negative thoughts: Rather than accepting negative thoughts and beliefs as accurate challenge them by considering alternative perspectives and practicing positive self-talk.
4. Watch the content you consume. Avoid negative content.
5. **Do companion audit.** Make a list of people with whom you spend the most time. Are you giving the most time to inspiring people or pessimistic people? Surround yourself with stimulating people. Strip the complainers, excuse-makers, and naysayers from your Life. It will revolutionize your Mindset, performance, happiness, and impact. If these people are family members, then love them from afar. Or rather than associating with them daily, do it weekly, monthly, or quarterly. What's good for your soul is good for the world.
6. When your mind is disturbed, check what it is thinking. It may be about the past or future. Direct it into the present.
7. Always look at the brighter side of people and situations.
8. Choose the correct response in every scene. No blaming, judging, or criticizing others.
9. Give a **six-second pause before responding.**
10. Examine your beliefs in each area of Life, find out which beliefs empower you and which ones take away your energy, and then drop such beliefs.
11. Do not make your choices on autopilot mode. Do not make your choices out of fear—Prioritise health and relationships.

12. Master the art of choosing wisely. Make conscious choices based on love, gratitude, faith, hope, humility, unconditional love, and making a positive difference.
13. Master the art of balancing in Life. Successful and fulfilled Life requires balance in each critical area of Life- profession/career, health, relationship including role as parent, and finance.
14. Give 100 % effort in whatever you do. Once you do this, you will automatically remain in the present. If you are singing bhajans, it should come from everybody cell. If you are eating, your 100 % focus should be on eating. If you are walking, your 100 % focus should be on every step.
15. Take your bites mindfully; experience the taste, flavors, textures, and how much enjoyment you are receiving from a particular food.
16. **Mindful Pause:** Take a 1-minute pause after every 60 to 90 minutes. Take some deep breathing.
17. Whenever you face any challenge or problem, replace "Why this is happening to me" with "What is this trying to teach me"?
18. Learn from role models of your Life.
19. Every day Spare 30 minutes for new learning.
20. Develop the habit of reading. You can also learn from inspirational talks on YouTube as also from ted talks.
21. Take advantage of every opportunity of attending learning events- workshops, seminars, conferences, etc.
22. Seek different views in critical areas, which will give you new insights.
23. Treasure every moment when you meet someone, your family, friends, or anyone else. Please do not rush through it or do not spend that time mechanically. Be aware and enjoy every interaction, however small it may be.
24. Be radiators of true love. Drop right and wrong, labeling and judging. Take your relationships to the

next level. Nurture it. Do not become too critical and judgmental, as it becomes the most significant handicap in enjoying fulfilling relationships. If someone has hurt you, forgive and move on in Life. Heal it. Research indicates those with good relationships are the happiest people in the world.

25. Live each day as if it is the last -making every day a birthday/ celebration.
26. See everything as if you are seeing it last time. Meet everyone as if you are meeting last time. Living Life one day at a time.
27. Whenever you suffer Pain or emptiness moments, keep going.
28. See God's design in all happenings and accept it totally; however, keep taking appropriate actions.
29. Spend time in nature.
30. Daily do a minimum of one act of kindness.
31. Feel contented most of the time.
32. Have a lot of fun. Keep smiling.
33. Live in soul consciousness.
34. Practice gratitude: Focusing on the things in your Life that you're thankful for, no matter how small, can help you develop a positive mindset and increase feelings of happiness and contentment. At the end of the day, write ten positives that happened during the day (for example, I enjoyed eating -- I enjoyed listening to songs too., I was calm in a particular conflict; I saw beautiful birds/trees/ leaves/flowers/a lake/sunrise/sunset
35. Cultivate humility.
36. Cultivate a growth mindset. Rather than seeing challenges as obstacles, cultivate a growth mindset by embracing new experiences and learning opportunities and viewing failure as a chance to grow and improve.

Epilogue

"The happiness of your life depends upon the quality of your thoughts." Marcus Aurelius

"The purpose of life, is to activate, unleash, explore, and expand, your fullest potential to grow beyond your wildest imagination." Tony Dovale

"You are today where your thoughts have brought you; you will be tomorrow where your thoughts take you . "- Jams Lane Allen

We started with question- What is the quality of your life today? How many marks will you give from 100? **Quality of life is what we are experiencing internally.** How to take your quality of life score high? How to **activate, unleash, explore, and expand your fullest potential?**

Our profound learning is "Our single most valuable asset is our mind. **Mind Mastery is Life Mastery.** Mind is our inner software consisting of thoughts, beliefs, attitudes, perceptions, values, etc. This inner software impacts every aspect of our life, Physical and emotional health, Relationships, Professional life, etc. "

We concluded that to become the Grand Master of Life, we must conquer our minds. We identified -10- challenges which are hindrance for conquering the mind. We then discussed 10 profound mindset shifts to conquer the mind. These -10- mind shifts will lead us to healthy mindset leading us to become the Grand Master of Life. It will take the quality of life to the next level.

A healthy Mindset is a critical component of success in Professional Life, business, sports, and Life in general.

Healthy Mindset means

1. Your thoughts are always pure, positive and qualitative.
2. Even when situations do not happen, or people may not behave as expected, you do not lose control of your mind.
3. Your beliefs are empowering.
4. You look for good in others rather than focusing on the imperfections of others
5. You reflect confidence in every situation; you can do anything and are powerful enough to face any challenge. You will never say I Cannot. You will always believe I Can.
6. You focus on solutions rather than problems. You always look for possibilities.
7. You always count your blessings.
8. You are also able to take criticism keeping your inner peace intact.
9. You display tolerance for differences.
10. You are smiling frequently. You Radiate vibrations of joy.
11. You are Fearless and courageous.

There is also quantitative research to back this up. **Stanford psychologist Carol Dweck** examined mindsets among young students. She found that children with a growth mindset can better overcome academic challenges than those with a fixed mindset. Another study on middle-aged adults, completed by researchers at Yale and Miami, revealed that those with more positive beliefs around aging lived 7.5 years longer than those

with less positive self-perceptions of aging. Your Mindset can prolong your Life!

As long as we live, we are bound to encounter difficulties. If we lose hope and become discouraged, we diminish our ability to face them. We may not always be able to change the situation, but we can change our relationship with it. We should strive to become more compassionate, develop genuine sympathy for others' suffering and help them. This will increase our inner strength.

A greater degree of inner tranquility comes from love and compassion. The more we care for the happiness of others, the more contentment we will find in Life. Cultivating warm-hearted feelings for others puts our minds at ease. It helps us to reduce our fears and insecurities and gives us the strength to cope with our challenges and problems.

The need for love lies at the very foundation of human existence. However capable an individual may be, left alone, he will not survive. The foundation of love starts from the beginning of Life. If the child is not hugged, cuddled, or loved, its development could be impaired. Love will remove any fear.

The more you focus on breathing, the more you meditate, the more you love others, the more you accept people and situations as they are, the more you focus on the quality of your thoughts, the more you surrender to Divine power, and the more you enhance your resilience, believing that you are more powerful than any problems or challenges that you face in Life, your inner tranquility is bound to increase, and once that happens, your Life will blossom.

This world is a grand play, and we merely play the character. Play it with Joy. Be happy even in pain. Play your role and give 100 %. Let us resolve to be unshakable within and move forward to a better world. Rainy days and sunshine are part of Life. In you, there is an actor and witness. As you go inward, witness aspects grow, and you remain untouched by events. And as you go outward, the actor in you becomes more skillful in responding to situations. So whenever you feel joy, know your character is feeling joy; when you are sad, know your character is feeling sadness. If anger is coming, know your character is feeling anger. Nothing touches your soul, which remains pure. Once you develop this awareness, Life will blossom.

When the mind goes more and more outside, it gets caught up in problems and confusion. What attracts the reason? It is prosperity, wealth, success, and beauty. Even if we get it, it satisfies only temporarily. When we desire more and more, we join the rat race, which creates stress. However, real wealth is within. When we turn inward, we can access real happiness and pleasure. Sri Sri Ravishankar says, " Although the richest of the rich may be smiling outwardly, peep into their minds and we will not find any cheerfulness or contentment. Without satisfaction and contentment, what is the use of such a Life? It is nothing but worry, worry, and to die with worries. What kind of Life is that? "

Wealth and prosperity should bring peace, fulfillment, and contentment. Wealth should not bring arrogance, hostility, jealousy, disgust, or boredom.

When we turn inward, we get peace and bliss. When our mind becomes calm, our thoughts are pure and robust. When the mind becomes quiet, it becomes sharper. You can face any situation. But when the mind is disturbed, we can achieve nothing. Meditation facilitates such an inward journey.

Meditation enables the cleaning of the mind and making it calm and restful. Focusing on our breath allows such an inward journey. It leads to a cheerful state of mind. We become like children where happiness outflows from their bodies. Children always send vibrations full of joy. Wherever a child comes from, any part of the world, joy overflows from each cell of their body. A child's mind is innocent and calm. Extraordinary life happiness in joy and finds completion in joy. The soul should be filled with happiness. The body should radiate happiness. And that happiness is not limited to us but spreads to all who come near us. Our vibrations impact them.

So take out some time from your busy Life and move inward. Use every opportunity for this. For example, if you are traveling and stop at a traffic signal, use that one minute to focus on your breath. You are waiting for the lift; use that one minute to focus on your breath. Do meditation daily for 20 minutes. You will find more bliss, joy, contentment, and fulfillment as you turn inward. And those are goals for living extraordinary Life.

To conclude, Quality of Life is what we are experiencing internally. Our minds impact it. If in our entire Life, if we master only one skill- mastering our mind - the quality of our Life will significantly increase. Our single most valuable asset is our mind. Mind Mastery is a game changer. It leads to life mastery. Mind is our inner software consisting of thoughts, beliefs, attitudes, perceptions, values, etc. This internal software impacts every aspect of our Life, Physical and emotional health, Relationships, Professional Life, etc. So to become the Grand Master of Life, we must conquer our minds. Once you master the inner world, success and happiness will come as a by-product.

