

We have been eminently successful in improving our 'standard of living' at the material level, but we have failed to improve our 'standard of life' at the experiential level. Standard of living is what we have and standard of life is how we live. We need to live a life that is not only 'successful', materially comfortable and secure, but which is also meaningful, truly fulfilling, satisfying, and 'joyful'. The way we need inputs and practice for developing various skill, we also need to know some ground rules for living life in perfect manner and thereafter to practice it.

This Book "Ordinary 2 Extraordinary Life" discusses such ground rules and provides some profound insights in living life in perfect manner.

Book provides one simple assessment tool to measure your progress.

Create a new version of life which is more meaningful, truly fulfilling, full of love, satisfying, and joyful by practicing ideas shared in this book.



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This is the second edition of his book " Ordinary 2 Extraordinary Life". First edition was published in January ,2021 only in Kindle form . He has also authored "Be the Grand Master of Your Life" , "Blossoming Post Retirement", "Modi Magic" and "Design Your Dream Life" (all -4- in English)and " Nivurti Pachi Jindgini Jamawat" and" Tarotaza,,Mojma and Thanganta Jivan Jivvani Kala(Both in Gujrari) . All books are available on Amazon.



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Ordinary 2 Extraordinary Life

Kamlesh Patel

Ordinary 2 Extraordinary

Life

Create a new powerful version of Life

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Preface

We have been eminently successful in improving our 'standard of living' at the material level, but we have failed to improve our 'standard of life' at the experiential level. Standard of living is what we have, and standard of life is how we live. We need to live a life that is not only 'successful', materially comfortable and secure, but which is also meaningful, truly fulfilling, satisfying, and 'joyful'. The way we need inputs and practice for developing various skill, we also need to know some ground rules for living life in perfect manner and thereafter to practice it.

This Book “Ordinary 2 Extraordinary Life” discusses such ground rules and provides some profound insights in living life in perfect manner.

Bhagavad Gita: Chapter 7, Verse 3 says: “Out of many thousands of persons, hardly one strives for perfection; and out of those who have achieved perfection, hardly one knows ME in truth.” Some research indicates only 5% people able to live “Extraordinary Life” whereas 95% people live ordinary life. Obviously, we would like to know what these 5% people do things differently with objective that more and more people able to live “Extraordinary Life”.

Further, we all are in constant exploration of how to make out life more interesting, more fulfilling, more exciting. This requires continuous reinvention. Finding out positive habits and reinforcing it and flushing out negative tendencies and limiting beliefs. This book facilitates the journey of reinvention by providing some profound insights/Practical wisdom in 10 key/critical areas of life like physical health, emotional health, mind management, relationships, Professional Life, spiritual life,

Wealth management etc. Book also provides tools to practice these ideas. There is an assessment toll which will facilitate periodical progress in this journey of improving quality of life.

So are you ready for reinventing life?

Two foundation beliefs required for personal transformation are:

1. Future can be better than present.
2. I have power to make it so.

Who Should Read this Book?

This book is for everyone, student, Professionals, Retired People, male and female, every age, be it 15 or 50 or 60 or 70 or 80 and so on. Why? Because it provides some profound insights to live life in better way. And it is fundamental human desire to improve quality of life and this can happen at any age. Even if someone believes that he/she is already leading good life, one can always go to next level. Are you looking for more love, more happiness, more joy, more bliss, and more fulfillment? If yes, then this book is for you.

Create new version of life which is more meaningful, truly fulfilling, full of love, satisfying, and joyful by practicing ideas shared in this book.

Have leap jump in your Joy, Love, Bliss and contentment.

Kamlesh Patel
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Introduction

Are we living life in perfect manner? Are we enjoying each moment? Are we celebrating life? Are we vibrant each moment? Are we alive?

Yes. There are challenges in life. There are problems. Every day some new uncertainty is faced by us. But are these challenges and problems are too big to handle? Can we still enjoy life? All of us go through issues, hurdles, problems, obstacles every day. Challenge is how we remain energetic amidst such complexities and enjoy journey of life?

Over a period, we have made our life mechanical. We have forgotten to enjoy it. We do not spend enough time to understand our software i.e. our thoughts and beliefs which is driving force of our life. We do not take enough care of our hardware i.e. our body. We do not take care of our emotional health. We do not spend quality time in our networking i.e. relationships. We do not consciously endeavor to contribute to building better society and better world.

LIVE GOOD Life by CHOICE, Not by Chance.

You are the architect of your life and it is within your control and power to live contented, fulfilling, meaningful and joyful life. All of us want to live good life As the most respected present day spiritual leader Dalai Lama says in his book “Art of Happiness”, the very movement of our life is towards seeking happiness. All of us work towards that end.

Can we manage this movement (journey) in our life with complete understanding of some ground rules /Practical

wisdom/Profound insights and then practice it in our daily life?
An unequivocal answer is YES.

All we require is willpower and discipline to practice it once awareness is reinforced.

The book focuses on 10 key/critical areas of life and provides some profound insights in these areas. Book also provides some tools to practice these concepts/ideas. The insights have come from my own experiences, from reading of some great authors and from interaction with some wonderful human beings. I convey my gratitude to each one who shaped my life, transformed my beliefs and nurtured my thoughts.

These insights have improved quality of my life. I will still not call it perfect because learning and excelling never ends.

The book is written with hope that the insights shared will take your life to next level provided you are committed to practice these insights in your daily life. Transformation will not happen overnight. But if you are committed, slowly but surely quality of your life will improve. Also any learning requires reinforcement. So periodically again go through these concepts and keep improving. Book provides one simple assessment tool to measure your progress. Do this assessment

- a) first before starting reading this book
- b) after reading the book and
- c) Thereafter every quarter and see the progress.

One of the seven Habits by Dr. Stephen Covey is “Begin with end in mind.” So what should be last thought of your life?

"Jeene ka Mazaa aa Gaya." I enjoyed the journey. " and people should say, "Well played."

In rest of book, we will focus on this ultimate goal.

Practice the concepts shared in this book and create new powerful version of life which is More fulfilling, More joyful, More blissful and Full of love.

What is Extraordinary Life?

What is Extraordinary Life ? How it is different from ordinary Life? Let us first understand this difference in brief.

These ideas/insights are explained in detail in next chapters.

Life Area	Ordinary People	Extraordinary People
Mind (Software)		
	Live Life by Default. Live life as it comes. Have no clarity about life goals, dreams, Purpose, Self Values. (There are chances of wasting life in wrong issues/direction and lots of regrets)	Live Life by Design. Have absolute clarity about what one wants, why wants, what is his/her purpose of life, which are values very close to his/her heart. (By adopting this approach, there will be less regrets in life)
	Have more negative thoughts	Have more Positive, Pure, elevated, Optimistic thoughts
	Consume too much negative content	Consume only Positive and Inspiring content
	Do not use affirmations	Use Affirmations

Life Area	Ordinary People	Extraordinary People
	Spend more time with negative/toxic /Pessimist People	Spend more time with Positive/Inspiring/ Optimist People
	Have Limiting Beliefs, always underestimate his/her Potential	Have Empowering Beliefs, always trust his/her potential
	Have a Victim attitude. Always in complain mode. Always focus on negative/deficient side of people and situation. Have Scarcity mindset.	Have a Victor attitude. Never complains. Always focus on brighter side of people and situation. Have an abundance mindset.
	Do not Practice Gratitude, Forgiving, Mudita, Empathy, Kindness, Let Go	Practice Gratitude, Forgiving, Mudita, Empathy, Kindness, Let Go
	How they Face Challenges/Problems/ Adverse Situations? With Low Resilience With agitated mind With fear With Less Confidence Focus on everything Reacts	How they Face Challenges/Problems / Adverse Situations? With High Resilience With calm mind With faith With more Confidence and courage Focus only on what is in his/her control Respond

Life Area	Ordinary People	Extraordinary People
Personality	Cultivate Low values. Lose in Character.	Cultivate High values. Believes that Winners never cheat. High level of integrity and Character
	Waste lots of time in thinking about past or future	Most of the time remain in present moment-Mindfulness
	Aggressive, Pessimist, hypocritical and too much serious	Assertive, optimist, authentic, fun loving, humorous
	Do not invest in learning	Life Long Continuous Learner
Body (Physical health)	Do not invest adequate time for Physical health- low priority	Health is highest Priority
	Do not walk, Exercise/Yoga, Pranayama daily	Go for walk, do exercise/Yoga, Pranayama daily
	During day Sit more, move less, lazy	During day, move more sit less, have active life
	Take Overweight lightly	Do not take overweight/obesity lightly
	Eat unhealthier food- do not chew well	Eat more healthy food- chew well
	Do not focus on quality of sleep	Ensures quality sleep
	Do not go for health checkup regularly	Ensures Regular Health checkup

Life Area	Ordinary People	Extraordinary People
Relationships	Expect More Give Less	Give More Expect Less
	Focus on imperfections of people. Good at spotting mistake of others	Accept people as they are and look at their brighter side. Spot goodness in others
	Try to Control others Also Children	Do not Control other Be role model for Children.Give them roots and wings
	Attachment to “ I am always right”	Respect others views and opinions
	Less appreciation of others	Appriciate others at every opportunity
Professional Life	Limited focus on money and promotions	Apart from money and promotions, focus on growth and creating values for others
	Attachment to Result	Give 100 % in any task but no attachment to results. More focus on Process
	Do not prioritize high value activities- Procastinate- not organized	Practice Pareto Principle-Prioritize high value activities. Do not Procastinate. Well Organised
	Less focus on networking	Build network of allies and mentors- cultivate relationships with influential people

Life Area	Ordinary People	Extraordinary People
	Do not like small task/role	Do not consider any task or role small or insignificant
	Do not celebrate small wins	Celebrate small wins
	Do not take breaks	Take adequate breaks recharge and gain new perspectives
Money/ Finance	Do not save Invest with short term focus	Save 10 to 20 % income and focus on long term investment keeping in view law of compounded rate of return
Spirituality	Consider Spirituality is for older /Retired people	Consider Spirituality as an Empowering tool to be used at any age of life
	See world and life through lens of likes and dislikes, judgements, prejudices	See life as drama/play- role to the best of ability yet dispassionately – as witness- do not get entangled with situations
	Do not Meditate, prayer, mantras	Do meditation daily. Also do prayer and recite/listen Mantras
	Do not embrace impermanence of life	Embrace impermanence of life- body, relationships
	Do not understand interconnectedness	Understands interconnectedness- for example – food that we eat is produced by plants, with the help of sun, water and earth Infrastructure

		available to us is through contribution of countless people. Due to this aliveness/awareness, he/she knows their accomplishments are due to countless factors and in turn they remain humble and grateful
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Path to Wonderful Way of Living

First step for “Extraordinary Life” is to have clarity/Vision about what we want from life. Behind our all desires, our ultimate search is for happiness, peace, love, growth and love and contentment. One should have clear vision about life. What is your vision of life?

"Vision without action is a daydream. Action without vision is a nightmare"- Japanese Proverb

“The most pathetic person in the world is someone who has sight, but has no vision.”- Helen Keller “Do not miss the wood for the trees.”
- Jaina Gomes

Many times in life we miss seeing larger picture. In our daily life, we often focus on small goals and miss out on the unique purpose of human existence. Though daily activities are important and are part of our karma yoga, we also need to transcend those and discover the true meaning of life.

Few ideas for our life vision:

- ❖ My whole life is an abundant flow of love, joy, togetherness, bliss, contentment, fulfillment, creativity and inspiration.
- ❖ I have blissful home, full of green environment, full of aroma, full of bliss, full of laughter, full of music.
- ❖ I wake up and fall asleep every day with a big smile on my face, feeling so in love with myself, my family and with my life. And in between - every day feels so rich, exciting, joyful and meaningful. I feel powerful, divine and so proud and amazed by myself that I have managed to manifest complete fulfillment in all areas of my life.
- ❖ To contribute significantly in making this world better place.
- ❖ To facilitate people to lead “Extraordinary Life”.
- ❖ To help individuals to transform into being truly joyful, healthy, strong, courageous and good human being.
- ❖ Facilitate people in realize their true potential
- ❖ Making People strong to face challenges in life

Second step for getting “Extraordinary Life” is our readiness for reinventing ourselves. We all evolve with life. We are in era of tsunami of changes, mostly by technology but also changing lifestyle, changing values etc. In such scenario, living “Extraordinary Life” requires that we keep on reinventing ourselves.

Reinvention means our internal transformation. Reinvention requires that we are open to changes; we are ready to embrace changes. We reinforce positive habits and flush out negative tendencies and limiting beliefs. Every day brings something new opportunity, new energy and new learning in life. Be grateful to such opportunities and embrace them as they are doorway of your future.

Life is all about choices we make.

Third step and most important aspect for living “Extraordinary Life” is to understand that life is all about choices we make. Life is from B to D, from Birth to Death. But what's between B and D? It's “C” Choice...

Our life is a matter of choices...

Every day brings chance for us to live life free of regret and filled with as much joy, fun and laughter or live life bogged down by shadows of fear and self-doubt. We all are often wrapped up in nonessential stuff that we forget to enjoy life.

As Robin Sharma says “Too many human beings postpone living. We say that we will live our best lives when we have more time or when we finish the pressing problems that are consuming us. We feel that we will be more loving and passionate when things slow down. We promise ourselves that we will get into world class physical condition and eat healthier food when we have a little bit more time. Yet, deep within us, each one of us knows that there will never be a better time to live our biggest life than now. And if not today, then when? Keep thinking about what your best life will look like. There are no extra days. There are no meaningless days. This very day is the day that you can make a choice to stand for something heightened and be the person you know in your heart you have always wanted to be. Today is the day you can make the decision to

get into outstanding physical health or to be genuine leader at work or to be more authentic as a human being or to take more risks and run towards your fears."

Same philosophy is shared by Oprah Winfrey when she says "I hope you will look back and remember today as the day you decided to make every one count, to relish each hour as if there would never be another. And when you get the choice to sit out or dance, I hope you dance."

"Go for your dreams and aspirations." - Jeff Bezos, CEO, Amazon shares as under;

"I have been working in finance software engineering on Wall Street. But in 1994, I told my boss I wanted to start an Internet book store and he told me it was a pretty good idea but that it was "a better idea for someone who didn't have a good job." The best way to think about it was to project my life forward to age 80 and make the decision that minimized my regrets. You don't want to be cataloguing your regrets. And while you might feel remorse for things you did wrong, more often regrets stem from the "path not taken" like loving someone but never telling them. "Then it was immediately obvious" that I should leave to start Amazon. "If it failed, I would be very proud when I was 80 that I tried." You either choose a life of "ease and comfort", or of "service and adventure", and when you're 80, you'll be more proud of the latter."

Live a bolder, bigger, better life.

Focus areas of Extraordinary Life (Dus ka Dum)

“Extraordinary Life” requires focus on 10 areas of our life. They are:

1. Mind Management
2. Physical Health
3. Emotional Wealth
4. Nurturing Relationships
5. Spiritual Wisdom
6. Character/Values-Winners never cheat
7. Professional Progress
8. Smart Wealth Management
9. Creating Five Star Experiences
10. Moving from Success to Significance

All these 10 areas are as crucial. Often I have come across persons who have excelled in one or two areas and are completely ignorant of the other areas. Unless there is uniform performance in all these areas, Life cannot grow from Ordinary to “Extra Ordinary”.

In next chapters, we will discuss these areas in detail and how to develop them.

For example, do you remember Rakesh Jhunjhunwala? He focused mastery in investment/Finance but ignored health and couldn't enjoy his accumulated wealth. He realized his mistake at the fag end of his life.

1. Mind Management

“Mind management is more critical than wealth management.”

Our mind is our greatest asset. It is more powerful than any super computer. Life is all about experiences and all experiences take place in mind. Hence keeping mind stable in all situations is key for living “Extraordinary Life”. Having said that, this is the most difficult skill. But one can achieve mind mastery by constantly practicing ideas shared in this section.

Living in the world we keep our (and other's) mind agitated over the objects of desires (or their non-fulfillment), and so gradually, the mind becomes restless.

In Bhagwad Gita verse 6.19, Shree Krishna gives the analogy of the flame of a lamp in a windless room that remains steady like a picture. In the wind, the flame flickers naturally and is impossible to control. However, in a windless place, the flame becomes as steady as a rock.

Similarly, the mind keeps flickering by nature and very difficult to control.

1.1 So how to keep mind calmer and tranquil?

In Bhagavad Gita 6.35, Lord Krishna said: O mighty-armed one (Arjun), undoubtedly the mind is restless and indeed very difficult to restrain. But Arjun, by practice and detachment, it can be controlled.

Shree Krishna explains the two methods for controlling the mind:

- 1) Practice i.e. Continuous Endeavour and
- 2) Dispassion i.e. undisturbed and disconnected or detached witnessing.

Krishna does not deny the problem; in fact, Krishna first agrees with Arjun and responds with a statement that the mind is indeed difficult

to control. Having identified the problem HE gives a solution too - with practice and dispassion, it can be controlled very easily.

Such a mind is brought under control by regular practice of meditation and observing silence. More and more inward journey will make mind calm. The path to spirituality traditionally includes the practice of seeing and observing without interference from the mind. One of the spiritual paths is that of Vipassana which involves seeing things as they are, without attaching meaning to them. If one keeps practicing this, mind becomes calmer and tranquil.

1.2 How to keep mind young?

A burdened mind deprives a person of joy and beauty in life. For experiencing beauty and joy of life, youthful mind is required. The body is bound to become old, but mind can always remain young till last breath. Present education system followed by rat race to achieve professional goals results in mind becoming tired and burdened. Sparking is missing. “Extraordinary Life” requires daily charging of our battery by listening inspirational talks or reading inspirational books or remaining in company of right people. It is continuous process. Once right kind of thoughts and beliefs are awakened, mind remains young. When mind becomes young, you see problems as challenge and opportunity. Live simple life, open, transparent, full of liveliness.

Reflect on following questions.

- ❖ Do you feel intellectually fulfilled?
- ❖ Are you in control of thoughts and do not allow negative thoughts?
- ❖ Do you more often react or respond?
- ❖ Are Your beliefs more empowering or limiting?
- ❖ How powerfully you face challenges and problems in your life?
- ❖ Do you push yourself mentally and stretch your intellectual abilities every day?
- ❖ Do you consistently endeavor to learn something new to enhance your life?
- ❖ Do you consistently look to personal development programme to enhance your life?

1.3 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 for us to say goodbye. The right time is always now.

Buddhists do this by following reflection: "Every day, have a little bird on your shoulder that asks, 'Is today the day? Am I ready? Am I doing all I need to do? Am I being the person I want to be?'"

Steve Job, former CEO of Apple who died of cancer also shared this insight when he recovered from 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 most critical aspects of life and not wasting life and energy on non-essential stuff."

1.4 Focus on quality of your thoughts –Re-programme your Software

The biggest universal secret is "Your life is result of what you think."

"All that we are is the result of what we have thought. The mind is everything. What we think, we become."-Buddha

"Our thoughts create reality. We should remain conscious in choosing right thoughts and acting upon them has power to create our destiny." - -Buddha

Quality of our thoughts decides quality of our Life. Every day we have average 50, 000 to 70,000 thoughts. How can we ensure that each thought is positive/constructive?

The answer is "Garbage in Garbage out. Positive in, Positive out."

Do we pause and check the quality of the information we are consuming? Does it matter or can we listen, read and watch everything that is fed to us. Like food is a vital for our body, information is the food for the mind.

Every piece of information we consume becomes the source of our thoughts. Our every thought is followed by a feeling. Feelings over a period of time develop our attitude. Attitude comes out into action. Any action done repeatedly becomes a habit. All our habits put together is our personality. Our personality radiates energy, which becomes our destiny. According to law of Karma, The energy we send out is what we will receive.

Let us be aware of this inner process and see the impact of our thoughts on our destiny and the influence of information on our thoughts. Simple formula :Information = Destiny.

Keep positive intentions to ensure good quality thoughts. Be in company of positive people. Avoid spending time with toxic or Negative people. Associate only with positive, focused people who can inspire you and who will not drain your valuable energy. Also watch or read only positive stories in media.

1.5 Reinforce Empowering Beliefs

Beliefs are feeling of certainty without any evidence or proof. Beliefs are our un- questioned commands, telling us what is possible, what is not possible, what we can do and what we cannot do, what is right and what is wrong. They shape every thought, every action and every feeling that we experience. Beliefs have power to create and power to destroy. Our beliefs have capacity to make us sick or make us healthy in a moment. Changing our limiting beliefs is central to making any lasting change in our life.

When we repeat a behavior, it becomes a habit and when we repeat a thought, it becomes a belief.

Flush out negative or limiting beliefs from your inner software.

Let us take some examples of empowering and limiting beliefs:

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.

Empowering Belief: I can do anything. Age is just number.

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

Most empowering belief: "I am enough." Or "I am more than enough."

Some more Examples of limiting beliefs :

1. We are always supposed to be better than others.
2. Money is most important thing in life.
3. You cannot win unless you pull some one down.
4. Showing emotions is a weak sign. We must suppress our emotions.

Examine your beliefs. Are they empowering you or holding you back? If they are holding you back, flush out them from your software-mind.

1.6 Give 100 % in whatever you do

We all desire to experience completeness. How to achieve it? There is beautiful sutra in Shiv Sutra -"Udyamo Bhairava." "Udyamo" means efforts. "Bhairva" means fullness .

When we put in full effort, we can experience completeness. It suggests that whatever we do, we should put 100 % efforts in it. If we are eating, our 100 % focus should be on eating and enjoying it. If we are walking, our 100 % focus should be on steps you are taking at the moment. If you are playing game, put your 100%. If you are singing bhajans (prayer) it should come from every cell of body. When we put 100 %, our worry disappears. We automatically remain in present.

When we completely apply our energy fully using actions, speech and mind, we become full. We become contented. Until we find fullness, we cannot have peace, comfort and good sleep. At every stage of life, if something is missing, then boredom, uneasiness and discontentment set in preventing us to lead Extraordinary Life.

1.7 Keep inner peace, bliss and Joy intact. Reaction Vs Response

“When we change the way we look at things and people, then the things and people we look at change.”

Let us take simple scenes of our life and check how we react – Your child has not reached home and phone is not reachable ... are thoughts of worry, anxiety and mishap natural?

You have worked very hard on an assignment and you get criticism in return ... are thoughts of hurt natural?

You expect someone to behave in a particular way and they just do not seem to understand ... are thoughts of irritation and anger natural?

We live in a world where uncomfortable emotions like stress, anger, rejection, hurt, jealousy, and resentment are being called ‘natural’. This chain of emotions means we are creating a disturbed mind, diseased body and conflicting relationships.

Buddha explains this concept of reaction Vs Response by taking 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. Those things over which we have no control. Buddha explained. “It could be falling sick, accident, break up, loss of some family, relative or friend or any such other event which causes pain or discomfort. The event or situation in our life that’s making us feel bad: that’s the first arrow. That’s the triggering event – the reason 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 bad happens to us, we will inevitably feel pain, but 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 initial impact, we create more pain.

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

For example, you are going to office, and your car or scooter breaks down. And you're starting to spiral into 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 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 all the way into "I'm crap at my job". We cycle so quickly 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, rather 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 but what we can do is avoid shooting ourselves with second arrow, which are 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 second arrow.

Have high emotional strength. Practice forbearance.

Your External photo looks good but what about your mind's photo? Everything will not happen as per our wish or choice. Most of the time people will not behave and situation will not happen as per our expectations. What appears to be a very difficult situation for one person could be perceived as stimulating for another.

Do not allow this to lead to internal disturbance. Stay cool. Composed. Keep balance to bear it. Choose right response.

So it is not People or event which impacts our life but our ability to choose our view of People/ things/events impacts our life. By choosing right response, we can transform our life for better. We must take ownership and responsibility for making right choices.

If you can maintain equilibrium in any situation, this is biggest wealth. Only when mind is calm, our intellectual becomes sharper. When mind becomes calm, our thoughts are pure and strong. And we will be able to choose right response / right decision.

1.8 Facing challenges -Encountering obstacles- Practicing and nurturing resilience

We must enhance our resilience, our capacity to recover quickly from difficulties / challenges.

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. Being Challenged in Life Is Inevitable, Defeat is Optional. Life can be tough, but we can always get tougher.

Our journey will never be easy; we will encounter multiple bumps and humps along the way. We have the option to stop or go on. No matter who we are or where we come from, we all have our own journey full of smaller and bigger challenges.

Oprah Winfrey beautifully explains this-“Every challenge we take on has the power to knock on our knees. But what is even more disturbing than the jolt itself 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. Just thought of what could happen throw us off balance. But we must know we cannot avoid daily tremors. They come with being alive. “

One empowering belief for this is we are more powerful than any problem or challenge that we may face in life. You are also part of that divine power. Once you start believing this, bliss will come to you.

Every difficult moment has silver lining. If we are willing and open, our deepest struggle produces our greatest strength. It is blessing to be able to survive them, to be in a position to 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 and believing we are more powerful than these challenges is the difference between succeeding and getting stuck.

1.9 Controlling Internal dialogues

A TV anchor once asked Martina Navratilova, “How do you maintain your focus and manage to keep playing, even at the age of 43?” Her suave response was, “The ball doesn’t know how old I am.

In his excellent book, “Still power”, Sports Psychologist Garret Kramer says that a key factor to performing well in sports (and in life), is your ability to control the quality and quantity of your “internal dialogue”.

Performance = Potential - internal interference

In other words, you need to stop stopping yourself.

Sports, fitness, business and indeed Life are played on a 6-inch ground ... the space between our own two ears!

1.10 Age is just a number

Don't assume it is too late. You can start anything at any age.

Age is just a number and so many role models are confirming this through their inspirational demonstration.

One such role model is mother of famous Milind Soman -From doing pushups in a sari to running marathons, Soman's mother has done it all at her age, leaving us awestruck. Defeating age, Milind Soman's mother has become the talk of the internet after she performed 15 pushups to celebrate her 81st birthday! Earlier she had spent her 80th birthday doing scuba diving in Bali. Salute to her. "81, fit and fabulous. Super mom. This truly shows that age is just a number. If you are passionate and determined enough, no barrier can stop you.

1.11 Be lifelong Learner

"Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young." –Henry Ford

Be lifelong learner constantly seeking out new knowledge and exposing to intellectual experiences that help you to expand your perspectives and broaden your understanding. Continuous learning will give exercise to your neurons and you will be able to avoid disease like Alzheimer's, dementia. At the same time, you will not become outdated. Your quality of decisions will improve.

1.12 Power of Sub conscious mind

The most powerful gift we human being is having is our subconscious mind.

Unfortunately very few of us utilize this gift to full extent and in right manner. The conscious mind has only 10% of our mind power whilst remaining 90% power is with subconscious mind. Brain is our hardware and mind is 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 had the tendency to act faster on negative commands. So if you say to your child that you are useless or stupid and will never improve, the subconscious mind of child will start working on it to make it reality. We should be therefore very careful while communicating to children, particularly when we are angry.

Quite often we 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.” If we keep on feeding our subconscious mind with such negative commands, it becomes reality.

Remember the movie Tarre Zameen Par ? The art teacher tells the father of the dyslexic kid about 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 are actually installing negative and harmful beliefs and eventually change the molecular architecture of the tree and kill it from inside.

So always give positive commands to self 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 subconscious mind. The subconscious mind played a fascinating role in discovery of insulin.

Subconscious mind is subjective. It does not think or reason independently; it merely obeys the commands it receives from 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, in which the seeds germinate and grow. This is another reason why we must plant positive thoughts and empowering beliefs in this garden.

Trust you are powerful. More powerful than any problem you are going to face in your life. Just trust you're powerful.

1.13 Locus of Control - Five second rule

There is an important concept in psychology put forth by Julian Rotter in 1954. It is called "locus of control." As per this concept, more you believe that you are in control of life, your actions and your future, you are happier and more successful.

Author Mel Robbins found out five second rule based on above concept which can transform our life, work and confidence with everyday courage. Let us understand what she says.

There is something fundamental about how each and every one is wired. Right before we are about to do something that feels difficult, scary or uncertain, we hesitate. That one small hesitation triggers a mental system that results in our stoppage. If you break this habit of hesitation and find courage to take some kind of action, you will be astonished by how fast your life changes.

There is five second window between your initial instinct to act and your brain stopping you. So next time you knew that you should do something that could change you for better , use five second rule i. e. Count backward from 5 to 1 and then like rocket launch, push yourself to do it, regardless of how you felt.

For example you want to go for morning walk and your inner voice is stopping you with some excuse, (I am tired, it is too late, it is too cold, it is too hot,) start counting backwards 5-4-3-2-1. Throw off the covers; get up and walk out of your bedroom and say let us go. Start your day. No delay. No lingering, no crawling back to bed.

If you can get up on time, start your day powerfully, then simply you will accomplish more. This is the first step of taking control of your life.

Similarly you want to avoid sweet and then temptation comes, Count 5 to 1 and pushes yourself away from sweet.

This rule can be used to control our mind as also to change our behavior or bad habit. Basically you are increasing courage and willpower by following this process.

As you use the rule more and more, you will begin to feel courage, confidence, pride and sense of control. Quality of life is bound to improve

2. Physical Health

2.1 Health is wealth

Physical health requires we invest in movement of body including walking, light exercise or yoga, pranayama, sound sleep and nutritious food.

Investment for health should be non-negotiable. We must nurture discipline and willpower to ensure that we do not ignore or take this lightly. Reflect on following questions:

1. Are you happy the way your body looks?
2. Are you happy the way your body feels inside?
3. Do you have consistently high energy level?
4. Are you worried about your total weight?

(In fact our focus should not be on total weight but on percentage of our muscle mass and fat. In reality, most of us are having less muscle and more fat and hence fitness issue. There are various techniques to measure fat. Easiest is using body circumference of certain parts of body using tap. For men, circumferences of neck and waist are used. For women, circumference of hip is measured.)

Health/Wellness is very comprehensive concept and is not restricted to absence of illness. In fact, it includes

1. Physical fitness
2. Emotional Well being
3. Feeling energetic during most of the day
4. and above all having Powerful Immunity

I would like to share certain research carried out in Blue Zones-certain parts of world where there are large no of people above 100 years age compared to other parts of the world. People in these areas not only live long, they live quality life. They suffer very less heart attack, Alzheimer, dementia, arthritis, BP, Diabetes etc. They have active mind and youthful body. They enjoy fitness and vitality

we cannot imagine. For example, 100 year women are getting up and down off the ground, they sit on floor, 30 or 40 times a day. Many of them are able to drive/swim even after 100. Doctors are able to do surgery after 80 or 90. One doctor aged 97 years still doing 20 heart surgeries per month. They all possess tremendous thirst for life. I will share some of their lifestyle and positive health habits while we touch various aspects of physical health.

God has endowed us with very powerful internal defense system which includes white cells, liver, bone marrow, kidney tonsils etc. One drop of blood contains 25000 white cells. This is in fact our internal defense army.

2.2 Our Immune System depends on

1. Physical activity
2. Healthy diet
3. Healthy body weight
4. Quality sleep
5. Adequate Hydration
6. Micro Nutrients
7. Addictions, if any
8. Stress level
9. Intake of Sugar and Maida (adverse impact)

2.3 Foundation Beliefs for health

1.Limiting belief: Health/ Fitness require a large time commitment. Or I do not have time for health and fitness.

Empowering belief: it requires only 60 minutes every day. 60 minutes each day is better than nothing at all! Taking care of my health is my first priority in life. I will not read newspaper in morning and instead use this time for walk/ exercise. More I exercise more time and energy I will get.

2.Limiting belief: I am too old and I cannot do yoga or exercise now.
Empowering belief: I can do exercise or yoga at any age. Age is just number and I can be in control of my fitness.

3.Limiting belief: I just 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.

4.Empowering belief: I believe that nothing in life is more important than health, because my health and fitness affects everything else in my life. I feel beautiful and unstoppable when I am feeling healthy lean and fit. I am more confident, I am happier, and I am able to do more fulfilling things with my life when I feel my best. Everything else in my life will be easier if my body is healthy and fit.

2.4 Dincharya –Daily Schedule

Our body is having biological clock, and we must align our daily schedule to facilitate its perfect functioning. The following chart suggest ideal daily schedule with its rational.

Activity	Ideal time	RATIONAL
Sleep	10 pm to 6 am	Maximum recovery/detoxification
Exercise/walk/mediation	6 am to 8 am	Due to Kapha (Cough)-body is slow and needs movement
Breakfast Lunch Dinner	Before 9 am 12 to 2 pm Before 8 Pam	Digestion link to Sun- When sun at peak, digestion is easy
Light music/singing/chanting	6 pm to 10 pm	To Stimulate our vagus nerve, the longest and most important nerve in our body

2.5 Develop powerful morning routine

As soon as you wake up, do a 5 minute body stretch in the bed to activate your blood circulation and muscles. Also activate your mental muscle by affirmations - thoughts of high frequency- like I am beautiful, I am joyful, I am going to have best day, and I am powerful. No mobile, no newspaper for first one hour.

Take one/ two glass warm water. You may add lime and/ or honey. Also take either banana or soaked almonds before doing anything as this will give you instant energy. Give powerful start today by investing first hour in 20 minutes' walk, 20 minutes light exercise/Yoga and 20 minutes pranayama. Take sunlight and fresh air. Keep moving. Walk bare feet on grass or on earth or near sea. Grounding or earthling helps in balancing of various systems of our body.

"An early morning walk is a blessing for the whole day." –Henry David Thoreau

An early-morning walk is a blessing for the whole day. Do 30 minutes intervals walk every day? Interval walking is a form of exercise involving alternating intervals of fast and slow paced walking. Studies have consistently shown the health benefits of alternating fast and slow walking.

Is there any skill require even in walking? Answer is yes. Author Alan Devoe shares his insights on how one can get the best out of walking. First, rather than focusing on destination, you should simply immerse yourself in the beauty of walk itself. Second, you must not take your worries with you on the walk. Leave them at home. If you don't, they will become even more deeply rooted in your mind by the end of walk. And finally, be fully aware. Train yourself to pay complete attention to the sights (nature) sounds (bird singing) and smells (flowers). Study the shape of the leaves on the tress. Observe the beauty of clouds and enjoy the fragrance of flowers. As he concludes, "The world, after all, is not so unendurable, when a person gets a chance to look at it and smell it and feel it texture and be alone with it. This acquaintance with the world- a renewal of the magical happiness and wonderment which you feel when you were a child- such is the purpose of taking walks."

Make a fresh start with above awareness and relish every moment.

Grounding/Earthling- Walk Bare foot

Research has shown barefoot contact with the earth helps improve Sleep, reduce pain, decrease muscle tension and lower stress. Research also suggests physical contact with the Earth's surface can

help regulate our autonomic nervous system and keep our circadian rhythms — which regulate body temperature, hormone secretion, digestion and blood pressure.

2.6 Exercise/Yoga

“Those who think they have not the time for bodily exercise will sooner or later have to find time for illness.” –Edward Stanley

“As people get older and their bodies decline in function, physical activity helps to slow that decline,” – Dr. Nick Cavill, a health promotion consultant

Many people believe that since they are walking daily, they are taking adequate care of their health. However, walking alone is not adequate for physical health. Our body is full of joints and muscles. If we do not give adequate movement to joints daily, their functioning becomes limited. Therefore some light exercise or yoga must be included in daily routine. There are several benefits of regular exercise or yoga.

- ❖ Help you control your weight
- ❖ Reduce your risk of heart diseases
- ❖ Help your body manage blood sugar and insulin levels
- ❖ Strengthen your bones and muscles
- ❖ Improve your mental health and mood
- ❖ Improve your sleep
- ❖ Improve your chances of longer healthy living

There's strong scientific evidence that people who are active have a lower risk of heart disease, stroke, type 2 diabetes, some cancers, depression and dementia

2.7 Move More, Sit less

Our bodies are meant to move. Each cell of body needs adequate oxygen and hence proper blood circulation. When we sit for long hours, our blood circulation is not adequate and in turn our cells do not get adequate oxygen. Hence we should minimize prolong sitting.

Even if you exercise but spend a large amount of time sitting, you are still risking health problems. Continuous sitting can cause pain in our back or neck.

An interesting study was done among bus drivers and conductors and it was found that by and large many factors were common, like same age, same working condition, same social class, still conductors found healthier. Obvious difference was conductors keep moving while bus drivers are required to sit continuously for long hours. It is found excessive sitting slows the metabolism – which affects our ability to regulate blood sugar and blood pressure, and metabolize fat – and may cause weaker muscles and bones.

So how to avoid sitting for long hours? Some ideas as under:

1. Keep your mobile away. So you are required to move to take it when you get call
2. Stand up and move during TV advertisement breaks
3. When doorbell rings, do not ask anyone but go and open the door
4. You want water, do not ask. Just stand up, go and take it
5. Stand or walk while on the phone
6. Walk to a colleague's desk instead of emailing or calling
7. Take a walk break every time you take a coffee or tea break
8. Swap some TV time for more active tasks or hobbies
9. Take a five-minute stroll for every hour you sit or stand up and stretch your legs and arms every hour

So do not sit continuously for long hours. For this purpose, set a reminder in your mobile to get up every 30 or 60 minutes. You will not only increase your life span but also able to prevent many disease. Small lifestyle change and big result. Do grab it.

2.8 Practice deep breathing

When we came in this world, our first action was taking breath. When we will go from this world, our last act will be of leaving breath.

To breathe properly is to live properly. Our energy level depends on quality of our breathing. There is nothing more essential to our health and wellness than breathing. Breathing is our fuel– if we stop breathing, we die. We take 25,000 breaths a day yet, most humans have lost the ability to breathe correctly with dire consequences.

Modern research is showing us that small adjustments to the way we breathe, and even a little bit of focus on our breathing can lead to extraordinary benefits– it can rejuvenate internal organs, it can stop snoring, and it can even reverse asthma and other autoimmune diseases.

Our mind is intimately connected with breathing. For example, when the mind is agitated, our breath becomes quick and shallow. When we are relaxed and focused, our breathing is deep and calm. Practice deep breathing.

2.9 Amazing Benefits of Clapping

“Clapping” is a Simple Striking of Hands but it’s much more than we think. Normally People clap to appreciate others for their Good works and achievements or when they are in mood of Joy. People also Clap while Singing songs, Bhajans, and Prayers at Holy places. It is scientifically proved that Clapping is very effective Exercise to cure many Human Diseases. Clapping activates the receptors in the palms and cause activation of the large area of the brain which leads the improvement in health.

There are 39 different Acupressure points for almost all Organs on our Palm which are activated by Clapping and this action improves our Health slowly but effectively.

Daily 10-20 minutes of Clapping in morning keeps You Fit and Active.

1. Clapping is an effective Medicine for the Person who suffers from Digestive Disorder.
2. Best Cure for Back pain, Neck pain and Joint pain.
3. Gout is a common problem with Old age People and can be easily cured by Clapping.
4. Helpful for Patient of Low Blood Pressure.

5. If someone is suffering from any Heart and Lung related disease then Clapping plays important role in curing these diseases also. Clapping removes the obstacles from the Main and Collateral Channels and keeps You Fit and Healthy.
6. Children that practice clapping exercise daily make only few Spelling mistake and are Hard worker than others. It improves their Handwriting. The whole abstract of above given points is, Clapping sharpen the Brain of the Children.
7. Clapping increase the Immunity of the Person which provides the Strength to the Human body to fight against Diseases.

2.10 Art of Eating

“The doctor of the future will no longer treat the human with drugs, but rather will cure and prevent disease with nutrition.” – Thomas Edison

Enjoy and love every moment of eating

Food is the foundation of body. They sustain and nourish us to sit, move, speak, smile, and complete tasks. For the ways food serves us, it is important to love and respect what we eat. We often find ourselves grumbling or judging the food on our plate.

We reject it with statements like - I'm bored of eating this every morning, this dish is so bad, I wish my mother could cook better.

We also worry or feel guilty - I might put on weight, What if my sugar levels increase, this doesn't taste fresh, hope I won't fall sick.

Once we decide to eat, let's enjoy the food, not think of its effects. Let's create thoughts of gratitude and love before and while eating. The quality or quantity may not always be perfect. Never mind – we have enjoyed (and will continue to enjoy) thousands of delicious meals. The few imperfections should not change our respect for food.

Food that we eat every day is nutrition for our body. We should choose what is healthy. We can choose what is tasty, but if we say we

will be happy when we eat something specific, it means our happiness becomes dependent on our food.

Sit back, and visualize yourself happy while you are having your meals and radiating happy energy to your food. We often create energy of irritation when we eat something which is not tasty for us. Food may not be tasty ... but happiness or irritation is our choice. Practice today to not allow your food to influence your mind. Criticizing what you are eating radiates negative energy to the food which then influences your mind.

Before every meal today, pause and reaffirm I am happy and calm as I eat my meal. I energize the food with my happiness.

Latest in nutrition science is similar to what our Grand Mother used to say.

Some insights for healthy eating

- ❖ Start the day with water followed by Banana or soaked almonds before you go for walking or exercise.
- ❖ Breakfast is must for a good metabolism as well as maintaining good energy levels throughout the day. Homemade breakfast is packed with nutrients.
- ❖ As per nutrition science, human body is made to eat real and fresh food. The food which rotten faster is good to digest and nutrients from such food are absorbed well by each and every cell of our body. Such food gives vitality to body, mind and soul.
- ❖ Rainbow concept in eating-Aiming for a diverse intake of food from all colors of the rainbow will help us to get all required nutrients.
- ❖ Eat 80 % of your hunger (this practice is going on in Blue zones where more people of 100 and above are alive)
- ❖ Eat Local and seasonal
- ❖ Eating with full attention - mindful eating (enjoying every morsel, good emotions both during preparation and also during eating)
- ❖ Chewing well. 50% digestion happens in mouth and hence one should ensure food is properly chewed. Stomach does not have teeth. It is said "Eat your water and drink your food."

This will ensure very little load on stomach and Nutrients will be fully absorbed. In fact, studies comparing different eating speeds show that fast eaters are up to 115% more likely to be obese than slow eaters.

- ❖ Ensure you have right emotions while cooking and eating. Do food prayer before eating. Take it as Prasad.
- ❖ Increase Super food in your intake. There are certain food known as Super food, as apart from nutrient, they also have some medicinal values. Such food includes
 - Banana
 - Almond
 - Sugarcane
 - Curd
 - Turmeric
 - Ajwain
 - Tulsi/ Basil
 - Ginger
 - Cinnamon
 - Apple
 - Beetroot
 - Carrot
- ❖ Decrease Sugar, Salt, fast food and oily fried snacks.
- ❖ Prefer low glycemic index food-fruits/vegetables, beans, low fat dairy food, Nuts.
- ❖ Add more fruits and vegetables in your diet as they are low in calories and are packed with vitamins, minerals, antioxidants, and fiber.
- ❖ In carbohydrates, prefer complex instead of simple
 - Simple- sugar, rice, syrup, soft drinks
 - Complex-whole grains, banana
- ❖ Get fiber rich -One of the biggest shortfalls of our modernized diets and nutrition's is the shortage of fiber in it. Fiber plays major role in our health by
 - Regulating sugar and lipid levels
 - Making bowels movement easy
- ❖ Fiber is of two types soluble and insoluble
 - Soluble: flaxseeds, apple, chia seeds, strawberries, onions
 - Insoluble: green leafy vegetables, whole grains, carrots

- ❖ Overall 50 % of food intake should consist cereals and pulses and 50 % fruits and vegetables. Some amount of nuts and seeds should also be taken .Fruit should be taken in first half of the day.
- ❖ Best time for lunch is between 10 am to 2 pm as digestion capacity of body is at peak during this time.
- ❖ Smart snacking: Healthy snacking is important so that one gets a constant source of energy. Snacking on nuts and fruits instead of processed snacks can make healthy difference.
- ❖ Keep 2 hours gap between dinner and sleep

2.11 Moderate Sun

Soak in moderate sun every day for 15 to 20 minutes as it provides Vitamin D which improves our Immune system Skin that is exposed to ultra violet rays produces nitric oxide that reduces blood pressure. Brain releases hormone called serotonin which helps in boosting mood. Vitamin D also facilitate absorption of calcium.

2.12 Vagus Nerve

Vagus nerve in our body is largest and most important nerve. It plays great role in functioning of our hearts, lungs and digestive track. It plays role in functions such as taste, swallowing, speech, heart rate, digestion, and excretion. The vagus nerve is connected to your vocal cords and the muscles at the back of your throat. Deep breathing, singing, humming, chanting, gargling, cold water splashing etc. stimulates this nerve. Hence we should practice any of these or multiple of these to facilitate its smooth functioning.

2.13 Adequate hydration

60 % of our body is made of water. Many of our internal processes are dependent on water. Hence adequate hydration is key to good health. Both under hydration and over hydration are bad for health. Simple way is one should drink water when one feels thirsty. If your lips are dry or your urine is colored, it indicates you are not adequately hydrated. We should not drink water immediately after

eating and after evening, water intake should be reduced to bare minimum. It is also not advisable to drink chilled water. During summer, apart from water, we should increase intake of juices, coconut water, butter milk etc.

Four things leads to dehydration- a) alcohol b) air condition c) Caffeine d) climate. Hence in such situation, water intake should be increase.

2.14 Quality Sleep –fall in love with your sleep

"A good laugh and quality sleep are the best cures in the doctor's book." --Irish Proverb

Many of us believe that diet and exercise are main two pillars of good health. But, we ignore third important pillar of health i.e. sound sleep-quality sleep. Sleep is super important for overall health and well-being. It is as important as good food, fresh air, sunshine, exercise and managing our stress level.

Sleep deficiency is linked to many chronic health problems, including heart disease, kidney disease, high blood pressure, diabetes, stroke, obesity, and depression. Important processes like repair, recovery, rejuvenation, detoxification, recycling, muscle growth, hormonal balance, and growth in immunity occur during sleep.

Quality over quantity

Quality of sleep is more important than quantity. Sometimes we sleep for more than 8 hours and still feel tired while waking up and some days we only get 5 to 6 hours sleep but feel fresh and energetic in morning. Why this happens? A calm mind is one of the prerequisite to go deeper into sleep.

Most of us do nothing to break away from the day's routines and prepare our body to sleep. Breathing and infusing cells with the oxygen is one of the most sought-after ways to prepare our body for sleep. A couple of deep breath helps our body to enter Parasympathetic mode -a state of relaxation that is conducive to sleep. Good indicator of restful and restorative sleep is when you

wake up feeling energetic the next day and not when you wake up craving caffeine.

Ideas for quality sleep

- ❖ Do not use mobile or I pad or watch TV before one hour of sleep. Exposure to bright artificial light can disrupt process of release of hormone melatonin, making it hard to fall asleep.
- ❖ Deep breathing, progressive muscle relaxation (alternately tensing and releasing muscles) or meditation before sleep facilitates quality sleep.
- ❖ Getting in sync with your body's natural sleep-wake cycle is one of the most important strategies for sleeping better. If you keep a regular sleep-wake schedule, you'll feel much more refreshed and energized than if you sleep the same number of hours at different times, even if you only alter your sleep schedule by an hour or two. One should sleep latest by 10 pm or 10.30 pm as maximum recovery and detoxification happens in body from 10 pm to 2 am. So if you sleep by 10, body will get 4 full hours for most critical tasks. If we sleep late, body will get lesser time for critical tasks. Do not use gadgets at least half an hour before sleep.

When we sleep, we generate melatonin, a hormone which is powerful anti-oxidant which :

- Strengthens immune system
- Contains an element that protects against cancer
- Promotes natural production of insulin
- Slows onset of Alzheimer's disease
- Helps prevents osteoporosis
- Fight heart diseases

2.15 Understanding Chronological, Psychological and Biological age

Recognizing that human beings do not age at the same rate, scientists have described three different ways to characterize a person's age.

The first is chronological age, which is how many years we completed since birth. Second is psychological age which is our subjective experience of how old we feel inside. Third is biological age which is measurement of how our physiological systems are functioning.

It is based on various parameters such as blood pressure, body fat, muscle mass, bone density, cholesterol level, blood sugar, metabolic rate, hormones level , seeing and hearing capacity etc.

While one cannot change chronological age, research indicates that one can reverse or slow down psychological and biological age by 10 to 15 years. Surprised? Not believing it? Well, there are lots of evidences in support of this statement. I am providing extract of such re- search.

You must have seen many persons who are above 60 or 70 but looks younger and vice versa.

Alexander Leaf, a Harvard doctor journeyed around the world seeking the secrets of long, healthy life. Leaf discovered that the one consistent feature of these people living in a widely Separated regions of the world was their attitude about aging. Simply stated, in these societies, growing older meant growing better. Vibrant centenarians were respected for their knowledge, physical vitality and personal presence. They had the wisdom of senior with the biology of youth.

Another interesting study was performed by Harvard psychologist Ellen Langer. She took group of men in their seventies and eighties and encouraged them to think and behave as if they were twenty years younger. After doing this only for 5 days, these men showed a number of physical changes associated with age reversal. Their hearing and vision improved as also their joint mobility improved.

2.16 Secrets of long life Learning's from Blue Zones

Blue zones are regions/ areas where average life is much higher compare to global average age. The term first appeared in November 2005 National Geographic magazine cover story "The Secrets of a Long Life" by Dan Buettner. Buettner identified five regions as "Blue

Zones" (a term he trademarked) Okinawa (Japan); Sardinia (Italy); Nicoya (Costa Rica); Icaria (Greece); and Loma Linda, California.

Not only people in blue zones are living longer, their quality of life is also very excellent. They suffer no heart attack, no Alzheimer, no cancer. Many of them enjoy fitness and vitality we cannot imagine. Both men and women maintain higher levels of sex hormones until much later in life. They drive two wheelers and four wheelers even after reaching 100. Those who cross 110 are known as Supercenturions. So how is this possible? A lot of research is carried out about the lifestyle of people living in blue zones and following are some interesting findings.

1. Their lifestyle is such that the body gets constant movement not only in the morning but during the day. So how to do it? Keep your phone away. So you are forced to walk when someone calls you. Do not ask anyone to give you water. Go and take it. When the doorbell rings, do not ask others but you go and open the door. Do not sit longer on a chair. Make some movements or stretch your body after some time. Gardening and dancing also help a lot of body movement. Continuous movement ensures every part of your body gets blood and oxygen. Automatically your immune system improves.
2. 80 % rule in taking food- People from blue zones ensure they eat only 80% of their hunger. Hara hachibu" – the Okinawan, 2500-year old mantra said before meals reminds them to stop eating when their stomachs are 80 percent full. The 20% gap between not being hungry and feeling full could be the difference between losing weight or gaining it.
3. Strong social life and some good friends The world's longest lived people are part of social circles that supported healthy behaviors, Okinawans created "moais" – groups of five friends that committed to each other for life. Research from the Framingham Studies shows that smoking, obesity, happiness, and even loneliness are contagious. So the social networks of long-lived people have favorably shaped their health behaviors.

4. Loved Ones First - Successful centenarians in the blue zones put their families first. They commit to a life partner (which can add up to 3 years of life expectancy) and invest in their children with time and love
5. They all have find out some purpose in life. The Okinawans call it “Ikigai” and the Nicoyans call it “plan de vida;” for both it translates to “why I wake up in the morning.” Knowing your sense of purpose is worth up to seven years of extra life expectancy. If you struggle to find purpose, just find out how through your experience and skill, you can make this society and world better place.

So be ready for long inning with quality life by following above lifestyle.

My plan is to live healthy and joyful life for 125 years. What is your goal?

“People, events and situations are not responsible for our feelings; our interpretations are responsible.”

“The energy that actually shapes the world springs from emotions.” -George Orwell

3. Emotional Health

3.1 Emotions are faster, deeper and juicier than thoughts

Emotional health means at least 80% emotions during day are positive like Joy, Bliss, Contentment, happiness and Peace. Minimize negative emotions like anger, fear, irritation, frustration and depression. In our body, neuropeptides acts as signaling molecules which releases chemicals in body depending on nature of our emotion. Prolonged negative emotions are bad for our health.

Emotional health is gauged by how long we can stay calm or cheerful even in difficult situations. A happy life requires stable emotional health. Showing emotions is not weak sign. Do not suppress your emotions. Acknowledge your emotions. Nurture those empowers you. Face your past without regret, face your present with confidence and prepare for your future without fear and worry.

When we get praise, we become happy and when get insulted or get criticism, we get upset or disappointed. That means our emotions are in control of others. Can we afford to give our remote control to others? Take control of your feelings and emotions.

Your emotions are your internal barometer. Whatever may happens outside, if the mind continues to remain calm, like a frozen lake, then you are emotionally healthy. With a calm mind, you experience grace. You can accomplish feats you would have never imagined.

Consistent great emotions = Consistent great quality of life.

Reflect on following questions:

- ❖ Do you feel in control of your emotions most of the time?
- ❖ Are you joyful and happy most of the time?
- ❖ Do you have consistently great attitude towards life?
- ❖ What is frequency of experiencing depression, stress or anxiety?
- ❖ Can you spell out /define emotions which are important to you ?

3.2 Six Important areas to focus for Emotional Health

Thoughts

Every thought emits a frequency towards the Universe and that frequency returns to the origin. If you emit Positive thoughts, then you will be surrounded with positive energy. In case, if you have negative thoughts, of discouragement, sadness, anger, fear, all of that comes back to you. This is why it is so important that you take care of the quality of your thoughts and learn how to cultivate more positive thoughts.

The Company –with whom we are spending our major time

The people around you directly influence your vibrational frequency. If you surround yourself with cheerful, positive, determined people, you will also enter that vibration. If you surround yourself with complaining, cursing and pessimistic people, be careful! Because they may be decreasing your frequency and as a result preventing you from operating the Law of Attraction in your favor.

Music

Music is very powerful. Listen to music which brings in cheer, soothing effects. Playful music are full of positive vibrations. Classical music will always give you positive vibes. Pay attention to the lyrics of the music you listen to. Ensure you listen to such lyrics which increase your vibrational frequency and remember: You attract exactly what you vibrate into your life.

Things you see

When you see programs which are inspiring or having fun, you emit positive chemicals in your body. When you see programs that address misfortune, death, betrayal, etc. your brain accepts that as a reality and releases chemicals in your body, causing your vibrational frequency to be affected. See things that do you good and help you vibrate at a higher frequency.

The Environment

If you are surrounded by positive environment, you will get positive vibrations and in turn positive thoughts. Example- when we visit any religious place, we get bliss. Whether at home or at work, if you

spend most of your time in a messy, dirty environment, this will also affect your vibrational frequency. Improve what's around you, organize and clean your environment. Show the Universe that you are apt to receive much more. Take care of what you already have!

Eliminating negative language/complains

If your language is positive and full of appreciation/positive strokes, you will automatically get positive thoughts. If you get used to complaining or talking badly about things and people, this affects your vibrational frequency. To keep your frequency high it is essential that you eliminate the habit of complaining and talking badly about others. Then avoid making dramas and victimizing yourself.

3.3 Live in Present

Have you seen rose in morning? Right now the rose is dancing in the wind, in the rain, unafraid, unconcerned for the future. By evening, the petals will wither away, but who bothers about the evening. This moment is all, and this dance is all there is.

There is beautiful Japanese concept called “ichigoichie” which means “What we are experiencing right now will never happen again”

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.

Each meeting, 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.

This is something we all know 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, but we will be older, our situation will be distinct; we'll be carrying the weight of other priorities and other 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 when you are meeting someone, your family, your friends or anyone else. Do not rush through it or do not spend that time mechanically. Be in full awareness and enjoy every interaction, howsoever small it may be. Every moment we spend with our children, our loved ones, and our friends is infinitely valuable and deserves full attention.

Similarly when you have guests, treat them as if the meeting were going to occur only once in your life. If we consider the extraordinary nature of every moment, we realize that each encounter is a once in life time occasion.

The cultivation and practice of "ichigoichie" 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.

3.4 Never lose the child-like Wonder

It's just too important. It's what drives us.

In Shiv Sutra, one beautiful sutra is "Vismayo yoga Bhumika". It means wonder is the basis and foundation for Yoga.

Osho says," Many people have lost the capacity to wonder. They have lost the capacity to be surprised. You go on seeing millions of wonders every day but you are not surprised at all. Your eyes are so full of dust and knowledge that you don't see anything. A seed is sprouting, and you don't see any wonder. A new leaf coming out of the tree, and you don't see any wonder. A bird singing, and nothing happens inside you. A peacock dances, and nothing dances inside you. A white cloud floats in the sky, and you remain untouched. "

Unlock the inherent childlike innocence hidden by the maturity that comes with age. Bachpan after patchpan. (After 55 again become childlike).

3.5 Meditation

Meditation is another powerful tool to strengthen our emotional health.

It is one of the most rewarding spiritual practices and provides deep rest and relaxation. Going inward takes us from happiness to bliss.

Sri Sri Ravishankar gives three tips for effective meditation. a. During meditation I do not want anything. b. I am nothing, no position, no role. c. Making no efforts.

Meditation facilitates cleaning of mind and making it calm and restful. Focusing on our breath facilitates such inward journey. So take out some time from your busy life and move inward. Use every opportunity for this.

For example, you are travelling and stop at traffic signal, use that one minute to focus on your breath. You are waiting for lift, use that one minute to focus on your breath. These are all mini meditations.

But also do one full meditation daily of 20 minutes. We get real joy from silent and profound meditation. When the heart is open, you will feel boundless joy, boundless love and boundless purity.

More you turn inward, you will find more bliss, more joy, more contentment, and more fulfillments.

And those are goals for living “Extraordinary Life”

3.6 Mindfulness

In recent times, there is 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.

To put simply, it is all about focusing our energies on the present moment.

Why it is required?

Our modern life style is such we are rushing through all activities. For example, while eating, instead of enjoying, our attention goes to mobile or TV or other less important issues. Mindfulness brings our focus on present and in turn 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. By failing to pay attention to what actually happens in each moment, we get lost in regrets about the past and fears for the future, which make us unhappy.

Kabat-Zinn, who is 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 solution? Practice Mindfulness. It brings awareness and caring into every- thing we do—and it cuts down needless stress.

Explore following daily practices for bringing more mindfulness into your life:

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 any-thing else you feel is important. During day keep this intention in focus.

Mindful Eating: Take your bites mindfully; experience the taste, flavors, textures, and how much enjoyment you are receiving from a certain food.

Mindful Pause: Take 1 minute pause after every 60 to 90 minutes. Take some deep breathing. Mindfulness meditation programme is one of the ways in which the mind can be strengthened. It removes stress, improves focus and improves emotion regulation and improves the brain’s working memory. For this, sit quietly for 15 minutes a day, 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.

3.7 Flushing out Negative tendencies

Avoid complaining, comparing, blaming, criticizing, judging in all situations. Focus what you can do in given situations. Guilt and regrets are biggest enemies of emotional health and happiness. Envy or comparing with others is waste of time. You have no idea what their journey is all about. Do not waste your precious energy on gossip. Don't complain. Just work harder. You can choose to take your finite time, and energy and effort and you can spend it complaining or you can spend it playing the game hard, which is probably going to be more helpful to you in the long run.

3.8 Emotional detox

Are you in a habit of checking your phone or laptop every few minutes to read messages from different media sources? Do you evaluate the quality of information you consume? Do you listen, read and watch everything coming your way?

Just as food nourishes the body, information nourishes the mind. Every piece of information we consume is a source of our thoughts. Today not just our phones but our mind is flooded with information. In the name of news and entertainment, we consume energies of violence, hatred, ridicule and manipulation. So our thoughts reflect shades of anger, fear and stress.

We are what we read, watch and listen. To keep our thoughts pure and positive, we need to filter the information we are taking in.

The next time we receive any message, let us reaffirm, I am on an emotional diet. The information I consume and share with others is pure, positive and powerful and fills me with happiness, harmony, kindness, sharing and caring. I delete negative messages without

even going through them. I keep my mind and intellect positive and clean at all times.

The digital world has made it challenging for some of us to reconnect with the real world. With media flooding our gadgets, we are all going through a content overdose. Most messages focus on negative stories, give us negative opinion about people, things and the world, and heighten the negative levels in our minds.

Sit back and check how you control your daily media intake. When you consume only positive information, your mind has raw material to create only positive thoughts and feelings. You will help yourself immensely by avoiding gossip, judgment and insult – all in the name of entertainment or being well-informed. With less distraction and more time, your days will be more productive and relaxed. So enjoy your time online but maintain an inner awareness all the time of what you consume.

3.9 Being playful and light

Being super serious about your situations can multiply your distress and troubles. Yes. There are challenges in life but facing them powerfully and playfully is most important. Yes, keep your involvement 100 %. But you carry it lightly. Living life lightly is important. Otherwise simple processes of life like earning money, managing relationships, studying in case of student can crush us and will create lot of stress. So do not take anything too seriously.

Do not be serious, just be playful. Have a child like's innocence and smile on your face and each moment of life will become a precious jewel. Keep smiling. It activates many beneficial hormones in the body.

Researchers say that a baby smiles 400 times a day, an adolescent 17 times and an adult hardly ever. Is roughness a sign of success? Is being stressed a sign of prosperity, growth or dignity? When we smile, all our facial muscles relax. The nerves in your brain gets relaxed and you get energy, confidence and courage to move on in life.

What is big deal about your feelings? Bundle them up and throw them into the ocean. A smile costs nothing. Tell yourself, "Come what may, I will smile more today".

Why don't you take challenge- in next 24 hours what score you can create of smile? So your time starts now.

3.10 Count your blessings. Practicing Gratitude, Bring the magic of gratitude in 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."

Rhonda Byrne in her book "The Magic" says, "No matter who you are, where you are, no matter what your current circumstances, the magic of gratitude will change your entire life."

Let me share one inspirational story to understand value of gratitude.

Inspirational Story

Nearby, a building construction work was going on. Lots of poor labourer were working there and their small children used to hold on to one another's shirt and play "train-train". Someone would become the engine and others would become bogies.

Every day, these children used to take turns becoming the engine and bogies. But, there was one small boy wearing only a half pant who used to hold one small green *cloth* in his hand and become the guard daily.

So, once I went to him and asked him ..."son, doesn't u also wish to become an engine or a bogie some time? "He softly replied, "Sir, I don't have a shirt to wear so how will the other children catch me to make the train?

I could see the slight wetness in his eyes. But, it gave me a lesson. he could have cried and sat at home and abused his parents for not

affording to buy him a shirt. But instead, he chose another way to play and enjoy himself.”

In life, we don't get all things we desire and we keep complaining .I don't have a bike, I don't have car, I don't have this or that etc...Life is like that we need to make it beautiful and be grateful for what we have.

Gratitude brings miracles in our life. Gratitude is an empowering emotion. The best thing about gratitude is when you feel grateful; there is no room for feeling fearful. These two emotions cannot coexist. Research tells us that gratitude can boost our immune system. So what is the magic formula to practice gratitude? Count your blessings. Either in morning or before sleep spend some time in reflecting good things in your life in all critical areas like relationship, finance, experiences in life and career and feel gratitude about these blessings. Also reflect about one best thing happened during the day. If you want to go one step further, start writing gratitude journal every day.

Oprah Winfrey, 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.”

3.11 Forgive others, as well as yourself

“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

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 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. Imprisoned for 27 years for his objection to Apartheid, tortured many of those years, when he was finally released from prison in 1990, he called not for revenge, but for forgiveness and reconciliation. Mandela said that “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 countrymen -- black, white, rich, 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 how to respond 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. Every time you do this you will experience heat and vibration right under your heart, near your stomach and it will feel like a Knot has been untied every time you forgive.

The more knots you untie the more freedom you will experience.

Forgive everyone for everything.

These knots are not needed. Let the energy flow easily through you! Learn to let go. If you hold on, you will get more pain. Learn to let go. Life is too short to hate anyone. Forgive everyone for everything. Most of us find it hard to forgive others, but what we don’t know is that it’s even harder to forgive ourselves. We tend to hold grudges in

life, and somehow, it is the reason why we can't entirely be happy. Forgiving self and another person not only releases a burden of one's own heart, but also makes us a better person.

3.12 Power of Affirmations

Affirmations are positive Self talk (Internal dialogues).

It works like miracle. When we repeat them often, and believe in them, we can start to make positive changes in our life. Our thoughts are energy and entire universe is also energy. So when we say affirmations, we throw positive energy in universe which attracts positive energy and we get excellent results.

Examples of Positive Affirmations:

- ❖ My life is full of thrills and opportunities.
- ❖ I am filled with energy and enthusiasm.
- ❖ I am fit and healthy.
- ❖ Every cell, tissue and organ in my body vibrates with energy and health.
- ❖ My life is full of love.
- ❖ My relationships are loving and harmonious.
- ❖ I am at peace with all.
- ❖ All is well.
- ❖ I am grateful for everything life delivers to me.
- ❖ I am going to have joyful energetic and wonderful day.

Examples of negative affirmations

- ❖ My life is full of problems.
- ❖ I have constant health problems.
- ❖ Life is difficult.

Many times we unconsciously state something which harms us. Suppose you are suffering from some pain, never say my pain is increasing. Say my pain is improving. Same technique for any disease from which you are suffering.

This is really powerful medicine - which can create miracles in our life and will make it extraordinary.

These are a few basic rules for creating affirmations:

1. Be clear on what you want
2. It must be a positive statement
3. It must be believable to you
4. It needs to be personal
5. Make it as specific as possible
6. Visualize your goal as though it has already happened

You can repeat your affirmations, like you take your daily medicine. Of course the more you believe in it, the more it will work for you and you will be able to have returns more quickly.

3.13 Let your faith be bigger than your fears

Diamond cannot be polished without friction. Gold cannot be purified without fire. Our challenges in life are there to facilitate our evolving. Another approach that facilitates in tough time is “This too shall pass”.

Life like water finds its level. Grief does not permanently ground you. One more approach to face difficult situations in life is “All is well.

If something is not happening as per your wish, it is happening as per God's wish. And God's plan can never be wrong. So believe whatever happens, happens for good. Realize that life is school and you are here to learn. Problems are simply part of curriculum that appear and Fade away but lessons you learn will last life time. “One day, in retrospect, the years of struggle will strike you as the most beautiful.” - Sigmund Freud. “Tough times never last but tough people” – Robert H. Schuler.

And finally if nothing works, just surrender to God.

3.14 Living life without any regrets

One of the goals for “Extraordinary Life” should be living life with zero regrets.

Bronnie Ware penned down bestselling book “The Top Five Regrets

of the Dying“ based on the experiences she had while caring for people about to die, as their nurse. Bronnie was with them during the last 3 to 12 weeks of their lives.

Here's what Bronnie discovered from these kind souls who taught her what living truly means, as they prepared to die:

The Top Most Regret

I wish I'd had the courage to live a life true to myself, not the life others expected of me.

How many times do we face a situation in which we suppress our own thoughts, wishes and desires in order to appease those around us?

This was the most common regret of all. When people realize that their life is almost over and look back clearly on it, it is easy to see how many dreams have gone unfulfilled. Most people had not honored even a half of their dreams and had to die knowing that it was due to choices they had made, or not made.

When a 15 year student who dreams of becoming a journalist takes admission in Medicine because he is expected to become a doctor like mom and dad;

When the young girl sacrifices her love to marry the man of her parents' choice, having no clue what he is.

When you did as your boss said, even though lying and manipulating real facts and numbers was against your principles; You know you are living the life others expect of you, and not one true to yourself.

Top 2nd regret

I wish I hadn't worked so hard.

One fine day, you wake up and realize your son just became a dad. You have a grandson!! Taking your grandson in your arms, you try to remember what your own son looked like 30 years ago – and you realize you had no clue. Where had those years gone? Your wife looks much older than the last time you looked at her properly.

Many patients, in fact, all the men nursed by Bronnie Ware expressed the regret that they had paid a huge price for working hard – they could not experience the joys of the moment.

You choose your moments. Balance them. Fill them up with life.

Top 3rd regret

I wish I had had the courage to express my feelings.

Whatever you do, express what you feel. Be true to the ones around you.

Top 4th regret

I wish I had stayed in touch with my Friends.

Many had become so caught up in their own lives that they had let golden friendships slip by over the years. There were many deep regrets about not giving friendships the time and effort that they deserved. Everyone misses their friends when they are dying.”

Take the initiative to nurture your friendships. Let your friends know they are valued. Show them you care before it’s too late.

Top 5th regret

I wish I had let myself be happier.

This is a surprisingly common one. Many did not realize until the end that happiness is a choice. Our true inner happiness does not come from the material world .That is the essence of happiness. You cannot chase it. You have to own it within you, irrespective of the outside circumstances.

So to summarize:

- ❖ Be true to yourself. You are answerable only to yourself and no one else.
- ❖ Relationships and friendship matter. Give them time and energy. Nurture them.
- ❖ Say as you feel. Be transparent.
- ❖ Make a choice to be happy. Today. Now. This very moment.
- ❖ Treat yourself well. Cherish others. Treasure Love for your family, love for your spouse, and love for your friends...

3.15 Converting irritation in to energy, Surprising ways to get more energy

What happens to you when you go through following situations?

- a. You are at traffic signal and waiting for red light to turn green
- b. You have pressed for lift and waiting till lift arrives
- c. You are in queue waiting for your turn

Our irritation increases if wait is longer in above situations. However, in all situations, you will have to wait for few minutes or may be few seconds.

Instead of getting irritated, we may focus on our breath and may take few deep breaths or we may use this time to reinforce our affirmations. It will help us to get recharged. The process can be as simple paying attention to your breathing and physical sensations. This can help redirect your thoughts to the present, eliminating stressful thoughts that drain your energy. Also Deep breathing increases the supply of oxygen to your brain.

Above is a small changes but can increase your energy and productivity.

3.16 Never compare with others

Many of us are in habit of constant comparing with others. Someone is taller than us, more beautiful, wealthier, more intelligent, more extrovert, more virtuous, etc. This leads us to in a state of inferiority, suffering. Comparison of one with other is fundamental mistake. Comparison creates competition. Neither any one is ahead nor is any one behind. Nobody is below and nobody is above.

In fact everyone is so unique that all comparison is utterly wrong. Look within and we will experience great uniqueness. All inferiority evaporates. Once we know our uniqueness, we are joyous and there is no need to follow anyone. When we go inside, we experience fullness.

3.17 Celebrate frequently

“Life should be ongoing celebration. The more you celebrate your life, the more there is life to celebrate.”Oprah Winfrey

Learn how to celebrate every moment in life - be it a cup of tea, smile of child, relaxing weekend, a great savory dish or festival.

We have been conditioned to celebrate the big milestones, but actually we should celebrate even small victories and successes. This releases “feel- good” chemicals, like dopamine. Thus celebrating life and small moments keeps you in positive mood. You build momentum that gives you a wonderful feeling and glow. It changes the energy of life and takes it on a high vibrational mode. These are ways to come out of mechanical and routine life and show appreciation of life and feel excitement. Positive emotions generated from mini celebrations make it easier to manage the daily challenges that cause major stress.

Celebrate everything. Any excuse to celebrate is good .Every day is a celebration because instead of waiting for happy endings, we open our eyes to the wonder of life, to see the humor and magic in each moment, amazed at the beauty of it all.

“Each day offers a reason to celebrate. Find it and experience too bliss. “- Amy Leigh Mercree, author Celebration is an attitude.

To celebrate life, you do not have to spend a lot of money. Celebration comes from enthusiasm and joy. When you are depressed, that is when celebration is needed most.

Celebration is not just entertainment for mind or excitement for body, but nourishment for soul. Do not miss single opportunity of celebration as it creates lot of positive energy. You get recharged. Celebrate every success, howsoever small it may be. But if you really want life to go to next level, learn to celebrate failures too. “In the end, it’s not the years in your life that count. It’s the life in your years.”— Abraham Lincoln.

3.18 Radiate vibrations of joy

“It always amazes me when taking off from a stormy airport, how once you reach a certain altitude and get through the clouds, the sun shines as brightly as ever. If we learn to choose the experience of joy in our bodies, minds, hearts, and spirits, we will move in tune with the universe and dance in a flow of light and love, and remain above the clouds.” Debra Moffitt

How can we be joyful for longer time? Real joy is experienced by selfless giving, by contributing, by making positive difference in other's lives. When we allow others to get joy first, we feel our joy is more complete and more perfect.

When instead of trying to perfect others, we try to perfect ourselves, then we will have joy.

If we do not expect anything from anyone, then we will have a joy. Learning to love ourselves first brings more joy and peace.

If we can know that we are not indispensable, that without us the world can go on perfectly well, we will have joy.

If we want true joy and peace, we must be totally detached. Detachment means we shall not allow ourselves to be carried away by anything. Detachment means realizing that nothing is permanent.

We get real joy from silent and profound meditation. When the heart is open, you will feel boundless joy, boundless love and boundless purity.

The joy we feel inside is like a fountain; it comes spontaneously. Inner joy has no fear. And it can transform our nature.

“Where there is love, there is joy.” Mother Teresa

Children always send vibrations full of joy. Irrespective of which place or which country child comes from, 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 body should radiate happiness. And that happiness is not limited to us, but spreads to all who come near us. Our vibrations impact them.

When you practice all above aspects, a day will come when you will get spontaneous joy from everything. You will look at a flower and get joy; you will look at a child and you will get joy. You will also get peace and feeling of universal oneness.

3.19 Spend time in nature-Nature nurtures our soul

“Look deep into nature, and then you will understand everything better.” —Albert Einstein

Research has proved that spending some time in nature –green spaces, parks, rural landscape etc. has tremendous impact on our emotional health. Now a days we spend major time in our gadgets like mobile, TV, Laptop, I pad etc. But we must give break to ourselves and spend some time in nearby garden or beach. A study over 10,000 participants tested the effects of spending 30 minutes in nature for 30 days. The results participants reported were;

- ❖ An increase in their sense of well-being
- ❖ They felt more productive when working
- ❖ They felt happier
- ❖ Participants reported higher energy levels
- ❖ They slept better and had fewer sleep disturbances
- ❖ Feelings of stress and negativity decreased

We are an integral part of nature. Nurturing nature means nurturing our soul. The ocean, the lakes, the glaciers, the rivers, the air, the wind, the sun -all have their own consciousness. Nature can teach us more about who we are than the schools. Listen more to Mother Nature. Deep down in the over and below the waves and ripples, we can find our inner silence. Basic state of our mind is one of chaos and such silence gives experience of tranquility.

It is not a secret that spending time in nature is good for you. For years, researchers have been detailing how people who live near green spaces — parks, greenbelts, tree-lined streets, rural landscapes — have better physical and mental health, and practices such as Japanese forest bathing which has a strong nature component.

Our communion with nature will ensure that energy needed for our inner and outer growth flows unhindered, because we are interdependent. It is said that when someone touched flower or hugs a tree, suddenly there is flow of warmth, life and energy of consciousness. This communion with nature directly communicated with our soul.

All that just from spending 30 minutes outside each day.

4. Nurturing Relationships

“Relationships are biggest assets of life.”

Relationships is not about getting something. It is about giving from heart - may be smile, comforting words, little support. Build lasting friendship. Lasting relationships by adding value to others and by respecting others. Focusing on love and respect .Communicating from heart. No anger, No blaming. No bitterness. Focusing more on strengths of the other and loving imperfections too.

Harvard had done longest research on relationships spanning 80 years. One of the biggest finding of that research is those people who had good relationships were happiest people. Study also found that good friends are more important to happiness than money or success.

The study - which is one of the longest on adult life - first started tracking 268 Harvard students during the Great Depression in 1938.

Eight decades later, researchers have revealed how happy we are in our relationships has a strong influence on happiness, and as a result, on our overall health. The original participants in the eight-decade long study included President John F Kennedy. Researchers studied their health and broader lives of the participants, including things like how successful their careers and marriages turned out to be.

They found good friends protected people from mental and physical decline, and gave a better idea of how long someone's life will be than their social class, IQ or genes. When it comes to friends, it's not about the number of friends you have, but “it's the quality of your close relationships” that matters.

People who are more isolated than they want to be from others are less happy, their health declines earlier in midlife, their brain functioning declines sooner and they live shorter lives than people who are not lonely.

Researchers found that the quality of people's relationships at 50 was a better predictor of physical health than their cholesterol levels.

'The people who were the most satisfied in their relationships at age 50 were the healthiest at age 80', said Dr. Waldinger discussing the research in a TED talk.

'Good relationships don't just protect our bodies; they protect our brains,' he said.

'And those good relationships, they don't have to be smooth all the time. Some of our octogenarian couples could bicker with each other day in and day out, but as long as they felt that they could really count on the other when the going got tough, those arguments didn't take a toll on their memories.'

Close relationships are far more important than money and fame and will keep people happy into their old age, researchers revealed.

Those with happy marriages in their 80s suffered less when they experienced physical pain whereas those in unhappy marriages got more emotional and felt pain more.

Researchers also found women who were more attached to their partners were less likely to feel depressed.

Good, warm and close relationships have the ability to buffer us from some of the slings and arrows of getting old.

4.1 Limiting and empowering beliefs about relationships

Limiting Belief: It isn't possible to re-capture the amazing love and desire that we once had as newlyweds.

Empowering Belief: With improved communication and commitment, we can have an amazing love life until the end of our life together.

Limiting Belief: I do not have time for true friends and that they 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 and I therefore chose my friends carefully and ensure I am spending time with wonderful people who I mutually adore and enjoy being with.

Empowering Belief: Relationships are the most important asset of life. I must take full responsibility to do MY part effectively to build the bridges, reach out to people and rebuild my relationships.

Empowering Belief: The simple formula of great relationships is that if you want best spouse, you have to first become best spouse. If you want good friend, first you have to become good friend. You want best son or daughter, you have to first become best parent. 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 relationship should be open and with dignity. Make life of your loved ones amazing.

4.2 Zero Expectations

The first golden rule for healthy relationships is that one should have zero expectations and operate from what I can give rather than what I will get in this relationship. If you get some care, support or any other positive stroke in any relationship, treat it as bonus and be happy about it. But keep your expectations zero.

4.3 Accept the people as they are

The second golden rule of relationships is Vitamin A- acceptance- to accept people as they are. No one is perfect in this world. Focus on positive aspects. Start loving imperfections. As Osho says," This is the way existence wants you to be.

Some trees are taller; some trees are smaller. But the smaller trees are not tense -- neither are the taller trees full of ego. Existence needs variety."

Somebody is stronger than you; somebody is more intelligent than you -- but in something, you also must be more talented than

anybody else. When we are living in continuous comparison -- that will create tension.

Accept yourself, your past, your strengths, your weaknesses, your achievements, your failures, your blunders, your actions and inactions with complete equanimity.

Similarly, in relationship, accept people as they are. Nobody is perfect in this world. I am not perfect. You are not perfect. Others are not perfect. Let us learn to focus on brighter side of others with belief that each one has some good quality, unique quality.

4.4 Love is Khusboo of Life –Unconditional Love

“Life without love is like a tree without blossoms or fruit.” - Khalil Gibran

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

“A life's worth, the end isn't measured in hours, or money. It's measured by the amount of love exchanged along the way.” Douglas C. Means

“Love cures people - both the ones who give it and the ones who receive it.” Karl Menninger

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

Love is our deepest 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.

Love includes caring, accepting, supporting, empathy, compassion and being sensitive to each one on this planet, not only human beings but to all creations of nature. We need to develop 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, stars. Life becomes richer as love grows, as 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 person as he/she is. Love is even loving imperfections. Love is absence of judgments.

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

Love is an energy, which exists inside us. We believe that the energy of love will come from the outside and will fill us inside. However truth is it always goes from the inside out and reaches out to the other and brings benefit to 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 returns to me multiplied."

Key to beautiful relationships is unconditional love. See each human being as wonderful soul. Love your enemies too. Find the best in everybody, no matter how long you have to wait for them to show it. You might have to wait a long time, sometimes years, but People will show you their good side. Just keep waiting no matter how long it takes. No one is all evil. Everybody has a good side. Just keep waiting, it will come out. Everyone is good at heart. Sometimes you have to wait till you succeed to open heart of others. But eventually you will find positive response from each human being .Make marriage union through love, care and support. Do not waste your energy on trivial issues.

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.

Without love, "Extraordinary Life" is not possible. Commit that "Till last breath I will love everyone. I have now no grievance with anyone in this world. I have eradicated all hurt and have become

empty from hurt but filled my heart with love. I am cleaning myself. No more complaints. Just pure love for everyone.

4.5 Marriage or Union?

Social media is normally full of witty posts on relationships of husband and wife. Though these posts are just for humor, when we read such posts on large scale we sometimes develop beliefs that most of marriages have problems after some initial sweet years. Some adjust with these issues and keep going on. In some other cases, those who do not want to adjust may go on path of break up or divorce. Younger the generation, preference of second option is observed on higher side. In both generations, after becoming parents, normally adjustment increases.

One interesting observation I want to share in this context is that those who face crisis, man or woman, spouse forgets all differences and stood like rock during crisis period. For example, I have listened to some interviews of Rishi Kapoor and Nitu and their marriage was having all kind of problems which any normal married couple have. But once Rishi was diagnosed of cancer, her wife stood behind him like rock. Same is case of Irfan where his wife provided solid support. If you recollect Amitabh incident when he had accident, Jaya gave solid support.

Sonali Bendre recently wrote about how her family has changed after her cancer diagnosis, especially her husband. She wrote, "This day, last year... we were in New York at the hospital. Since then, the Bendre-Behls have identified two time periods - B.C. (Before Cancer) and A.C. (After Cancer). Lately, my motto has been to move on & keep trying new things, and detoxing and rejuvenating is on top of the list. She added, "So on the occasion of our 17th wedding anniversary, I thought let's take a break and go on a road trip to atmantan. (Wellness destination)

Before Cancer, Goldie would have never agreed to something like this but I love how he's changed. He has put everything on standby and has been focusing so much on me... and now I'm turning the focus back on him. P.S. Happy Anniversary at Goldiebehl, I love you more than you could imagine... thank you for being my pillar of strength in health & sickness... literally!"

The point I want to make is we realize true value of our spouse when we face deep crisis in life. Satpa, wife of Irfan in very emotional message mentioned that “It’s difficult to explain what a wondrous, beautiful, overwhelming, painful and exciting this journey has been. I find these 2 and 1/2 years to have been an interlude, which had its own beginning, middle and culmination with Irfan helming the role of the orchestra conductor, separate from the 35 years of our companionship, ours was not a marriage, it was a union.”

Let us Endeavour to transform our marriage in union. Full of love, support and care. And no need to wait for crisis. This can happen without crisis also.

Modern vow for couples

I promise

- ❖ To be intellectually honest and be open to hearing each other out
- ❖ To shoulder responsibilities on all fronts - family, society, and finance
- ❖ To nurture a family together that is grateful, healthy, hardworking and kind
- ❖ To strengthen bonds with both your and my friends alike
- ❖ To be a friend when it is needed most, and not let the spouse in me overpower the friend in me
- ❖ To always let laughter and joy find their way into our lives at the most unexpected moments

4.6 Parenting

“There are many ways to measure success; not the least of which is the way your child describes you when talking to a friend.”

As parent, give roots and wings to your children. Allow them to fly , but ensure they adhere to values . As a parent, we need to set a great example and be role models for our children on how to live wonderful and meaningful life. Our role is to love, guide, support them to enable them to be good human being. We need to create right environment for their growth. Have free communication with them and be their buddy.

Make them strong, powerful and courageous. Allow them to solve their problem and do not steal their struggles

Parents have responsibility of grooming their children as great human beings by nurturing them through love, building their character and in nurturing their mindset. In the process, we also become better person and this is priceless.

We must have vision for our children. I share few examples

- ❖ I want my child to be Independent (within boundaries - allowing them to solve their problems but assuring we are always there) courageous, healthy and happy.
- ❖ I want to explore the whole world and do lots of adventure with my children
- ❖ I want to have free communication with my son and want to be his best buddy
- ❖ I want to be a role model for my children in terms of integrity, health, spiritual and emotional life
- ❖ My child will have high esteem and self-responsibility
- ❖ He will make a deep imprint in the whole society
- ❖ He will be strong, powerful and fearless
- ❖ I will not dictate her life. I will be just a guide
- ❖ Why should we do this? So that we leave good legacy for making world better place.

What should be our strategy to achieve above visions?

- Spending quality time with them
- Listening and supporting them
- Teaching them Values of freedom, self-responsibility and mutual respect

There is lot of scope of creativity in parenting. For example, while celebrating their birthday, instead of arranging party, we can take them to needy persons for donating clothes, food, medicines or stationery. This will facilitate in learning and imbibing gratitude for what they are having in life when they see others are deprived of even basic requirements of life.

Another way to groom them by arranging lot of travel. It is said that

world is book and those who have not travelled have read only one page of this book. Lot of learning's and grooming happens during such travel.

4.7 Family that eats together stays together

Do you know so much happens at dinner table that we are not aware of consciously. The dinner table is never just a piece of furniture. It is dinner table where we learn our parent's values, where we practice how to listen to others. It is also place to learn about our family history. You often get chance to appreciate - "dal made by my wife is unbeatable. " "No one cooks rajma like my grandma "and so on. Taste of food and love that one feels while sharing enhances our bonding. Villain of this are mobile and TV. Strictly follow family rule that no TV or mobile during lunch or dinner. Another family rule should be no discussion about work on dinner table. Follow rule of food prayer before start eating.

4.8 Remember to spend quality time with the family

"The happiest moments of my life have been the few which I have passed at home in the bosom of my family." -Thomas Jefferson

"Family isn't about whose blood you have. It's about who you care about." -Trey Parker and Matt Stone

Most of us have a tendency of taking our family for granted. The bond of love, which we share with our parents, is the ultimate one. Instead of keeping them at the bottom of our priority list, we must cherish and appreciate them whenever we get a chance. Similarly a life partner is a very important part of our life . During sickness, they are the ones who take care of us. Therefore, they should be treated with love, care and respect.

4.9 Loving Self

Do you love yourself? Do you feel confident? Is your self- esteem high? Do you take care of yourself? Do you feel abundance? All these are the ingredients which make your cup 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. Keep affirming that I am overflowing with love, joy, peace and enthusiasm.

Unless you accept and love yourself - you cannot accept and love others. He who lives in harmony with himself lives in harmony with others and world.

4.10 Social Life/Friends

“My friends are my estate.” –Emily Dickinson

Reflect on following questions ?

- ❖ Do you have friends whom you can count in any situation and similarly they can count on you?
- ❖ Do you spend good deal of time and energy in nurturing your relationships with friends ?
- ❖ Does your friendship stimulate you, open you, pull you forward and never hold you back ?

We are the average of five people with whom we spend maximum time. You sink or rise depending on with whom you are spending time, their qualities rub you. You become like people with whom you spend time. So Choose your friends wisely. We all have deep need to connect with others. Harvard research indicated those who are having good social life are happiest people. Make friends of all age. It will make your life interesting.

4.11 Resolving Conflicts-Dealing with difficult people, Filter out people's bad traits

Every person has shades of good and bad. But instead of dismissing “bad” people out rightly, we must seek out their good qualities. Harboring bitterness for certain people comes from concentrating on their negatives. If you focus on the good qualities though, you spend that time getting to know them better or, maybe even, loving them.

People carry so much baggage, unnecessarily, all through their life

only wanting to drop it at the very end of their journey. The trick lies not in not having conflicts but in resolving them as soon as one can,”

You can seldom distance yourself from people you have truly loved or connected with in some way. However, in any relationship, along the way, certain mismatch of ideologies causes people to stop communicating. This never means you are no longer associated with that person. It simply means that you don't associate with a dominant thought that person brings with him/her, and to avoid more conflict you move away. The divorce is with the thought and never with the person. To understand that is to unburden yourself from being bitter and revengeful.

4.12 Top Secret to nurture relationships

I would like to share one idea which I am practicing since last couple of years and found very impactful. Idea is whenever you have problem in any relationship or feel low energy, start giving positive vibrations to that person at thought level. What we do normally is behave well but not pay attention to thoughts. Our thoughts are also energy and when we send positive energy, we will get it back because what we throw in universe, we get it back. Experiment and see miracles. You can heal any relationships by adopting this strategy.

4.13 Detach from “I am right”

In all interactions, do you always try to hold that “I am right? “ There are always more perspectives to any issue. Let each one walk according to light that is shown to him or her. What is right for me may not be right for another. What is right for him may not be right for me.

No fighting over views. The world will not improve by argumentation and hot discussion. World will improve by radiating thoughts of love and compassion. You don't have to win every argument. Agree to disagree. “I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.” - Maya Angelou

4.14 Avoiding being judgmental

Consciously or unconsciously we always judge others based on our limited past interactions with them. This limited view is biggest hindrance in blossoming of any relationships. How can we avoid it ? Let us not judge the person but evaluate the event, behavior and outcomes by keeping the person in light of compassion. Clarity helps one to be unbiased. No matter what the situation, always operate from the background of compassion and inclusion. Instead of judging the person, try to understand background from which such behavior is coming. Through this process, you will not only gain insight about the person but you will be able to reflect on yourself and it will help you becoming more accepting than arrogant.

4.15 Jadu ki Jappi - Human Touch

Remember JadukiJappi from movie MunnabhaiMBBS ? When Rama and Laxman meet their brothers Bharat and Shatrughna after 14 years' exile, they do alingana / Jappi / embrace each other expressing their love. The episode called "Bharat Milan" is narrated in Valmiki Ramayana and Tulsidas's Ramcharit Manas. Likewise, Krishna hugs Arjuna and Sudama with love, affection. Texts like RasikPriya and Gita Govinda describe the loving embrace of Krishna and Radha, Krishna and Gopika, creating divine, blissful moments.

In the Vedas, Puranas, Smrities, sutras, Buddhist and Jain texts, we have numerous references to Sparsh/touch, universal language of communication.

During the marriage of Shiva in the Kumar Sambhav, Kalidas refers to " Panigrahna " - the ritual wherein the open palm of Parvati is placed over the right palm of Shiva ,through which the first Sparsh of the newlywed couple is enabled and this tradition continues to date. Panigrahana also suggests their Oneness, the Advaitbhav of non-duality which has provided model for the wedded couples in coming centuries to remain united as one, all through life.

4.16 Mother

A mother's love can change the destiny of the child.

One day Thomas Edison came home and gave a paper to his mother. He told her, "My teacher gave this paper to me and told me to only give it to my mother." His mother's eyes were tearful as she read the letter loud to her child, "Your son is a genius. This school is too small for him and doesn't have enough good teachers for training him. Please teach him yourself."

Many years after Edison's mother had died, Edison had become one of the greatest inventors of the century. One day he was going through the old closet and he found a folded letter which was given to him by his teacher for his mother. He opened it. The message written on the letter was, "Your son is mentally ill. We cannot let him attend our school anymore. He is expelled."

Edison became emotional reading it and then he wrote in his diary, "Thomas Alva Edison was a mentally ill child whose mother turned him into the genius of the century." Moral: A Mother's love and upbringing can help change the destiny of a child.

**“Your treasure house is within; it contains all you’ll ever need.”
-Hui-Hai**

5. Spiritual Wisdom

Bhagwad Gita- Chapter 6 .40 The Supreme Lord said: Parth (Arjun - the son of Pritha), One who engages on the spiritual path does not go to destruction either in this world nor the next world. My son, one who strives for righteous path is never overcome by evil (and never comes to grief).

If we want to move from happiness to bliss, we must bring spiritual practices and spiritual wisdom in our life. Spirituality is journey of shifting from everything good outside (ego) to everything good inside.

Spirituality teaches us that each and every living creature in this world is a soul whose original qualities are peace, love and happiness. Also, each one is originally full of these qualities when they come down in the world to play their roles down in the physical world from the soul world up above.

This initial stage of ours is called the soul-conscious stage, in which the soul's qualities are like a fragrant flower. Also, everyone experiences these qualities from us, in all relationships. It's when we started coming under the influence of negativity of different forms that the soul started losing its qualities and fragrance and it started looking outwards in need of these qualities. This is when the balance in relationships was spoilt and we started becoming dependent on others for our love and joy. It is like the famous story of the musk deer, who did not realize that the scent it was searching for was from its own navel. In the same manner as the musk deer, we lost the connection with our inner selves and the method of accessing peace, love and joy by becoming soul conscious. We started looking for it from our mother, our father, our child, our brother, our life partner, our friend etc.

The right way of restoring the balance is completing the triangle of spirituality, by including God as the one whom I absorb peace, love and joy from. I also become soul-conscious and access these qualities inside myself and increase them. And then I share all these qualities

with others, instead of expecting them to give me those qualities of peace, love and joy.

Spiritual practices leads us to oneness, connecting with all human beings, connecting with God. You realize that all human beings are same, God's greatest gift.

5.1 Spiritual Vision

At the beginning of the book, we discussed about life vision. Spirituality gives different dimension to life vision.

Chapter 18 of Bhagwad Gita gives three insights on vision by describing three types of personalities.

1. Satvik sees oneness in diversity. Such vision gives rise to love, service, consideration for others, accommodation of viewpoints and needs of others and cordial relations. Thinking of such persons is that each human being is connected with the seed and belongs to same tree. The beauty of tree is that it has different branches and on each branch, numerous leaves.
2. Rajsik vision -It is Mediocre/ordinary vision- seeing only differences and understands such differences as reality. It gives rise to my ness, your ness, I and my ,you and yours . It results in likes and dislike and results into conflicts
3. Tamsik vision is ignorance. It takes partial view of life where part is mistaken for whole. Such person foolishly attaches to one small thing being concept or ideology and this gives bitter fanaticism.

Satvik vision person will do Satvik karma i.e. quality of his karma will be Satvik .

5.2 What Spirituality Offers ?

- ❖ Spirituality entails contribution. All spiritual practices recommend contribution/believe in contribution. How can we make world better place, more compassion, more kindness, more love, and more charity?

- ❖ Spirituality leads us to self-actualization- what I can become? How can I become better? How I have right choices?
- ❖ Spirituality leads to inner peace, bliss, sense of contentment and fulfillment. Practice unconditional love, care and support for each human being and each living being.
- ❖ Spiritual practices like Meditation, Practicing Silence, Detachment, gratitude, forgiving, compassion and contribution/service takes life to next level.

Take spiritual wisdom from Gita, Astavakara Gita, Narad Bhakti Sutra, Shiv Sutra, Patanjali Yoga Sutra etc. When the mind goes more and more outside, it gets caught up in problems and confusion. What attracts mind outside? It is prosperity, wealth, success, beauty. Even if we get it, it satisfies only temporarily. When we desire more and more, we join the rat race and creates stress. However real wealth is within. When we turn inward, we can access real happiness and pleasure. As 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 the satisfaction and contentment, what is use of such life? It is nothing but worry, worry and to die with worries. What kind of life is that?

5.3 Some Profound Spiritual insights

Following are some profound spiritual insights from Spiritual texts of India like Gita, Astavakara Gita, Narad Bhakti Sutra, Shiv Sutra, Patanjali Yoga Sutra etc.

- ❖ You are pure consciousness. You are neither body nor mind. You are not what different roles you are playing. Entire universe is made of energy and you also are energy .Your consciousness is not impacted by events in life which either gives you pain or happiness. Nothing sticks on consciousness and it remains pure.
- ❖ Consciousness has different levels. For example -Vayu 4 , sky 5 ,tree 6 , animals 7 man/woman 8 ,Parshuram 9 ,Ram 12 ,Hanuman 14, Krishna 16 kala.

- ❖ Joy coming from lust also has limitation. It is temporary. Consciousness is unlimited and can give unlimited joy. Knowledge coming from five senses also has limitation.
- ❖ Both Shiv Sutra and Patanjali Sutra gives us insights and tools to ensure we remain in pure consciousness and dirt if any is removed. Being spiritual means seeing the reality of consciousness without an iota of doubt. When you truly see yourself as consciousness, then being inclusive, compassionate and kind comes you effortlessly. You start seeing yourself in everyone and everyone in yourself
- ❖ Adwait - Rise above boundaries of separateness, experience magic of oneness. When others feels separate, fear will be there. In love you feel one. Reason of unhappiness is we believe we're separate. The solution is to believe we all are one. Adwait. Yoga will facilitate to achieve this state.
- ❖ Divine vision means seeing Supreme Being as existing equally in all beings and as the imperishable one amidst the perishable. Once we cultivate our mind in believing this divine vision, it brings us moksha, ultimate freedom. Obviously it takes lots of efforts and practice for cultivating mind/ intellect in accepting this vision and one needs divine grace and grace of Guru.
- ❖ Aham Brahasmi. Whenever we feel low or unhappy, we forget that some divine power is there to take care of us. Soham - me bhi who hi divine power ka part hu- I am also part of that divine power. Once we start believing this, bliss will come to us.
- ❖ Bring witness approach in everything. Drop likes and dislikes. Be witness for good and bad thoughts and for positive and negative emotions. You can- not stop or drop desires. Desire even if fulfilled will not give happiness. Just be witness of your desires and give them respect. Simultaneously believe and feel you are contended.
- ❖ Nivruti (Going inward) and pravrutti (Karm-action) - keep balance. In Pravrutti, keep improving, correct mistakes. In

Nivruti ,go inward. Move from scenery to one who is seeing. . Go for meditation, go for rest. Following this balance is Becoming yogi. It is true art of living. Yogi is balancing in pravrutti and nivruti. For Trupti/ contentment/ fulfillment - hoshkeSathvishram - rest in awareness - vishram does not means sleep/sona. Hoshkesath- vishram.

5.4 Practice detachment

Detachment means remaining unaffected, untouched - like fish in water, who remains dry though she is surrounded by water. That is living in true equilibrium and true equanimity. Dancing Fully on floor and Fully Present as a detached Witness in the Balcony. Being on the Balcony AND in the Dance simultaneously.

Each Action AND Reflection co-arise. If we want true joy and peace, we must be totally detached. Detachment means we shall not allow ourselves to be carried away by anything. Detachment means realizing that nothing is permanent. Face your past without regret, face your present with confidence and prepare for your future without fear and worry.

5.5 Develop equanimity

We must conquer the senses and middle mind by using intellect and surrender the ego (i.e., identity of a separate self). Conquered your senses, remain undisturbed and unaffected in all circumstances. Bhagavad Gita 6.7 »The one who have conquered one's mind and is (always and in every way) steadfast in Peaceful God, rises above the dualities of cold and heat, joy and sorrow and honour and dishonour.

5.6 Sattva, Rajas and Tamas

As per various spiritual texts, there are three gunas- sattva, Rajas and Tamas present in our body. These three gunas influence our thoughts, behavioural patterns etc. The whole creation is made of these three gunas . The interplay of these gunas defines the character/ nature, our energy and consciousness and determines the progress of life.

Inertia is called tamas. Activity is called rajas. Transcendence is called sattva. Awareness of the gunas tells us whether we are genuinely moving forward in life (sattva), running in place without any direction (rajas), or losing our way (tamas).

5.7 Devotion / Bhakti

Highest level of love. Our ultimate search is for true love. Highest level of love is Bhakti /devotion. Bhakti is adopting qualities of God and surrender all our happiness and pain to God. When one walks on path of Bhakti/ devotion, every act comes out of love. One becomes full of love. No desire, No attachment, devotion remains in every moment. God is full of masti. Bhakti is also full masti. Why one should aspire Bhakti? We should aspire Bhakti as it will help us in feeling contentment and fulfillment. We will not be afraid of death. We will come out of restlessness. We will not find any one stranger. Every moment of life will become full of love. If you are not contended, how you will love others?

How can we achieve Bhakti or devotion? By Surrendering to God. By dropping all our desires. By dropping our ego. When we doubt our doubts. When we respect others. When we believe that we are full of love. When we believe that we are part of God and God is inside us. When we see God as father or mother or lover or friend. When we feel grateful. When we do not worry about tomorrow.

A question may arise how total surrender would be practical when there are duties to perform and responsibilities to hold. Surrender does not mean giving everything that belongs to one. Surrender means giving up the notion of ownership. Real surrender means mentally distancing oneself from what one owns. If we want to walk on path of devotion/ Bhakti, Focus of our every action should be love. God says you are very priya to me.(I like /love you). We will say I have no expectations. I will be happy in whatever status you keep me. No action is required for Bhakti. Just believe God belongs to us and we belong to him .Feel love while doing prayer or pooja. Do not make it mechanical. Devotion can only be experienced, it cannot be described. It always increases, never reduces. Surrender to God, drop your ego, drop your expectations and your life will blossom.

5.8 Power of Silence

Erring Kagge, who is from Norway, had trekked to the North and South poles, had scaled MT Everest and sailed the Atlantic twice . In his book, he describes his experience as under;

“To walk to the South Pole in total silence for 50 days and nights under the midnight sun with no contact with the outside world taught me a great lesson about silence. The more silent I became, the more I heard. Silence helps in seeing world more clearly, rediscovering self and loving your life. Basic state of our mind is one of chaos and that is one reason we need silence. It is possible for everyone discover silence within themselves. It is there all the time, even when we are surrounded by constant noise. Deep down in the ocean, below the waves and ripples, you can find your internal silence. Standing in the shower, sitting in front of crackling fire, watching people passing in the street or taking a walk, all these can be experiences of perfect silence and perfect stillness.”

Silence is about rediscovering, through pausing. In mechanical life, we forgot to pause. We are living through noises of gadgets.

Practice silence. Importance of Silence bringing mind in to Center, otherwise mind keeps wandering. Silence facilitates going inward. It brings enormous strength. During silence, one should not write, read, watch TV or operate mobile. One should cut off from world. Just be with your- self or with nature .Yes. You can smile for yourself. This will provide deepest of rest. It also facilitates to become empty from our worries, desires, our cravings, our aversions etc.

Everyday practice stillness few minutes. Just observe around you, sky, trees, birds etc. This will stop inner chattering. This practice will reduce your reactive tendencies.

5.9 True Prayer

True prayer is not asking something but just conveying our gratitude. “Dear God, I am so grateful and blessed. You have given me so much in abundance” – to express this feeling.

Osho beautifully explains this: “So the first thing that I can say about prayer is: a feeling of immense gratitude, thankfulness. You are here,

in this beautiful world, with these trees and rivers, mountains and stars. In this tremendous beauty you are pulsating, you are alive. This opportunity you have not earned. It is a gift. Prayer is thankfulness for this gift of life. Just to breathe is such a joy, just to open your eyes and see the greenery. Just to listen to the chirping of the birds, or the sound of running water, or the silence of the night and the velvety darkness. Or the dawn and the sun rising... we have not earned it! It has been given to us, and we have not even thanked.”

5.10 Power of Mantras

Do you listen or chant any mantras in morning? If not, please do it. It instills profound sense of calm and peace. It is a condensed form of spiritual energy. It creates wonderful impact.

In understanding how mantra works, it can be helpful to look at its translation. The word mantra is derived from two Sanskrit words—manas (mind) and tra (tool). Mantra literally means “a tool for the mind,” Over the time, that vibration sinks deeper and deeper into our consciousness, helping us to eventually feel peace .

Power of Om

Om is believed to be one of the most important sounds in the universe. Om is followed in India as a symbol of purity with great spiritual powers. It is considered as the first sound that emerged from the vibrations of cosmic energies that were behind creating this entire universe. Om represents the creator and when you chant ‘Om’ you get to sense the entire universe.

Research says that if we chant Om for 6 minutes every day, there are lot of physical and mental benefits.

The whole body will feel certain vibrations when we chant this pious mantra. When our head gets these vibrations, it receives more oxygen and hence removes stress and tension and also increases our memory. The sound that is created while chanting Om is also said to be beneficial for the thyroid gland. Om calms our mind; it helps us connect with our inner self. It brings us a lot of peace. It helps us control our anger by building up our tolerance level. Through chanting and meditation, we can have better control over our emotions, thus allowing us to see situations with a clear and rational mind.

To chant Om, you need to sit straight with your back erect and this is really beneficial for your spine. The vibration that is generated while chanting Om is great for your spinal cord.

One of the most universally recited mantras is the OM—considered to be the sound of the creation of the universe. Om is believed to contain every vibration that has ever existed—or will exist in the future. It is also the energetic root of other, longer mantras, including Om namah- shivaya (“I bow to Shiva”—Shiva being the inner Self, or true reality). Patanjali clearly mention in his yoga darshan that repeating OM produces knowledge of universal consciousness and destroys obstacles to that knowledge.

Gayatri mantra and Mahamrityunjaya mantra are known to all of us. Few more powerful mantras are as under:

Lokah Samastah Sukhino Bhavantu

A sweet Sanskrit chant with a lovely translation: “May all beings everywhere be happy and free. May our thoughts, our words, and our actions, contribute in some way to that happiness and freedom.” This mantra may be chanted or sung as an offering of loving-kindness to all beings, including yourself.

Om Gum Ganapatayei Namah

Om Gum Ganapatayei Namah means “I bow to the elephant-faced deity (Ganesh) who is capable of removing all obstacles. I pray for blessings and protection.” The mantra is especially beneficial when facing big challenges and when traveling.

The popular Hindu mantras are in Sanskrit, but mantra has deep roots in every major spiritual tradition and can be found in many languages, including Hindi, Hebrew, Latin, and English. For example, Jain chants Navkar mantra.

A popular mantra for Christians is simply the name Jesus, while Catholics commonly repeat the Hail Mary prayer or Ave Maria. Many Jews recite Barukhatah Adonai (“Blessed art thou, oh Lord”); while Muslims repeat the name Allah like a mantra.

Thus mantras can be used by people of any religion or spiritual practice and during any activity. They can also be used as you walk, clean, cook, and during other mindless tasks.

Also there are numerous other benefits of mantras. Neuroscientists, equipped with advanced brain-imaging tools, are beginning to quantify and confirm some of the health benefits of this ancient practice, such as its ability to help free your mind of background chatter and calm your nervous system.

Chanting mantras could reduce risk of Alzheimer's. Chanting provides possible solution as it creates vibrations inside brain that increases possibility of producing 40 hertz brain waves. Some scientists speculate that the hippocampus, which is memory Region of brain, is positively affected by chanting through reducing plaques in this area.

So pick up any mantra you like and listen or chant and feel positive vibrations.

5.11 Sow what you seek

There is an invincible law that governs the universe- what you send out comes back to you. More you appreciate others, more appreciation will come to you. More you hate others, more hate will come to you. So be careful which kind of thoughts you are emitting in universe. Are you sending loving thoughts? Do you pray for struggling souls? Do you serve those are in need? If yes, all these things will return to you, making your life beautiful and bright as a rose garden in spring. He whose heart is flowing fountain of love will be greeted with love. He who is harmless will not be harmed by anyone.

5.12 Sat Chit Anand

Ultimate goal of spirituality is to achieve Sat Chit Anand. It is experiencing / realizing the unity and wholeness of all existence.

The meaning of the individual words of sat-chit-ananda are as follows:

- ❖ Sat: truth, absolute being or existence-- that which is enduring and unchanging
- ❖ Chit: consciousness, understanding and comprehension
- ❖ Ananda: bliss, a state of pure happiness, joy and sensual pleasure

Some say that the experience of sat-chit-ananda is only accessible to a few advanced spiritual masters. Potentially, only 20 or 30 masters have ever been able to reach and remain in this state. It is easier for people to achieve an illuminated mind, but sat-chit-ananda is a higher state even than that.

In the philosophy of Vedanta, sat-chit-ananda is used as a synonym for the three qualities of Brahman. It is the supremely blissful experience of pure consciousness, unity and ultimate reality. Sri Aurobindo considers sat-chit-ananda to be the eternal and unified concept of the soul, which is beyond space, matter and time.

Though it is a lofty goal that may not be achieved in our lifetime, practicing yoga can help move the individual closer to sat-chit-ananda.

“Integrity is the foundation for workability, effectiveness, excellence and contribution.”

6. Character

Winners never cheat

Winners never cheat. Short term temptations on account of monetary pleasures and material gains some time's lead to crossing of line. The urge is so great that we forget what true joy is.

“Character, in the long run, is the decisive factor in the life of an individual and of nations alike.” -- Theodore Roosevelt. Never underestimate value of values in life. It takes 100 acts to build your character but one wrong move can destroy your brand and character. We are not borne with character. We need to develop it. We need to practice it.

True character comes out when going gets tough. One needs to maintain grace, courage, fortitude, and strength in rough time.

The upnishads have said that in Kaliyug, adahrma, unethical behaviour would prevail on three wheels and dharma, ethical behaviour would prevail on one wheel. Therefore the imminent need is to attain consciousness of the illusion of material existence.

When we are forced to make a split-second decision, our true colors are often on full display. Spanish runner Ivan Fernandez Anaya is such hero. In the December 2012 race held at Spain's Burlada, Kenya's champion Abel Kiprop Mutai was in the lead and certain of winning the event. But mistakenly thinking that he had crossed the finish line, Mutai pulled up nearly 10 meters before the finish. The Spanish runner, instead of grabbing the opportunity to win the gold, caught up with Mutai and guided him into the first place. The incident reassert that honesty is the mother of human virtues. This act of honesty continues to inspire the world eight years and a pandemic later.

Let me share another. Inspirational experience that TN Seshan told in a Management Seminar:

He was traveling in Uttar Pradesh with his wife for a picnic while he was the Chief Election Commissioner. On the way, they saw a large mango plantation filled with sparrow nests. Seeing this, they went down there and his wife wanted to take two nests home. The police escort called a young boy who was grazing cows in the fields and demanded to bring the nests down and offered to pay him Rs10. He refused, so Seshan raised the offer to Rs.50.

The policeman asked the boy to do it as Seshan was a big officer. The boy told Seshan and his wife 'Saabji I will not do it for whatsoever you will give.' He continued, 'inside those nests, there will be baby sparrows, if I give you those nests to you, in the evening when mother sparrow returns with food for the babies and do not find them there, she will cry. I do not have the heart to see that'. Hearing this Seshan and his wife were shocked. Seshan says my position and the IAS melted away in front of that little boy. I was in front of him like a mustard seed. They gave up their wish and after returning, this incident continued to haunt him with guilt for days. Education, position or social status is never the yardstick for the measure of humanity. Values are.

When we talk about values, another role model is Dr. Abdul Kalam (Former President of India)

Dr. Kalam used to receive costly gifts whenever he went abroad as it is customary for many nations to give gifts to the visiting Head of state. Refusing the gift would become an insult to the nation and an embarrassment for India. So, he received them and on his return, Dr. Kalam asked the gifts to be photographed and then catalogued and handed over to the archives. Afterwards, he never even looked at them. He did not take even a pencil from the gifts received when he left Rashtrapathi Bhavan.

Dr. Kalam invited 50 of his relatives to come to Delhi and they all stayed in Rashtrapathi Bhavan. He organized a bus for them to go around the city which was paid for by him. No official car was used. All their stay and food was calculated as per the instructions of Dr. Kalam and the bill came to Rs. 2 lakhs which he paid. In the history of this country no one has done it.

Now, wait for the climax, Dr. Kalam's elder brother stayed with him in his room for the entire one week as Dr. Kalam wanted his brother to stay with him. When they left, Dr. Kalam wanted to pay rent for that room also. Imagine a President of country paying rent for the room in which he is staying.

Surround yourself with people having virtues which you want to be part of your life. Be true to yourself. Stick to your values and principles. Be authentic. Be ethical. Cultivate virtues. Ethical living should not come out of compulsion but from our heart. When values stay stable and do not fluctuate, they become virtues. The Great Ones also had to face temptations, but they did not succumb to them. Celebrate each noble act done by you.

“Give the world the best you have and the best will come back to you.”-Madeline Bridges

“The greater danger for most of us lies not in setting our aim too high and falling short; but in setting our aim too low and achieving our mark.” - Michelangelo

Never underestimate your potential. Always dream big, start small and step by step you will reach your destination.

7. Professional Progress-Becoming your best version

Believe my best is yet to come. Keep coming out of your comfort zone. Nothing is impossible. Real growth and learning happens outside our comfort zone.

Reflect on following Questions.

- ❖ Is your career fulfilling ?
- ❖ Do you love what you do ?
- ❖ Do you wake up each morning looking forward to your work?
- ❖ Are you good at what you are doing ? Do you experience career stress ?
- ❖ Does your career provide you opportunities to learn and grow?

Fundamental Beliefs for Professional Life

Empowering beliefs

- ❖ I have skills that can contribute to others.
- ❖ I can make other people's life better and more enjoyable.
- ❖ If I make my skills valuable for other people, they will pay me.
- ❖ My career is a platform for me to get financial rewards while making a contribution to others.
- ❖ My winning should not be at cost of others. Everything is adequate in world.
- ❖ Along with competence, I will also focus on character / values as I want to be winner for longer period.

7.1 Karma Yoga

For Professional life, we must follow Karma Yoga as explained in Gita. It says perform the call of duty without complaints and attachment to result. Action as per call of duty is not to be done as a burden, authority, obligation, guilt or compulsion. Rightful action as per call of duty is to be done with enthusiasm and positive energy as a grace of Self Expression.

The clear message of Karma Yoga Chapter 3 of Gita is I am performing all the actions and getting results according to God's will, With God's energy and as per God's divine plan. Therefore, I dedicate all results of my actions to God alone and surrender fully to God's will. I have no right on results, God may choose to give me my share of results. When we adopt such approach, work becomes worship. And when work is worshiped this way, there is a special joy in work, work is not tiring. It is such a joy and inspiration to see people working that way.

7.2 Be easy, not busy

We routinely use the vocabulary - I am very busy...I have no time. This mindset doesn't let us prioritize or manage time. We over-commit and under-deliver in every area of life. The turbulent energy of the word Busy conveys that we are not available to enjoy life's moments. Busyness makes us stressed about saving time, wasting time and constantly being in action. Just by saying busy. busy. busy... even if our schedule permits few hours of leisure, we won't utilize it to care for ourselves or others. We don't meet people, we call them. We don't listen to them, we speak. We don't connect, we just remain in contact. Today we have more responsibilities, more pressures, and more expectations. More need not mean Busy.

We can work 16 hours a day remaining calm and happy. Let's start saying I am Easy, I have time for everything. The relaxed energy of the word Easy keeps us calm, focused and efficient. Then we won't want time, we will have more time.

We come across professionals or housewives who work 14 hours a day remaining easy. We also meet school kids who say I am very busy, hurry up. Today the energy of being busy is in the air. When we consume and add it to our vocabulary, we radiate a message of having too much to manage and that we are not available for people. Being Easy or Busy indicate opposite states of your mind. They having nothing to do with the amount of work you do. Replace busy with easy and see the difference it makes to your emotional health. You will no longer hurry yourself or other people and create panic. You will go with the flow instead of resisting unexpected situations.

You radiate vibrations of peace to your mind, health to your body, harmony to your relationships and happiness to your environment.

7.3 Keep your energy high

Keep your energy high. And also your enthusiasm. What produces enthusiasm? When you found purpose and invest your energy in realizing your purpose. If you create more values for others while creating some value for yourself, you are richest person.

Carry pure energy at workplace. Your thoughts, words and behaviors earn your blessings whole day. Have wonderful professional relationships. Help your colleagues and cooperate with everyone. Radiate happiness to everyone with your performance and dedication. At the end of the day, you will be most contended person. That is what we look for in life.

There are situations in our professional life when we get pushed around, when boss is rude to us or keep nagging us. At such times we most often find our self-reacting or got stressed. When we react we tend to just make things worse.

Instead, let us be more attentive and aware, Pausing for a few seconds and choosing a course of action will make the interaction better. We focus on intentions and not behavior.

7.4 Be willing to seek help from others

To know and do everything by yourself might feel empowering but it limits one from absorbing what others have learnt. We must help others, but more importantly, have the courage to seek help when we're in need.

Every person in the world knows more than us in some respect. And their knowledge can help us, only if we're open to it.

7.5 Practice makes us perfect

Tendulkar become Tendulkar on account of this virtue. Even after becoming successful he never compromised on this aspect. Never missed practice session. Same is true for almost all successful sportspersons. Are you preparing enough before attending any meeting or any other professional assignment?

Activity keeps you busy but productivity keeps you free.

7.6 Never give up

"Many of life's failures are people who did not realize how close they were to success when they gave up." - Thomas Edison

"The greatest glory in living lies not in never falling, but in rising every time we fall." - Nelson Mandela

"Success is not final, failure is not fatal: it is the courage to continue that counts." - Winston S. Churchill

"A man is not finished when he is defeated. He is finished when he quits." - Richard Nixon

7.7 Leadership

"Leadership is about making others better on account of your presence and making sure that impacts last in your absence."- Sheryl Sandberg

Some Thoughts On Leadership :

One major mistake most of leaders do is to focus more on tangibles / numbers and less or no attention to intangibles. When you focus on intangibles like culture, brand, governance and HR, tangibles will be natural outcome. Tangibles are important but leaders should not be obsessed with it.

First responsibility of leader is to craft a grand vision, articulate it and raise aspirations, confidence, pride, hope and enthusiasm of his people/ team. Dhoni raises aspirations of every Indian after 2007 T20 World Cup win.

Role of leader is to inspire. This can be achieved by building vibrant working environment and nourishing culture in the organization. Our workplace atmosphere affects our productivity. A relaxed, happy atmosphere boosts our morale, focus and creative thinking. Culture where appreciation and recognition is practiced on an ongoing basis. Culture where every small win is celebrated. Culture where dignity

of each human being irrespective of his role is respected. Culture which provides each individual to grow.

Great leader leads by example. Example Dhoni lead from front. He walked the talk. He practiced what he was saying.

A confident leader is generous to share glory with team and taking ownership for failure.

A competent leader remain calm but plan his next move well in the hour of crisis.

The equanimity that Dhoni demonstrated after a match , whether it was a win or loss for India, showed how a good leader should react to wins and losses for his organization in market

Leaders Practice Humility

Inspirational Example

Mr. Zavere Poonawala is a well-known Parsee industrialist in Pune. He had this driver named Ganga Datt with him for the last 30 years on his limousine, which was originally owned by Acharya Rajneesh. Ganga Datt passed away recently and at that time Mr. Poonawala was in Mumbai for some important work. As soon as he heard the news, he canceled all his meetings, requested the driver's family to await him for the cremation and came back to Pune immediately by a helicopter. On reaching Pune, he asked the limo to be decorated with flowers as he wished Ganga Datt should be taken in the same car which he himself had driven since the beginning. When Ganga Datt's family agreed to his wishes, he himself drove Ganga Datt from his home upto the ghat on his last journey. When asked about it, Mr. Poonawala replied that Ganga Datt had served him day and night, and he could at least do this being eternally grateful to him. He further added that Ganga Datt rose up from poverty and educated both his children very well. His daughter is a Chartered accountant and that is so commendable.

Leaders should not only focus on their Company or the Organization alone but also think about how they are contributing to the Society, Community, and Environment & People in general.

Leader should have Physical Fitness, Emotional Fitness, Spiritual Fitness, Ethical Fitness and Professional fitness. Physical fitness - stamina, energy, agility, alertness, Professional fitness, learn ability, discerning ability, connecting dots across departments.

Ethical Fitness: Ethical architecture, values, courage to stand for right, speak up, fairness. Emotional Fitness, self-knowledge, emotions regulation, level of empathy, compassion, comfortable with uncomfortable, Resilience.

Leadership Qualities: Vision- higher purpose, Passion for change Conviction, credibility, authenticity, Empowering people, Building hope and positivity, Transparency - of self and Organization- Confronting issues with courage, Always challenging status quo, articulation in communication, focusing on high value activities and avoiding micro management, continuous learner, High concern for compassion along with performance ,Organization and entrepreneur mindset instead of operational mindset Excellence in communication and listening, Open, transparent about criticism and feedback, Reflection practitioner etc.

Set the overall purpose and objectives, empower the organization, delegate and regularly review progress made. Place a lot of value in systems and processes.

Are tough decisions best taken by one person or collectively?
Decisions may be collective but accountability should be with the leader.

Define your organization's purpose, conduct business ethically, empower your people, be a guide not a boss and most importantly Be Happy in what you are endeavoring. Work hard to ensure all our stakeholders – employees, customers, investors and society at large are truly happy.

As a leader you should not spread fear but earn respect. As a leader, speak firmly and stay friendly.

Believe every person in every function, big or small, has a role and is therefore an important cog in the wheel.

One role model leader is Aditya Puri of HDFC who after distinguishing career retired. One colleague Mr. Aseem Dhru describes his leadership qualities which is worth emulating.

"I spent twenty years of my life learning banking from Mr. Aditya Puri. I bear testimony to the fact that this man could make a donkey win a derby. I would like to share just 12 lessons from the vast amount I learnt from him. If you have survived that long with him, you have learnt lessons in leadership, no business school could teach.

Fun Fact: What you could not learn by paying top dollars, I learnt while getting paid for it!

1.Clarity. You never went to his cabin in which he sat on a desk that had no computer and no papers, and came back without a clear direction. In mediocre minds lies a grey box in which thoughts, opinions, hopes and fear create a spaghetti bowl of confusion. This man had only two boxes. The action box and the dust bin. Through a complex presentation, he caught the essence you managed to lose in fancy slides. The man cuts through clutter and makes it look so obvious that you come out feeling foolish.

2.Results. Through all details even as you began the man saw the end. "Where is my laddu?" You talked about a new product, a new process, new technology even as you laboured on the details, he has reached the end and is making you re-think even as you are presenting. Focus on the end, often he would pause me mid-stream and say, "are gujjubhai pachi su?" (In the end what will I get?)

3.Controlled Aggression. Behind the Punjabi mind lies a Gujarati mind on risk and a Marwari mind on returns. The man can beat a dozen Jews at a breakfast table.

4.Impatient Patience. The man had an impatient streak in him. He demanded the best and as of yesterday and yet he had the patience to play the impatience game for twenty five years!

5.Focus. Sir Don Bradman's back lift started before the ball was delivered. The bottom of his bat was approximately level with the tops of the stumps at the instant of delivery. For twenty five years, Mr. Puri read each delivery even before the ball left the bowlers hand

and had the perfect shot for it. Physically he left work at 5 pm every day, mentally he never left office for twenty five years.

6.Details. The man knew that the god of retail lives in the details. No matter how large the bank became, there was nothing happening within or not happening within that he wasn't aware of. He delegated freely but had a hawk eye on everything that mattered. The man had bifocal vision. He had a telescope in one eye and a microscope in another.

7.On-ground. We feared his branch reviews. The man connected with branch managers and their teams and god help you if he found out a loss in transmission between what you thought you were implementing and on ground reality. And trust me, if there was a miss, he never missed. As the bank became larger he went deeper.

8.Win. The man knew that every battle is first won in the mind. He would not lose any game he played and if his team couldn't, he stepped in to lift the heavy load. This man could win the game with any team you gave him. Under this captain, each player raised his game beyond their own limitations.

9.Groom. I was 26 years old. He told me to launch Retail Assets for the bank. So many others in the bank like me would testify, he gave you responsibilities far beyond your capabilities and then with his take no prisoners approach, this master raised your capabilities in his school of hard knocks. At 1064 degrees Celsius gold melts into liquid from where it can be forged into any shape of your choice. In this man's oven you either emerged as a fine ornament or if you did not have the mettle you melted in the process. If you can't stand that heat get out of his oven.

10.Coconut. Don't judge it by the shell. The man genuinely cared for you. He is a tender coconut once you know him well. Feedback was instantaneous. It could appear to be harsh but it was never personal. If you did a stupid thing, he told you that it was a stupid thing!

11.Nobody needed to manage this boss. If you managed to deliver what was expected, the boss managed himself. If not, then he managed you till you delivered to expectations.

12.Karma Yogi. Krishna describes the attitude of a Karma Yogi in the second chapter of the Bhagwad Gita and this man epitomizes it. For him, his work was his reward. The effort was the joy. The results were simply something that followed. Amongst leaders of straw in Financial Services, the man taught you professional and personal integrity and the art of straight talk.

Learning banking from Mr. Puri, was like learning archery from Dronacharya. I may not be Arjun, but this man could twirl a donkey's tail and light fire under it and soon often to its own surprise, it ran ahead of the thoroughbred stallions. Three years into entrepreneurship with SBFC Finance, I keep turning to him for advice, inspiration and mentoring and even today, my greatest reward continues to be that elusive "well done" from him.

Mr. Puri, I shall always remain in gratitude with a debt I can only hope to pay it forward."

7.8 Keep learning

Our neurons in brain also needs exercise.

Life is not static- it continues to change and evolve. In order to match its pace and to remain relevant, our learning must continue across our life span so that we live authentically, meaningful and joyful life. Be lifelong learner. Knowledge is new currency.

- ❖ Surround yourself with stimulating people.
- ❖ Learn from role models of your life.
- ❖ Do not miss any opportunity of attending learning events-workshop, seminar, 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. The only way we can learn is if we are exposed. And the only way that we are exposed is if we throw ourselves into the open." — C. Joy bell

"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

Positions, Designations are all temporary. Endeavour for becoming better human being with humility and down to earth approach which is always permanent.

8. Smart Wealth Management

“People who don’t respect money don’t have any- J. Paul Getty

It is ok to be wealthy by creating values for others rather than cheating. Becoming wealthy is not bad thing .Many of us carrying belief that money is evil. Is it so? Answer is no. Why? Because money gives us freedom to-do what we want. We all need adequate money to live decent life.

We can become generous and charitable. We can create value for others. What we require to keep in mind is that money is not only currency, it is also energy. Money earned ethically comes home with blessings, as it comes home after giving peace and happiness to others. When we create value for others, there is nothing wrong in earning money for value created by us.

Money is not just visible currency. It also carries invisible energy of how they earned it – which includes our intentions, thoughts, beliefs, behaviors, principles and ethics. If this energy is pure and positive, we bring home not just money but also the energies of peace, happiness and love. When such money with its pure energy is used to fulfill our family's needs and comforts, everyone's well-being is assured. Food, comforts, savings, everything that you buy from your pure money vibrate at a high frequency. The blessings from that money bring you health, happiness, harmony and success.

Money gives us freedom for more choices. It facilitates to experience life to fullest. Earning money by providing adequate values is not evil. Earning money through wrong means is evil. One should save minimum 20 %. One should start investing from early age with long term horizon.

Do reflect on following questions.

- ❖ Are you managing your money well?
- ❖ Do you experience financial stress?
- ❖ Do you have clear written financial goals?
- ❖ Do you understand fundamentals of wealth creation?

- ❖ Do you believe making money and creating wealth are good things?
 - ❖ Do your finance/Investments/Insurances well organized and well distributed?
 - ❖ Do you feel you have high level financial security?
- Fundamental Beliefs for wealth creation

Limiting belief: Money is root cause of all evils.

Empowering belief: Lack of money is root cause of all evils.

Some other Empowering Beliefs about money

- ❖ I manage my money intelligently and I am aware of my financial choices.
- ❖ Wealth is effect, cause is value creation.
- ❖ Money flows to people who respect it
- ❖ Money expands who you are. If you are kind hearted, it will make you more kind

There are three golden rules for investment.

1. Do not invest where you are not fully conversant with.
2. Smart wealth management requires that we do not keep all eggs in one basket.
3. Albert Einstein famously said that compound interest is the most powerful force in the universe. He said, "Compound interest is the 8th wonder of the world. He who understands it, earns it; he who doesn't, pays it."

Ensure you keep this aspect in focus while taking your investment decisions. Review your investments once in a quarter.

9. Creating Five Star Experiences

“Retain your innocence to enjoy small pleasures of life “

Life is all about experiences we have each moment. Slow down and savor the experiences. Do not rush through life.

Some experiences gives you more kick than others. It creates “AHA” moments for you. Find out which are your five star experiences which gives you more kick .Sipping hot coffee with friend? Catching raindrop on your tongue? Listening twitter of birds? Warm or cold shower? Experiences bliss in softness of down? Walking on juicy sun kissed grass? Walking by a lake, sea or mountain? Listening to good music? Watching sunset or sunrise? Reading book sitting in your balcony? Walk in forest? Going on long drive? Also slowdown in eating and savor the taste rather than just consume mindlessly. Have you ever experienced star bathing? It gives peace when we do it and darkness of night envelops our sight and other senses are heightened. Such unhurried experiences at regular intervals may present the perfect recipe for a serene and happy life.

Spend some time daily listening music, anything from classical to devotional. Music and meditation creates same impact. When we stretch world, it becomes music. When we stretch mind, we go to meditation. Life is celebration and no celebration can happen without music.

Smile unlimited- most powerful gesture

Give smile from our heart (genuine smile and not artificial) to everyone around us including those whom we do not know?

Children smile more- on average; they do so 400 times a day. Whilst happy people still smile 40- 50 times a day, the average of us only does so 20 times.

Why we forgot to smile when there are so many benefits of smiling?

Smiling has many positive effects on our brains, bodies and the people around us.

Smiling is the best way to uplift our energy. It changes our mood instantly. It is natural, easy and infectious.

Research indicates lot of health benefits like reducing our stress, lowering our blood pressure and also leading to longevity.

Here is something interesting. Researcher LaFrance concluded that, overall, women smile a lot more than men. In the famous yearbook study, they tracked the lives of women who had the best smiles in yearbook photos compared to the rest. Women who smiled the most lived happier lives, happier marriages and had fewer setbacks.

According to Ron Gutman, the author of “Smile: The astonishing powers of a simple act”, one smile can generate the same level of brain stimulation as up to 2000 bars of chocolate.

The next time you are feeling down, nervous, stressed out, or just need to elevate your mood, try smiling and you will get your energy back.

Smile is the most attractive thing about any person. It is our best accessory, especially if it reaches your eyes. You are doing yourself huge favour by smiling. Each time you smile, you throw a little feel good party in your brain.

Why did the Mona Lisa become one of the most famous paintings of all time? That’s a question an incredible amount of people have asked themselves in the past. And one possible answer is this: because of her unique smile.

The world would be a more beautiful place if we all would smile more at ourselves and at others. However we should ensure that our smile is real and from heart and not artificial.

Dream Home

“A man travels the world over in search of what he needs and returns home to find it.” -George A. Moore

We spend our maximum time at home. What is your imagination about your dream home? Are you looking for bliss in home? Are you looking for tranquility in your home? Are you looking for fun and laughter in home? Home of warmth and simplicity? Home that is comfortable, organized and peaceful? Home with lots of natural light and space to connect with nature? Home that is reflection of your values-Peace, order, joy, love, empathy? Home which is the abode of happiness, peace and tranquility? Make one improvement in your home every week. Create wonderful, soothing environment by using your creativity. This is place where you spend more than 1/3rd of your life. It must give you positive vibrations.

Depending on your choice, decide theme of your dream home. Then use your creativity. Use candles. Use flowers. Use green pots. Use beautiful curtains. Use Chimes. Use aesthetic pleasing, artwork. Use aroma. Play light relaxing music. DE clutter it regularly. Make one improve- ment every week.

“A home without books is a body without soul.” – Marcus Tullius Cicero.

“Home is not a place...it’s a feeling.”

All above is romancing with life. It is keeping your all senses alive. Happiness is state of mind. These small experiences brings big happiness in life. You can give these gifts to yourself. However as you grow, your happiness too matures. Happiness manifest more within. Rather than a loud laugh or grin, it is more a smile that begins in the soul and then invade to eyes. However core thought which does not change is we are responsible for our own state of happiness. Happiness comes from within. We can choose to be happy most of the time. A happy person is not one who is without problems; but one who has learnt to deal with them better.

‘When you love people and have the desire to make a profound positive impact upon the world, then you have accomplished the meaning to live,” Sasha Azevedo

10 . Moving from Success to Significance

Our focus should shift from success to significance. Let us try to understand the difference between success and significance.

Success	Significance
Chasing goals/dreams for more power, status, wealth, achievement, recognition. (There is nothing wrong in having high aspirations but we always want more and in turn become part of rat race at cost of health and relationships.	Sharing wisdom and giving time and talent to others, to make positive difference to others, to help others. Be rainbow in someone's clod.
Adding Value to Self	Adding Value to others
Winning	Helping others to win
Leads to Ego/Pride	Leads to humility/Kindness

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

- ❖ sharing money
- ❖ food
- ❖ time
- ❖ attention
- ❖ wishes
- ❖ Blessings

In Nature, no one hoards. Sun provides us with light, moon gives its cool radiance, Trees present fruits, Plants offer flowers, river share their water, Take inspiration and contribute in making society and world better place.

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

Look for every good opportunity to contribute to someone financially, emotionally and intellectually. Contribute 5-10% of my income for a good cause.

Commit to donate 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. More you give from heart, more you receive joy of giving.

“Try to be a rainbow in someone’s cloud.” – Maya Angelou

Make some positive contribution to society, making this world better place. Make positive difference in life of others. Life’s greatest joy comes from serving others. Service is broad concept and includes sharing money, food, time, attention, ideas, wishes, blessings and kindness. Each day do something good. If nothing, at least give smiles to others.

10.1 Give gift to everyone you meet

The best way to become a beautiful human being is gifting a virtue, a kind word, a lovely smile, a warm handshake, 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. Spiritually rich people with the wealth of every virtue in their heart are created by donating that wealth to all. Also, the more others take this wealth from us at all times, the more we become careful that we do not make mistakes that reduce this wealth in anyway.

10.2 Spirit of Ubuntu – Inspirational Story

There is a beautiful story to explain this philosophy.

One traveler proposed a game to African Kids. He put a basket full of fruits near a tree and asked kids to run and told that whoever reaches first will get sweet fruits. When he gave them signal to run, they all took each other's hands and ran together, then sat in circle and enjoyed fruits by sharing with each other. When he ask kids why they did like this when they could have got more fruits individually, one little girl replied, " UBUNTU, how can one of us be happy if all the others are sad?"

The well-known South African activist Desmond Tutu describes the little girl's thought process by using the word ubuntu, which means "I am because we are." He further explains, "Africans have a thing called Ubuntu. It is about the essence of being human, it is part of the gift that Africa will give the world. It embraces hospitality, caring about others, being willing to go the extra mile for the sake of another."

We believe that a person is a person through other persons. We believe that there is always room at the top. We believe in abundance and we work hard to make life great for everyone in our community. We walk to the tree and enjoy the fruit together.

Ubuntu speaks particularly about the fact that you can't exist as a human being in isolation. It speaks about our interconnectedness. There is empathy built into this concept/philosophy. Beauty of this philosophy is it shifts our focus from "I" to "WE". Having Ubuntu is showing care and concern for others. It's lending a helping hand and displaying an understanding of the dignity with which human beings ought to be treated.

Ubuntu exists because human beings exist and seeks to provide a code of conduct for the co-existence of human beings. It is a philosophy of sharing. If this philosophy is imbibed in the corporate world, a lot of rat race and resultant stress will go. Our belief will change that there is enough for all and my success is not necessarily at the cost of others' failure. There is a scope of "win win" approach. Let us adopt this philosophy in true spirit in every aspects of life.

10.3 Our Best Investment-Random Act of Kindness

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

An act of kindness can turn someone's day around.

Of all the investments we made in life, the one which keeps coming back in manifold is that of kindness, caring and helping act. Kindness is something we do from our heart. Kindness is extending our self in a way that uplifts another human being. There is magical healing power in kindness that impacts both giver and receiver. The value of inclusiveness is foundation for this. It is important to show appreciation and care. Do not miss any chance to help or support any

one including your spouse, children, other family members, and friends and even to strangers. It may be providing support to someone who is sick, volunteering at community event, helping some senior citizen or blind person to cross the road, holding door for someone, solving someone's problem, giving an honest compliment, just giving smile, listening empathetically, showing respect for others , using appropriate language and so on. If you have opportunity to make someone happy, do it.

Practicing Kindness has many benefits including increased happiness and a healthy heart. It slows down the aging process and improves relationships and connections, which indirectly boosts our health. Acts of kindness can release hormones that contribute to our mood and over- all wellbeing. 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 is because it stimulates release of happy hormones like oxytocin and dopamine.

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

10.4 Power of Service

“Seva is an expression of inner Love.”-Sri Sri Ravishankar

One important aspect of service is doing it at right time and to right person.

Service, making positive difference or impact to others always increase our spiritual power. Our battery (mental power) gets fully charged when we serve others. However one must ensure following aspects to achieve this power.

- ❖ Mindset while doing service should be calm. We should not do service with irritation or anger but feeling love towards others. Consider you are only instrument / trustee on behalf of God for doing this act.
- ❖ Do it with humility and without any ego. Do it without any expectation. Do it with right intention.

To be a giver is to experience constant happiness.

We often do things for the sake of others, even though it is difficult. And if this gift is not recognized or appreciated we tend to get upset. However we will experience the greatest happiness if we give without expecting anything in return. When we give with a pure heart, we will experience happiness and make those around us happy too.

Service is very broad concept and not only physical or giving money. It also includes –

- ❖ Giving wishes or blessings to others
- ❖ Counseling others
- ❖ Giving smile or comfort words
- ❖ Giving time
- ❖ Sharing knowledge
- ❖ Inspiring others for meditation or exercise or yoga
- ❖ Keeping environment at home and workplace positive
- ❖ Going extra mile beyond our duty is also service

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

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

Epilogue/Conclusion

Make right choices. Life is between B and D, Birth and Death. Between B and D comes C - choice. "Extraordinary Life" requires right choices. Take ownership and responsibility for right choices.

Yes we all will die. But we must live now.

Not living mechanical and compromised life, but truly living fulfilling life. As Oprah Winfrey beautifully says, "Whether you flounder or flourish is always in your hands-you are the single biggest influence in your life. Your journey begins with a choice to get up, step out and live fully." With regard to choices, let me share one inspirational story.

Willpower

In life we know about healthy habits and lifestyle but what we lack many times is willpower to follow it on consistent basis.

Willpower is like muscle. More we use it, more it will become stronger. Each of us is blessed with the same amount of will power. All of us use our will power in certain situations and do not use it in others. When we do not use it, we fail in what we want to do. Repeated failure re-affirms a wrong belief that we lack will power. It is not the lack of will power, but a lack of desire and determination which blocks or slows down our success. For willpower to work, it's important to have a deep desire and the persistence to try one more time even if we had failed in the past. Never underestimate your willpower, it is an essential ingredient to success in every aspect of path to "Extraordinary Life"

Living "Extraordinary Life" requires two actions:

1. Identifying harmful/ negative tendencies and flush out them from our system. More the awareness, more we able to achieve it
2. Learn about positive / inspirational tendencies and try to instill and imbibe.

Summary of our Positive/Inspirational and negative tendencies are as under:

Dos	Don't
Live in Present. Living every day as if it is only day of life.	Live in regretting past or worrying for future. Postpone critical things.
Believe in joy of giving from heart-smile, comforting words, appreciation,	Always focus on accumulating
Keep Moving. Invest one hour in morning walk, light exercise/yoga and Paranayama. Taking morning sunlight for 10 to 15 minutes.	Remaining Lazy. Not giving any movement to body. Sitting on chair for long time without taking break and moving body.
Taking 50 % intake of food in form of fruits, vegetables, nuts. Doing food prayer before eating. Ensuring good emotions while cooking. Proper chewing.	Taking more salt, sugar, fried/fast food. Watching TV or mobile while eating. Not chewing well.
Taking adequate water or liquids	Either under hydrated or over hydrated
Sound quality sleep from 10 pm to 6 am	Irregular sleeping hours
Nurture quality thoughts by being in company of inspiring people and seeing positive media	Nurture negative thoughts by being in company of negative/toxic people- watching negative media
Nurturing empowering Beliefs. Flushing out limiting beliefs	Focusing more on limiting beliefs
Meditate daily for 20 to 25 minutes	Never going inward. Chasing/spending time on wrong things
Be lifelong learner, Learn from Role Models, seek different views in critical areas and learn from it	Lack of continuous learning
Listening Music at least for 30 minutes daily	Spending time in watching/reading negative stories/news

Dos	Don't
Facing challenges in life powerfully . Having faith bigger than fears.	Getting overwhelmed by challenges. More time in fear and worry.
Practicing detachment- no mental ownership	Practicing attachment to everything
Love self and others unconditionally – demonstrate love through various gestures like flowers, compliments, romantic dinners	Taking love for granted. Not demonstrating. Not giving undivided attention.
In Relationships, always accept people as they are, focus on brighter side, love respect, focus more on giving compliments	In Relationships, always focus on deficiencies, who is right and who is wrong , focus more on criticism, complain
Spend quality time with family focusing on fun, learning, dining together	Focus more on TV and mobile even when with loved ones
As a parent, give roots and wings to children, focusing on making them good human being. Behaving more like buddy	Be controlling and dominant parents
Nurture relationships with spouse, parents and friends by investing time and energy	Do not pay adequate attention to Spouse, parents and friends.
Learn how to handle disagreements intelligently	Wasting energy on trivial issues
Keep celebrating every small win/success. Remaining playful.	Always focusing what is wrong in life. Always remaining serious.
Save minimum 20 % and Invest keeping long term horizon	Do not focus on saving/smart investing
Be Karmyogi in Professional life. Give 100 % . Trusting self potential and always keeping high bar.	Underestimate own potential. Getting upset if desired result not achieved.
Practice Gratitude, Love and Forgiveness –they have unbelievable powers to create a future; a future that was not going to happen.	Taking things for granted
Practice Empathy/compassion	Remaining jealous. Always judging others from limited view
Forgive self and others	Holding hurt

Dos	Don't
Be rainbow in life of others. Focus more on adding value to others and winning of others.	Remaining greedy and self centered.
Spend energy on keeping home : organized, creating an environment of peace and tranquility, full of fun and laughter, broad and functional.	Not focusing on home where we spend major part of life and keeping it dirty/unorganized/cluttered.
Pause to listen to birds, pause to feel cool breeze, pause to see sunrise and sunset, walking in nature, enjoying smile of child, see flowers blossoming, enjoying their fragrance-taking joy from all these .	Always in hurry and missing happiness from small things. People who are too critical or too proud, are the ones who find it hard to find joy in small things because their minds are preoccupied with “seemingly” more important things.

Powerful Daily Habits

Real transformation happens when we actually follow and implement what we learned in life. One way to do this is converting our learning's into daily habits and then follow it. Based on above, I suggest following powerful habits which may be imbibed and reinforced periodically to get real transformation and “Extraordinary Life”.

1. I will wake up with smile on face and start my day by drinking one glass plain water or water with lemon followed by banana or soaked almonds.
2. Next one hour I will spend like -20- minutes walking, -20- minutes light exercise or yoga and -20- minute's pranayama. During this, I will spend some time in nature and will get sunlight and fresh air.
3. My eating during day will include fruits (2 to 3 times), vegetables, almonds, walnuts, curd, peanuts, etc.
4. I will ensure “ZERO” negative thinking during day.
5. I will ensure “ZERO” complains during day. I will not caught up with petty issues, com- plains, blaming others or expecting from others. It hinders me from growing.

6. I will not compare myself with anyone. I accept myself in totality and will work towards my best version.
7. I will appreciate/give heartfelt compliment my spouse and children at least once during day.
8. I will contact two friends during day either over phone or in person and will spend quality time.
9. I will do one caring act/act with compassion during day. I will Practice love and kindness. I will walk up to person who has a bad day and support. If I could do nothing, I will just give comfort and smile. I will be caring for everyone, even to strangers.
10. I will make responsible choices with money while spending or investing.
11. I will do meditation for 15 to 20 minutes during day.
12. My sleep time will be regular from ----- to --. (10 to 6 or 10.30 to 6.30).
13. I will spend one hour every day to do things that makes me truly happy like listen music, watching comic serial, walking in nature, reading book, playing with child or pets, sipping hot coffee or tea. Create my aha moments/five star experiences. Life is not race.
14. If I will make any mistake, I will not become harsh with me. I will be kind to me. I will accept my mistake, will learn from it and move on with life.
15. I will face challenges powerfully. I will believe I have power to deal anything. Yes anything
16. I will spend 30 minutes for learning something new every day either by reading book or by listening some talk in YouTube or spending time with my role models/inspirational people.
17. While going to bed, I will have deep breathing and remember three good things in life i.e. practicing gratitude.

Live. Do not exist. Life is not perfect. Life is not easy. But life is still good. Extraordinary, unreasonable and sometimes out of comfort zone efforts are required to move from ordinary to extraordinary. But those efforts are worth. Once we imbibe above learning's, we can say "Meine jeena sikh liya. (I now know correct way of living, not existing). We will "grow through" life and not "go through "life. Let the last thought be " Jinee Ka Maza aa Gaya"- Joyfully leave the world and force People to say," Well Played."

In life, many people know what to do, but few people actually do what they know. Knowing is not enough. You must put it in action. Again mastery will not be achieved overnight. Follow path of DDA-Daily Development Audit. Before sleeping, spend some time with yourself and reflect on how you responded to various situations. Accept mistakes and focus on them next day. This is journey of bettering the best. Your Competition is with yourself. Your today should be better than yesterday.

Wishing you all the best in the Transformation Journey.

Assessment of Quality of Your life

Time to reflect quality of your life you are leading at present. Reflect on following questions. Total 50 questions with 2 marks each. If you feel that you are above 90 % in the area, give 2 marks, If more than 60 % give -1- mark and if less than 60 % give zero mark.

Try to give honest answers so that you get true picture of yourself.

Sr no	Question	Total Marks	Self Assessment Score
1	Are you in control of thoughts and do not allow negative thoughts?	2	
2	Did you beliefs empower you ?	2	
3	Do you feel you have high level financial security ?	2	
4	Do you accept all parts of your self- both good and bad qualities/habits?	2	
5	Do you feel contented most of the time?	2	
6	Do you have high ratio of Positive Vs Negative emotions? Positive emotions- Joy, Bliss,Happiness,Fulfillment, Contentment Negative Emotions- Anger, Fear, worry, stress	2	

Sr no	Question	Total Marks	Self Assessment Score
7	Are you going for morning walk regularly?	2	
8	Are you doing Light exercise /Yoga at least for 30 minutes five days in a week?	2	
9	Are you spending 15 minutes daily for Pranayama/Deep breathing exercise?	2	
10	Are you taking 90 % of your food intake healthy consisting fruits/vegetables/cereals/pulses/w hole grains/nuts/seeds in your food?	2	
11	Are you chewing your food till it becomes semi liquid/liquid in mouth?	2	
12	Is your sleep timings/schedule regular? Do you sleep latest by 10.30 pm?	2	
13	Are you spending 30 minutes daily to learn something new through reading or listening inspirational talks or by observing and spending time with inspirational peoples?	2	
14	How you face challenges in life? Do you get overwhelmed or feel confident and control even in adverse situation?	2	

Sr no	Question	Total Marks	Self Assessment Score
15	Do you have clear sense of your purpose in life?	2	
16	Do you practice meditation at least - 1- time for 20 minutes daily?	2	
17	Are you doing at least one act of kindness/contributing to others- be it smile, support, comforting words, genuine appreciation etc. ? Do you believe that good deeds are paid back in life?	2	
18	Do you appreciate/support your spouse regularly?	2	
19	Do you communicate honestly, easily and openly with your spouse?	2	
20	Do you be buddy with your children?	2	
21	Do you take responsibility of uplifting everyone around you ?	2	
22	Do you have close, loving relationships with your parents?	2	
23	Do you invest good deal of time and energy for your friends?	2	
24	Do you take at least one meal daily with all family members together ?	2	
25.	Do you have clear written financial goals?	2	

Sr no	Question	Total Marks	Self Assessment Score
26	Do you invest minimum 20 % of your earnings?	2	
27	Are your investments well organized and well distributed?	2	
28	Do you review your financial goals and investment at least once in a quarter?	2	
29	Are you clear about your professional goals?	2	
30	Do you love the house you live in?	2	
31	Are you most of the time playful? Do you smile frequently during day even without any reason?	2	
32	Do you enjoy listening music or singing /playing instrument?	2	
33	Do you love yourself?	2	
34	Do you love everyone around you irrespective of their response?	2	
35	As parents, do you focus more on teaching your children how to be internally strong?	2	
36	Do you practice silence for few minutes once in a week ?	2	
37	Do you spend energy focusing on larger issues most of the time?	2	
38.	Do you celebrate all wins/success howsoever small it may be?	2	

Sr no	Question	Total Marks	Self Assessment Score
39	Do you practice Gratitude?(Suggestion : before going for sleep, acknowledge good things happened during day and say thank you to divine power.)	2	
40	Do you practice forgiving self and others?	2	
41	Do you appreciate more?	2	
42	Do you pause for listening birds or watching sunrise/sunset, flowers or feeling cool breeze?	2	
43	Do you able to keep your mind stable for most of the time ?Does your Inner peace and joy is disturbed when things and people do not happen/behave as per your expectations?	2	
44	Do you give 100 % in whatever activity you are doing?	2	
45	Do you keep yourself adequately hydrated?	2	
46	Do you read or listen spiritual literature for 15 minutes every day ?	2	
47	Do you focus more on accumulating wealth and material things or more in sharing/giving from heart?	2	
48	Do you more often respond than react to situations?	2	

Sr no	Question	Total Marks	Self Assessment Score
49	Do you feel that there is adequate scope for everyone and your success should not be at cost of failure of others ?	2	
50	Do you practice witness? (that is you take life as a play and give your best but enjoy it as a drama)	2	
	Total	100	

Note : Put your score in following boxes to know your area wise score which will facilitate you to find out in which area of life you need more focus.

Mind Management			Emotional Health			Physical Health		
Question	Marks	Self Score	Question	Marks	Self Score	Question	Marks	Self Score
1	2		4	2		7		
2	2		5	2		8		
13	2		6	2		9		
14	2		15	2		10		
43	2		31	2		11		
48	2		33	2		12		
	2					45		
Total	12		Total	12		Total	14	
		%					%	

Relationships			Spiritual Wisdom/Character			Professional Life		
Question	Marks	Self Score	Question	Marks	Self Score	Question	Marks	Self Score
18	2		16	2		29	2	
19	2		34	2		37	2	
20	2		36	2		41	2	
22	2		39	2		44	2	
23	2		40	2		49	2	
24	2		46	2				
35	2		50	2				
Total	14	%	Total	14	%	Total	10	%

Wealth Management			Five Star Experiences			Significance/Contribution		
Question	Marks	Self Score	Question	Marks	Self Score	Question	Marks	Self Score
3	2		30	2		17	2	
25	2		32	2		21	2	
26	2		38	2		47	2	
27	2		42	2				
28	2							
Total	10		Total	8		Total	6	
		%				%		

Note : Wherever you score low, go to that section in book and reinforce your learning's and repeat this assessment every quarter. Transformation/Evaluation is continuous journey.

