

How to
Strengthen **MIND**
through
POSITIVITY ...

*36 Days course to achieve
360° positivity in your life.*

Its for sure that the contents of this book are common and usually you would have read them or heard them from someone. But if you have not been able to understand it some of them before, then this time something special will definitely happen.

- Prof. Sanjay Biyani

Prof. Sanjay Biyani, Academic Director of Biyani Group of Colleges which is the fastest growing girls' college is a group of Educational Institutes in Jaipur, Rajasthan, India. The college is run by a trust named Biyani Shikshan Samiti, a non-profit Organization working for improving Girls education in the Indian state of Rajasthan. The trust has established two campuses in Jaipur.

Its Vision

To be a global institution committed to its passion for innovation and knowledge-sharing through multidisciplinary to interdisciplinary research & development.

It's Mission

To empower youth by imparting quality education emphasizing developing dynamic and creative professional leaders with positive attitude.

Quality Policy

To provide quality education through faculty development, update of facilities and continuous improvement meeting university norms and keeping stake holders satisfied.

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- www.Biyanicolleges.org

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Dr. Sanjay Biyani

BIYANI GROUP OF COLLEGES

Sector-3, Vidhyadhar Nagar, Jaipur

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FOREWORD

"Positive thinking means expecting, talking, believing, and visualizing what you want to achieve. It means seeing in your mind's eye the thing you want, as an accomplished fact." - Remez Sasson

I can't remember when this quote hit my mind and I unknowingly started believing and following it. In a very simple way a powerful thought has been promoted. I accepted this thought as a life changing successful mantra. Whenever I was in trouble, felt frustrated, clueless and unable to attain my goals, I always repeated these words in my mind and felt a change in the form of a stream of positivity steering my little ship of self towards a bright and more positive direction.

In the beginning when my career took some unexpected tough turns, I somehow managed to pull myself and my career back together, picked up the pieces and started over because of the positive thoughts. But what was the secret to my long and a successful career? As I ponder over the question, I realize that there were probably three traits that worked for me and the best thing is that anyone can develop them. I have been blessed with an extraordinary capacity for hard work, an avid curiosity, and a strong habit to look at the brighter side of things. All of us can work hard, put in a few more hours at work, and try a bit harder to master a challenge. Contrary to the old saying, curiosity didn't kill the cat or anyone else. Learning new things, exploring topics about which we know nothing - that's what gives life its gusto.

I always emphasize on gratitude and giving thanks. As I've written in my own books, weaving gratitude into our daily lives empowers us to lead more contented and more fruitful lives. This powerful book

also comprises a chapter on "Importance of Saying Thank you," with inspiring examples of how the power of "thank you" can make an implausible impact.

As you read along, you will find such stories that particularly resonate with your life. I'm very sure that you would like to refer back to them to those days when you were feeling like "life" is getting the better of you. I also suggest you keep a pencil and paper handy to jot down the questions that you might find yourself asking of you. Each of these inspiring stories bear a teaching for happy and successful life. What you take from the stories might be different from what I learn or what a friend might discover from the story. As you go through the book, you'll begin to see a pattern to your scribbled points. The questions you write -- and the answers you offer to them -- can provide a template to help you live your own life more authentically and fully.

If you feel that this book has helped you then you should share this book with your family and friends. Give a copy to someone who needs a boost in life. And when you need a reminder that life is filled with blessings, benefits, opportunities, and joy turn back to this book. You'll find you're looking ahead with grateful, positive happy eyes that recognize all the good in your life now and always.

I'm very positive about it!

ACKNOWLEDGEMENT

First and foremost, thank you to my family for having the patience with me for having taken yet another challenge which reduced the amount of time I could spend with them. Specially my mother, who has borne a big part of that sacrifice. Mrs. Priyanka Biyani, my Wife, who keeps encouraging me in her own particular way. My late father, who now rests in peace, shaped my personality and shares credit of every goal I have achieved and will ever achieve.

Thanks to all my friends for sharing my happiness on starting this project. They stood by me showing encouragement when it seemed too difficult to complete. I would have probably given up but for their support.

Thanks to our editor, Ms. Anu Bhatnagar, and all the technical reviewers who worked on this book. They helped not only by correcting errors but also by suggesting certain additions that could seem obvious in hindsight but that would never have occurred to you.

Throughout the process of writing this book, many individuals from the community have taken time out to help us out. I'd like to mention a special thanks to all of the community members who have directly or indirectly been a source of inspiration.

- Dr. Sanjay Biyani

PREFACE

There are already a zillion books on Positivity and How to strengthen its power. So why did I write this one? There are several reasons. Many good books that explain positivity mostly lack experience. Nonetheless, even the good ones mainly focus only on the basic concept of positivity with minimal information on the self experience and its implementation in real life. Mostly they contain only brief discussions, a few sentences or a short paragraph, on say concept of Positivity and how it actually influences in life.

This one, I hope, is an explanation of the world of positivity, based on an extensive journey of life of renowned, inspiring and successful people and also a simultaneous voyage into the mind of the curious and intelligent readers. Furthermore, when you will hold a paper version in your hand, you will note that our another goal for this book was to keep it reasonably short so that the readers could enjoy while learning without feeling fatigue.

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PART-1

**POSITIVE
THINKING**

DAY-1

1

Inferiority Complex is a big Ailment/Disorder

*“By recognizing their potential and believing
in it, anyone can change the world”*

– Dalai Lama

1. Inferiority Complex is a big obstacle in the realization of your prospects/expectations. It feels sad to see that so many people are victims of or are suffering from the disorder known as Inferiority Complex.
2. It is first and foremost important to see why and where we are getting the feeling of powerlessness from. This requires some time consuming analysis.
3. Inferiority Complex has a lot of reasons and most of them are rooted in our childhood. Maybe you had an elder brother who was a meritorious student. He must have always secured First Division and you must have secured Third Division and you must have always listened to comparisons for the same. That is why you probably started believing that you can never succeed as much as he can. He always secured First Division and you Third, so you started believing that in all trials of life he will secure first division and you will always secure third.

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4. Keep telling yourself “I can do everything with the help of God because he gives me strength”. I was taught how to maintain my faith.
5. The biggest secret for eradication of inferiority complex or self doubt is – Fill your heart and soul with self confidence to the brim. Strong faith is derived from prayer. You need good quality faith to be able to destroy inferiority complex. If you need assurance and results from your faith then learn to pray immensely. God gives you outcomes in proportion to your prayers. The bigger your problem the larger your prayers should be.
6. I have seen that when someone drives a car then his mind is full of various types of thoughts. If his chain of thoughts is negative, then he will think of a lot of terrible things throughout the day and imagine lot of dreadful happenings, and this is not good for him. Earlier this used to happen to me as well. When I would drive to meet customers, my mind would be constantly full of fear and thoughts of being unsuccessful and this was one of the reasons behind my low sales. But from the time that I have started using these cards and memorized these words, I have started thinking differently. The old insecurities that had troubled me earlier are now nearly out of my mind. Now, instead of thinking about failure and incapability, I have started thinking about faith and courage. If you visit a customer with the idea of failing, then how do you expect to succeed in selling?
8. We will constantly feel insecure if we keep imagining or thinking that something bad is about to occur. A more serious concern is that through our ill thoughts we may invite those ill happening to visit us, which we feared in the first place.

9. A Psychological Survey was conducted with about 600 students of a University. The students were asked about that their most challenging personal problem, 75% replied; lack of Self Confidence. Everywhere you will meet such people who are scared from within, who walk in an uneasy manner, who have feelings of insecurity and incompetence deeply embedded in them, who doubt their capabilities. They are always clearly and imaginatively preoccupied with the fear that something wrong is about to happen. In their lives, thousands of people are trailing along burdensome incidents of failure and terror and in most cases their frustration and inability is unnecessary as it is purely fictional.
10. You may sit down if you do not believe in your ability to win. Take a sheet of paper in your hands and make a list. Remember your list should not have things that speak against you, but those that speak in your favour. If you or I or anyone keeps thinking about those powers or thoughts that are opposite to ours, then we shall make them more influential. They will become more dominating than they really might be. But on the contrary if you mentally start concentrating on your positive aspects, and make a list of your assets, if you focus on them and be firm on them, no matter what type of difficulty it might be, you will realize that God is really with you and is there to help you. The most basic learning of Religion is that the omnipotent God will be your companion, will stay with you, will help you, and will assist you in achieving success. You will feel “God is with me; God is helping me; God is showing me the way”.

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11. Emerson has revealed a terrific truth, “They win, who believe that they can win”. “Do what you fear most and the death of fear is certain”.
12. Fit in your mind the indelible image of your success. Keep this image always clear in your mind. Never let it fade. Your mind will try all ways to reach it. That's why always create a picture of “success”, no matter how many problems or difficulties you may have in your life, right now.

DAY-2

2

How to Empower your Mind/Brain

“The greatest discovery of all time is that a person can change his future by merely changing his attitude”

– Oprah Winfrey

1. The essential way to achieve mental peace is to keep your **brain/mind** empty. Practice to rid your mind of all fear, hatred, insecurity, regret, guilt. Have you felt that when you share your worries with a trustworthy person then the burden on your heart seems a lot lesser?
2. But remember it is not just enough to empty your **brain/mind**. When the **brain/mind** is empty something or the other is bound to enter it. The **brain/mind** should not experience vacuum for a long time. It is not possible for your **brain/mind** to remain empty forever. If you don't try to fill your **brain/mind** with something new then the old, sad thoughts that you had thrown out will try to re-enter the doors of your mind.
3. Then when the fear, hatred and worries that had troubled you for so long will try to trouble you again, they will see a board on the doors of your mind, saying “No Vacancy”. And the new and healthy thoughts that you have implanted there will defend the

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fortress of your **brain/mind** and defeat these negative foes. After a while the old thoughts will totally accept defeat and leave you forever. You will then gain permanent mental peace.

4. Also, develop the habit out repeatedly saying aloud words of peace. Words have a unique, suggestive power. By mere utterance of these words your thoughts start changing and you feel cured. Say fear arousing words repeatedly and you will instantly feel nervous. But Peace is such a word that its mere utterance makes us feel peaceful.
5. Silence has the power of spiritual healing. Practicing being completely silently provides relief to us and cures most of our mental **illnesses/disturbances/instability**.
6. We pollute our minds with mutual differences and envy and engage our **brain/mind** in useless tasks hindering the development of our vision.
7. Every episode should have an independent view point. As a matter of fact most people are not able to do innovative work due to their past experiences.
8. We also need good quality Faith to make our **brain/mind** effective. Undoubtedly a person can better his own mind by increasing his faith and reliance on God.
9. The functioning of the **brain/mind** also deteriorates due to fear and the more we attach ourselves to trust, the more fearless we become. We should pledge that speaking truth is quite essential for our way of life.

10. A very important work of the **brain/mind** is taking decisions. Have we ever pondered over why we delay in taking decisions? The sole reason for this is that we do not have clearly defined aims and objective in our lives. That is why it is important for us to lay down specific aims and objectives in our lives.
11. Imagine that you went out last night and were so busy that you forgot to have dinner. When you finally reached home you were so tired that you did not have your dinner, and you fell asleep in your bed. Your stomach is growling and producing weird sounds. You will not stay quiet at such a point. Till you do not appease your hunger. This is also applicable to your quest for success – your appetite for it. You will have to develop your view point in your **brain/mind**.

DAY-3

3

Hard Work Does Not Destroy Human Energy, But Emotional Imbalance Does

“God, our Creator, has stored within our minds and personalities, great potential strength and ability. Prayer helps us tap and develop these powers.”

– Dr. APJ Abdul Kalam

1. If your brain says that you are tired then your body, nerves and muscles will also be tired. But if your brain is deeply engrossed in/involvement in some work, then you can finish that work right till the end, without feeling tired.
2. God is the source of all energy – all the energy in the universe, all atomic energy, electrical energy, spiritual energy – literally all forms of energy have derived from that one Creator.
3. The Divine energy of God flows through all of us, due to which original creative works are automatically getting filled in. When we lose contact with this divine energy then gradually our body, mind and soul start weakening our personality. If an electrically operated clock receives its energy requirements regularly then it can keep working endlessly forever, and show the right time. But

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if you stop the supply then it ceases functioning immediately, Why? Because it has lost its connection with the source that is supplying energy to the whole universe.

4. Hard work does not destroy human energy, but emotional imbalance does.
5. “Dear God you are the source of all energy. You are the source of energy for the sun, the atom, the flesh, the veins, and the brain. I take my energy from your limitless energy” Then why don't we try to believe in the practice of acquiring energy.
6. Becoming monotonous is an example of decreasing energy. Pressure, monotony and constantly being burdened by responsibilities deprive the freshness of our brain and make it uninterested.
7. I have realized that there is no point in criticizing because then the other person starts defending himself, giving excuses, or arguing.
8. If you want to create a grudge in someone's heart and want this grudge to foster for centuries and remains even after our death, then all we need to do use selected, stinging words of utmost criticism.
9. When we interact with people we should be cautious that we are not dealing with logical and mature people but with emotional people who have biases, faults, pride and ego in them.
10. There is only one way in this world that you can get someone to do something big for you, and that is to generate a desire in him to do it, using enthusiastic words. Remember there is no other method.

DAY-4

4

Test/Try the Power of Prayer

“When you pray for anyone you tend to modify your personal attitude towards him ”

– Norman Vincent Peale

1. The business strategy of this man, in his own words, was like “Filling the small dent in the wall with the optimistic prayers and thoughts”. He explained that hard work, positive thinking, honesty, good behavior with others and the right kind of prayers will always give good results. The problem solving formula of this creative and brilliantly minded person was simple, wherein he used the power of prayer to get rid of his difficulties. This is an interesting formula and I have tried it myself, and personally I know that it works. I have suggested it to a lot of people, who have found using it beneficial and advice you also to try it too. The three steps in this formula are: 1.) Pray, 2.) Visualize, 3.) Realize it/fulfill it.
2. If you want something important then to make sure that you will get it you need to first pray to God, then inspect/scrutinize/examine it as per God's will, and then sketch its picture in your mind as if the event is really happening. Fix this picture in your consciousness with full determination. Then devote this picture

to God's will – which means leave the matter in God's hands and work in accordance with his guidance. Work hard and be wise. In this way you shall complete your share of the work, in the quest for success. Look at the picture set in your dreams with full determination and believe in it. If you do this you will be surprised at the spectacular way in which this dream will become real.

3. I have personally used this three-step method of praying and I have found this technique to be extremely powerful. I have also advised other people to practice it and they have told me that this method has filled their lives with a creative force.
4. Personally I feel that through prayers one sends vibes to both God and other people. Our entire cosmos is based on these vibes. The atoms of a table have vibes, air has vibes, human interactions have vibes. When you pray for another person who utilize the power hidden in the spiritual cosmos.
5. An important work of prayer is to inspire creative thoughts. All the paraphernalia required for a flourishing/successful life is present in the human brain. Our consciousness has those thoughts which when released and utilized appropriately can help attain success in any work or project. “The kingdom of God lies within you”.
6. Before they begin their session, this group prays and meditates in silence for ten minutes. They believe that God is working creatively in their brains. Every man silently prays in his own way and they have a firm belief that God will grant them with the right kind of thoughts as required in their business.

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7. Heart in heart I was praying that your sermon is a success. Nevertheless when you spoke some force touched me. I felt a strange peace within and God knows that I liked you!
8. “All your days go well, if you pray”. I started adopting this thought into practice. When I wake up in the morning, then I believe right from that moment that I will have a good day and I can say this in full faith that since that day none of my days have been bad.
9. Another way of getting this power of God is to keep a positive and optimistic outlook towards all problems. The power you get to face your situations will be in proportion o your level of Faith. “You will get as much as you believe you will”. This is the basic principle of a successful life.
10. When you can win with the help of God then why accept defeat? Speak out your problems. Pray and request for a clear solution. Believe that you will get the right solution. Believe that God is empowering you right now, so that you can solve your problems.

DAY-5

5

Being Happy is also an Attitude

“Our greatest dignity lies not in never falling down but in rising up every time we fall down”

– Dale Carnegie

1. This is the easiest task in the world. Just don't choose the option of being unhappy. If you keep telling yourself that awful things are happening all around you, and nothing right is happening then you will really become unhappy. Instead tell yourself “Everything is going on well. Life is beautiful”.
2. Unhappiness creates fear and worry in our minds. We just want to tell you this much right now, and with full emphasis at that, most of the unhappiness in the lives of the average people are self created.
3. This is because staying happy or unhappy is a mental attitude that has been developed by us. “A hearty person celebrates all day long”. In other words, become happy-go-lucky, which means develop an attitude of happiness and life will become a long lasting celebration. It means that you will be able to enjoy every moment and each day of your life.

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4. If a sad thought tries infiltrating your mind, stop immediately, throw it out, and fill your mind with a happy thought. Every morning before you arise from your bed, lay in it for some time and bring happy thoughts into your conscious mind.
5. When you stand up say aloud, thrice: “God has created this day. We will stay happy and enjoy it. I will stay happy and enjoy it”.
6. If you expect unhappy outcomes and believe in them, then you will end up creating those situations. That is why you should visualize positive outcomes at the beginning of each day and you will be pleasantly surprised to find good things happening to you.
7. “God is where Love exists” and we can add to this that happiness exists where God and Love exist. A practical principle to be followed for staying happy is to practice loving.
8. “The Path to Happiness: Remove hatred from your heart; remove worries from your mind. Live a simple life. Give more and expect to receive less. Fill your life with love. Spread joy. Forget yourself. Treat others as you would want to be treated by them.”
9. After reading the above sentence you may perhaps say “There is nothing new in these statements”. This is true but it is also true that if you have not practiced any of the above so far, then surely the above lines have something new to offer.

DAY-6

6

How to Control Anger

“Holding onto anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned –

- Gautam Buddha

1. To be angry means: boiling in fury, emitting smoke from within, being rebellious, being imbalanced. Getting irritated means pointlessly stamping your feet, feeling anxious. Getting annoyed is a child's work, but a lot of adults also display this kind of emotional reaction
2. If we want to be happy then we will have to give up our habit of getting irritated and angry, and if we want to acquire the power to live an impactful life, then we will have to first find peace.
3. Irritation is the result of provocative activities that run helter-skelter. Excessive irritation creates poisonous chemicals in the body and gives rise to emotional disorders. They make us feel tired and frustrated. If this emotional discontent affects our physical body so much then what effect must it have on that intensive intrinsic point in our personality that we call 'Soul'?
4. The urban youths came to visit the jungle, and unfortunately they carried Noise with them. I thought of asking them to switch off

their radios and listen to the music in the jungle but I felt that it was not my job to give them directions.

5. We remarked that they were undergoing such loss. They were passing through so much of serenity, but they were not able to listen to the music that was as old as perhaps the world itself, a music that cannot be compared with all music or composition composed by anyone till today: Wind flowing through the trees, Birds singing with all their heart, the music of the sky.
6. A lot of people believe that they have to carry the burdens of the world on their shoulders, and that the world will stop functioning if they stop working. I would like you to meditate on this serious fact that even after you reach the graveyard, the world will still go on.
7. My stressed out friend said to himself: "If birds can rise with such ease and casualness then even I can begin my day in the same way and that will be good for me." I am just a little ahead of the birds for I also pray.
8. I advise you to develop the habit of thinking serene thoughts. Every day we do a lot to look after our body. We bathe, brush our teeth, exercise. In the same way we will have to devote time to our mental well being and will have to put in well organized efforts for the same. One way to do this is to sit quietly and let peaceful thoughts flow through your brain/mind. For example think of high mountains, misty valleys, a river glistening in sunlight, or water bathing in moonlight.
9. At least once in every twenty four hours, set aside whatever you are doing, especially when you are busiest, for 10-15 minutes and learn to relax.

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10. If I learn to use spiritual faith in a practical way then it will give silence to my mind and control my blood pressure.
11. We first need to pacify the body and only then we can be calm our mind. The sum of all this is, to say that bodily activities affect mental perspectives.
12. On hearing stinging words a man arose, took off his coat casually, opened the button of his collar, and lay down on the seat. Everyone was astonished and asked him if he was sick? "No," he said, "I am fine, but I was mad with rage, and I have heard that it is difficult to be mad at someone when you lie down". Indeed we will have to discover new ways of controlling anger and this is possible only when we really want to control it.
13. Raw onion tastes extremely sharp but when it is mixed with salad or spices then it tastes delicious. In the same way, you should praise the constructive efforts of a person, then point his mistakes, and then present your suggestions. It is usually seen that people who do not openly express themselves are snappish and time and again this frustration vents out in the form of angry outbursts.
14. Anger is a loaded word that strongly expresses the sum of several small stressful feelings. Make a list of all the things that annoy you. No matter how insignificant or foolish they are, enlist them. The purpose behind this is to dry up the small streams that may merge into the river of fury.
15. Pray one after the other for God to rid you of all your little troubles. Instead of collecting all your anger and destroying it in one go, solve each one with a prayer offered to the one solid super power that we have seen, and who fuels our rage. By doing it, you

will be able to lessen your anger to the extent that it will be easy for you to control it.

16. Train yourself such that whenever you feel angry you can tell yourself, “Is this problem big enough to get angry about? Am I not proving myself to be a fool by expressing my anger? Am I not losing my friends because of this?” There is no point in getting angry on or feeling mad about something. Getting excessively angry on minute matters is not a profitable deal.

DAY-7

7

If you expect good outcomes You will get good results

*“There is nothing that cannot be achieved
through practice”*

- Sant Gyaneshwar

1. I have only learnt about the magic of belief. I have found that if you think of bad consequences then you will get adverse results. But if you expect good outcomes you will get good results.
2. Choose one dozen strong sentences about Faith. Those sentences that you like best. Then memorize each one. Fix these thoughts of Faith in your consciousness. Keep repeating them over and over again, especially before you sleep at night.
3. “Everything is possible for you if you have Faith”. If you have faith... “You will get as much as you Believe”. Believe, Believe & as it can move mountains.
4. People do not fail in life because they are incapable but because they do not work whole heartedly.
5. Whether you have a strong desire to become successful or acquire success, the vital key to it is that you should immerse yourself

completely in doing it. In other words fling yourself into whatever you are doing with full determination. Cast all that belongs to you, into it. Don't save anything. Life cannot fail such a person who gives himself up into his work completely, but unfortunately most people don't do this. Actually, only a few people do it, and this is the reason behind being unsuccessful. Even if this is not failure then at least this is the reason that we are able to attain incomplete/partial success.

6. The heart is the symbol of creative actions. Encompass in your heart, where you want to go and what do you want to be in your life. Embed this in your sub-consciousness so deeply that you will never be ready to hear “Impossible”, and then your entire persona will emulate your heart. “Hurl your heart over a bar” means to throw your faith over your problems, your resolve over all your obstacles, and the pictures of your imagination over all difficulties. Whatever exists in your heart, good or bad, strong or weak, ultimately will return to you. Emerson has said that: “Be careful about what you wish for, because you will get it”.
7. A woman expressed frankly “My age is increasing. You have a clinic for looking into people's personal problems, and you are experienced. I will come right to my problem. Tell me, why am I not getting married?” I looked at her and analyzed the kind of woman she is so that I could talk in clear terms, because if she wanted the truth then I would have to tell her some things. Finally I decided that she had the capacity to swallow the pill that was necessary to be administered, so that she could solve her personal problems. That's why I said: “Now let us analyze the situation. In

clear terms you are very smart and your personality is attractive. You are a very beautiful woman, if I may say so.” All of this was true. I complimented her sincerely for whatever I could. But then I said “I think I have understood your problem and here it is: You scolded me immensely because I was late for the appointment by five minutes. You took my mistake rather seriously. Did it ever occur to you that your viewpoint reveals a serious flaw, I think if you will be this strict with your husband all the time, then he will be faced with a lot of difficulties. The truth is that you will dominate him and even if you get married your marital life will be extremely miserable. Love does not believe in harshness.” Then I said, “You pressed your lips, which suggests an assertive/bold personality. Let me tell you that the average man does not want that his wife should control him, especially when he is aware of it.” I further said, “I feel that if you remove these stern lines from your face then you will become a very attractive woman. You should have a little tenderness in your heart, a little softness, and the lines are so prominent that they cannot soften.” The young woman thought about what I had said, for a few minute, and then said: “There is a lot of truth in your words, I will try to work on it”.

8. The formula is that you should first know what you want, then evaluate if it is the right thing. Then change yourself such that it comes naturally to you, and always keep your faith. Believe that through creative forces you will inspire those conditions that will enable to bring about situations related to the fulfillment of your desires.
9. “You will get in accordance to your Faith”. You will only reach as

far as your own convictions, belief in your work and Faith in your God, and nowhere beyond that.

10. Most people are unable to reach anywhere in life because they do not know where they would want to reach. They do not have a specified, set goal.
11. This is not all, but this is indeed the main reason for it. He specified that “I believe that if you want to reach somewhere then you will have to decide clearly just where you want to be and what you wish to achieve. Ensure that your aim is appropriate, then sketch a picture of your aim in your mind, and let it stay there. Work hard, believe in your success, and this thought will become so powerful that it will ensure your success. It is an intensive trait that we become what our mind imagines us to be, provided you see this mental picture with conviction and the aim of your life has solid substance.”
12. “He who is independent, positive, optimistic and who undertakes his tasks with the guarantee of succeeding, makes his life magnetic. He attracts the universal creative forces towards himself.”
13. It is indeed a fact that he who thinks with creative independence and optimism makes his situation magnetic and thus generates the power to achieve his goal. That is why we should hope for the best. Don't think of the worst because whatever you place in your mind, will flourish there. That is why keep only the best in your mind. Nurture it, Focus on it, insist on it, imagine it, pray for it, and create an atmosphere of Belief all around you. Make it your

whim. Hope for the best and with the help of the divine powers your artistic mind will create the best for you, in a spiritual manner.

14. This is a well defined and true/honest principle we get what the mind deeply desires. Perhaps this is true because what you really desire is what you really love. Unless you love something, unless you use your determination to create an atmosphere of positive elements, you have no change of obtaining that thing.
15. Miracles happen due to the Power of Belief/Faith. These words are so precious that you should fit them in your mind.
16. “Should I acquire this”? Repeat this in your prayers with full sincerity and ask if you should really get it. If your answer is 'Yes' then ask God for it; don't hesitate in asking. And even if God, who is more intelligent than you, feels that you should not get it, don't worry because he will not give it to you. But if what you have asked for is appropriate then do not hesitate in asking for it, and when you ask do not doubt. Ask for a definite object.
17. Don't worry. Ask God for anything that you desire but do not doubt like a small child. Doubt stops the flow of energies. Faith unlocks it. The power of Faith is so immense that there is nothing that the omnipotent God cannot do for us, cannot do to us, and cannot do through us, if we let it flow in our forces and mind. Don't mention bad things. Don't think about them. Throw them out of your mind. Think at least twice every day: “I hope for the best results and I will achieve them by the grace of God”.

18. By doing this you will turn your thoughts towards the best and prepare themselves to achieve it. This exercise will activate all your strengths to achieve the best. Then you will get the best results.
19. Life is very strange. It has twists and turns. We often feel that certain failures can be converted into successes, and we can all win, provided we hang on for just a little more.

DAY-8

8

A mind that is free of negative thoughts will always yield Positive Results

“I have become my own version of an optimist. If I can't make it through one door I'll go through another door – or make a door. Something terrific will come no matter how dark the present

– Rabindranath Tagore

1. Adopt the attitude “I don't believe in losing” and “I can do everything by the grace of God because he gives me strength”.
2. Successful people know how to face obstacles. Just stay firm in face of it and don't succumb in any way and the obstacle will eventually shatter. You will smash it. Someone has to shatter and since you cannot break, let the obstacle break up.
3. The more your vision changes from negative to positive, the more you will become capable of succeeding. Then you will be able to confidently express in any situation and all circumstances: “I don't believe in losing”.
4. “How do I overcome my difficulties? First I try to go all around it to see if I can cross it, and if I don't succeed then I try getting under it to try reaching the other side. If I can't do that, then I try to get

over it and even if that doesn't work then I collide with it bang on and smash my way through it". Then he added "God and I shatter this difficulty and find our way through it."

5. "I can do everything by the grace of God because he gives me strength". Repeating this five times a day will give immense strength to your mind.
6. I found myself saying the following things: "I am afraid we might get late" or "I hope the car's tyre does not get punctured on the way" or "I don't think I can do it" or I can't do this. I have got lots to do". And if anything went wrong I would say, "This is what I had anticipated". Or if I saw clouds brimming up in the sky I would say in a sad tone "I knew it was going to rain". You must not forget that small seeds germinate into big trees and if small negative points keep creeping in your conversations, then some day they will reach your subconscious.
7. "A clean engine always generates power". Similarly a mind that is free of negative thoughts will always yield positive results. This means that our mind will always generate strength. That's why we need to clean our thoughts, clean our mental machinery. Always remember that a clear mind gives out power just like a clean engine.
8. Most of our problems are basically psychological/created by our own minds. Maybe your problems are realistic but your attitude towards them will definitely be psychological. Whether you approach your problems in an emotional/psychological way or some other, decide to a large extent just how you will face the situation.

9. In reality our mind is like a 'Converter'. It decides how to transmit external matters to the brain. That is why the extent of a person's success depends on how much synchronization there is between his mind and the work he is doing. The more the harmony the bigger the success.
10. If a problem has been defeating you for a long time it is probably because you have been told yourself for weeks, months and maybe years that you cannot do anything about it. You have stressed on your incapability and have gradually come to this conclusion in your mind, and when your mind believes it then you will also believe it because you are what you think.
11. Jefferson had a principle and I think it is valuable: "Take things by their smooth handle". It means that while doing something or facing your difficulties adopt a method that will offer least resistance. Resistance leads to friction and it is necessary to minimize friction. Negative mind paves the way for friction. That is why negativity includes a lot of resistance. Positive approach is the "smooth handle" technique. It is in tandem with the universal flow. This not only reduces friction but also gives inspiration to the cooperative forces. It is praiseworthy just how from the beginning to the end of your life your use of this philosophy in your filed will beget success, wherein you had felt defeated in other circumstances.
12. Say to God "O God! I know that I have good intellect and I am capable of completing my work successfully". Then you can relax and read a book without feeling stressed out. Imagine yourself reading a story. Don't read it again till you do not feel

like. Just believe that you are able to comprehend it the first time on your first reading. Visualize a picture of this material entering your mind and germinating there.

13. “When the teacher questions you in class, then quickly pray before you answer. Then trust God to help you while answering. While appearing for an examination, have faith in your prayers and in God's granted grace to your mind so that you can think of the right answers.”

DAY-9

9

How to quit worrying

“The future lies in your hands. Then why should yesterday's experiences make us fear for our Tomorrow”
- Anonymous

Studies reveal that 80% of the things that we worry about do not exist, 10% can be set right with the right kind of thinking, and only 10% problems really exist.

1. “Fear is the most powerful enemy that can disintegrate a man's personality”. “Worry is the most subtle and destructive illness among all human ailments”. The disruptive tendency of worry is revealed by the fact that "worry" is derived from an ancient Anglo-Saxon word meaning "to suffocate".
2. An article suggests that married men live longer than bachelors. Probably this is because married couple is able to share their worries. But when you are alone you need to carry the burdens of your anxiety alone.
3. Practice emptying your mind every day. In an ideal situation this should be done just before you sleep, so that your consciousness is free from all the traces of worry, when you are asleep. Our worries tend to enter our subconscious in our sleep. If we do not

throw the emotions /feelings of worry and fear out of our minds, then they will curb the flow of psychic and spiritual forces into our mind. Create a mental image of a basin where the accumulated water flows out as soon as the stopper is removed, and similarly flush out the worries from your mind. While imagining this picture, keep telling yourself “I am removing all worries fear and anxieties from my mind, with the aid of God. I am sure there is no worry, fear or insecurity in my mind now.” Then thank God for helping you to throw all worries and fear out of your mind. And then sleep.

4. Visualize a picture of your fears leaving your mind and one day this imagination of yours will come true. Imagination is a big reason behind worrying, but it can also be resolved through your imagination only. “It means that you can create an imaginary picture of freedom from the fear of being afraid. If we visualize it for a long time in our mind, with substantial amount of belief, then what we believe can become a reality/fact.”
5. That's why we should try to refill our mind, after emptying it. Fill it with idea of hope, faith and courage. Say statements of the following type aloud: “God is filling my mind with thoughts of courage and peace. God is protecting me”.
6. Fear is the most powerful notion, but there is another notion which is stronger than fear i.e. Faith. Faith always vanquishes Fear. Faith is the only power that Fear cannot withstand. This is a noble fact that we should never forget. If you fill faith within you then your fear will automatically fade away.
7. It is extremely important to free your mind with fear. If you have

been afraid of something for a long time, then it is possible that what you were afraid of may come true. “I have faced the same misfortune/calamity /trouble that I was afraid of...and this was bound to happen.”

8. “As you believe so shall be the outcome”. So if you learn to focus your mind on Faith instead of Fear then you will stop constructing circumstances related to your fear and instead will start converting what you most believe in reality.
9. If you wish to defeat Fear then the better option would be to start destroying the smaller worries hanging on the outermost branches of Fear. Then start moving inwards slowly and finally demolish the main branch of Anxiety/Worry. The gigantic tree of Worries that took years to grow on your persona should also be wiped off from this surface. Make it as small as possible. First trim off the smaller worries and expressions of anxiety.
10. Every day I fill my mind with thoughts of the Almighty. “When you are busy thinking of God in your mind then there is no place for worries to fit in there. I fill my mind with thoughts of the Almighty every day and that's why my days go on really well.
11. What comes out of your mind is basically what you put in your mind. Instead of Fear, fill the thoughts about God in your mind and you will find faith and courage coming to you.
12. Tell yourself, “Worrying is a very bad mental practice. I can change any habit with the help of God.”
13. One of the reason for your anxiety is that your mind is brimming with fear, thoughts about failure, and hopelessness. Keep telling

them off till creative thoughts do not start dwelling in your subconscious completely. Then your Subconscious will only return those positive thoughts that you have first put in.

14. Stay surrounded by friends who have a positive outlook, whose thoughts are full of Faith, and who give rise to a creative atmosphere. This will help you inspire your vision of Trust.
15. Also see how many people you can help out by curing from their worries. By helping people defeat their own worries and anxieties we increase our own internal strength.
16. You will find two types of people in your life. People who add to your life and people who take away from it. It is for you to decide what kind of people would you want around you. If you have more negative people saying “No” around you then eventually the account of your own dreams will reveal insufficient balance.

DAY-10

10

How to solve Personal Problems

*“Pursue your goals even in the face of difficulties,
and convert adversities into opportunities”*

– Dhirubhai Ambani

1. I don't allow hatred to enter me because enmity only weakens the soul, and it disrupts our thinking process as well.
2. An effective formula to solve this problem is the easy way of regarding God as your partner.
3. Believe that every problem has a solution. Stay Calm. Stress obstructs the flow of thoughtful energies. Don't haste in finding answers. Keep your mind relaxed so that solutions come by themselves and are clear.
4. Collect all facts in an impartial, just and logical way. Write down these facts on a sheet of paper. This will lend clarity to your views.
5. It is also seen that 99 people out of 100 do not blame themselves for anything, no matter how wrong they might have been. They do not accept personal criticism, don't admit their mistakes, and perhaps this is the cardinal reason behind the increase in their personal problems.

6. Pray for your problems and have faith that God will illumine your mind with rays of solution. Ask for divine guidance.
7. Let your subconscious work on your problem, because creative, spiritual contemplation has the unique power of giving the “Right” answers/solutions.
8. If you walk along these lines then the solution will crop up in your mind or appear all of a sudden, and that will be the right answer or solution to your problem.
9. Sometimes we are in a hurry to solve our problems, although every work takes its own time. Sometimes it is better to leave your problems on their own, so that they start appearing as easy after some time.
10. Calculate the losses that may be incurred due to the problems. Analyze what is the maximum loss that these problems may bring. Accept these losses and then begin a movement to minimize the maximum loss that is possible. By doing this you will be able to work in the right direction, in a stress-free manner.
11. While finding solutions for personal problems, sometimes being obstinate, or believing that you are always right and disrespecting the views of others often keep the problems intact. We should adopt a 'You can also be right' (Win-Win Solution) behavior.

DAY-11

11

How to utilize faith to cure illnesses

“To keep the body in good health is a duty. Otherwise we shall not be able to keep our mind strong and clear ”

– Gautam Buddha

1. “We will truly start progressing in making the ill healthy, when we start believing once again in the importance of God in our all activities, especially in curing our patients”.
2. I received a letter from a Doctor in New York that read: “60% of the people in this city are sick because their minds are imbalanced or dysfunctional. It is saddening to see that the human soul has become so ill that its painful effects are now visible on the body.”
3. Similarly, we found that in case of Diabetes its psychosomatic causes are Unhappiness and Despair. Unhappiness and despair destroy the most amount of energy, as compared to other emotions. This results in the culmination of the production of Insulin by our pancreatic glands, which can do so only till as long as they are able to function.
4. The formula hidden/latent in several of such occurrences can be related in brief – it is that we should avail the best support that the

medical, psychological and spiritual science can offer. This is such an amalgamation/union of different methods of treatment that is definitely bound to grant good health, provided the patient is ready to live according to God's plans.

5. I found a few definite facts present in all the successful cases of treatment examined by me. The first is the will to submit yourself entirely into the hands of God. The second is the desire for getting well and internal purification after repenting for all your sins and mistakes. The third is a combination of medical science and a faith in god's healing powers. The fourth is a serious willingness to accept the answer of God without any opposition, no matter what the answer might be, and not feeling any bitterness or frustration. The fifth, importantly, is to have complete faith that God can heal.
6. Remember God does not do anything without any parameters. And out humble, worldly regulations are only minute reflections/expressions of the immense power that is flowing throughout this universe. Spiritual regulations are also applicable on ill health. God has ordained two therapies for every ailment: the first is treatment through the natural principles of medical science i.e., treatment through medicines prescribed by the doctor, and the second is through the spiritual principles of Faith Healing.
7. Leave your dear ones completely in the hands of God. Place them in the stream of divine powers through your faith. You do have diagnosis there but for it to be effective the ailing will have to surrender himself completely to God's will. Understanding this is

not easy and practicing it is difficult. But it is a fact that apart from a strong desire for your dear ones to live, if you also have an equally strong will to leave them in the care of God, then the healing powers become miraculously active.

8. It is also important for the family to have harmony especially spiritual harmony. Remember that it has been emphasized in the Bible: “If even two people on earth shall ask for something with mutual agreement then my Father in the Heaven above shall grant it to them”. It is clear that discord and ill health are deeply interrelated.
9. Create a picture of the well being of your dear one in your mind. Imagine him to be completely hale and hearty. See him glowing with the grace and goodness of God in the picture. Our conscious mind can propose being ill or even dying, but 90% of our mind exists in our subconscious. Let the picture of good health sink into the subconscious and this powerful part of your mind will start radiating the healthful energy. What we believe in the subconscious is what we usually beget. Until your faith is able to control your subconscious, you will not be able to receive any good thing, because the subconscious only returns/reflects what you are truly thinking of. If your true thoughts are negative then the results will be negative. If your true thoughts are positive then you will get positive and curative outcomes.
10. Remain completely uncomplicated. Pray to God to cure your near ones. This is what you want from all your heart so request him to please do so, with our suggestion that you use “Please” only once. Thereafter, thank him for his kindness, through in your prayer.

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This type of prayer will help in the release of a deep spiritual force and the assurance of God's tender care will make you happy. This happiness will give you strength, and happiness itself has curative powers.

11. 25% of the people do not visit a doctor to get cured, but just have someone who can listen to them. In most of the cases angry customers, dissatisfied employees/workers and upset friends just want someone to hear out their grievances.

DAY-12

12

What are the major causes of Physical Illness

“Good health and Good sense are two of life's greatest blessings”

– Pbilus Syrus

1. In the present times 50-75% people are ill because their ill mental state is having adverse effect on their emotional and physical constitution.
2. Every thoughtful person who has pondered over this will realize that the doctor is right, when he says that hatred, ego, fear, anger, jealousy are such revengeful perspectives that end up making us ill.
3. A doctor told me that once a patient died “writhing in the fire of revenge”. The doctor really felt that the patient died because of his prolonged hatred. “He had destroyed his body to the extent that his immune system had degraded.”
4. It has been observed than when a person reacted angrily, his blood pressure shot up by sixty points.
5. Hatred does not harm anyone other than you. It does not harm the

person against whom you foster such feelings, but every day and every night of your life is hollowed out by these bitter feelings.

6. We have come to realize that anyone can fall sick due to hatred. Guilty feelings can give rise to several bodily symptoms. Also, a person can show definite bodily indications as a result of anxiety and dread.
7. The virus of fear can enter their consciousness really deep and remain there for the whole life.
8. People who have been suffering from muscular or joint pain for long may have a strong envy for a near one. He further added that such people are usually unaware that they have been breeding some age-old differences within.
9. Basically, the pain and ailments generated due to emotional reasons can be as ingenious/ imaginative as the pain and discomfort due to bacterial infections. Such people are not suffering from any mental disorders, but from emotional disorders that are often related to marital or guardian-child problems.
10. Irritability, Anger, Hatred and jealousy have such a powerful impact on the generation of ailments. Then how can we cure these? In very clear terms the cure lies in fostering feelings of goodness, forgiveness, faith, love and peace in our minds.
11. Whenever you feel that you are emotionally hurt, then you should treat it immediately. Don't delay in thinking about it for even a minute. Do something about it. Do not waste your time in getting upset or fretting over it. Don't pace from here to there feeling hurt.

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As soon as your emotions get hurt, do as you would the moment you would bruise your finger. Hence say a small prayer of love and forgiveness and apply spiritual iodine immediately on it.

12. Keep removing complaints from your heart. Uncap your mind and let the grievances flow out. Go to someone whom you trust and with whom you can share your grievances. Do not save anything in your mind. Then forget it all.
13. Start praying for the person who has hurt/upset you. Do this continuously till you do not feel the grievances fading away. The medical, psychological and spiritual science altogether can offer best remedies for all ailments completely.

DAY-13

13

How to deal with bigger problems

*“I never see what has been done.
I only see what remains to be done”*

– Gautam Buddha

1. “Man can change his life by changing his mental attitude”. You will become what you think. That's why you need to throw out old fashioned, weary, worn out thoughts from your mind. Fill your mind with creative thoughts on Faith, Love and fresh and new ways of showing goodness.
2. You can think negatively i.e., in an unsuccessful and agonizing manner, but you can also think positively i.e., in a successful and pleasure giving manner. A man's life is made by his thoughts.
3. It is better to say that your circumstances are generated in accordance to your thoughts, rather than saying your circumstances create your thoughts.
4. All achievements in this world have started with a creative thought. The thought comes first, then faith in the thought, and then the mechanism to materialize this thought. This is the path of

success.

5. “Stop seeing images of difficulties and failures, instead uplift your mind and see images of force and achievements. When you uplift your thought into the realms of success, then you start viewing your problems as being below you. But if you don't do this then you see your problems above you. The prior is definitely a more encouraging point of view. Always supersede your problems. Don't stand below and watch them above you.”
6. “Whatever you will pray for, if you have faith, you shall definitely receive.” It means that when you pray for something, you should also imagine that thing at that time. Believe that if God wills and if the thing is good i.e., if it is being asked not for selfish purposes but for humanitarian reasons, it will be granted to you then and there.
7. Hence ensure that what you want is right, think about it in a divine manner and create an image of good results. Fix ideas of prosperity, achievement and success in your mind with full determination. Don't ever bring thoughts of failure into your mind. If you ever think of any negative thoughts about being defeated, then increase the levels of your positivity and throw that thought out of your mind. Say aloud “God is now giving me success. He is bestowing me with accomplishments”. The mental picture that you have created and have strongly placed in your consciousness will end up becoming true, provided you constantly keep repeating it in your thoughts and work on it diligently and with dexterity. In simple terms this creative process mean is: Imagine, Create a picture, and finally materialize it.

8. I attack my troubles and break them into pieces, in my mind. I apply my entire mental force in defeating it. And another thing, I pray with full dedication/sincerity at a time. The third thing is that I create a mental picture of success. Fourthly, I keep asking myself: "What is the right thing to do?" because it says "if this is wrong then nothing can be right. Wrong things cannot have right consequences." The fifth point is I use my entire strength to solve my problems. But I would like to emphasize that if you are thinking about defeat, then you must change your ideas immediately. Fill your mind with new and positive thoughts. This is of prime importance if we want to win over our problems and achieve success.
9. We need to give the example of atomic energy. We are aware of the astounding and tremendous amount of energy present in the universe. True energy actually exists in the human brain/mind.
10. No matter who is reading it, but this is true. When you really learn to set yourself free then you will find so many precious thoughts present in your mind in a creative form, such that you will not miss anything. You can make your life successful through the optimum utilization of those strengths of yours that have been derived from the divine power.
11. As part of the final analysis, I would just like to say that if a person fails to live a creative and successful life then he definitely has some shortcomings within himself. His perspective is flawed. He needs to rectify his erratic thinking. He needs to practice thinking right. The great secret for success is reducing the levels of personal faults and increasing the levels of Truth. When new,

correct, and healthy thoughts flow in the mind then it affects the circumstances of life in a creative manner/fashion, because truth always carves the right way and that's why we always get the right results.

12. To make your mind healthy you will have to nourish it with nutritious and wholesome/healthful thoughts. For this you need to change your thinking process from negative to positive, from today.
13. Make a list of your friends so that you can decide who among them is the most positive thinker and then find deliberate reasons to be with him. Leave being in the company of negative friends completely, and stay close to your positive friends for such time till you do not become like one of them.
14. Avoid argumentation, but when someone expresses a negative thought then do present a positive and hopeful thought in reply.
15. God cannot give you a bigger blessing than your own faith. He wants to give you great things but will only be able to give you as much as you have faith in receiving.

DAY-14

14

Stay relaxed for intuitive energy to flow

Give your people(youth) a proper environment. Stimulate them. Support them when required, for each of them is an infinite source of energy. They will distribute this energy

- Gautam Buddha

1. A reliable source told me that approximately 12 million people in America take sleeping pills every night.
2. In a lot of matters the patients are sending their unhealthy thoughts from mind to body. What is more vital than these unhealthy thoughts is: Anxiety and Stress. Which means that these patients are either worried excessively, or scorned excessively or had a lot of guilty feeling within, or were victims of stress.
3. From the experiences of your life that day will hold great importance, when you first would have discovered the factor that inspired you to begin self improvement and gradual enlightenment.
4. One way to reduce stress is, to do everything in a composed manner. Do everything a little slowly, with less haste and

pressure. My friend Branch Rickey who is a famous baseball player once told me that if a player stayed in excessive pressure then he would never select him as a team member no matter how good he was at hitting the field or scoring runs.

5. This is true about all kinds of success. Try to analyze those people who are really impressive and who are seen taking things really easy, and who put in minimum efforts.
6. “I only try to match the rhythm of God. That's all. Every morning after breakfast,” he clarified, “my wife and I sit peacefully in the living room. One of us reads some inspirational stuff aloud so that a meditational environment is created. This could be a poem or some paragraphs from a book. Then together we contemplate that God is filling us with energy and peace. This is a definite 15 minute routine that we never miss/skip.”
7. I know a lot of such people, who sat in the limelight throughout their lives and yet achieved nothing. But there is a difference between sitting and relaxing, and merely sitting. If you sit, relax and think about God, match the rhythm of God and open your doors to let his power flow in, then this sitting down is not laziness. Actually, this is the best way to renew your energy. This produces great energy of the kind that gives you strength and not the kind that saps you of your energy.
8. “Emptying your mind”: it means ridding your mind of malice, despair, frustration, anger and stress several times a day. Unless you do not empty your mind regularly then depressing thoughts keep accumulating there till you reach the point of explosion. Keep emptying your mind of all this data for it obstructs the flow of comforting energy.

9. Another thing, contemplate on the spiritual. Spiritual contemplation means regularly diverting your mind towards divine thoughts. Keep saying Oh God I am pushing myself ahead with extra efforts, I am stressed out. “Give me Peace, Strength and harvest my nervous energy so that I can help those people who have come to me for help.”
10. A famous statistician would often go to an empty church and sit there peacefully. He probably recited one or two hymns and that eased him and renewed his energies. Dale Carnegie, when feeling stressed, would visit a church near his office and spend fifteen minutes in prayerful meditation, during his most busy times. We come to the realization that Time did not control him, but he controlled his Time.

DAY-15

15

How to become popular?

*A positive attitude can really make dreams come true –
It did for me*

David Bailey

1. To master the art of becoming popular you must become artless. If you deliberately try to chase popularity there is a strong chance that you will not acquire it.
2. Not everyone will like you in spite of your popularity and achievements. There is a strange complexity in human nature due to which some people just don't like you. It is wise not to let your dislikes affect you sincerely because you cannot be well-liked with everyone all the time.
3. Man is troubled most by the thought that no one likes him or needs him. The more a person is liked or wanted the more 'complete' he becomes. Not being loved or required increase frustration and quicken the process of ageing or falling ill.
4. Men are afflicted by either the most painful or pitiful experiences of life. Their basic desire is that they should be loved by someone, but this desire of them is not required. They want people to praise them.

5. First and the foremost thing one should do, is to become an easy going person, or the kind of person with whom others feel stress free. It is said about some people: “You cannot go close to them”. An easy going person remains natural and takes everything with repose. His style of operation is pleasant, merciful and benevolent. Staying by him is as comfortable as wearing your old shoes or an old coat.
6. It is very important to develop the trait of being natural. Usually a person of this type is large-hearted.
7. If you develop the basic ability of taking an honest and true interest in others and loving them then the other qualities will automatically develop.
8. You see if you want to fish, then there is no point in putting your favorite food on the hook - like chocolate, burger or ice cream. Hook up that food item which the fish likes - maggot or a smelly shrimp. This is the only way to impress others. Discuss only what they would like to talk about.
9. He was suggested with the way of making a list of those people that he would like to meet during the day, before he sleeps at night, for example the bus driver or the newspaper boy. He had to create a mental picture of all those people whose name appeared in the list and whenever he visualized each face he had to think of something benevolent. Then he had to pray for everyone.
10. Praying for others was important for his recovery because when you pray for someone you change your views about them. You take your relationship to a higher level.

11. When you basically start liking people, they start liking you too. “I have never met a person whom I have not liked”. This is how he felt about others and the result was that people opened up in front of him, just as a flower in the presence of the sun.
12. I agree that it is easier to like some people, but if we seriously try to understand the other person then we will find at least one praiseworthy or adorable quality in them.
13. Another important fact related to people getting others to like them is to practice inflating the other person's ego. Every man is habituated to and has a general desire of considering himself as important. If I harm your pride/ego then maybe you may laugh it off at that point, but I have definitely hurt you.
14. On the other side, if I encourage your self esteem and contribute to your feeling of self importance then it means that I am showing my respect towards your ego. I am trying to help you develop your best form and that is why you will feel obliged to me and like me.
15. The next time that you are in a group and someone cracks a joke that everyone except you is laughing at, don't forget to say “It was a nice joke. I had read it in such-and-such magazine last month”. You have definitely not only proved your importance by displaying your superior sense of awareness, but what an impact it had on the person who had cracked the joke. Whether or not you like the joke, let the teller and other listeners enjoy. Don't deflate their egos. Inflate it and they will love you.
16. Develop the habit of remembering names. If you do not remember the name then the other person believes that you are not interested in him. Any one's name is important for him.

17. Don't leave an opportunity to congratulate anyone on their achievements, and don't forget to sympathize with them at times of sorrow and despair.
18. Obtain deep spiritual experiences so that you can help people become better and happier, so that they can face life more effectively and with more determination. If you give love and joy to others they will also give you love and joy in return.
19. Marital studies have revealed that the reason why women end long term relationships is not cruelty or exploitation but lack of appreciation. The more important you make someone feel, the more positive will be their attitude towards you.
20. Research shows that smiling and laughing strengthen your immune system. It protects us from illness, keeps us healthy, attracts more friends to us, and grants longevity. So, just smile. then he would never select him as a team member no matter how

DAY-16

16

The Medicine for Heart Ache

“Health is the greatest possession. Contentment is the greatest treasure. Confidence is the greatest friend”

– Lao Tzu

1. There really is a medicine for heartache. An element of this remedy is physical labor. A sad person should not get fascinated by the idea of sitting unoccupied and worrying. By adopting the wise practice of engaging in physical labor instead of worrying unnecessarily, we cause less strain to that part of the brain which is utilized for thinking and contemplation and which gets most affected by headaches.
2. A pastoral lawyer, who had a great philosophy with a lot of intelligence, advised an unhappy woman that the best medicine for a broken heart was to “grab a broomstick, bend on your knees and get working. And for a man the best remedy was to pick up an axe and keep chopping logs of wood till he would feel exhausted.” Even though this is not a full proof remedy for heartache, but it does help the pain to reduce.
3. No matter how bad your heartache or pain might be the foremost

way to reduce it is to resolve to walk out of the pessimistic position/circumstances that you have constructed around you. Although doing this is difficult, but you need to get your life on the right track once again. You need to return to the flow of activities of normal life. Meet old acquaintances. Make new friends. Keep yourself busy in travelling, horse riding, swimming and playing outdoor games – let blood circulate in your system. Get associated with something important. Fill your life with artistic/creative activities and lay special emphasis on physical labor.

4. There is another excellent and natural medicine for heart ache – expel despair from your heart. There is a foolish tendency among today's people wherein they do not exhibit their unhappiness. It is not advisable to cry or express yourself through the natural mechanism of tears and sobs. This is the negation of innate/natural principles. When we are in pain or sorrow it is natural to cry. The omnipotent God has provided us with this relief mechanism and we should utilize it.
5. Preventing sorrow, curbing it, bottling up indicates that we are not using the gift of God. A man or a woman is relieved of the pain in their heart when they cry out. However I heed you not to use this more than required nor should one get habituated to it.
6. An even more intense medicine for heartache is derived from faith in God. Definitely the basic formula for heart ache, from the point of view of faith, is to turn towards Godliness, and emptying the mind and heart before him. From a spiritual perspective, if the heart is emptied with full dedication, then the heart will eventually get cured. There is no other medicine for any human pain except having faith.

7. Brother Lawrence was a great man and he has said: “if we want to experience heavenly bliss on the earth, then we will have to get used to having familiar/personal, humble and loving discussions with God.” Of all the remedies for heart ache the most easy and effective is the realization that God exists. This will pacify the pain in your heart and ultimately heal your wounds. Those men and women who have experienced a major tragedy have revealed that this remedy is effective.
8. The soul is free from barriers of Time and Distance. We are indeed on the brink of one of the greatest discoveries of historic times which is set to prove, on the basis of laboratory findings, that the soul is existent and immortal.
9. All facts indicate that the entity of our beloved people remains intact and they do not go very far away from us. Another fact inhering in this belief is that someday we will meet them again.
10. The great philosopher Euripides believed that the afterlife was very grand. Socrates believed the same. One of the main sayings among his soothing maxims include: “No evil can happen to a good man, either in life or after death.”
11. Pray with a pure heart and conviction. Make praying and believing a routine in your life. We should learn to forge true companionship with God. When you do this your heart will surge with intense faith and these amazing things are really true.

DAY-17

17

How to enhance enthusiasm and self confidence?

*“Whatever we expect with confidence
becomes our own self-fulfilling prophecy”*

– Brian Tracy

1. The world appreciates only such people who believe in themselves. Half the battle is won even before it commences by those whose faces reveal determination and those whose willpower is as strong as iron.
2. A teacher with ordinary levels of knowledge and learning but with rock-solid self confidence will be more successful in life than a teacher who is scholarly and has more knowledge but has low self confidence.
3. It is difficult to defeat a man who has understood the will of God and is trying to work accordingly. God definitely wishes you to overcome your weaknesses.
4. It is easy to understand this since an enthusiastic man does all his work to the best of his abilities. His enthusiasm constantly provides him with fresh force and generates new energy in him. Thanks to this he is able to utilize his entire efficiency and is able to apply his best inherent capabilities.

5. Another effective way to increase your enthusiasm is to simply enact being zealous till you don't really start feeling enthusiastic. It is a psychological fact that by imagining emotions that are a reversal of what we feel, we can actually gain freedom from undesirable emotions. This fact had often been illustrated. For example, if you feel afraid then you can pretend to be brave and make yourself feel courageous. If you are feeling gloomy then you can deliberately act as if you are happy and thereby give rise to the emotion of gladness in your heart. Similarly if you lack enthusiasm then you can pretend to be enthusiastic and thereby make yourself feel enthusiastic.
6. Therefore to feel enthusiastic and to pretend that you are enthusiastic, you will have to force yourself to practice this pretend play of enthusiasm. You will genuinely become enthusiastic through this practice. And after sometime you will not have to force yourself to feel enthusiastic as it will already have become a part of your nature.
7. A good master/guru/teacher is required to explain the laws of self-power to his disciple. Even the contemplation of one who discourses with his mind is regarded as Wisdom. Conversation and rumination aid in the intrinsic development of the mind, and that is why it is important for a man to fully aware of the right techniques for contemplation. The best technique is to think about and try to understand whatever you read. Ponder over it, internalize it, study it according to the parameters of logic and justice. Accept whatever is true and discard whatever is false, but remember you have to think and not worry for there is a whole world of difference between thinking and worrying. Nothing

will remain impossible for you, the day you will unravel/understand this mystery and there will be no one greater than you the day “Nothing is impossible” fits in your mind.

8. An 'Optimistic Person' is one who can find his way amidst grave difficulties and emerge victorious. We should appreciate his self confidence, but he who fosters doubt in his mind, he who always distrusts he who cannot see the way that extends before him, who is ever afraid, keeps wandering about in the dilemma of whether or not to choose the road before him or should he give up on the opportunity that has come his way, is called a 'Pessimist Person'.
9. Have you ever pondered over the self confidence of the person who is able to exercise control over wild animals. If fear, doubt or distrust fills his mind and he starts believing that it is impossible to control such ferocious animals, then his attitude will convey his weakness, doubt and fear to those animals and what do we think will happen then? Can you imagine it? Such people can defeat these wild animals only because of Courage, self confidence, gallantry and certitude and only then will these ferocious animals act like tame pussy cats. They are able to get them to do whatever they want. Do you know why they are able to do this? It is required to see the real strength behind your estimation, that can help you defeat those wild animals, and help you control them, but self-confidence and grit determination is very important for this. A tad bit of cowardice or a hint of panic can endanger the lives of such people.
10. The body and senses emulate the mind. The mind only will have to become the leader, the mind only will have to lead, the mind only will have to be perseverant, self confidence will have to be

filled in the mind only, we will have to see the picture of success in the mind only, we will have to imagine achieving that object which you wish to construct, in the mind only. While fulfilling a task you should do with all your might whatever you may have complete faith in. if a person believes that everyone in this world cannot become rich and most people remain poor and I am one of them, then he will never become rich in life.

11. Analyze great successes and great achievers and you will find that the only reason behind their greatness is their self confidence. One who starts believing in his capabilities and recognizes that he will be successful in whatever he will undertakes, will definitely succeed. Even though others may see his belief as perversity but such people are firmly resolute and so firm that they succeed in hoisting the flag of their fame in this world, just on the basis of their resolute self confidence. They don't care whether people regard them as foolish or otherwise. Only work matters to them. Their eyes rest solely on success. Their hearts will always swell with self confidence.
12. Today, people are so busy that they rarely have time to test their capabilities or examine their own talents. Thereby it is your duty to impress them with your capabilities and talents, but remember not acknowledging your own capabilities may lead to the creation of doubt about you in the minds of others. Not having faith in yourselves or harping about your failures are a few faults that make a man feel demoralized, disappointed and distressed, and this makes people fail all the time. When they themselves have no confidence on their own plans, then how will others be able to trust them? When you regard yourself as disgusting, pitiable, or

impure, and depreciate your own value, then why should anyone bother to assess your true value and appreciate you? You should work in such a way that your capabilities and qualities may stand out automatically and your energy may help people assess you rightly. Only then will you be able to rise in the eyes/estimation of others and only then will you arrive at your real value.

13. Please understand this clearly that you will not be valued more than your own self estimation. Others cannot supersede your expected worth of your own capabilities. Whatever be your personal self estimation, based on your expressions and conversational skills is what the world will assess you to be, and not any more. If you consider yourself to be ordinary then your face will reflect that plainness. If you cannot respect your own self then your face will reflect this and then others will also not respect you. Whatever capabilities and traits abound in your mind/psyche should also reflect on your face.

DAY-18

18

How to enhance will power?

“You can achieve anything by the force of your enthusiasm, and your hopes can reach for the stars”

– Oprah Winfrey

1. Human will power arises from the Character and Character is bound to one's deeds. Therefore, the expression of one's will power is in accordance to his actions.
2. We may be ready to give our all but there is no way to escape our karma or destiny. We have to bear its good and bad consequences ourselves. We know that, it is creditable to work according to the principles of righteousness and the preaching of our spiritual master. We know that bear intense heat and sitting in meditation are best for us, but when the alarm clock punctually rings for us, we feel annoyed and we snatch it and switch it off, as if it has committed a grave offence. Thereafter, we cover our face with our bed sheet and sleep for another half an hour, and as a result spend the rest of our day hurrying about and worrying. And when we return home in the evening we are like a lump of stress and are so irritable that even a small issue can flare up the rage within us.

3. Even in miniscule matters we find that we are unable to incorporate those things in our actions that we feel are beneficial and profitable for us. Instead we keep continuing with detrimental activities. We know that, it is not wise to show negligence towards our studies and yet we are not able to turn our ears and eyes away when there is a cricket match, circus, fashion show or programme being telecasted on the radio or television. If our mind tries to object even a little bit, we reprobate it saying why would I want to forego such an entertaining act for my tiresome studies?
4. We know that being overweight is detrimental for health and we should avoid consuming sweets and fattening food in excess. But when these things come before our eyes we ourselves oppose our innate resolutions and benevolent cares by smiling and shrugging them off.
5. The 'development of will power' is the sole way to comprehend just how to avoid failing in fulfilling our resolution.
6. This is that positive and formative practice of the mind inspires, conduces and enables us to definitely do what is required and to definitely avoid what can be detrimental/harmful for us.
7. Whatever strength or assistance we may need is inside us. We should have full faith and irrevocable trust in this basic fact of life.
8. You may not have enough love for the truth. Start sharpening your liking for truth and at that point this attitude to face the obstacles of your life will automatically develop within you.

9. Willing to develop their Will Power should quit living cautiously in their past or future and start living in the present. No matter what the astrologer's scrolls may say, but if we are able to live in our prudent present with the best approach then our future is definitely going to be bright.
10. Let us command our mind today itself/right away, “Do what is right without any delay”. This should be our policy. Is it not better to do the right thing straight away and enjoy the fruits of success at leisure as compared to doing the wrong thing in haste and repenting at leisure?
11. The most important thing to remember is that concentration aids in the development of will power. These two practically pace together. Concentration aids in developing Will power and Will Power helps in attaining concentration skills.
12. The easiest way to increase our concentration power is that whether we are cooking, or polishing our shoes, or playing basket ball, or inspecting birds, conducting test in a laboratory or praying in a temple – we need to employ our mind completely in the task at hand. The gist of it all is that when you are meditating, then do not simultaneously watch a movie.
13. For the development of our Will Power we will have to prevent the absolute destruction of our mental energy: vain talk, aimless work, baseless argumentation, weird fantasies, discussions, building castles in the air, erotic thoughts, fictitious fear, finding faults in others, and worrying about those things that we are not even distantly related to.

14. In conclusion, if we need to develop our Will Power we must not take our failures seriously. Our recurrent failure should not disappoint us because there is no other way to reach success without failing over and over again. Our failures should be accepted as a part of the game and as the steps that lead to the podium of success.

How to
Strengthen **MIND**
through
POSITIVITY ...

36 Days course to achieve 360° positivity in your life.

PART-2

Positive Expressions

The Art of becoming positive.....

1. One sentence can change a man's life. The question is what kind of sentences are you speaking? Do you want to create a negative environment for others or a positive environment/one? Do you want to push them, or lift them up? I decided to uplift people and to make their lives more prosperous/bountiful. This task is as easy as saying the following sentences: "I am proud of you", "I need you", "I trust you". These sentences can change the lives of some people. You should always keep them in your dictionary/vocabulary.
2. I firmly believe that the messages/tips presented in this section of the book are very important in today's world. Every society needs such people who are willing to motivate others, inspire them, and increase their levels of enthusiasm. It is such people only who enable the world to progress. You could be one of them.

DAY-19

19

**Practice saying...
THANK YOU**

*“You can achieve anything by the force of
your enthusiasm, and your hopes can reach for the stars”*

– Oprah Winfrey

1. Remember, when you were young and someone older than you had offered you a chocolate or gifted you something, your parents would have encouraged/motivated you to say something. Naturally, they must have tried to get you to say THANK YOU. If you are a parent then you must also expect from your child that he be courteous enough to thank you when he receives a gift, rather than making you feel ashamed/embarrassing you by grabbing it wordlessly or running away with it.
2. Our Dictionary/Vocabulary and Brain/Consciousness should have “I WOULD LIKE TO THANK YOU” written in the forefront. This is expected from the successful people of a civilized society.
3. When a waiter brings us our meal we say “Thank You” to him. When someone appreciates our new Suit or our excellence at

something done by us, we are appropriately expected to respond with a “Thank You”. When someone cooks for us, offers us a lift in their car, gives us a gift, then we should automatically say “Thank You”.

4. I remember the party organized for the workers/labourers of the first building of this College. All these dedicated and capable workers – who had drafted the college blue print, had erected the steel pillars, assembled the brick walls, fixed window panes, laid the roof of the building, and hung curtains in the new windows – enjoyed our party as they witnessed the end results of their hard work. At that time, labourers were seldom allowed to see the completed structure that they had worked so labouriously on. We invited them to see the entire building that they had constructed, shook hands with them, conversed with them, and most importantly said “Thank You” to them. They liked it, although they were initially puzzled with our invitation for them to attend the party which had been organized to say “Thank You” to them.
5. We have cultivated a tradition of presenting selected members from our Staff with Cash Prize Mementos every month. This is also a way to thank them for their good efforts. It is amazing how even the small task of saying Thank You has such a trustworthy power in it. It makes people feel that they are vital people, and they are being given the importance they deserve.
6. We can express our gratitude by merely saying “Thank You” or in a bigger/grander way. The phrase “Thank You” can work miraculously, when used in the appropriate way.

7. People like to hear “Thank You” and they feel the need to be thanked. If we do not express our gratitude towards people who give us gifts, then the well of compassion may dry/parch.
8. “I thank you”. This sentence does not lose its freshness even after been repeated several times. We should always keep this sentence on the tip of our tongue because every day we should be sincerely grateful towards people who help us, and toward God who has blessed us with freedom and abundance that is more than any country has ever experienced during any historical period.
9. Indeed it is a magical phrase and the best way to say it, is to say it thrice – Thank You! Thank You! Thank You! If you were to ask me what is the best way to say 'Thank You,' I would say that you should also specify the basic reason for feeling grateful, so that you can feel it sincerely from within, and express it from the bottom of your heart.
10. We are often laid back in thanking someone and always swift in complaining. Perhaps we are so self-centered and so busy with our work that we forget to thank others.
11. As Norman Vincent Peele has said in f his speeches over several years, If you are worried about your problems and you are finding it difficult to focus on the positive aspects of things, then “Step out of Yourself”. Start thinking about others. Everyday, we forget to count our list of blessings and keep busy in trying to find issues that will enable us to complain about our misfortunes. Instead of this if we think about someone who has been less fortunate, and try helping him, then we shall feel more grateful for our position/condition/circumstances.

12. If you feel safe in your home, community and country then you should thank your neighbors, police officers or armed forces. If your Sunday Sermon has increased your level of self, then you should thank your guide. If the burden of your work has become lighter due to a colleague's help, then you should thank him.
13. I believe in the daily angle of gratitude, I believe in thanking for the smallest favor or consideration, I believe in thanking God through my prayers, and I believe in displaying my gratitude by sharing the abundance bestowed on us by God. I have full faith in the power of gratitude and it is an important key in making the society more positive.
14. Expressing your Gratitude is based on this scientific principle/fact that you will beget what you give. Yes, what is important is to see how deeply or with how much sensitivity/sentiment/feeling we are able to do it. Because it will re-enter your life with much intensity.
15. Also explain in simple words the reason behind it and the facts associated with it. If you are able to vocalize it and express it from the bottom of your heart, in such a way, then you will definitely get results in accordance to your intensity and sincerity.

DAY-20

20

**Practice saying...
I TRUST YOU**

*“One important key to success is self-confidence.
An important key to self-confidence is preparation”*

– Arthur Ashe

1. “I Trust You” is another sentence that is important for positive people. Realistically speaking, it is a miraculous statement, wherein you can make someone realize in powerful terms that they, after committing on several occasions, have indeed completed the tasks in a trustworthy fashion. When you say “I Trust You” with full sincerity and from the bottom of your heart, it increases our feeling of gratitude for the other person. The person in question will also remain upright/trustworthy towards you and your work. Your relationship can become stronger and cordial. In fact the success of our society relies on the faith that we will do good work, remain honest towards each other and fulfill all our commitments/promises.
2. Many of us have been handed down with a lot of responsibilities; and they are all based on the foundation of Trust. If you observe, you will realize that a lot of our associations are/ a lot of what we do is more or less based on trust – for example, driving a vehicle

in traffic, working, doing our job well and earning a handsome salary at the end of the week, shopping and banking, marital and familial relationships, neighborhood dealings. Try to understand the real thing. None of us would like to stay associated with someone who is not dependable. And we would definitely not want to elect/choose an unreliable leader.

3. Trustworthiness is a prime Leadership quality. To be a capable leader you will have to be dependable.
4. When you possess the quality of being dependable, then people aspire to be like you, they want to befriend you, they want to follow/imitate/copy you, they want to do business dealings with you, and even become your business partners. Think of kinds of people with whom you would like to forge a relationship. You will definitely look for only one quality in them, that is Trustworthiness.
5. Trust is essential not only among friends but even in the society. Just think of the kind of trust our society is based on. It will be difficult for Business firms to function in a faithless society, because contractors will have no importance. Traffic will not move effectively as people will not be able to believe that other cars will stop at red lights. Parents will not send their children to school as they will not be trusting their teachers. If respect and trust cease to be the pillars of our foundations then, our towns and cities will come to a standstill.
6. Trustworthiness meaning completing/delivering the tasks as promised. Very early in my business life, I have realized that success depends on this simple principle.

7. We need to think deeply the answer for what we can do and what we cannot? What we will do and what we will not? If you always speak the truth then you will always get the trust of other people.
8. “I Trust You”: Saying this powerful sentence strengthens the relationship of people who are dependent on each other. We require such a personalized, unwritten contract of mutual trust in our family, marital relations, office and society. We should say “I Trust You” to express that we trust people with whom we share special relationships.

DAY-21

21

Practice saying...
I RESPECT YOU

“Respect others and others will respect you”

– Master Confucius

1. My elder brother has always enjoyed a respectable position in the society. Everyone likes him. According to me, he is liked by everyone because he likes everyone and respects them. He gave me a priceless advice, that every person is important and has some or the other talent. That is why we should learn to respect everyone. When you display respect you gather respect.
2. Respect is mutual. If you want to be respected then you should also respect others.
3. When you show interest in others and listen carefully to them, then respecting will become a habit with you. And soon you will earn the reputation of being respectful, in a group.
4. We need to take interest in other people and listen to them. Showing Respect and earning respect can be as easy as remembering someone's name or face. When people recognize us by our names – especially when someone of great importance remembers our name – then we feel respected. Remembering

people's names is reflective of our respect for them. Several people do not pay attention to others' names, but I feel it is important to do so develop lasting relationships.

5. Showing respect begins with temporary forgetting of our own selves, and becoming aware of the other person's presence.
6. When we start using the powerful sentence, “I Respect You”, then we can develop the art of listening and start taking genuine interest in others' view points. It is a very high level of praise/appreciation when we tell someone that we respect them, these words sound really sweet.
7. The art of respecting begins at home. We learn to respect our parents and siblings/brothers & sisters.
8. You help each other and are concerned about each others' welfare. When you do this, do this really well, then the family will truly unites.
9. Any Business, Relationship or Organization is destined to doom if there is no respect for its members. Any Organization where people do not work together and are busy getting caught in the web of selfishness and internal conflicts, is bound to slide down to the rock bottom.
10. Everyone can get their name published in the newspaper on at least two occasions – When he is born and when he dies. But I am sure that we would rather like to see our names being published for what we have said or achieved in life.
11. Some people remember me as an enthusiastic being.

Undoubtedly this is because my parents made our family on the foundations of love and respect. We feel happy when we feel respected at home. It is difficult to respect others when you yourself do not feel respected. If you do not feel respected then you cannot be Positive and Confident in life. I would like to advise everyone that you should try to gain respect through good character, because this is important for a bright/successful future.

12. At home, parents need to earn respect by showing respect to their children. This is only possible when they listen to them and display a justifiable behavior towards them.
13. We all want to be respected and we all need respect. If you really want to be respected, then my advice is that you should start listening to others as a mark of respect for them. It is indeed a very effective statement. Express your gratitude for the other person with all your heart and tell them that you respect them, from the bottom of your heart. Show the same in your behavior. Talk to them and listen to those people who are excited about sharing the proud moments of their lives with you.
14. These words are really important and reveal your gratitude for the other person. That's why we should say "I Trust You" with all intensity of the heart, with full confidence, and only when expressing this is appropriate. This respectful statement of your will not only make the other person feel respected but he will always be mindful of respecting you.

DAY-22

22

**Practice saying...
I LOVE YOU**

*“The reward of love is love, and what a reward it is!
It is the only thing that takes off all sorrows,
the only cup, by the drinking of which this disease of the world”*

– Swami Vivekanand

1. When we love someone then we learn to respect each other's qualities. “To make friends you first need to become a friend”. Due to this our home, office and journeys are full of friendship - where we enjoy with our friends.
2. Express lovingly “I respect you” or “I have full faith in your capabilities”. This is a gentle way of expressing our feelings towards people whom we appreciate or give importance to, in our lives. Love is an expression of immense trust.
3. “I love you” is especially effective when we say it to children. These words make them realize that they are safe, cared for, trusted, and the person who says this is really special.
4. Unfortunately most people never say “I love you” neither to their children nor to others. This is probably because they are not able to compel themselves to express their feelings, or they are not

able to find time to express themselves, or they perhaps do not try to express themselves.

5. In any case, we never even think of writing a letter expressing our feelings. We should express our feelings in written words or express them personally. There is a need to develop a habit of expressing ourselves.
6. We should teach our children to love God and we should express our feelings towards our life partner and children. I believe that a loving family will lay a strong foundation for a successful life.
7. In spite of growing up in a time of shortages and having seen a scarcity of materialistic pleasures, I was always a happy child. But it is not becoming rich I am now happier than I was in my childhood days. Essentially, it was the love of my family members that had kept me happy always.
8. We love our occupations and our work. I have always loved my work and that's why I feel as if I have never 'worked' in all my life. I never regretted going to work, because it never felt like 'work'. For me work has always been a good experience – even during difficult times.
9. If we really want a positive world full of positive people, then we need to look for love in our hearts, our partner, our acquaintances, our country and our democratic principles.
10. We should not regret, in the future, on realizing that we only 'thought' of saying “I Love You” but never actually said it. Come let us avail of every opportunity that we can have to heartily express our love for our near and dear ones.

DAY-23

23

**Practice saying...
I NEED YOU**

*“If you want people to admire your qualities
then recognize the qualities of others”*

– Chanakya

1. Someone needs you. All of us need someone or the other. Believe this and say “I Need You” to people, to your life partner, to your children, to your employees, to your colleagues, to the sweeper around you, to your guide.
2. This is a statement/sentence that I have often used, and have found extremely effective in motivating positive people. We all need to know that someone needs us. It is rare to find a person who can spend his life without needing anyone else.
3. My family was staying in a cottage during one summer. The sweeper there was amazing. He would always report to duty on time. You could set your watch on seeing him.
4. Next week, I decided to wake up early and was waiting for him. I saw him loading the trash in his truck and said, “Your work is excellent. I want to tell you that we need your precious services and think your job is really important.” He looked at me and

asked,” Have you returned from somewhere after a night shift or have you arisen early to do something?” I specified that I had risen early just to tell him that I respect his excellent work.

5. I saw him just once during that summer. It was the last chance that I spoke with him. He said” I have been doing this work for twelve years and no one has understood the importance of my job, till today.” If filth is accumulated during summer and there was no one to sweep it away, then would these cottages have looked attractive for so long? Maybe we will never tell our sweepers this, but the reality is that we need them – just like the several other people whom we need, but we choose to neglect. It is important to say “I Need You”.
6. Look around you. There is no limit to how many people you need. A Higher Official can never tell someone on a lower post that “I don't need you”. How successful will a Company be if it have one Presidents? Without the contribution of cleaning staff even executive washrooms might not always be usable. If there are no workers to manufacture products and look after the machinery then the company will disband/scatter/dissolve. Our family, school, business, church, community – our entire society – is based on the fact that we need each other for our survival. Indeed we should make the other person realize and with full sincerity that I really do need you. This phrase should be repeated as per the situation and as per requirement.
7. “I Need You”. This is a powerful statement for a positive person for it accepts/acknowledges that God has made us all and that God has created each one of us for a particular purpose or to fulfill a particular task.

8. Whoever has become an effective leader and won the respect and praise of his supporters, knows that he needs those people. The more some leaders rise, the more they tend to ignore those people whom they have left behind and whom they no longer need. This is a fatal mistake. Those workers in a company who feel that they are not required are doomed to fail, or at least to undertake a painful journey marked by dissatisfaction and worry. None of us are so important or self-reliant and we do not have any need for others. Then why don't we say "I Need You" in our homes, offices, and society and create a positive atmosphere.
9. Our society operates on mutual cooperation and that why we need to use this magical phrase before others sincerely, and with full dedication to tell others "I need you to skillfully complete this work."

DAY-24

24

Practice saying...
I AM PROUD OF YOU

“Remember, happiness doesn't depend upon who you are or what you have, it depends solely upon what you think”

- Dale Carnegie

1. Young children have a desire that their loved ones should notice them and encourage them with their praises. When they grow up a little, they want their parents and grandparents to see them achieving good grades, to play, to perform in a band, to act in plays and to go to college. You must have noticed this in your own children. Perhaps after “I Love You” the next most powerful phrase that we can say to our children is “I am Proud of You”.
2. Most people strive hard with the simple desire to be known as the best in their chosen profession, or to attain a more powerful position. Or to be rewarded, or to see their names being printed in the newspapers. Everyone likes a pat on their back – “Wow!” or “You have done an amazing job”.
3. When you start discovering the positive things in other people's lives, then you will find it easy to tell them that you are proud of them. God has made us all unique, with unique qualities and

dreams. He has filled us all with the awareness that we are special and have come on earth for a special purpose/reason. Honouring/Appreciation encourages our divine desire for performing excellently.

4. “I am Proud of You” just does not have the power to recognize success. This small sentence has a tremendous power – this is special Booster Dose for encouraging people, due to which they achieve more than they believe that they ever can.
5. For all the powerful expressions presented in this book I would like to emphasize that not only we should include them in our conversations, but also should incorporate them in our communication.
6. Undoubtedly there is no better way to thank someone or express your concern than through a hand written letter. When a hand written letter is enclosed in an envelope with handwritten address, then it becomes very impactful.
7. “I am Proud of You” especially increases the confidence of those people who usually do not win too many awards or get too much respect in life, and are doubtful about their own capabilities, and have difficulty in finding anything in their lives that they can feel proud of. That's why it becomes twice as important for parents, teachers and employers to keep saying “I Am Proud of You”.
8. “I am Proud of You” becomes most powerful as an expression when it is conveyed in public, especially before the people whom one receives with respect and appreciate like - their parents, friends, teachers, supervisors or rewarded colleagues.

9. Whomsoever you meet will always have a small child inside them, who is waiting to be praised and who keeps saying “Look at Me”. Are you looking? Are you observing the minor and major achievements of your family members, friends, neighbours, colleagues and workers? You can help them progress by saying “I am Proud of You”.
10. All people of different ages like to hear little or more good things about themselves. Actually “I am proud of You” is a sentence that keeps the other person spirited and increases their zeal. This is a very powerful, impactful and magical expression, while should be expressed publicly from a true conscience. This will not only strengthen the morale of your colleagues, but also increase the quality of their work.

DAY-25

25

Practice saying...

I BELIEVE IN YOUR CAPABILITIES

*“Believe in yourself! Have faith in your abilities!
Without a humble but reasonable confidence in
your own powers you cannot be successful or happy”*

- Norman Vincent Peale

1. An effective way of helping others to realize their dreams is to assure them that “I Believe in Your Capabilities”.
2. Sometimes our mere presence at a function or supporting a good cause itself expresses that “I Believe in Your Capabilities”. “Why not us? Why not now?”
3. Our children really need to hear us saying “I Believe in Your Capabilities”. Advising children and guiding them conveys the message that we have faith in their capabilities.
4. When my children bring their Report Cards home, then both I and my wife do not 'attack' them if they have scored lower grades. Instead we discuss the reasons behind the low grades and how this situation can be improved.

5. Just imagine your impact on the lives of people to whom you say “I Believe in Your Capabilities”.
6. It is especially important for leaders to become positive and use positive sentences. We really need leaders who can express their faith and also can convey this faith to others, so that they can connect with them. Some people have said about me that I do not sell products, but I inspire you to believe in yourself.
7. You can completely fling yourself into achieving your goals provided you stop crying/whining and totally/absolutely start believing in what you can accomplish.
8. “I Believe in Your Capabilities” is an inspirational sentence that leaders should learn to use more often. It should be conveyed to a friend facing difficult times. Teachers should say this to their students and Officials should say this to their employees/workers.
9. “I Believe in Your Capabilities” is a magical expression. This should be used among needy friends, students and employees to induce new energy and renewed enthusiasm, so that it can create a amazing level of work efficiency, self confidence and dexterity at work. Just as rain waiter converts dry lands on earth into green vegetative land, similarly using this sentence will not only fill the other person with gratitude but will also make your relationship more pleasant.

DAY-26

26

Practice saying...
YOU CAN DO IT

*“If you work with determination and with perfection,
success will follow”*

– Dhirubhai Ambani

1. “You Can Do It” is a very important expression/sentence of my life. Fortunately, my father's words “You Can Do It” during my childhood days always encouraged me.
2. I have incorporated this expression in my vocabulary and keep saying this to my children and to those people for whom I care and I would like to see achieving their prospects/projections.
3. I became a positive person because of a positive environment. Father's inspirational words “You Can Do It” kept echoing in my ears and I started believing that I can do anything and everything.
4. As parents we are required to create a positive environment at home. We need to encourage our children for whatever they feel determined to achieve, and God will bless them. We need to teach our children to trust God and us. We need to teach them to believe that God has given them immense capabilities and qualities, through which they can change the world.

5. A lot of people do not try to do anything because they are afraid of failure. They are afraid that people will criticize them or ridicule them, because they lack adequate training or specialization. There is just one thing that I would like to say to such people, “Fix a goal and walk towards it only. You can do it.”
6. “You Can Do It” is an important sentence that can motivate you to reach the summit of success. By repeating this expression over and over again we can generate/muster courage to complete challenging tasks and change the world. Just say “You Can Do It” whole heartedly and with full honesty.
7. “You Can Do It” is indeed an incredible and unique expression whose magical effect can be seen. It is highly motivational in helping us reach the pinnacle of success. It would not be an exaggeration if I were to say that it is a sure shot medicine for accomplishing your goals. By repeating these words over and over again, you can motivate a person to complete challenging tasks. But this sentence should be used whole heartedly only for genuine praises or encouraging someone.

DAY-27

27

**Practice saying...
I FEEL SORRY**

*“What you do not want to be done to yourself,
do not do to others”*

– Master Confucius

1. “I am wrong” – When we admit this then we should also feel apologetic for our mistake. Possibly we may have hurt someone due to the mistake committed by us that's why our acceptance should not be in a technical or mechanized/formalized way, and should instead be more than this – Confess with full honesty that the other person was right and we were wrong. When we do something wrong with someone then he may react angrily at this. At this point we should definitely let them know that we really regret doing what we did.
2. This has such a positive effect that we should realize that we are after all mortals and should be ready to accept the deflation of our ego and stature.
3. The beauty of the sentence “I Am Wrong and I Feel Sorry” is in that it ends any argument immediately. When a near one admits

his mistake and apologizes immediately then what is there to say?

4. “I Am Wrong” and “I Feel Sorry” are complementary sentences. They are like life saving drugs for the act of forgiveness.
5. When we choose to become Negative over Positive in life, then we start defending ourselves, fabricating lies/stories instead of giving vital information, start blaming others, and try escaping from our own responsibilities.
6. Forgiveness is a conscious decision attained when we start sympathizing with others' feelings. When we apologize, we don't just see the issue from our own point of view. Instead we also think of how our act of apologizing will benefit the other person, whom we have wronged, and how it will indeed leave a positive impact on his life.
7. We can use positive outlook and words to connect with people. Instead of defending ourselves or blaming others or even criticizing others, we should sympathize with them. We need to be humble and not arrogant. That is why it is important to have the guts/nerve/courage to say “I Feel Sorry”.
8. “I Feel Sorry losing my near and dear one”. “I feel sorry to hear about your bad health”. “I feel sorry that you were unable to achieve this position for which you had strived so hard”. We display our compassion and humility when we offer our consolation for someone's loss or sympathize with someone in their difficulties.

9. Every child is not able to participate in school sports events, nor get the lead role in a school play. At that point you can give him a hug and say “I am sorry about the situation. But I feel proud that you tried, because I know you can do it.”
10. To try – even if we may not succeed – is better than regretting later. Even if we may fail in the task, we will at least get some experience, the horizon of our thoughts will expand and maybe we shall gain more than we had believed we could achieve.
11. Our life is full of situations where “I Feel Sorry” can prove to be a powerful expression. It can be very difficult to say these three words at times, and developing a habit of saying this sentence is indeed equal to taking a big risk in life. This sentence will not only enrich your life, but also the lives of others. You will discard the feeling of giving excuses, arguing, or saying something in your defense when your heart knows that your behavior was wrong or injurious. By saying these words your conscience will feel lighter whereas staying quite will only increase the burden. Your words will benefit the person you apologize to. Your saying “I Feel Sorry” will prove that you care for them and would like to strengthen your relationship with them, which would otherwise snap or get destroyed – just by not saying these three words.
12. We should use the powerful expressions “I Am Wrong” and “I Feel Sorry” with full honesty when we have committed a mistake and have hurt others knowingly or unintentionally, and we should admit our faults. This will not only help to avoid unnecessary arguments and stress, but will also prevent the person whom we

have hurt from fostering negative feelings for us. He will get the message that it is human to err and when asked for the other person should grant me forgiveness. And people on both sides will feel that whatever life exists between the two shores of Life and Death, whatever emotional and perceptive beauty exists should be used for the benefit of mankind and this feeling should inspire us to be Forgiving. These outbreaks of the heart give rise to tactfulness in human behavior. Just say from the bottom of your heart – “I Feel Sorry”.

DAY-28

28

**Practice saying...
I AM WRONG**

*“It is not a sin to err, but a human trait.
But the greatest flaw is to commit a mistake and not admit it”*

– Mahatma Gandhi

1. I decided to begin with the expression “I Am Wrong” because it is the most difficult task to say this and genuinely accept this. It is difficult to admit that we are wrong, even in front of our own selves, and it is even more difficult to say so before others – especially before those whom we really care for or whom we expect to really care for us.
2. If we become tolerant of other people's views from the very beginning then we may prevent ourselves from situations where we may have to admit that we were wrong.
3. It is of no use if the words “I Am Wrong” come merely from our lips, and not from the bottom of our hearts. For this we often need genuine and intense changes within ourselves because we need to accept that we can also be wrong. Even though it may hurt our Ego but we need to realize that it is a human tendency and everyone can commit mistakes. We must also realize that on

accepting our mistakes before others we may leave a positive impact on them.

4. Accepting our mistakes shows that we are ready to change ourselves. This inspires others also to positively change themselves.
5. I am afraid that in a lot of Organizations today, a negative environment is not only developing but spreading really fast because no one over there wants to say “Look, I am wrong on this occasion, and you are right”.
6. An obstinate belief that you are always right can create a rift among friends and family members. Sometimes just the stubbornness to prove yourself right gives rise to an unnecessary argument that is not worth winning, and on hindsight will only appear as foolish.
7. Laugh at your mistakes – Laugh at yourself! Your Ego can take you only to a short distance but integrity and humility can lead you to success.
8. I am not a doctor, but I think it is better to accept your mistake rather than defending yourself, to forgive rather than hold grudges, and a lot of remorse and tension can be lessened by accepting all your faults, saving our health from many serious damage.
9. When someone else is right and I am wrong, I openly admit it. It is as important to admit that you are wrong, as it is to acknowledge that the other person is right.

10. When looking for ways of being positive, saying “I Am Wrong” changes our perspective and makes our relationships healthier.
11. Have you ever realized deep within that you were wrong, but you never admitted it to yourself or in front of someone who knows about it? What will happen if you tell them “I am wrong. You are right”? Try it. You will realize that saying this is not as difficult as you had imagined it to be and gradually it will become easier.
12. Practice saying “I Am Wrong”. Try being sensitive towards others, but if you ever commit a mistake due to a natural human tendency, then do not delay in admitting it. Practice saying “I am wrong and you are right”. Do not just utter these words from your lips, but say it with all your heart, don't just show off - feel it! Definitely say it when required. The other person should be able to sense that you are heartily/sincerely accepting your mistake and your relationship with the particular person will definitely remain healthy. There will be no tension between both of you but this is only possible when we admit our mistake from the bottom of our heart and say “I Am Wrong. You are Right”.

How to
Strengthen MIND
through
POSITIVITY ...

36 Days course to achieve 360° positivity in your life.

PART-3

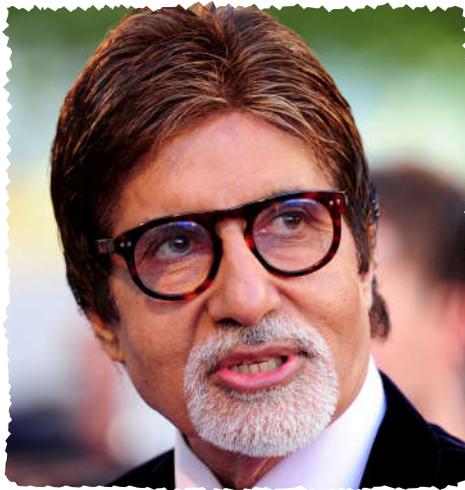
**POSITIVE
PERSONALITIES**

what you can aspire to be....

DAY-29

29

It is good if you get what you **WANT**,
And if you don't get it,
IT IS STILL GOOD



AMITABH BACHCHAN

*“Whether you come from a council estate or a country estate,
your success will be determined by your
own confidence and fortitude*

– Michelle Obama

1. Born on 11th October, 1942 at the Allahabad residence of poet Harivansh Rai Bachchan, Amitabh is seen endorsing chocolates, cold drinks, chyavanprash/health tonics, hair oil, suiting, as well as wall paint. From 'Saat Hindustani' to 'Zanjeer', to the introversive, smoldering hero of 'Deewar', to 'Kaun Banega Crorepati' and 'Sarkar', we have seen a new Amitabh unfold one after the other. Struggling at times with accidents, or caught in the web of politics, to drowning in the vertigo of a loss making company and disastrous films, Amitabh has proved that you can achieve the heights of success in life only on the basis of intrinsic strength.
2. I arrived in Mumbai with my driving license. I had thought that if I do not become an actor then I will become a taxi driver. I didn't have a place to live. I have also spent time on the footpath at Marine Drive. I had left everything because I wanted to work in films. Couldn't live with friends in their homes for long, so I spent most of the time at the Marine Drive. It was a difficult time, but I faced it. Then Advertising agencies came in the picture. I was offered Rs.10,000/- for an ad. It was a big amount because I used to earn Rs.50 per month doing radio-spots.
3. Amitabh used to take care of everything in ABCL, but his settling down in London for the sake of his own business forced me to leave everything to the faith of my managers. This resulted in loss

of actual control. The company failed and we were loaded with a debt of crores of rupees. I kept thinking throughout the day just how, when and why all this had started happening. I thought that the third pair of hands I had relied on, were gnawing through me like mites. I had a debt of Rs.90 crores on my head. There were 55 cases registered against me in the court. I was left with just one house and that too had seizure orders on it.

4. I was suffocating within. When I had seen the sun shining at its peak, I had still resolved to do my daily work as usual because I was aware of the fact that evening follows a scorching, bright day, and this will be followed again by the dark night. That is why I was not perturbed. Nights were spent in thinking. I still remember those situations and those days when I saw daily queues of loan givers/money lenders apart from the Income Tax and court proceedings. I still maintained my cool in such situations. A dark void scared me for days. Friends advised me that even great people had declared themselves bankrupt in such situations and had later on steadied themselves slowly and gradually. So why don't you do the same? But my soul did not want me to do this. I took some more debt even under these circumstances to fulfill the basic needs of my family, and they did not even have inkling hint about it. When Media persons heard about the auctioning of my house, they came and stood outside it with their cameras and crew. When they were forbidden from doing this, they said if refused they would climb the terraces of the neighboring houses and click pictures from there.
5. My father's (Dr. Harivansh Rai Bachchan) life had taught me the philosophy of my life. He used to say, "It is good if you get what

you want, and if you do not get it, it is better.” I have constantly used this philosophy of life as the most vital testimonial. I had undying faith on my father, but this sentence which he would keep saying also started sounding hollow for a minute. But I immediately felt that my father could not be wrong. Maybe this situation also had something good in it, that I could not see at present. I was in the quest for just some goodness.

6. Both Ship Helmsmen and Airplane Pilots are made to learn that the usual reaction when you are in the middle of over cast skies is to drive out of the place in full speed. But they are taught that if the clouds are dense, or it is raining, or there is a windstorm or thunderstorm, then you should slow down your speed but not stop moving ahead. Sailors on ocean ships are also taught that if they find themselves caught in a sea storm then they should not try to get out of it speedily, because it will only panic you. You should slow down but keep moving on. Don't stop. Because if you are moving in the right direction then you will reach somewhere or the other.
7. The first thing I did was not going anywhere and started working somewhere, to earn money and pay off my debts. I did not want to run away from my debtors. Instead I decided to concentrate on my physical and mental health. Even though I had never seen what a gym looks like during my younger days, but now I thought of getting my physique in proper shape, because only when you feel physically fit will your mind feel healthy, and thus I proceeded with this ideology. Along with this I started doing some more things to keep my self confidence intact. For example – speaking less, listening more, practicing pranayam or yoga regularly, not

criticizing anyone, rectifying wherever I found something to be wrong, remaining sympathetic, sitting down with closed eyes and a passive mind as often as possible.

8. Things start piecing together when you start attaining inner strength. For example, one day I went and bowed my head before God in the small temple that we have at home, and thereafter went to meet Mr. Yash Chopra without any hesitation. He lived behind my residence. He was a little astonished on seeing me visiting him like that, but he was also happy. Without beating around the bush I told him that I was there for work. He said “I am not making any film at the moment but my son definitely is. You are welcome to be a part of it.” After the work was finalized Yashji asked me, “How much will you charge?” I said to him, “I have not come here for money but for work. I will accept whatever you pay me.” This is how I bagged my role in 'Mohabbatein'.
9. If we see it this way, a unique experience in the experiences of my life so far has been “Kaun Banega Crorepati”. This Television serial got me much more fame than I had ever imagined. What position I had reached after working for 30-35 years in the Cinema, I attained within only three to thirty minutes on TV. This powerful medium gave me a chance to establish links with the common man.
10. People ask me about how I am able to bring out energy in certain things, in spite of my busy schedule. I think that if a man wants to do it, then he can do everything, but if he is not interested then forget 24 hours, even 30 hours will also not suffice. 24 hours in a day are sufficient to do something, but it is important for us to organize that time in a proper way.

11. Men change with time. Incidents bring in these changes, and so does morale. Just as my two legs and my two hands are a part of my personality, so as I have an internal personality. I can say this for sure that my personality did not change.
12. The values and discipline of my parents has had a major influence on my life. I spent my childhood in a literary environment, wherein I still take inspiration from all the creative aspects of my father, as well as his perspective on how to see and understand the world. The values of life imparted by my parents have really inspired me to be human.
13. Reading is my necessity even today. Even though I may not have much time, I still do try. I read the Ramayana and Bhagwat Geeta every morning. I try to read at least something written by my father, even if it is just one or two words. Once in a while when I come across bestsellers or popular books when I am travelling abroad, then I buy them. I will not say that I read them all, it would be a lie to say so, but I like to see them decorated in my books shelf. It gives me the appearance of being a very knowledgeable person, but I know that when I will not have any work, then I shall read them all one by one to utilize my time.
14. I wake up at 5 or 5:30 a.m. First I go to exercise. The hotel J W Marriott is opposite my home and I go and spend 2-2.5 hours in their gym. Then I read the newspaper when I return home. I read all the papers that get printed every day....after my prayers, meditation, yoga...I get ready. Then I leave for work. I work on the computer for a little time that I get between my shooting schedules. I keep emailing in the midst of my film shooting. Also if I have time at hand to meet people, then I meet them as well.

15. Imagining gives you joy. The family gives you joy. Our happiness lies in their happiness. Seeing your parents hale and hearty is happiness. If your children are growing up on the right track and in the right way then this makes us feel happy. And there is a different kind of happiness in giving something to a person who has nothing.
16. I feel, how many times can you take undue advantage in a relationship? Only once or twice. Thereafter if you do not carve your own identity, no relationship can sustain you.
17. I believe that an artist should never feel satisfied, because the day he is satisfied, he will become a God. The day a man gets satisfied, he will become divine/eternal. That is why it is very important to remain a little dissatisfied in life, because it is this that inspires us to do something new every day, it makes us to try to go ahead, to achieve something else. An achievement that encompasses knowledge, meditation, contemplation, and consideration so that we and our society can flourish/excel.

DAY-30

30

**If you have an IDEA,
Don't SIT IDEL**



NARAYAN MURTHY

“A superior man is modest in his speech but exceeds in his actions”

– Master Confucius

1. The founder of the great Indian software firm/company Infosys, Narayan Murthy, is busy as usual. In a rare move, he distanced himself from the administration of the company a few years ago. People believed that probably Narayan Murthy will now retire. But he is as busy today as he ever was. He tours a lot, to meet his customers and business associates. He keeps full track of the daily activities of India's big entrepreneurs. Infosys is recognized globally and has approximately 33,000 employees. The total assets of the company are worth Rs.3,250 Crores.
2. I consider myself as a 'Karma Yogi', a person who not only thinks or talks, but one who always transforms his ideas into action. Most Indians lack this. If you have an idea then don't sit idle. Implement it effectively. I have always worked on those thoughts which came to my mind during a discussion or after a long thoughtful process.
3. When I see happy people around me I feel happy. To be happy means to enjoy giving what you have to others. You should always struggle to be happy while working. Do something that will satisfy both you and the people around you. The results of hard work give immense joy. I respect people and advise them to spend time on attaining those goals that will make them happy. Success in life is not a one day miracle. This is a result of the efforts put in your work.

4. I feel very happy when I see people around me smiling. It is like distributing priceless riches/wealth.
5. My wife Sudha and I stay engrossed in our work. My wife is a Lecturer and a Computer Engineer. She is happy in taking care of the social work being done by Infosys Foundation. As you know, we at Infosys try to help poor and underprivileged people of our country through our wealth.
6. We always remain active by trying to find happiness in small incidents happening around us. I work from 7:30 a.m. to 8:30 p.m. and do not distract my attention in any way during this period. Working is my full-time occupation.
7. It was my dream to hand over my responsibilities to the young generation. At that point Nandan Nilekani was elected as the Managing Director of the Company, because we thought that he should be given a chance to handle this responsibility. After crossing the fiftieth year of my life, I am now a mentor as well as the full-time Chairman of the Board of Directors. I work with full force even today. Most of my time is now spent in travelling to meet those associated with the company's business. I did indeed give up on the chance to shine at the top most position in the company, but have not given up on the opportunities to gain all kinds of experiences. This is a very good specialty of the Indian culture. Let us know that it is now time to hand over our talent to our coming generation.
8. The environment of Infosys is like a university campus. You will find intelligent boys and girls chatting with each other near coffee shops and snack counters. It will appear like school recess time.

On another side you will encounter an ongoing serious group discussion about a project. Nothing can be said about anything. We give this kind of freedom to our people.

9. I tell everyone to work hard, so that we do not upset them – we have all kinds of customers and consumers. We work day in and day out to try to solve their problems, no matter where they be – New York, Paris, London, or Tokyo. Whether they demand it from us or not, we keep struggling to keep them satisfied. I have clearly informed my employees and investors that we can meet the objectives of our clients only by being modest. I have always said and believed that we should behave respectfully with others. Feel the efforts of others and work accordingly. Only then will get rid of all problems. All think of how small you are, value the wishes of others, only then can you complete the goals set by you.
10. There are two people in my life that I always admire, and try to emulate. One is the Father of the Nation, Mahatma Gandhi, and the other is the Ex-President of Singapore, Lee Kuan Yew. These two people displayed true leadership. They did whatever they said. They had the strength to show the world that they who talk about it can also do it. That's why everyone had faith in their leadership. The saying 'Do what you say' has been an ideal statement of my life.
11. People ask, your generation began at a very lower level and attained the highest position within two decades, can today's generation do the same? I say, I have full faith in the young generation of my country. They are very intelligent. They have imbibed the values. The youth of this generation have their own dreams and they are striving to achieve them. Their ambitions are

higher than ours. My advice to this generation is that they should think carefully before taking risks, so that they can reach greater heights in their lives.

12. I do not regret on what has past. Because it has passed away. Whatever wrong or right I have done, I count them all as my efforts. I tried to do my best, and got whatever I could from this. It has been my constant belief that the continuous struggle for achieving something will definitely reach us to a position where we can rest and reap the benefits of our hard work.
13. I was raised among good family values. I like being simple and humble. We need Capitalism in the country but along with this we need to live in a manner acceptable to most people of our country. This is the principle behind the establishment of the Infosys Foundation that we should increase our capital and distribute it among the needy.

Fortunately, my wife thinks the same. She possesses the ability to the positive aspect in everything. She makes friends easily because of her happy-go-lucky nature. She is a very able manager. She finishes all her tasks on time due to her diligence and perfectionism. She has always been a support throughout the successes, failures and difficult days of Infosys. Even today she is dedicated towards Infosys. I admire her positive attitude, her ability to smile under all circumstances and her ability to contact the poor directly. She has sacrificed a lot for me and our kids, without which I would probably never have been able to establish Infosys. When you meet such a beautiful personality, then you have no option other than loving her.

14. The poverty of this country can be alleviated only through generation of more employment opportunities. The Government cannot do everything alone. Increasing employment opportunities is the duty of the private sector. This country has a lot of opportunities for new entrepreneurs. A lot of avenues are opening up. The young generation needs to make some small sacrifices to achieve its goals. They should take risks with calculative strategies. If a person becomes empowered/strong, the entire society will get empowered/become strong.
15. I think everything lies in your attitude towards something. If China can produce a better quality product than us, then it is a lesson for us. Businesses will first have to find out the problem, because without investigating we will not be able to compete. And till we do not adopt this stance, we cannot blame others. We need to find out what is lacking inside us. This depends on the way we think and that is what is required today.

DAY-31

31

**WHATEVER I DO,
I DO IT FOR LOVE...**



SUDHA MURTHY

*“Love does not claim possession,
but gives freedom”*

– Rabindranath Tagore

1. Today she is known as the wife of Mr. Narayan Murthy, founder of Infosys, but it is also true that before Infosys came into existence Sudha was financially more competent than Narayan Murthy, and that Infosys was set up/established with her savings. A Post Graduate in Computer Science from Indian Institute of Sciences, Bangalore, Sudha Murthy started her career with TELCO as its first female engineer. In later years she also taught Computer Science to B.Sc and M.Sc students at a reputed college of Bangalore. Apart from this she is also known to be a popular writer/author. Born in 1950 in Northern Karnataka as Sudha Kulkarni, she is adept at both Marathi and Kannada. Infact she has authored 20 books in Kannada and English. Her books are translated in all major languages of India.
2. Happiness cannot be measured. You cannot say that you are 10% or 20% happy. There are no units to measure it. Happiness is just a feeling that can be experienced. I feel happy when I am satisfied. When I am able to use my good sense/discretion to guide me then I am able to stay satisfied.
3. In this context I am a little religious. I believe that God gives you money so that you can help others. Its optimum utilization lies in helping the weaker sections of society.
4. My mind is always preoccupied by this. If you set out to find a formula for being happy, then you will find only one – do as you

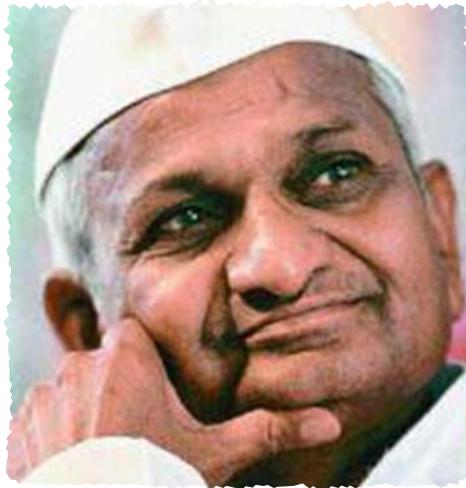
desire to do. There are two ways to obtain happiness. In the first way, you need to reduce your desires to that level where they can be saturated and you can easily feel satisfied. The other way is to keep your desires intact and to set out to accomplish them. In my own case, I reduced my desired.

5. I didn't write any right book, thinking that they would make me famous. This was my mode of self expression. I don't have any other hobby except writing. For me this is the way to reduce mental stress. I feel good when I write, and it satisfies me. I don't try to show off. I never think about how I will be perceived in the future. Or that I will be immensely praised/appreciated. I simply write what I feel.
6. I feel happy in small things, for example, the onset of Spring, the chirping of birds, the blooming of flowers, a new movie in the theatre. I don't care whether I am feeling glad or joyous. I just enjoy the feeling of being happy.
7. Being married is a boon. There is no formula for its success (laughing). This is not an equation where $r + l = l$. It depends on our own personal efforts. The more you give, the more you will receive. Coordination is extremely important. As far as children are concerned, you should be open to them, & should accept your mistakes before them. Only then will they respect you. You may not always be right. You should always apologize whenever you are wrong.
8. I feel, everyone is good by birth. Greed makes him bad. Greed makes him undignified and egoistic in a different way. For, the moment greed is born inside you there will be no end to it.

DAY-32

32

**WHOM TO LIVE
FOR AND WHY?**



ANNA HAZARE

*“You are never too old to set another goal
or to dream a new dream”*

– C .S. Lewis

1. Ralegan Siddhi and the 75 year old youth Anna Hazare. They have both become synonymous with each other. It was impossible to imagine the new look of Ralegan Siddhi without the efforts of the social worker Anna Hazare. This was a model village created by his own self. A confirmed bachelor, it was Anna's dream to serve villagers. To emancipate them from a life of misery. He saw his own dream and wove it into reality with his own hands. This model village is situated in Ahmednagar district, at a distance of 280 kms from Mumbai. Here, trainees from all over the country come to get practically trained in programs for rural development. The figure now ranges in thousands. After quitting his job in the Indian Navy, when Anna Hazare first started the campaign to rejuvenate his village, its population must have been much lesser. Today this village of 350 houses has a population of nearly 3000 people.
2. I travelled a lot during my 15 year stint with the Indian Navy. I got the opportunity to live in all the frontier regions like Sikkim, Bhutan, Jammu & Kashmir, Assam, Nagaland. Afterwards I took voluntary retirement because I was faced with only one issue at that time – to do social service, to improve the living conditions of the villagers. While in the Navy I was dazed whenever I used to return home during my holidays, on seeing the plight of my village.
3. When I had joined the armed forces I was plagued by the question

'What are the affairs of this world'? I could not understand why people lived and whom did they live for? They keep running around from morning till evening and eventually leave everything behind and go away. They keep saying "My"- "Mine" all the time and nothing remains their own in the end. Then what is the purpose behind living? Because I was not able to comprehend the reason for existing. I was just not able to find the answer for what life is.

4. I asked several people but found no answer. I used to be in Punjab – Ambala Cantt. One day I sat and wrote two pages and decided thereafter that I want to commit suicide, because I could not understand the complicity of life. There was nothing wrong for me to commit suicide, just that I was unable to answer the question "Whom to live for and why"?
5. When sooner or later one has to die, and leave empty handed then why delay? People spend the entire day trying to live. Monks and Ascetics live in the icy caves of the Himalayas and endure hardships, but why? The thought of not waiting for tomorrow and ending my life today itself crossed my mind. When one had to die, then why undergo/bear all these troubles. I wrote down my feelings on two pages and thought of committing suicide.
6. Coincidentally, I saw the brochure of a book by Swami Vivekananda at a bookstall at the Delhi Railway station. The book was placed on a shelf next to it. It was a small book. I purchased it and started reading it. The title was 'The Thread of Life'. I kept on reading it. Everything changed within just 60 minutes. Where on the one hand I had decided to end my life, I had now found inspiration to live life. There was just this one thing that I could

comprehend for my reading of the book – no one knows why God has created Nature or this World, but it is indeed important that he has blessed humans with Life. The entire struggle from birth to death is for acquiring happiness, and one need not to go out in the quest of joy, it exists within us. We get it in Service. The conclusion derived from the book was that the real Service lies in public and humanitarian service. Happiness vests in it and this is the true service to God.

7. It is true that a single person cannot do anything, but it is equally true that a man of substance can transform the entire nation. I have nothing. I do not even have a house of my own. I live in a 8 x 10 feet room in the temple at the village crossroad. This is the training centre and I oversee the work here. This is also the office of Anti-Corruption Mass Campaign, Maharashtra. It is from here that I correspond with people. I do not have my own bank account, nor do I have a family. I receive my Military pension of Rs.2500/- for my subsistence. My needs are limited. No power, no money, no home – Nothing I possess, except my village Ralegan Siddhi and its people.
8. I know that one Ralegan cannot change the country. There is no point unless it gets connected with other villages. Then not just one but several Anna Hazares or Ralgaon Models will come into force. Let me tell you that this is why I never spend more that 5-6 days in a month in Ralegan Siddhi. The attempt is to create one island from another and so on. Whatever happened is done with. Now whatever has to happen should also happen at another place.
9. Movements related to Ideals/morals are not easy. People in power do start such Movements. They remain successful for as long as

they are part of the government, but as soon as they are out of the system their perspective becomes narrower. It is not easy to not be a part of the governance system and yet organize such Movements. Many people will try to humiliate, and disrespect such campaigns as well as level allegations, brand it as being corrupt, and blame it in every way as part of its character assassination. All of this will happen. They will trouble him so much that the organizer of this campaign will feel his strength draining away. One should have the will power to bear all this. To the extent, that he should be prepared to carry on with his struggle even after his death. If the will power to die arises in him, then nothing can scare him. See, the movement run by me is away from the Government. How many people have dishonored me. What not have they said. They even called me corrupt. But what happened? I have set a specific goal for my life. That is why I am not afraid of anything.

DAY-33

33

**There is Music
in Every field of Life**



LATA MANGESHKAR

*“Dictionary is the only place that success comes before work.
Hard work is the price we must pay for success. I think
you can accomplish anything if you're willing to pay the price”*

– Vince Lombardi

1. When I was 13 years old, the demise of my father forced me into the world of acting. At first in Marathi films, although my father was never in the favor of my acting in films. He owned a Film Company and a Drama Company. Being the eldest among five brothers and sisters, I was forcibly drawn towards films at a young age, because of family responsibilities after my father's demise. Although acting never interested me, I definitely did have an interest in singing for films. This was around 1945. The commencement of playback singing in movies, brought me a chance as well. Of course I did have to struggle, but I believe that a man's life develops more through his struggles.
2. I believe in one thing – if you remain young at heart then your melody will always remain enthusiastic. I have never felt old. I am full of enthusiasm and inclination even today. I still feel like a 25 year old. Sometimes my thoughts and ideas are like those of a young woman. I am warped in that glory of time which is very beautiful. I still have a young woman's curiosity in me. I do not want to celebrate my birthday with pomp and splendor. Birthday is like the day of enlightenment, that's why I light oil lamps throughout my home on that day. I just can't imagine candles and electric lights. I want to see a good environment around me. I still remember my childhood, when we used to celebrate birthdays with prayers and mother preparing sweets for us. She would give me a new frock to wear.

3. When father passed away and the responsibilities of the entire family befell me, I was still naïve. When I saw my father's body I could not understand what had happened! Barely an hour after his demise I was asking my mother if I would now have to work? I did have to work. My father and mother had instilled so much courage in me that I was not the giving up types. I did not go to school. But I was very fond of studying. If circumstances had been favorable I would have to study. But as I said I have never learnt to accept defeat.
4. Responsibilities make you do everything. Nothing was left after repaying father's debt. A day came when we had to face the horrible trouble of raising Rs.270 instantly to save ourselves from becoming homeless. I had the experience of working in father's Drama Company. I had heard that films were the only medium where you could make instant money. And this is exactly what happened. When I acted in Nav Studio's "Pehli Mangala Gaur", I was paid Rs.300/- as advance payment and this helped us to get rid of our impending problem.
5. I have never gone to anyone seeking work. The opportunity to sing on stage for the first time came automatically to me, as people wanted to hear how Master Dinanath's daughter sang. It's a different thing that for the first time when I had won a singing competition against 150 competitors I heard not only father's praise worthy words, but had also to face his wrath. He was afraid that what if I had not won – what explanation would he give to others? The first public performance of mine that he witnessed came in the form of a radio program, after which he said to me, "Yes you will indeed carry my name forward". Similarly Ghulam

Haider Sahab had heard me sing and when the need arose he promoted me. It was probably God's will that the composer I had sung for himself came to me with the proposal of singing a song for him.

6. No one can stay deprived of coming up in life if they practice to reach the top with sincerity and dedication, have faith in God, and have confidence in their own self. I wanted to become Lata Mangeshkar, so I did it. Those who think that I will hinder new talent, are wrong. Honestly, like in the movies where new people are constantly coming in to leave older actors like Dilip Kumar behind, so also is the case in every field.
7. The period of my struggle and responsibilities probably lasted so long that I did not have the time nor desire to find a life partner. Then something happened around me and I became firmer in my decision of staying alone. Living alone was perhaps my destiny. Who knows may be I would have got married and the marriage could also have got dissolved. But what is important is that in life the threads of love and relationships should be really strong. The love should be so deep and profound that it should only strengthen the relationship.
8. Music is present in all walks of life, but we do not realize its importance. People who do not sink into the depths of music, do not realize this. Happiness and sadness go hand in hand in the journey of life. When lines of sadness start subduing you, then you should not weaken yourself. Arise courageously and strive forward. Crying does not alleviate pain. In fact crying adds to the load of miseries. Miseries shrivel when we smile. And when we laugh troubles fade away. Similarly the waves of music fill the life with rapture and exhaltation.

9. Life is a challenge and we will have to face it. If life is a struggle then we have to struggle and keep moving ahead. Because Fear, apprehension and worry diminish a person's strength. Look at the examples of those great people who laughed and faced their problems. Regard them as your ideal and try to mould your self like them. If we look at the life of Lord Krishna, then he was born in a dire situation. There were clouds of gloom all around him. He did not get the protection of his mother's love, and had to be raised in another's house. Lord Krishna says that he did not befriend unhappiness. Sadness came to obstruct my path but I jumped over it and moved on. Do not ponder over unhappiness and cover your head with it. Take the life of Lord Krishna to be your ideal, and make it a celebration. Remembering God and staying happy reduces the miseries of life.
10. The confluence of talent, opportunity and self confidence automatically takes you towards success. Seeing God in yourself is meditation, seeing God in others is love, and seeing God in everything is knowledge. This very knowledge expresses the concept of One in All and All in One. It's a very simple thing, if you still cannot see God in me then you need to open your eyes.
11. When the sea becomes a cloud it appears to be mysterious. But when a cloud becomes the sea again there is no mystery in it. It is a viewable manifestation. Similarly there are very few people in this world who are able to see or understand the intrinsic development of another person, but everyone is able to see the other person's conduct. This clearly means that one cannot conceal the expression of one's feelings. Look at water, even when it is falling, it looks beautiful. When a rock falls down it shatters, but

when water falls down it looks twice as beautiful. Not only this, it generates energy even after falling down. When we start feeling “I Am Someone” then we start becoming like a rock. When we feel “I am Nothing” we are like the water, but when we feel “I am Everything” then our feelings equate to the Ego. That is why the true meaning of life lies in becoming like the water. Only this feeling can give you inner strength.

12. Why do we all seek Divine shelter? Because God is all-embracing. We need a special eye to see him. Being able to see God is true awareness. Finding God in yourself, other and here-there-everywhere is what will grant you inner strength. Taking refuge with God does not mean that you lack inner strength, or that you are on the lookout for some support. Self Confidence is inside you, and you need not search for it. When you discover your inner strength then you will not require any support.
13. From 1960-1970, in fact even up to 1980 the music in films was good. Music changed with time and later remixes and piracy or 'stealing' of music caused indescribable damaged. Values changes, technology changed, peoples' taste changes, film makers changed and eventually the music changed entirely. I will blame the changes in today's film making for people missing good music, and wanting to lose themselves in those old times. Older films bore the imprint of our culture, and thereby music in them was also on the same lines. People read Ghalib, Tagore, Nirala, Prem Chand, and Prasad. They were inspired by them, and such was our culture and our understanding. The films made by our society also were along the same lines and our music reflected the same mood. Today, who cares about the literature of the

music? In today's era everyone is a music composer. They are not able to tell us what a good song is but expect a singer to present an exceptional song. Whom do we blame when our culture itself has changed. Earlier if film lyrics were even a little indecent then one would refuse to sing that song. I had sung a song called “Main kya karoon Ram, mujhe Buddha mil gaya”. It was Raj Kapoor film. After much coaxing I sang the song, but later I did not like the song and became cautious for the future.

14. People also talk about awards. I deliberately left the Filmfare awards after winning it four times. In fact, it was because of me that, Filmfare awards for play back singing and song writing were instituted. This was not for the first time. Once a famous film director won the Film fare award. I had sung for him. He invited me to sing at the function where he was being awarded. I said “Why should I sing? I have not won the award. Let some other play back singer also win. Let some other music composer also win.” I also said this to the Film Fare organizers. Then from the next year onwards they started giving awards in these two categories as well. Initially they gave only one award in play back singing, be it a male or a female. Later, they created two separate categories for both. The Music Association of India even proposed a resolution to officially thank me for this.

DAY-34

34

THE WAR IS STILL ON...



TASLIMA NASREEN

*“Control your own destiny,
or someone else will”*

- Jack Welch

1. The author who gained international recognition with her work “Lajja”, has been continuously writing, in spite of living her life in exile. Born on 25th August, 1962 in a small village of Bangladesh called Mymensingh, Taslima left her career as a doctor, to pursue her interest in writing. She has written a tremendous amount about religious fanaticism, highlighted the fact that religious discriminates against women and this is a male dominated society. The result was that she had to leave her country. Bangladeshi government has completely banned five books written by her i.e., 'Lajja', 'Amaar Meiye Bela', 'Uttaal Hawa', 'Ka', and 'Sei Sab Andhkaar'. Not only this, the West Bengal government in India, also banned her book 'Dwikhandita'. After one year, nine months and twenty six days the Bengal High Court passed an order to restrain the ban. Apart from several honor bestowed on her by UNESCO, France, Sweden, Germany, she has also been awarded the 'Free Thought Heroine' Award, by the Freedom From Religion Foundation. Her books have been translated in 30 languages across the world, including English, Persian, Italian, Spanish, and German. She lives in New York, Stockholm or Calcutta for most of her time, but a few days ago Calcutta Governance bid her farewell, and she passed through Jaipur and Delhi and thereafter was sent out of India.
2. When I was very young, I had realized that a woman's life is more difficult when compared to a man's life, and had a lot more

struggles. I will narrate an incident, when I was studying in Class two, my brothers used to go out and play but my world was limited to going from home to school. I used to come straight home after school. I was not concerned much about the outside world, although my brothers used to go out a lot with their friends to play and enjoy.

3. Even I felt like going out. I am also a human being. I was prevented from playing outside because I was a girl. I used to think, why are my brothers not stopped from going outside? Being able to play and indulge in fun activities in your childhood, has a different charm. But I was supposed to do whatever I wanted only inside my home. That's why I understood the difference between a boy and girl at that very age.
4. My mother also had a tough life. Not just difficult, but very difficult. My father (Rajjab Ali) was a well known doctor, but I always saw mother in a well worn saree. My father looked after everyone except my mother. It was as if my mother only existed to do homely chores and look after the kids throughout the day. I never heard my father speak tenderly with my mother. My father's attitude towards my mother was one of disdain, but mother was never affected by this. Or to put it in another way she had probably accepted this intolerance towards her. She had started believing that she has no rights, and just had to fulfill her responsibilities. Neither did she possess hair oil, nor any powders or creams to groom herself.
5. My mother had a cool temperament. She would not get angry. She would not use hair oil or soap or anything else. Although these things were available at home, she did not use them, just so that

she could save her husband's money. My father brought home limited things, and even if something got exhausted in a normal way, he would get very upset. But there was one good thing in my father, that he did not hesitate from educating us. He would not control us, but his behavior was not the same towards my mother. If she were to wear a new saree blouse and stand before him on Id, he would never look at her. Whether my mother wore a new saree or old clothes, it doesn't matter to my father. This is probably why mother did not dress up beautifully.

6. Every man has a different nature/temperament. My father has struggled his way from poverty to success. He had earned fame. Maybe that's why he was strict. I did not have any faith in amulets or religious chores. Everyone knew this, but when I was about to appear for my Matriculation examination, my father got an amulet for me from somewhere and asked me to tie it. He said that it would help me to answer all the questions without forgetting anything. I tied it but it was like a load for me. He was not a regular Namazi, but he would observe the fasts during Ramzan. But I don't know why he asked me to wear that amulet during my exams.
7. I used to question that according to religion why don't men have the same limitations as women? Why is our woman discriminated against in our religious text? When I raised, this question in Senjuti after Lajja was published, the entire country went in frenzy. Everyone was ready to start protests, strikes, and shout slogans for me to be hanged to death. Several lawsuits were filed against me. It became difficult for me to step out of my home, but I was adamant about my views, and in fact I became stronger. My

first reaction was that now my views have started spreading far and wide. This is my victory. But the pressure on me was increasing, and that was another thing.

8. When I was doing my internship, after the completion of my medical studies, I was placed on duty in the maternity department. There a woman delivered a very beautiful girl under my care. Both mother and daughter were healthy but the mother kept on continuously crying. I asked her, “Why are you crying. You should be happy for delivering such a beautiful baby girl. You should distribute sweets among everyone.” She replied sadly, “my husband will now leave me.” I said, “Why? Where will he find a woman as beautiful as you?” She said, “No, it is because I have given birth to a girl. He will no longer love me.” I wrote a poem on this incident. I wanted that just as people distribute baskets full of sweets throughout the hospital, at the birth of their son, they should do the same at the birth of their daughter. But I did not find any such person. The woman who creates, who should be respected, her own birth is mourned.
9. When my columns used to be published, my frank comments used to definitely infuriate several hypocrites, but a lot of people even appreciated them. I used to receive several letters of appreciation. My column was extremely popular. Few people also said that my writing had helped in enhancing the circulation of the newspaper. People had started showing more interest in that newspaper, but increasing the circulation of the newspaper had not been my aim. My aim was to showcase my words and my views far and wide. And that happened.

10. When I was about 18 years old and still a medical student, I got married. Rudra was a good poet. I had married him at his insistence. It was a secret wedding. I loved him endlessly. He lived in Dhaka but would keep visiting Mymensingh. It takes five hours to reach our city from Dhaka. Whether you travel by train or by bus. A few months after our wedding when I spent the night with him, I discovered that he had a sexual disease. It was Syphilis. I was a doctor. He could not conceal anything from me. On enquiry I found that he used to visit prostitutes. I got him treated. Slowly I ended my relations with him. We got divorced. Yes it was painful for me. I was deeply shocked, but this entire thing had got published in Bangladesh and everyone had read it.
11. My mother was also very generous. She was kind, lived with the minimum resources, and was tender. Nothing could tempt her. She was used to living in depravity. She would not worry at all about people's reaction on seeing her in a dirty, torn saree. Once, a friend of my younger brother came home. Mother opened the gate. The friend asked, "Is Kamaal at home?" My mother said, "no". The friend asked, "Who are you?" Mother said, "I am the servant of this house." When I heard this I was speechless. I asked mother, "Why did you say so?" Mother replied, "Having worn such a dirty and ragged saree if I had told him that I was Kamaal's mother, then would it not have defamed Kamaal?" Can a mother do this for her son's dignity? I was rendered speechless.
12. The war is still on. It will remain so. I have also written this in my book. I repeat - Men will definitely believe in the Kuran, as they have been given leverage there, but women? Does being a woman mean that you are inferior to a man in any way? The

husband of a woman gets the right to beat her up, but in Bangladesh or in any other country does a woman have the right to inherit her father's property? The woman's brother has that right. A man will pronounce 'Talaaq' before a woman and divorce will be granted. But a woman has no such rights. So, a man is happy everywhere. Allah, has only granted unhappiness to women in this world. This is what I used to tell my mother. She used to say – “Don't say this. It is sinful. You will die ravishing in the fires of hell”.

DAY-35

35

Obstacles come but
EFFORTS always pay



PULLELA GOPICHAND

*“Arise, awake; wake up yourselves, and awaken others.
Achieve the consummation of human life before you pass off.
Arise, awake, and stop not till the goal is reached ”*

– Swami Vivekananda

1. Gopichand was born in Nagandla village in Andhra Pradesh on 16th November 1973. His father was an officer in the Subhash Chandra Bose Bank. His mother Subamma is a housewife. Born in a middle class family, Gopichand had to face the same struggles during his childhood that any sportsperson from a middle class family has to face in order to become a champion.
2. During one of the Doubles match, Gopichand collided with his partner in such a way that he fell down on the badminton court and his knee was nearly irreparably damaged. Doctors initially believed that it would now be impossible for Gopichand to play badminton with the same agility.
3. There are many obstacles in the way of reaching from tribulations towards your goal, but it does not mean that you cannot achieve your goal. If you have a strong desire to attain your goal, your body and mind are with you, and if you are forging ahead with a positive frame of mind, then you will become successful. These are not mere verbal statements. Pullela Gopichand has proved this. Pullela is the shining star of the world of badminton, the only other Indian to win the ‘All England Badminton Championship’ after Prakash Padukone.
4. In 1994, when Gopichand was the Number One badminton player of India, everyone had a strong conviction about his being

extremely talented. Even the most famous players of the world had started taking him to be a big challenge. It was also believed that Gopichand will be able to take over Prakash Padukone's position in international badminton. Gopichand was being heralded as Prakash Padukone's successor. Experts had also started believing that Gopichand had the potential of becoming the World's Number One Champion.

5. But an accident during the 1994 National Badminton Championship, saw Gopichand's dreams shatter. What happened was that during a Doubles Match Gopichand collided with his partner in such a way that he fell down on the badminton court and his knee was nearly irreparably damaged. Gopichand started groaning in agony. The pain was unbearable. His condition was worsening. Gopichand was taken to the hospital. The injury was so grave that he had to be operated. The impact of falling down on the tennis court was such that the doctors initially believed that it would now be impossible for Gopichand to play badminton with the same agility.
6. One incident had changed Gopi's life. In spite of being a young, promising and talented player who used to miserably defeat competent badminton players, he was now confined to bed as an invalid. He who used to leap like a leopard to score runs on the badminton court, was finding it extremely painful to turn over to one side, in bed. Not only field experts but even Gopichand's own family had started believing at one point that he will be unable to return to the badminton court. The surgeons operating on him had assured that once his broken knee heals, Gopi will definitely be able to return to the badminton court, even if after only a little

delay. These words by the doctors instilled a new zeal in Gopi. He started seeing a ray of hope. After not having been able to even walk properly for about 10 months, Gopi gradually started with some small exercises as advised by his doctors. His efforts and the passion to return to the badminton court started showing results. Gopi started returning into form.

7. The player who was so badly injured that he had practically no chance of returning to his sport was now ready to challenge his opponents on the badminton court. His performance at the beginning of his return was not very impressive. He was unable to win, but he learnt something new from each defeated match and was able to apply it to his next match. As time passed Gopi was filled with the same erstwhile vigor and rhythm. Gopichand became India's number one player once again, and when he won the title in the England Badminton Championship in 2001, everyone appreciated Gopi's bravado, courage and never-say-die attitude. Gopichand had created history once again. He became the second Indian to win the "All England Badminton Championship" after Prakash Padukone. This is how Gopi was being applauded. It was Gopichand's courage and never-say-die attitude because of which he was able to return to the badminton court with full dedication and hard work, in spite of not being able to walk properly for 10 months.
8. Gopichand's knee has been operated upon 4 times so far, and the bones in his leg have broken on three occasions, but Gopichand never collapsed due to these injuries or accepted defeat. Although he had to stay off court for some time, but he returned with the determination of becoming a champion.

9. Gopichand's trials teach us that one can always stand up after a fall, and then reach so far that no one else can ever reach there with ease. Gopichand's life has been marked with falling, standing up, pacing forth, and eventually succeeding.
10. Anger...yes everyone feels angry, and sometimes people lose their balance when angry and do something for which they have to pay a heavy price. Gopichand was also very quick tempered at the beginning of his career. He used to get angry over small matters. When he was upset he would yell and throw down his racquet on the badminton court, but slowly Gopi realized that there was no point in being angry. During this phase whenever Gopi was hurt he took the aid of meditation and this also worked to his advantage. Gopichand was also influenced by Sri Sri Ravi Shankar's Art of Living, and benefitted from it as well.

DAY-36

36

**Rational/Mental Strategy and attitude
are important in cricket**



MAHENDRA SINGH DHONI

*“A dream doesn't become reality through magic;
it takes sweat, determination and hard work ”*

– Colin Powell

1. When I started playing cricket at school, my school coach did not allow me to bat for a year. The team of our school DAV Jawahar Vidya Mandir was a good team. For one year I only played as a wicket keeper. One day I said to our sports instructor Mr. K. R. Bannerjee that I would also like to bat. When would I be given a chance to bat? It was then, a year later, when our team went to play Ranchi District Level School Cricket League that I got my first chance to bat.
2. Initially, I had never imagined myself as a cricketer. I was not worried about my future or the present. I know that you have to put in all your efforts in whatever field you wish to succeed in. if you trust your capabilities, and if you try every possible way to develop your potential then you will definitely succeed, and this is what happened to me.
3. The most important turning point of my life was my school league record. It was scoring my first double century for my school at the finals of Ranchi District Level School Cricket Competition during 1994-95. (In that 25-25 over match Dhoni first paired with Shabbir Hussain, currently a Jharkhand Ranji Team player, for 377 run partnership where Dhoni scored 213 unparalleled run in 128 balls. Shabbir too made 101 indisputable runs). You can say that the second turning point was scoring double century in two

consecutive matches, for India, in the Kenyan Triangular One Day series, because this resulted in my selection in Team India for the Bangladesh tour, for the first time.

4. “Rational/Mental strategy and attitude are important in cricket.” After all you cannot let anyone influence you during the match. Focus/Concentration is everything. I cannot prevent any bowler from verbally abusing me. But I can prevent myself from getting distracted by him.
5. My initial hairstyle was styled by a Ranchi Hair Stylist. When I had to wear the traditional consecrated thread in my 'Janeu' ceremony, I had to shave off my head. I have always had a special attachment to my hair and often do not trim them for months. When my hair grew a little long I went to the salon only to get them set. I have seen that now people have also started talking about my changing hair styles.
6. I do not have any superstitions in my mind. Just because I was born on the seventh day of the seventh month of the year, and I was mostly positioned as the seventh or eighth batsman, I have a special liking for number seven. This is the sole reason why I wear the Seven /number jersey on the cricket field. People call it superstition or karmic connection.
7. The youth can strategize their future in the kind of world that is now coming up when they discover their strong point. After that you need to work hard to fortify your strong point. By doing this they will definitely succeed in their strong points.

How to
Strengthen MIND
through
POSITIVITY ...

PART-4

**POSITIVE
THOUGHTS**

that you can adopt

Positive Thoughts

1. Don't feel dejected in the face of difficulties. Try to get rid of them instead.
2. It is a universal truth that those who work in a definite direction are able to attain their goals more rapidly and remain successful in all their endeavors for a longer period of time.
3. There is one common trait in all extraordinary people – the indisputable ability to achieve success.
4. Strength and Progress are derived solely from continuous efforts and constantly facing challenges.
5. Everyone dreams of success, but there are very few who wake up and try to achieve it.
6. A simple smile of yours can prove to be like a drop of water in the desert.
7. No matter how great a speaker you may be, but a man is always judged by his deeds.
8. If knowledge is the real wealth/asset then you need to eventually yourself just how rich you are.

9. One who values time, finds time to do everything.
10. Don't give up! Don't give up! Don't give up!
11. Admire yourself before admiring others.
12. Fear invites fear, Doubt invites doubt, affection invites affection, and Happiness invites happiness.
13. Everyone gets opportunities but only a few are able to make good use of them. It can literally be said: Opportunity = Efforts = Destiny/Luck/Fortune
14. The more you will speak, the more you will get entrapped.
15. Your enemy is not outside but within you, and that is – Laziness/Lethargy
16. We have learnt what to speak but have yet not learnt what not to speak.
17. We lose when we think of failure and win when we think of success.
- 18.) You will receive what you give - Criticism....Appreciation....
19. Gandhiji believed that love can never fail.
20. If we are busy examining the pros and cons of others then we will not have the time or the opportunity to love them.
21. Just as the ocean cannot sink a ship unless it gets into the water by itself, so also all the vices of the world cannot corrupt a man till he embraces them himself.

22. God is not there for you, but to work with you.
23. Develop an attitude of gratitude.
24. Learn to love yourself.
25. The power of 'Karma' can change your Destiny.
26. Every incident is naturally justifiable. This is why we should regard today as being the best and live life to the fullest.
27. You need to first support your opponents and then they will support you.
28. There are very few people in this world who are aware of their hidden talents.
29. Truth should not only benefit one's own self but also others. If truth does not lead to welfare then one should remain silent.
30. The path of Truth is lined with Failure and Success.
31. Sometimes we are insensitive to others' feelings. The heart is like a clay pot, once broken cannot be mended.
32. God does not observe your work but your disposition.
33. No action is fruitless. – Bhagwat Geeta
34. Wise men do not indulge in arguments.
35. Pray as if everything depends on god, work as if everything depends on you.
36. Success is attained through hard work. But it is also important to work smartly.

37. The mind correlates with Inspiration and the Heart with Feelings.
38. If you want to achieve something in life then you will have to imagine it, think about it, dream about it, have faith in it, and work for it.
39. When you realize something do not waste time - pause for two minutes, lay low, smile and take a decision.
40. We want you to be extraordinary even if you are not. Your face should have a smile, your heart should be full of love and respect.
41. If you do not have faith in yourself, do not expect others to have faith in you.
42. Write on the pages of life, something so special that it can be read as a sanctimonious book every day and night.
43. The most difficult task is to understand man. The best way to do is for everyone to share their thoughts with one another.
44. In a struggle between the flowing river and a rock, the river always wins. This is not because it has more strength, but because it keeps striving continuously with determination and patience.
45. Winners never quit and Quitters never win.
46. Courage is the most powerful source of energy.
47. Your body is affected what you eat. Similarly your attitude is derived from what you think.

48. If we are able to give the fragrance of just one flower in the whole stinking world, then it is enough for us.
49. Responsible people work happily but people who consider their work as mere duty are usually serious and despaired.
50. Ask the storms to say within limits. We don't fly with wings but with our courage.
51. Gandhiji received a letter full of foul words. He retained the alpin and disposed the letter saying that was the only useful thing in it. This means that we need to decide for ourselves just what in this whole world should be accepted and what shouldn't.
52. If you cannot change the situation, change yourself.
53. There are two reasons for failure:
 - i.) Man only observes his weaknesses and not his strength.
 - ii.) Giving up easily due to lack of self confidence.
54. Having Faith is to believe without any evidences. Some people have mosquito-sized faith and some people have elephant-sized beliefs.
55. You have to pay a price for every mistake.
56. Just bear in your mind that if God is with you then he is more massive than the whole world standing against you.
57. Love is that feeling where one is not concerned with one's own welfare but is absorbed in benign thoughts about his beloved.
58. Love is a two way process and not a one way process.

59. Fate is work and action is the cause. Reason has its flow in the work, just as a house is built out of mud...
60. People who believe only in fate hide their faces like an ostrich when troubles arrive. But people who are action oriented keep a keen eye on opportunities, just like an eagle. And at the right time they pounce on these opportunities and carve their own destinies.
61. The ornament of the virtuous is humility and that of the vicious is aggression.
62. Fearlessness is Life, fear is like death. Fear springs from Truth.

How to Strengthen MIND through POSITIVITY ...

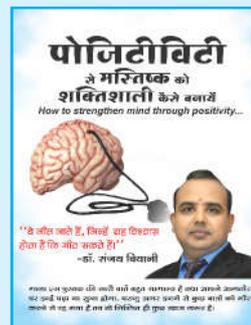
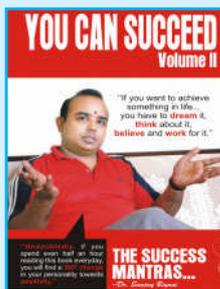
36 Days course to achieve 360° positivity in your life.



The most important and mysterious creation of god is human brain, even after thousand years of discoveries man has not been able to explore it completely. Almost all scientists have confirmed that a normal human utilizes only 5% of their intellect and also from that 5% intellect they use 90% on negative thinking, making the 5% completely ineffective.

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