



LIVE BY HEART!

*Inner principles
for lasting results*

NAVEEN CHANDRA

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DEDICATION

To those hearts which still beats for its creator

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FOREWORD

Life is an inner journey.

At the beginning of it, most of us look for inspiration and role models to adapt quickly.

Mine was no different, as I progressed with my search through readings, time with successful persons, working with leaders, training, seminars, the study of Vedic astrology and teachings, I observed there is no one-stop solution for all learning.

I slowly but surely realized instead of looking all in one, better start to pick up those qualities which makes me excited, and then emulate, track them in imbibing myself. Like, you create your own square meal which is self-satisfying.

Being satisfied, with the pursuits and the answers, the results it brought in my life, to the people around me, the growth with the shift in my attitude and also my overall aspirations. I finally felt I am on a path, rather unpopular but surely trodden by many earlier, connecting with the universal principles.

Life can be messy if one misses on the principles it operates and that may lead to agony, pain, and heartburns at different stages of life. These principles do not change for a good person or not so good person, region, place and even religion.

In my pursuit of success, I did come across examples that proved extraordinary. When I get closer to such examples,

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to understand them, to learn from them, I found they were all aligned in one or the other principles, which were handed over to them, say in case of family businesses or self-discovered. I started to give heed to those subtle things but was sure of their results. I started to adopt, adapt wherever possible.

On day one it was difficult to accept the bigger principles, like the law of karma, because I had my own questions unanswered, my own limited experiences, but then over a while, I could decipher its meaning due to its consistency.

Most of my lessons were incremental; you get the next lesson provided you prove worthy of it!

And I had been sharing it the same manner in my newsletter. Newsletter I used to share with my corporate team, toast master's club magazines, then on public blogs and also archive in my website.

I called it *'live by heart!'*

And over a decade, I felt better to give it a form of a book so that readers get the message in order and they can relate to learning in a step by step manner. I had no such idea when I wrote the articles. Now I have bundled them to give easier access to those whosoever on the path of fulfilling their dreams.

In this book you see thirty different articles categorized to related headings, readers can pick any topic to read or read one article every day for 30 days. And these subjects are spread in six sections as below.

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- The Principles
Discussion about un-changing realities
- Love
Understanding the soul mates
- Entrepreneurship
How to transform employee to entrepreneur
- Leadership
The concept and clarifications
- Reflections
Review of personal philosophy
- Self-help
Intimate dialogues of a true mentor

All organized with an intent to give the direction to bring out the best in oneself, to identifying what you truly are and moreover what you need to be, leading to an idea of tremendous satisfaction of having lived life fully, savoring every moment.

I am hoping readers would encourage this book similar to the earlier two. I look forward you to experience it and also I am keen seeing your comments about it.

Live by heart!

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April 1st, 2022
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THE PRINCIPLES

*Don't explain your philosophy.
Embody it — Epictetus*

A Success Story

At times I have been asked, 'What is your definition of 'Success'?' mostly in my sessions or during one-to-ones. I see genuine concern and the confusion which needs to be addressed the right way.

First of all, I encourage asking questions. I do that most of the time myself! I am ready to be stupid for a minute, then I learn; a way far better than being with my answers, lifetime.

I remind myself of Luke 11:10, 'for everyone who asks receives; he who seeks finds; and to him who knocks, the door will be opened.

I asked the same question to a multi-millionaire, an antique acquaintance, he did not need a moment to reply. He said, '*Know what you are doing*'. Crispiest answer I ever got on *Success*.

More achievement, more money, more recognition, is an answer from the crowd; not from a leader. For a leader, it's always, how am I using my time? Is it the best possible way? at the available options.

And some answers I received were; it is subjective, it means different to different people at different stages of life.

I did also read; it's a result of doing certain things, consistently daily. I practised it and found it true every

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time. I call it my 'Daily Dozen'; it simply means a dozen things I do daily to keep myself alert daylong.

It can be 15 minutes of exercise, 20 minutes of meditation, drinking two litres of water, reviewing goals thrice a day, or simply asking certain questions myself end of each day.

Like, did the day go as planned in the morning? , did I catch up with thick of thin things? Etc. I encourage you to find your 'Daily Dozen'.

After such ponderings & many conversations, I arrived at a definition that satisfied me.

'It's the ability to re-organize our life in such a way that, we have the freedom to do what we have been built for and outlive our passion, 100%'.

It got glued into me, now I don't have an option, but to strive to achieve that every single waking moment. Wonderfully, each time I read, it strikes me the same way, as it did the very first time.

Hope it does the same for you too!!!

The Key

Communication stays as key for business and life, or in any relationship for that matter.

But what if the hearts beneath those are not connected yet? And if your entire engagement is based on economics and not emotions?

And the result is emptiness despite success, achievement and glory. The constant struggle between the head and heart has to be solved for living an authentic life, an essential to lead a satisfying life and as well a satisfying death.

How do we take the first step in that direction?

Aligning of head and heart, striving for meaning versus money and in this debate, indecision and wayward attractions entire life would be consumed if one is not attentive to the subtle hints that are given by inner self once in a while as wake-up calls.

Most get carried with what is prevalent in society. And here is what the 80:20 rule applies. 80% of our endeavors that are aligned with the outer world can give us the living but not the inner contentment.

I have come across that 20% who try to balance the inner and the outer world, by giving up some things and take-up

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a few other things. They are in the transition of expecting better but still holding on to the good that they have achieved. The last ten per cent demands, developing our ability to give up the good for better. So very few see the possibility of living a heart life. Maybe the 90:10 rule applies here.

And that 10% or less have the sparkling eyes, serenity on the face, genuine smile, non-judgmental, purity of the purpose and clarity towards all life endeavours. Their inner contentment radiates through their activities, talk, and existence. They can be ultra-rich or in rags, the point is not that, they appear simple to approach, strive for open conversations and enjoys simple things like flowers, breeze and lightning.

When we know these differences, we can judge ourselves are we in the path of progress, or at least identify what can be detrimental if not progressive?

Live by Heart or Mind

I observed there are two distinct ways of living or approaches to life. Both ways can give us the success we dream deserve or strive for. I call them, living by heart and living by Mind.

Surprisingly, I also noticed, the majority does not follow either of them; they try to make the best out of both ways and causes the third one. I call this living by diplomacy. Let me elaborate on my understanding.

The first one - Live by Heart.

These people are simple; they believe what has been told. They don't need logical answers to accept what is beyond their imagination. Generally, happy, serene, lively, sings, dances express themselves comfortably and completely. Almost fewer ifs and buts about life, lesser shouting's and generally operate less than 100% of their capacity. They believe life happens to them and their plan is a plan of nature.

Good examples? Look at kids between 4 – 7 years, they don't care much about what is around, simply sing, and dances comfortably. A better example, then look at people who are in love, true love cannot happen by the mind.

The second one - Live by Mind.

In this approach, one is cautious about what is happening

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around. The person will look at everything with an eye of doubt, tries to understand the hidden meaning, whether meaning exists or not, they get one at least. They believe in-between lines are more important. For them pauses, sighs & silences give more hints than the words heard; their mind overworks by 200 to 300%. They generally give shorter answers to conceal their true nature and are hesitant to act even if they come across true love. They believe in managing life themselves.

Good examples? Appraise and Appraiser. The appraiser generally takes into consideration all the stakeholders and uses his mind in multiple angles to convince his point of view. A better example can be a brain surgeon; he needs to look at multiple indicators to take decisions moment by moment.

Imagine if two of the above types become life partners, their agony will never end, because of the difference in the fundamentals.

Lastly – Live by Diplomacy

The Principle here is to get the best out of both ways. When they find someone is winning, they change the lane and take that side and behave as if they are that type. As a result, they are constantly confused, worried and fearful. At any point in time, they are neither living fully nor are happy to die. They think life is about managing themselves and also the people around them. The success they dream of will elude their lifetime. They remain mediocre; they

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don't invest in their own belief, because they have nothing of their own. Mostly a way of mass, the followers.

Good examples? Politicians who can change overnight the parties. A better example is to look at a married couple after a few years, they don't rub each other on the wrong side. They know by experience what works or not.

Is this too much to digest??... The good, bad and the ugly..., let me simplify.

Having understood these variants, Path we should pick is the path where the end and means are together every minutes; message and the messenger cannot be different. We become what we repeatedly do.

Do we live in confidence; do we need someone to reassure us of our plans, do the opinion of others matters more than our own, are we expressing fully and do we love sincerely?

Answers to all these questions come to us naturally if we are aligned with our hearts.

The beauty of the heart of living is we grow to become younger day by day, sparkle in the eyes becomes brighter and smile never ends. True success happens, when our conscience aligns with the heart. We are made. No more turning back. No more if and buts, and no more opinion of others matters. When that happens, we realize, even if we die the next moment we are at peace.

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And Heart is the same for everyone, including that of supreme, then will that tomorrow really matter?

A principle of opposites

Principles are universal, unbounded by human interventions. Earth's gravity is one such example. Deeper principles will be made known to those who traverse the path.

An outsider with mere curiosity and no practice will stumble and soon quits the path. What matters is the approach we have taken towards our chosen area of interest, 'Is it based on our head or our heart?' If it is based on logical reasoning, be it business, career or profession then mostly we remain at the bottom 80%, despite having spent a dozen years in that arena.

Successful ones in the same area were simply passionate about what they are doing; we often find them in the top 20%.

Challenges on the path of success or mastery of skill going to be the same irrespective of the approaches taken, yet, individual reaction towards those challenges differs vastly. I found success deferred, as our walk and talk were different, our audio and video were not congruent, making us constantly look outside the window, while not making the best use of the things in the room.

'Principle of Opposites', is easier for us to understand if we consider, the day-night, dawn-dusk, hot-cold, love-hate they always co-exist. Two distinct forces of nature;

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All hurdles, be in circumstances, self-centred interests, laziness, inability to accept the facts, delusion, distract, deviate etc. let us collectively call them here as NEGATIVE.

Strive hard, ready to make course corrections, challenge own limits, question the limits set by others, overcome prejudice, deserve over desire etc. we will call them POSITIVE

I observed both these forces are equally strong, as sides of the same coin. Question remains which one is stronger at a given point in time?

These forces appear in different forms and disguises; with no change in their fundamental nature. When we succumb to NEGATIVE, we are taking shortcuts in life. With each 'shortcut' we convince, why that is essential and we still have time to correct it later. This approach over a while would disconnect us from our true selves.

Rest will follow the usual course, trying to find happiness in the materialistic achievements and celebrate them. One day he or she would have everything of externals but elude from a life of peace, satisfaction and fulfilment, this path, seemingly easier, yet most illusionary.

What is the point of having a beautifully constructed well, with infested water in it?

Peace, satisfaction and fulfilment are assets of the other force, POSITIVE, a force that requires rigorous effort, time, focus, patience, purity of purpose and strength of

character.

Important for a seeker is to recognize and understand how this principle works. To employ them in a way appropriate to its nature. Also, it helps quickly to figure out, how much he or she has deviated from own true self, in the name of money, career, love, family, respect, achievement etc., so that they would be in a position to correct.

Shifting between the forces creates stifle; maybe with a brief period of welcoming. Companions who were made while on the shorter path, now become the enemy of our efforts and try to draw one away, as we are disregarding our earlier companions. More he or she tries to avoid them, they re-appear in different forms, in different areas of life, until the day he or she decides to confront them.

Confrontation gives scope to win or lose. Whosoever prepared better wins and accepts the superiority of the other. When we lose the battle, we turn a little stronger but remain where we are. With every win, a new set of challenges appears to confront. The opposite force now becomes cautious and it too makes its move intelligently.

I asked my mentor, why people in the POSITIVE path faces more challenges as if never seems to get over? He laughed heartily and said lovingly; 'Who would like to challenge a fool?' instantly, I realized, hurdles are true marks of progress.

Murphy's Law also states, 'If everything seems to be going

well, you have overlooked something. During the battle of opposites, one suffers, runs away, falls back to a safe zone many times and may tend to change paths.

Truth is that the battle has not been won yet.

An awakened mind or a person, who has crossed them, can easily help to find a path suitable for the situation. From, nature's point of view, each of us is unique and requires unique lessons. Every inch of progress, the battle becomes fierce, hurdles become subtle, yet playing the right cards affects one progress. It is so subtle people around does not know what is happening. Only combat would know 'what and why of it' and continue to observe the marks.

Just, like the churning of the ocean, one has to endure poison before nectar. Not ready for poison means nectar is not for them. Whilst battle is being fought at different levels, their intermediate result starts manifesting in life.

People around finds you are better, quality, consciousness and individuality are remarkably different. You attract people who are on a similar path; they turn to relook at you. They admire, aspire and now see a role model, raised from the same hurdles that everyone else faces while most had turned their back and continued timid life.

The principle of opposites is made to show us our limitations, help to transcend us through the struggle. Embracing it means embracing life, avoiding them is

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avoiding success. Being a mere spectator is surely not what is expected out of us.

These battles never end until one of the combat decides to retire from it.

Forces of opposites dwell within each of us; the outside presence of them is a reflection of battle being fought inside; an intelligent one recognizes them before deciding to quit fighting.

A Daily Dozen

To be successful and even afterwards, one still need physical activities to stay fit, doing things for mindfulness and calmness to enjoy those accumulations.

Finding the meaning, amidst the chaos which pertains both inside and outside of our existence lies in the practice of daily dozen

The real meaning is not about finding it but more of giving to it. Once we have a fair deal of knowing the limitations of life, it's time to cross over them.

Health, wealth, happiness, can get limited if one's mind is not joyful. In the spur of the moment in making oneself stronger in the worldliness, there is equal opposite taxation happening on the soul. A fine grain of balancing is essential.

There is no point in getting attached to a particular outcome and get loose the sense of other dimensions of living. Every achiever has touched this aspect in some way or the other.

Life is all know-er and all giver. Maybe the time which one is expecting for the results is not in its scope. Since for it, it is a single entity journeying with different attires. Hence to know when to stop is more important so that we don't become prey to our understandings of success. Living a

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life as if there is no inner world is like fighting in the dark to win over fear.

Find a dozen ways in a day to bring back the conscience towards self. If one can gain the alertness that time is slipping like sand grains in hand, and then realign to activities that lead to life goals. In the absence of it, as Dale Carnegie puts, 'we are paying too much for a whistle'.

I observe it is easier by segmenting a day into a few blocks with specific purposes. (three in this example)

First segment

- 4.30 am – 8:30 am (check successful people routine)
- Begin with meditation (to know what we are doing)
- Followed with physical exercises
- Read goals; better even write them every day
- Recitation of affirmations or hearing them

Second segment

- Next 10 hours keep for activities for passion aligned purpose-oriented life's goals.
- Practice, day job, meaning before money kind of activities, small bits of a bigger goal

Last segment

- 6:30 pm till 10: 30 pm.
- May include exercise, walking,
- Meditation, or observe slower breathing,
- Dine before sunset or latest by 730 pm
- Rerun the day in mind, note learning and plan actions for tomorrow.

Sticking to the routine and the segmentation avoids getting our mind slipped away with trivial which are posed by day to day mood of oneself and of those around us. It enforces time-out and moves to other priorities. Big idea is to bring back the life goals in front of our eyes and check is our daily activities are aligned towards it.

Maybe it's time to find your daily dozen to get the best out of this year.

LIVE BY HEART! - DAILY DECLARATIONS

I am as good as my association and my daily practices

When I take my steps forward, the next steps will be revealed

The talents I have will expire with my body, my days are numbered. I exert my best today

Human betterment is one step forward and two steps backwards, it's normal

My conscious is clear and my purpose is pure

Right intentions can move the whole universe in my favour

My day has twelve hours; rest for my body, mind and spirit leads to innovative results

I rejuvenate the body by exercise, mind by mediation and spirit with Live by heart approach

When I am lazing around today, I am disappointing my mentors and guides

My clear vision saves time, energy and emotions being spent on wrong pursuits

The limitation I have is the one that is set by my mind

World's menu has everything in it, am I worthy for it?

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I am no good everywhere, I don't strive to be. I identify, enhance & showcase my strengths

Achievement, richness and fame are future part of exerting my best self today

Repeating the above with different means, places and people, can be a mental trap

Few like me, few are neutral and few find faults in me. They are right in their thinking

When I serve selfless, I am paying homage to earlier ones who made my life easier

Before I understand words I try understanding intensions, so conversations stay meaningful

I am a drop in ocean; every area in the world has been proved better already

Living by the mind is easier, by doing so I will not be able to tap my spirit's positive energy

I gain the whole world but loose on my soul's progress, then I wasted mine, mentors & natures investment

I live by heart!

LIVE BY HEART!

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LOVE

*Your task is not to seek love, but merely find all
the barriers within yourself that you have built
against it. Rumi*

Petrichor

Today has a joyous radiance of milder sun rays, so soothing that I forget there is an office to catch up on!

When I pass through the places I had frequented years back, I find everything as it was the roads, trees, hills and most of them. Thoughts I used to carry while on those trips were distinguish. While I recollect those, I wonder time has all the mechanisms to carry the thoughts along with the space.

Each time I had my own reasons not to look at the beauty, nature used to offer.

Beauty lies everywhere and the way to find them is by beautifying our hearts. It's immersed in every movement and in all expressions of nature. Each tries to maximize its joyous presence when its season comes.

A flower, with liveliness, says, ' I am doing my best. It can be felt in the smallest of small flowers to red roses all carry similar feelings, even bigger trees or small bushes.

One can pick that up, living life with the conviction that we are doing our best while believing each moment has its own nectar. This nectar gives way to happiness till the next expressive moment of life, all wonderfully interwoven. Whilst ordinary minds are filled with chaos, if and buts, thoughts of profit and losses, they would never be able to

understand it fully. We are so immersed with the 'creatures' we invented to make our life comfortable.

Being busy, accumulating every comfort, while eternally ignoring emptiness feeling at heart. us making ourselves unable to open up easily with any one, judging what he or she might think. If there is an expectation, logic, thoughts of gain, sense of control, measurements then it is more of economics and certainly not emotional. Economics is a brain game, whilst emotions ignite heartbeats.

I discovered holding on to good things, actually blocks the best things to come in life. It requires a tremendous degree of self-satisfaction to give up on things.

When we were born life was complete, we learnt the way of dealing with it from our mind. Now any amount of rain, thunder, mist or dew drops on flowers does not energize us or appeal to us. We may not even be able to notice its presence.

Life is delightful when continuous rejuvenation of body and mind happens. With every progress of the outer world, inner progress is necessary till to the point of saying, this is enough; let me find my true self.

That's where life starts rejuvenating itself; beauty can then be felt with closed eyes, melody can be heard in silence and eternal joyous feel at heart for no apparent reasons.

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That's where life starts rejuvenating itself; beauty can then be felt with closed eyes, melody can be heard in silence and eternal joyous feel at heart for no apparent reasons.

A Nature's riddle!

Those black eyes had all the emotions hidden as turmoil underneath the sea invisible on its waves. I had longed for it several years at a stretch and both of us knew. I started observing her eyes as if there is something missing that I had not seen closely enough in the past years. The calmness has its own attraction and only a calm mind can decipher it.

Men and women take things for granted when everything is smooth. Real-life begins in turmoil and it shreds away the illusion one carries, be it with the people, place or about the situation. Worst lays in the tendency of looking at a closed-door long enough and thereby miss the doors which are wide open and welcoming.

It does happen in business, in career or in relationships. It needs self-control to stay above the situation where we are part and then to re-look at it objectively.

She offered the carrot juice, my favourite, first time she ever ordered anything for me, though I still savour the tea taste that she made in the office pantry years back, personal touch touches. observed real emotions with the close ones do not fade away in the absence of them nor with the time span. For a moment I was a teenager who keeps looking to find

ething in others. What words cannot convey easily, eyes do. I did notice a similar feeling in the pair of eyes opposite.

It takes courage to accept the facts and only a few have it these days. And only they can cross the riddle.

I was totally immersed at the moment, with profound focus and concentration in all of my senses. The people, situation in that food court, even the ten years which was in between, everything has dissolved. Juice ended; not the after-effects of re-union. started noticing subtle changes in me. Songs started coming from my lips, which my mind has long forgotten,

the lines which I used cherish become natural again. Plus, staying positive, relook best in the current situation, and un-tired feeling even after a day full of work. I wondered how all these can happen without a concrete reason.

I kept aside my logical mind, which often tried to hint at the past misshapes with such beliefs!, All I want to know what the real cause? , Thoughts flew in,

- Is it beauty..? Amsterdam is a better place for it
- Is it intelligence... most of us thinks, he or she is
- Is it about the social situation... it changes for people who take responsibilities for their life
- Is it proximity... everyone should have been fit, the gym is very close to the house

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- Is it physical intimacy...if so there should be no hatred in the world?
- Is it the money... it loses its temptation once we understand its limitation
- Is it love...it fades away while the selfish interests pitch in

After pondering for some time, answers started dawning on my thick skull.

Soul-mates, a nature's gift, to energize, fuel, rekindle the passion towards one's objective. Supports them on their belief in his or her abilities, provide turnaround directions and help elevate the spirit unknowingly, say by being present in each other's auras.

People involved could sense the joy, radiation and energy.

If anyone asks me, what is the reason; I smile and nod my head.

I now understand the obvious!

Love at every sight!

Talking about soul mates is difficult. It can be made easier by knowing how the universe functions; the starting point is to understand ourselves.

Falling in love sounds strange for most, yet the common thing which can happen in one's life; maybe as often as daily! However exciting falling in love may be; it does not serve much overtime. What is needed is rising in love; be it for a couple or for a high-performance team.

People try to control the external, the partner. A sense of control may give illusionary happiness. A portion of the mind always seeks to be in control, being right, finding faults, making others shut, having an edge are some of its traits.

Love, with give and take kind, will always have the stress associated with it. It does not refresh, inspire people involved and lead to an average performance. A management-based approach, not a leadership linked!

If you are loving then you are loving as a whole, else you are not there at all; love it or leave it, the American way of saying; If a personnel character or behaviour is not suitable, then let the other person know, it is not acceptable. If continued it does hurt stakeholders and turmoil surfaces in other areas too. And then follow it by saying, 'How can we help each to solve it amicably?'

The couple doesn't take time to understand but react. When I say understand it's about him or herself, not about the other person. Understanding the other is easier, it can come late or even not at all, it should not matter as much as the first one.

Getting clear on, who we are, what we can tolerate, what we can let go and what we can exchange for a sense of peace are essential. Satisfaction, fulfilment, inner peace when prevails day to day, movement by moment, we energize the other people around us.

Staying calm, knowing the big picture, being focused, minding own business and ignoring the trivial. When these basics are in place, advanced approaches are useful, like communicating through eyes, then by the mind.

It is instantaneous, unfailing and individualistic as well with the group. It requires people involved are in tune with each other. Results in blissful existence, throughout the day.

A single glance one can make others day, here the effect of charismatic leadership comes evident. A good relationship, great team happen when people are connected at heart; they can understand what the other person stands for and how to complement what is missing.

By pretending what we are not we end up being mediocre and that leads to 'in control thinking'. One cannot love by reasons, it's not mathematics. True love cannot happen by

the mind. We cannot win life by mind, we can make great progress at it, but it finds its base on hollow thinking, that we are here permanently.

When a person is ready to forget self, dignity, learning or even existence, then there is only one. If there is a feeling of two, then improvement can still be strived for. Mostly it is an art, that comes with diligent practice.

Once we are stable in the above stage, we are in a position to talk about soul mates. I think the below pointers may help to find out, Are we in such a relationship or not?

- One feels at home with the other person on the very first instance
- They complete each other's thoughts, ideas and sentences unknowingly
- Non-judgmental, don't control others opinion or behaviour, don't try to impress nor hides true feelings
- They don't worry about losing their self or the other person; yet feel in control of self
- They know all are on the path of progress, imperfections are natural
- Complement and support each other's shortcomings and grows together
- A belief in unconditional love, keeps their consciousness clear and purpose pure
- Over time with each other they know at heart these symptoms, it does not matter they accept or express

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- People still have other karmic bonds to experience, independent of their own together karma.

In any relationship, be personal or in a team, if such a state of mind does not exist naturally, we can ardently strive for it by our conscious efforts.

Love at every sight is a blissful state of mind.

A Road Less Traversed

For a long time, I felt life is about to begin...the REAL life, full of vigor, passion, joy and contribution. I was thinking the way towards it is after appraisals, after closing EMI's, after a patch up, a few successful trades and even by upgrading to an SUV.

Life is NOW. I learnt it the hard way.

It is made of challenges day in day out in different forms, all just

to repay (karmic) those that we have taken from others tactfully at times. Once payoff is done quickly, emphatically, one qualifies for REAL life. Unfortunately for an un-aware 80% of life gets over in the payback process unknowingly.

Leaving less energy in body and mind to do what is required to craft the REAL life.

With repeated failures and disappointment in the endeavors, one may tend to accept that, life is negative. As most of their efforts equate towards repaying the debts. Delay towards the repayment, attract interest portion to adjust, resulting in lesser gains compared to the efforts poured in. A very rough design in brief.

This does not mean life is unfair. It's a really fair deal to get rid of unnecessary baggage's and then go litre and enjoy

the travel. If the payback is not understood properly it raises negative emotions. Thereby helping only to accumulate more baggage for the future.

Instead, reduce the scattered efforts, narrow down to the worthier pursuits in career, personal, family or social. The first step, identify what is unnecessary. These unnecessary may be in the form of accumulation, experiences and repetitions of the same. Elimination is easier than finding out what is the real goal. Then identify those pursuits which energize us based on our values and natural inclination.

Laziness has to be fought continuously, so is greediness. These make us suffer by the way of our expectations on the things which we don't have control. When the choice is towards REAL life, willingness to tread alone can be a starting point.

The path is handpicked and not a highway visible to everyone. Since it is less travelled, the milestones matter to realize the progress. One may come across a few people on the path, along with some of their baggage (unnecessary physical or emotional) which are yet to be dropped.

We may call them soul mates who are in the pursuit of dreams similar to ours. They are nature's gifts for people on the path. In their company one can find the joy and meaning together, making it a moment of celebration.

Irrespective of the long or short duration, it will be like festivities. Is soul mates, the fellow travellers, old or young, male or female etc., is an irrelevant question as they are in different forms. But, both talk heart out and resonate similar frequency.

Soul mates may be already in one's family, career or in social circumstances. An easier way to identify them in people is by observing those who emulate the same ideas or similar pains.

They don't come in bunches, but a few are countable. They may have other obligations to fulfil, like anyone, however end of the day there are common factors which is stronger to relate to.

When soul mates work on a project, an idea or an innovation the results will be spellbound, even people involved are unaware of producing such a marvellous output. Major circumstances will be aligned as if they were waiting for the team to do the finishing part. The things which were hurdle earlier now look like a stepping stone towards success.

Here is the clue; Nature has joined its invisible hands.

Yes, challenges will be there because people have flaws. When such circumstances are evident, it is time to be alert, humble and be ready to get moulded. Take time to develop an edge to understand what indications were meant to you, the individual. Lessons would flow from

different corners.

Sounds esoteric? A bit maybe, most are commonsense available for anyone with a subtle perception. Till we get such circumstances it is the preparation time for most of us. If you ask me how long the preparation takes, you get an interesting answer!

It lies in the intensity of an intention.

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ENTREPRENEURSHIP

*It is not death that a man should fear,
but he should fear never beginning to live
- Marcus Aurelius*

An E – to – L Journey!

The journey from employee to entrepreneur to that of leader can be very exciting and illuminating. Especially while one is open for continuous growth.

Usually, after a speaking session, I have participants sharing about their entrepreneurial pursuits and was eager to discuss. I found it was repeating in recent days and made me feel to draw a few correlations. In this season, I did get a chance to think and articulate. If you are bitten by an entrepreneur bug, read it objectively till the end.

I made it easier by analyzing my journey, ‘what was my idea as a teen, as an entrepreneur and when I started my career?’

I have enjoyed my day Job thoroughly, it has helped me with financial security, made my dreams turn true, of travel, working abroad, peruse of higher studies; the respect associated with the brands and helped me to mould as a professional.

A good part of it is associating with corporate leaders from different organizations, it helped immensely on my self-development, which I seek ardently and also attending corporate training for honing my management and leadership skills.

On the other side of the coin, my pursuits in entrepreneurship have helped me to understand, human nature, the ability to ask the right questions, take risks,

believe in self, a world of money, meet multi-millionaires, access to ultra-rich and learn from their experiences.

The greater part is observing their down-to-earth approach, the ability to mix with different classes of society, different approaches for different levels of employees and of course in attaining financial freedom.

I always utilized the opportunity to discuss with people on both sides of the coin. Both sides require focus and a planned approach to achieve success. When we interact with more people we learn more about life, we tend to balance ourselves. A narrow intent is enough to shrink us from the universal favour.

For most of us be students or professionals, the future is about financial security. A false belief in job security can hinder one's state of joy and self-belief. Working on own ideas makes one excited and can give immense work satisfaction. It's for the risk-takers the world shapes up.

Below are correlations, I came across through my interactions, observation and conversations. It is not about which side is right. People have made the best in both worlds because they found their passion in what they are doing.

Here, I am providing a brief gist on entrepreneurs' and employees' frames of mind.

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Employees	Entrepreneurs
Follows rules and procedures	Ability to do what they believe in
Emotions are handled as per policy	Tests one's emotions on the field
Taught etiquettes and follows protocol	Develops a degree of street smartness
Employees usually retire	Entrepreneurs may turn employers
Believes in the safe bet, daily routine	Plays big, risks with changing time
Teams are provided, expected to get the best result with existing members	Builds team, which believes in their leadership and vision
May lead to management easily	May lead to leadership
Takes, job, team, company as for granted	Does not take things granted
Believes in having a YES team	Strives to get best out of the team
Survivor mode is normal	Competition is real-time
Opinions of higher-ups are valued more	Recognition by their product/service
Engages with the similar type of people	Ability to deal with versatile people
May need to wait till it happens	Makes it happen
Risk aversion is natural	Risk and reward go hand in hand
Growth is linear and limited	Growth possibilities are infinite
Results depend on the year-end appraisal	Results show where you are, real-time
Struggles with self-identification and acceptance	Manages self-image and respects other's image

With closer observation, one may find having an entrepreneur mindset in a corporate setup can amplify one's growth and help to develop the ability in showcasing themselves, for a larger opportunity.

Routine work blocks creativity. To be creative, we need to be at a purpose for an extended period.

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Months of financial turmoil, future based uncertainties, disappointments, need for taking care of stocks honestly, approval from authorities, autocracy, bureaucracy, red-tapism, changing policies, handling team, pilferage, self-administration, day to day work management, all-round knowledge, reaching out to consultants, all these exists in both side of the coin.

The real problem is not being an employee or an entrepreneur. It is far deeper. It is in developing personal leadership qualities. It's not about what we do; it's all about why and how we do it.

I am yet to find a successful person who is not passionate about what he or she does. Till we reach such a stage following a thumb rule may help.

If it's no fun, don't do it!!

A Weavers Dream

Success is the result of many things done consistently. Can we say, failure is a natural state?

The moment we are living a life that is far less than what we are capable of, we find our days are filled with dissatisfaction and frustration. And unless one is successful in his or her terms, one may still feel the achievements are not giving complete satisfaction. And it is independent of what amount of money one earns.

When I studied a few leaders' life, I found a common factor. They started with where they are and with what they have. They stick to their principles. When things did not work, they reflected on their mistakes, pondered for the right reasons, experimented and again started with the ground level. And several such iterations; while it worked out, people gathered, universal help flowed in because of his or her dedication to the cause which has touched their heart.

Feeling good about oneself, body, mind (thinking) and the environment where we are in all matters. While we can manage the environment, it gives the average results. Surrounding with people who can be a constant source of encouragement towards one's endeavours helps immensely.

One needs to be in the circle of influence, where he or she can work with full energy. It is simply not possible to connect with different types of people and expect things

to move in the desired direction. That's where the concept of workers arrived; it's a give and takes approach. Less effective and produces average results.

Our talent, vision and connections are the strength that everyone can start with. When intentions are pure and long enough, impurities around vanishes and will be filled by the right set of people suitable for such frequency. Till then one has to trust in himself, continue correcting based on the facts, practicality, again and again.

Nature intends everyone to be unique. It has invested an enormous amount of energy, calculation and positioned individuals for specific reasons. The primary objective starts with fulfilling his or her longings, liberating from the clutches of desires and then elevating the conscience.

If anyone is subjected to a particular experience, that is to make one more fit, learn to interact with fellow beings, safeguard from the peril of the timid. Once these basics are met, the expectation is that we lead ourselves towards the uniqueness which is invested in us.

When our mind calms for a longer duration, one can listen to the soul, by following that one would be able to produce miracles in life. The soul knows everything it is only waiting to turn your gaze inwards, mind inside and to expect more from yourself than from those around you. However high we value ourselves, it is only the *actions*, which proves who we are.

When we start observing ourselves a lot gets revealed. You wonder how this particular trait has originated in your

LIVE BY HEART!

behaviour and you can trace it back to its origin and correct yourself.

Most of the successful people with whom I interacted for my direction also said, *'if there were a handful of people to encourage me while I was starting with my ideas, today I would have achieved many more times than what I have achieved now.*

For generating the energy required for superior performance, find those sets of people who are genuinely interested in your works. We find comfort in those who agree with us, but growth occurs with those who don't agree. Frame a vision with your picture and write below that, this person is going to achieve all you want to experience. Put a timeline.

I learnt, if I am doing any work apart from soul satisfaction, it can fill me with negativities, greediness, competition, expectation and disappointments. Want of accumulation beyond reasons, honour, power can also blind and deviate one from the path.

And the real test of knowledge lies in its utility of it.

A Blue Moon

During the session- break participants say, if there were inspirational videos included it can be more effective. Right, it is easier and it helps to get a quick kick plus an increase in TRP.

I learnt staying inspired for 30 minutes will be similar to going to the gym for 3 days, does not help. What matters is staying inspired, excited and energetic for 3 to 30 years. The difference would be evident in our circle, our organization or even the world around us.

When I looked for my inspiration, I did not wait for them to come to me. I went ahead to where they were and had a first-hand conversation on how they did it grounds up.

I found, most started with what they have, where they are and did what inspires. Leveraging on what is already there. Be it acting, photo shooting, singing, building a career and developing a business or amassing huge wealth.

Most of us pursue our interests as hobbies. In hobby we don't put everything at stake; may be due to constraints of time, efforts, money or social status. These constraints extend till our existence, we continue to have our obligations, interests and pains.

Inspired people I met had a reason to do what they were doing. They said if this one act can give me day long

happiness, day after day, year after year, why should I think of other activities?

They learnt to turn their passion into profit and continue doing what they enjoy. They had zeal filled days and did not need a boss to monitor them. Choosing to leverage what we have, can be a good start. At junctions, they searched for guidance, went places, and met people with a single aim of improving on their passion.

I got stuck when I understood, that entertainments are for those who have not identified their passion still. If one ever identifies his or her passion, they would be so busy in that direction, any amount of time in a day is insufficient.

Authentic success, lasting happiness and a sense of having lived life fully, nobody owns that to hand over to us. It is our primary responsibility and all of us have the potential to make much difference.

Greatness stems when we stop looking outside and start probing inside. We find the person in the mirror can do everything one dreams of. It emphasises the belief that the organization I am serving is the best, I am doing the best business and I am among the best family and friends. This belief makes us take the next step positively. Ideas I share in the sessions are the ones that I came across in my pursuit of inspiration. It has been tested enough to ensure they are result-oriented. It involves identifying our passion and knowing avenues to make difference in a short period.

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These ideas are irrespective of the field we are perusing and are fundamental.

Decide the playground, upgrade skills, make course corrections, stay relevant; play on strengths, put forth USP, let each play make one a better player and play to win. The result whole world can get inspired by you!

A Magic Wand

Life is finite, desires are infinite. For the majority of us, it is constant strife, tossing between desires, pursuits and dreams. Those desires are wary based on what is in limelight, socially accepted and what attracts mass attention.

Not sure when and why we stop from one pursuit to follow the other. Well, what should be the approach? While one sincerely tries to find what are his strengths, talents are, puts efforts into identifying them, strive to develop, showcase and share them, he or she does find inner satisfaction of having lived life.

Otherwise, however long we live life, it may still appear shorter. Association with people who are on the same path ahead of us is a sure way of becoming better. It starts with spending time with self.

As we proceed towards authentic success, elimination of multiple interests becomes essential, by steadily giving up the lesser desires. By leaving good to get to the best, putting one hundred presents in a direction means giving up more often than accumulating. The symptom of real progress is when we start believing in ourselves while no one else does so.

People look for a magic wand to solve their problems. May be due to a lack of patience or courage to understand and

work at the root causes. I wish this could be possible. I repeatedly noted nearly 80% of our challenges can be promptly addressed with the right shift in mindset. 20% are external to our control better accept that to gain serenity.

While I tried to find my magic wand, life taught me to take care of four aspects of any problem, physical, mental, emotional and spiritual. When we focus our physical energy to solve or achieve certain things, mental energy maybe get dissipated with multiple ideas, drained by daydreaming and even inconsistent thoughts.

A steady emotional state is necessary to handle the success that we are preparing for. If we are preparing to win, then be confident of preparing the winner's speech or whatever its next step. And if emotions are working in other direction compared to physical efforts, then know who has to be blamed for the failure.

While asking providence to help achieve it faster, be ready with our compelling 'why' justifications on what makes you deserve such a result. Spiritually are we seeking multiple favours at the same time?. Aligning these different dimensional energies with a single aim, so our actions and intentions do not contradict; consciously and unconsciously. When we develop such awareness of our actions, thoughts, emotions, prayers and their alignment with our

primary aim, a miracle occurs, the magic wand we are looking for does come into our existence and we start making the next level of progress.

All these efforts would constitute 80%. Despite all right efforts if there is lesser or no improvement in an area of interest, which is most unlikely; however if that happens then develop the maturity to accept the fact, that area of life does not flourish at this moment. Our timing and nature's timing are different; the 20% part.

It may be a time to bring focus on the wheel of life, on those areas, which needs immediate attention. Most of the time where hurdles are centred that should be the focal point for the moment as viewed from nature's point of view.

By solving one, one solves many.

Life runs wild when it is nearer to its end. Before we realize, review or make course corrections, an idea may itself get obsolete. We can look at whole life as an evolution of a spirit. To be more than a mere individual, to help others, to aspire to higher possibilities, by setting oneself as an example and many more. And as the individual progresses, the later part of the equation becomes more significant, to retain the magic wand, which was hard-earned.

If we don't nothing else will!!

Have you ever kept the same thought for six months at a stretch? I did.

I declared my goal of writing a career book in a management session. I had fewer clues on how I would accomplish it. Yet, some part of me was telling, if at all you are going to do that then that would be now or never.

Having taken training by Black Card Books, a leading Canadian Publishing House, I had all the technical details needed, only missing was the WILL! Whenever I sat down to write, devils came to me and blocked my clarity.

With closer observation, I could able to identify them. They were self-doubts, inability to focus for a long and laziness, leading to meagre progress. I kept a journal for this purpose and wrote down the ideas as and when they came to my mind. It helped me to arrive at a structure later.

Getting carried away from the goal is natural; there are always pressing needs from career, health, family or finance. Deadline helped me as a reminder when I was delayed or deviated. I started saying no to family, friends, what's App, movies and celebrations. I observed these smaller activities were successfully taking me away from

my flow.

Nearing the deadline, I turned more focused, disappointed more people with reduced interactions. I felt 24/7 was less. I wished I had one more month. Frequently received comments, 'man, you look tired'. It all paid when I received Mr Brian Tracy's comments for the book, a world's leading management consultant and author of 65 books. It charged me up for the next level of confidence and focus. I re-reviewed the whole content with zeal, hosted an e-book, got more reviews, did corrections and launched the paperback.

Here are a few extracts from CAMPUS TO CORPORATE BOOK LAUNCH.

Firstly, what made you write this book?

Having led, cross-culture IT teams, I used to share my experiences and learning with teammates, it helped them to pick up the best practices and grow faster. And that's how we groom next level leaders. This sharing extended to colleagues on the floor, new joiners and reached most of the job levels over 5 years. I observed, when people feel that you are authentic and have a genuine interest in their growth, they open up. I felt these Conversations are necessary for a lot more people out there. I collated all those ideas, organized and presented them.

And dedicated the book – 'To the readers, who aspire to craft life by design'

Secondly, to whom it appeal?

Certainly to the people who are keen on career growth by their efforts. How long do we believe that there is something outside of our control that is responsible for our growth and happiness? It's a delusion. By the time we realize the "success formula" with our trial and error approach, a lot more precious years in life would have gone dust.

It is the skill and knowledge which brings definite results, not the hope as a strategy. Book teaches all these and on how to lead ourselves first, later others. It can help anyone who comes with an open mind. Contents comprise of four parts, to start with the campus interview till senior position at corporate and discusses living the legacy. By knowing the path ahead, one's journey can be smooth and joyous.

Lastly, a few lines about the plans ahead.

Despite having a good product, if it does not reach intended customers, then the whole efforts spent in its creation will be futile. Plans include digital marketing of the book, creating awareness at campus placement office for technical and management graduates and e-engage with corporate to create awareness on the book and try even supplement with a workbook having self-awareness questions, exercises and templates.

LEADERDHIP

*A leader needs to state the problem clearly,
identify the reasons, the excuses and then move
on to, how by solving it everyone benefits*

- Naveen Chandra

The Essential Leadership

As managers and leaders, we know it is important to groom the team for higher performance. Yet, most don't take time for it. Self-improvement is taken for granted, with an excuse that it is not necessary now or even substituted with an idea, 'if I can manage my boss that is more than enough'.

When we measure expectation vs. performance it reveals a lot. The lack keeps becoming exponential over time. The reverse can also be true. If we spend time to teach the team the values, vision and results expected from them, it gives year on year increase in the outcome. Such endeavour does bear different fruits according to the level of participants. The generation involved the gaps, the mindset and the attitudes.

Effective leadership in taking together everyone from the level they are at the level desired at the organization's or team's vision.

Essential leadership focuses on what is not changing, the human touch. Which leads to business connections. However nice our products are, buyer's mindset and the way we approach him or her matters equal or even higher. There are good vendors in every corner of the world, claiming why they are better, of course, backed with genuine statistics and testimonials. Yet some game-changing new entrants astonish the established giants with their innovative cost-effective solutions with a human approach.

Startups would not have the fancy budget for marketing,

they use differentiation as the key.

How much time one should allocate towards learning, being coachable, to stay relevant? Every moment

Learning can happen at every minute for a person who is ready for it. It's not tons of theory, the puzzles which always shows where you are wrong, etc., both being off from today's reality. Go to a basic level, if you pick up a few of them and apply the new thinking, the results are evident and will astonish. Take it as a simple 80:20 example.

The game is not going to be easy, but going to be worth it.

In reality, multiple energies are working simultaneously on an event with different intentions. What you are, which energy you represent only matters. A leader who is aware of his or her effect on the team, the followers and the uniqueness of their approach does not deviate from the strengths.

Firstly, it will be lesser effect by changing to something that you are not, and already there is less time left to bring the kind of effect needed. Experiment demand iterations, and costs a lot of time and effort.

The scattered opinion in the team not only dilutes that energy but also the collective goodness it can do for the stakeholders.

Keen observers can make out; people are individually successful but collectively failures. The leader has to state the problem clearly, identify the reasons and excuses behind it, and how by solving it together everyone can grow.

If we don't take time to reflect on what and why we are

doing certain things in certain ways, we will lose on our authentic progress.

Nature is very cautious to reveal its plan. The fear is that it may act like taking a caterpillar out of the cocoon to ease its struggle of becoming a butterfly. Caterpillar ends becoming useless with no strength in its wings. Nature expects you to find your voice. No point in being another voice without uniqueness. Already there are enough noises.

Essential leadership takes everything that can be accounted for. Such that time is spent on the best, long term result giving endeavours, once started it is important to keep the momentum in learning.

Our professional success can be connected with the training we receive, be it for sports, arts or leadership. Training helps to grow quickly in the areas we otherwise do not look at normally. Training individual self and the team help each other.

Essential leadership necessitates putting people first, putting purpose before the person, and arriving at a collective vision for all and by all.

To begin, we need to empty our cups, so that new content can be poured in. Drop all the pre-conceived ideas and be neutral, arrive learning with an open mind, rather than expecting to validate existing knowledge or experience. Be engaged for new ideas. Radical transformation is needed in the mindset and the heart set, from living a life of self-limiting beliefs to moving towards a life of possibilities.

Below are the quick pointers which helped me to move towards essential leadership.

- Be ready to grow self and others
- Believe that you can change yourself and the team
- Know what kind of example you are setting
- Pay attention to team members who are responsive and who are improving
- Explain the benefits you have found in yourself as you progress towards your personal leadership
- Let the members be aware of the opportunities for the prepared
- Learn to respect people individually and collectively
- No job is big or small, find out what needs to be done, do it without complaining
- Don't discard a lesson since the source is not familiar. Differentiate it early for your benefit
- Don't allow sensitive topics to scare you. Growth is exactly beneath the problem
- Strive to be a better version of yourself every day. Comparison is pain, analogies limps.
- Learn to tolerate discomfort and vulnerability associated with the growth
- There should be life in our actions and what we do day today, it should energize everyone involved
- The team grows, if your method works
- If one doesn't establish in leadership, hesitation to work in a newer environment is common
- As a leader do you give a starting point to your team, a road-map then add to it as your team progresses
- Leadership evolves as you stand more of what you are, you are a budding leader

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- The industry needs people who grow their skills and are ready to lend their skills to grow others
- When you become a leader, don't be that person who knows how to lead but doesn't.
- Be a mentor for younger, volunteer for NGO, sit on a board, teach a class, mentor a business
- Game is about transforming oneself without losing the soul. Be honest with yourself

And finally, did you climb your ladder without compromising on your values, ethics, ideals and principles?

The Vision

A strong relationship is a foundation on which great accomplishments are based, be it in a family, team or business.

The finer aspect of connecting with individuals, having the right perspective, grasping what we are and what we are not, developing patience, and allowing time to mature specific decisions, applies to everyone in such entities.

If individuals are not connected tightly to the vision(team, personal or family), then the entire creation going to struggle.

There should be a way to align for a higher cause resonated at all levels of hierarchy. Developing a belonging feeling is a leadership trait. Unawareness of an individual taken for personal gain, not giving them a growth roadmap, is certainly not the leadership.

Also, just calling as a team and doing cross goals does not serve much but deviate the efforts, time and investments.

How such an alignment can be brought into practice?

Take individuals in a relationship; understand why they need each other. What they both gains in each other's association and how that can enhance the positivity around their life.

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At first, when individuals come together there is an element of ego playing beneath. An individual can control and channel the complexity of their own ego game and then align to harmony as quickly. At any given place this play is always ON. A matured mind would reserve their opinions when they find the clarity needed is masked by their negative traits.

Trusting their instinct rather than reacting to outside stimulus, which is always appear sugar-coated, find ways to dissolve the ego and to enhance self-respect. Stick to this vision in the entire creation process.

Freedom from self

What hinders individuals towards a life of growth, achievement and contribution?

Is it health, lack of focus, lack of actions, lack of support, lack of recognition...or lack of whatever? For those hindrances we may point to or wish to discuss; astonishing examples are saying us that there are possibilities in the dimmest situation.

The excuses in terms of lethargy in body, mind or in spirit, of too self-centred living, limitation of aspirations, attachment to glorified past, position, or to be part of the inner circle to take lion's share, we see plenty such examples too.

Then, what is stopping us? Of course combinations of the above, that's an easier answer.

I observed, unless one develops an ability to see through the actions which are there in front of us as if it is the reality, which may be cleverly posed upon us by a set of minds working behind for a particular result, most would get carried away taking that immediate, short term vision as the absolute thing.

When a person give-up their self-control and allows to be led by an easier example; since that path may be rosy, quickly rewarding and glorifying instantaneous. A future with no links to past, past patterns or learning from therein, can lead us to a direction whose effect we may not be able to witness in the course of our existence. The

counter effects will not be felt immediate term but throughout life time or even for generations.

Most of us need to fight daily against lack of focus, lack of discipline, lack of enthusiasm, to get to a life of good health, contribution, to self or people around. To make this happen, individuals' focus needs to turn inwards, to run one's own race, strive to be better than their previous self. The broader entities as communities, societies and countries are made at minute part as an individual.

So, the key is taking control of the things which are very much within our own hands. Like getting up early, doing exercise, doing meditation or keeping our living place tidy, be it a house or office desk. The moment we have cluttered our focus clouds. This distraction happens at different levels. If we are constantly fed with or enjoy news having negative vibes, we are moving away from our achievement orientation.

The first part of the day is for setting the right focus on ourselves. If we are good in body, mind and spirit, we are useful for ourselves and others. When the cloud moves sun shines, one has to identify and adhere to daily routines, rituals or practices which suites individuals, to help cleanse those clouds on body, mind and spirit.

I had called it as daily dozen. Dozens of things are done daily to keep the spirit up, so that body and mind become instruments to do better, a soul centred living.

Identifying such practices, such people to associate (distances are immaterial), the role models who represent selflessness in their actions; can give us the starting steps.

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Current leaders, who can gain your respect to focus upon, learn from them and implement in your life to make difference to yourself and o those around. Now, decades have slipped away from our life-giving us trivial or no concrete results towards authentic leadership but felt as if a busy day every day.

When I closely observed successful people, I always found they have their practices underneath, those habits which have led them to their success. They are not ready to give that up for whatever, the very habits which made them what they are today.

And ours, let's begin today.

Leadership Needs

- Leaders live and die for their ideals
- Leaders show a right example, unaffected by money, popularity, position or other temptations
- Leaders can lead from the front as well ready to serve behind the scene
- Leaders to whom others can say proudly that they are their role models and follow them boldly
- A leader acknowledges their own mistakes and shares learning from them
- Leaders, it's not about who is, it's about what he or she does for the general good
- Leaders, don't conceal their negativity
- Leaders silently invest their time and efforts, expects not to notice till their craft looks marvellous
- Leaders are not there to please groups or any individual but their superior self
- Leaders are respected because of their personality and their actions
- Leaders have clarity and purity of purpose, they are always ready to learn & evolve to the next level
- Leaders guide us through the right path among the chaos
- Leaders make all stakeholders morally and economically stronger
- Leaders stay unaffected from the internal conflicts and external criticism
- Leaders work towards a singular aim and are bound by that aim

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- Leaders are leaders because of the purpose, not because of the person or position
- Leaders lack narrow intent, hidden actions, and selfishness Leaders know what they want and what they don't want
- Leaders follow common regulations as applicable to their team
- Leaders understand the power of individuals
- Leader shares emotions express unbiased views and is ready to sit and listen to other's thoughts
- Leaders do not waste their time or others' time
- A leader is a universal person, not bound by any limiting thinking of time or space
- Leaders of such qualities are respected, cheered up and that can make them contribute more
- Leaders find their supporters, friends and well-wishers with similar qualities
- Leaders respect those who are striving to develop these qualities
- Leaders develop leaders; not followers.

And you are a LEADER

21st Century Parenting

After attending a session or two, parents usually turn up to talk about their kinds. Talk goes, kids don't listen to their words, always play with gadgets, and teenagers practically have no direction and their lack of respect towards their parents.

They also share, that sometimes it creates a situation where parent cannot give up or get along, but suffer silently and many times apparently too. It slowly paramount's having no listening ears to their woes.

I do share my inputs relevant to their circumstances; however, if there can be a common denominator to better the situation, it would help immensely, hence this post.

Most of us do feel the need to improve circumstances, and usually in others, say kids, teenagers, parents, spouses or even the bosses. Nothing wrong, it is easier to identify others improvements. What is more important is, to identify what needs to be improved within, based on the repeated external reactions one observes. This is more practical as they are under individual's control.

Consider the following questions.

- What is my behavior which is invoking repeated pain from the others?
- Am I trying to equate to others, without putting enough time, effort, in that direction?
- Am I looking to receive the feedback that only pleases me?
- Am I open enough to seek the feedback from right people to get corrected myself?

- What is that I am really concerned about, satisfying my ego or knowing the truth?

Kids copies what they see around. It's at hands of parents to give an environment based on values, thoughtfulness and love. Having set an example from the beginning, expecting a different behavior from the offspring a dozen year later, does not make sense.

It is easier providing the packaged foods, entertainment channel and gadgets, while parents being busy with their own pursuits. Rather spending time walking with them, going to morning exercise classes together, getting them engaged in sports or even in religious ceremonies.

Right, expectations can bring pain. Closer the people, higher their control on our happiness, but, what we are not, we cannot impose on others, it will not be just effective.

Identifying a problem's origin rightly is almost half solved. We think we are right, maybe from *self* point of view. This can be re-looked from kids or teenager point of view, to reassure on our stand. However strong ones mental make-up, situations may over rule, indicating the necessity of change in mindset, beliefs, attitude etc. These are out of comfort zone, people resort to excuses instead of identifying a stronger *why* they need to do so.

Speaking about children and their impatience in general, that can be attributed to lack of practices relating to refining the mind. A mind which is largely uncultured can erupt at very first provocation. It is essential to make the new gen (generation) to understand where their mind is leading them to and what if the support system around them vanishes.

With a negative action expecting a positive result is nothing but foolishness. And that control lays in individuals daily habits.

New gen likes people who can make them excited, active and colorful. It should be WOW kind for them every day. One needs to speak their language to understand them and also to make them listen to ours. Most of the parents are exhausted (in life); neither has the energy (physical, mental) nor the desire for newer accomplishments. Or even to be up to date with current happenings, which new gen is familiar with.

In one of the speaking session, a father said, '*my teenage son does not listen nor respect me*' and continued few more sentences on those lines.

I asked him to check, *who his (sons) role models are*. If a teenager finds them on their dining table every night he would respect them'. So creating such a situation within is every parent's work. Then, for every decision making children would approach their parents, because they believe parents know better about the world and what is good for his or her, in particular.

I have come across few business owners who have successfully built Business Empires, but their children don't want to join hands and continue what the parents have been waiting for, wishing to retire. But the entire business model is no more exciting for new gen. New gen needs what their friends are doing.

If parents try put responsibility on them they shun with excuses. Key is in making them identify their passion, teach importance of uniqueness vs. uniformity, help build around their USP, get them focus one or two meaningful

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pursuits, show them how to move from passion to profits for reaching their desired lifestyle.

Give them the freedom to experiment, fail and learn. And respect the process by walking along with them.

Result, not only they respect, but become lifelong admirers of their parents. Growth is necessary compared to making them a just a polished adult, it wouldn't help much either.

A parent earns respect by growing together. After all they become parent because of their child, hence, the new learning.

This is what I touch upon, in my 21st century leadership session, in staying relevant and in getting the results.

REFLECTIONS

*Be happy for this moment, this moment is your
life. Know that every breath you take is an
opportunity; you are not grass that grows up
again next year - Omar Khayyam*

Come September

When I see on the calendar I start to get the urgency to complete the tasks embarked at the beginning of the year. It works like a wake-up call, trying to convey to me, one more year is passing in life, a gift of almighty getting over unused fully; with no exchange or redeem later option.

Months that follow may just slide away with festivities, holidays and prove harder to take control of. It makes me take a realistic stock of things. Track Items that have been dragged a few months, try to complete or just discard what is not working.

Refocus to complete what is most important for the last 30% of the year.

If we don't believe in our vision, it is futile expecting others to believe in it. A belief on, what one is capable of bringing to the table when it matters, in a manner that is acceptable and absorbable; such transformation can happen through self-awakening.

In every walk or talk, there are hindrances; the ratio of people who encourage vs. who oppose differing. Effort and commitment have to remain consistent irrespective of the weather outside; there isn't a day with only a green signal throughout. Appreciation helps to do better, faster, like the ones I receive from you, but waiting for it can work as a trap.

Who knows what lies ahead of Life? Why get stuck with your expectations. We need mentors, we need critics and we need opponents. They sharpen us more than anything

else, when I fall, their laughter fuels me like a catalyst to bounce back on my feet.

Nothing transformational can happen overnight, it requires nature to align various ingredients to fulfil a worthy platter. They say, success usually takes fifteen years and it's no joke.

Dr Bruce Goldberg (www.drbrucegoldberg.com) while taking us through a progression session made us go through the exercise at least in five different directions. Dr. was clear that the path of destiny has multiple options and did make us experience to understand it fully.

When we don't take up the challenges that are ahead which can lead us to a new set of experiences; the subsequent things which might happen in that direction will also get missed. Hence getting in tune with nature matters most, it wants its child to make faster progress toward elevating his or her consciousness and not to get trapped in by its creations.

To pick that hint is an act of courage. At times our mind blocks progress. While looking at, listening or witnessing something the critic's mind comes in, clouds our thinking and thereby we miss that boat. Being open enough is an invitation for miracles to happen every day.

If we think a miracle can only happen once a while, then it will be like that; simple, we are not allowing it to happen often. The success we pursue should be fruitful at the time we want, if it takes its own sweet time, it loses its charm.

September also makes me think of logical closing for items that are still hanging on. Forcing to take the decision, bringing 'time-up' by imposing deadlines. Life never stops

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for a split second. While we are engaged in day to day, a year getting over is usually not felt.

Am I busier doing patch-up works...? accumulating at the cost of peace, running without a direction, try appear good than being good, watch performances not become a performer, fast food less health, penny-wise pound-foolish..?, Is this what I intended to create at the beginning of the year, Is this pursuit worth exchanging my life and breathe on day to day...?

These questions deserve an honest opinion of self. Answering them might help to stay on the game longer and equips to strive to get more from the year before it completely slips away.

An Alpha Year

I repeatedly observed that significant projects always take longer time, effort and budget than we estimate. When we stick to a subject for a longer period, we qualify ourselves to do an artistic contribution in that area.

I see professionals have the capacity to schedule their major projects time-lined, sharing their time, appointments ahead of months and years. Amateurs look for inspiration to commit themselves to a task. And usually expects such inspirations from external. For others, it appears as an excuse.

Writing requires a certain degree of calmness. This has to be carefully cultivated by keeping away from outside disturbances due to many activities. I also noted, to regain the ability to focus and produce results; extended time and practices of 'daily dozen 'are needed.

While interacting with successful people, I observed the difference between 'the good' and 'the great lies in the habit of not giving up the daily commitment towards their craft. I invariably noted people who wait for inspiration are not on the front rows, though their craft may be superior, but lacks in the self-disciplined approach. Even if they managed to be at the front, it would be for only a brief period.

Higher the life one commits to; careful should be his observation on the inner self (intents). Developing the ability to observe one's mind, I call it a walking meditation.

Keep a close watch on the chattering mind, those inner dialogues, the pattern in it, and its effect on the daily emotional state.

I re-emphasize, that arriving at a 'Clear Vision' takes time, then comes the effort to stick to that clarity daily. Every achievement has been envisioned in the mind. Ambiguity in the vision will not only delays the event but create different hurdles. Subtly, we are creating them with the lack of dedication to the cause and by individuals' doubtful nature. Stronger the vision, the faster the creation.

One may need to keep the timeline flexible, nature's timing differs from an individual. However, a large team with a shared vision can create marvellous work with their collective energies and in time.

The professional commitment may dilute the personal connection with the same individuals. Working for a cause professionally and having a cheerful friendly nature while being out of the professional commitment (easier said). It's a delicate balance an individual has to learn. If one fails to get this point clearly, the journey upwards of the pyramid becomes lonelier. Creating an environment for success is a necessity. It comes with introspection and alertness to the details. Projects which do not show the expected results are the best items for introspecting, learning, and correcting to put it on right track.

Better have the cake while the desire for it exists and there is no diabetes. September reminds me life is finite. From the day we were born our journey is towards our own graveyard. Developing a sense of urgency, keeping

things up on track and not getting carried away with wayward emotions for long, matters most.

I learnt that the major difference between individuals who are at peak of their interest and those who are at the beginning of trade is the mind. If one learns to expand his mind (not yielding to excuses, limitations etc.), the game is half won. Reality comes true only to those who were able to create it in the mind first.

I learnt that the major difference between individuals who are at peak of their interest and those who are at the beginning of trade is the mind. If one learns to expand his mind (not yielding to excuses, limitations etc.), the game is half won. Reality comes true only to those who were able to create it in the mind first. Newbie to the CXO level needs to expand their thinking daily to bring near what now looks at distant. If one can think like a CEO, he can be one in future. Question of how to think big, beyond boundaries, is what I teach in one-to-one coaching.

As a best practice, the daily review of my goals helps me to come back to the focus, which often gets deteriorated, due to external influences, offers and associations. Reading and writing daily goals make me feel what is important to me and contemplate why I deviated from the main course if the case is. Such indulgence helps me not to repeat the pattern as seen in 2 – 3 major decision making during the year so far.

It is easier to get along with the flow and to lose in the busyness of our daily chores. However well we do them; it has only little impact on the future building. Such daily routines, if has exercise and meditation, it's a big

exception. I recheck where my mind is heading towards and why the confusion. I read my big picture and discard the tempting short-lived goals offered by individuals or circumstances.

Discipline, I understand the importance of it day by day. As an employee, you are guided by a set of rules so that you stay in order. Swiping in time, lunch break, looking forward to evening cab, etc., though it helps a little on life goals, but help meet most of the needs. In the absence of such discipline, things often go out of hand and one sees little progress at the end of the month.

An entrepreneur needs more guiding force within. The freedom it can bring has the responsibility associated with it.

I also learnt to cut down empty talks, bringing in the commercial value to my time, sums am I gaining or losing each hour. It's a purely selfish act, but much needed to gain the time for priority projects which are creating pressure in me. It would take a little while to be at my best doing it subconsciously. Otherwise, it is taking away the free space within, which acts as a cushion, much needed for getting more in life.

Give up the good for the best.

A Philosopher's Stone!

Arrive at your personal philosophy.

I completed explaining the point to a group of MBA students at a recent session in Mysore. A participant asked, Is it not too early to consider it?

Maybe the right question from her point of view. Well, if one starts it, then it can be improved over time. And it usually requires a considerable amount of time than one thinks. And that prompted me to share a gist of my personal philosophy, a near latest version, as an example.

In the last 25 years, I have done things I wished to do. Some things satisfied me, some things are still hanging on and some things have given me lessons. Engineering studies, working abroad, management studies, corporate career, music, marriage, spirituality, training, writing, farming, stock investing and entrepreneurship.

Current reality demands to look at the next 25 years. I have realized, the future exists for those who are ready to create it. Circumstances themselves would not rise to one's expectations. A roadmap is essential to avoid going blank or in case of adversities. Things that are presently hovering in my mind are writing, stock trading, yoga, movies, training, consulting and entrepreneurship.

A life of success and contribution is usually a bumpy ride

for a real aspirant. Personal philosophy is a result of self-awakening, which requires sustained efforts amidst calmness and working on one's personality, taking up nature's cues, relying on past patterns of own life, and working with persons who are ahead in that path.

IT takes time, effort and money and is generally avoided by 80% opting mostly living a reactive life or a socially acceptable life. Philosophy matures over some time.

I started observing my mood with those things which put me on a consistent high. Like, expressing creative views, sweating with physical work, a heart to heart talk etc., and observation helped me to understand myself, my priorities, my aspirations and my limitations. I reworked until I found they are no mere desires, but the ones which elevates me. I need activities that energize me on the go.

The in-between statuses like hanging on to what is already there, something is better than nothing kind, perusing same things and expecting the results I want, sticking to a safer zone etc., no more adds me energy in my day-to-day life.

I enjoy real things, real people and real purposes. I wish to surround myself with those who radiate similar frequency, contribute to things that can be reused and help everyone involved. I can associate with people, relationships, friends, business associates, labourers, mentees or mentors who align and helps in the direction I am leading to, entirely based on their interest to be part of it. It's

about adding value to the people who value my knowledge, efforts and time.

I have also observed people around me have all facilities but no vigour. It scares me. I don't need any activities, things or individuals which drains me and certainly not the company of those who are living dead or running towards others' goals.

Getting rid of anything external is possible, but getting rid of self is a crime. This is what I will be doing if I continue living life as ignorant of the above facts. This clarity has dawned into my skull with nearly three years of effort.

Soon I have clarity on pursuits, it helps me to drive my next decades meaningfully; towards life which should make me feel proud for creating it, living it and enjoying it and sharing it with others. When such an environment is not around, I pursue those activities which at least add value to me!

Earning a livelihood to reach a comfortable standard of life is a need of the most, which can be addressed by proper financial planning and execution, for one's financial freedom. Improving one's life's standard does not necessarily mean to increase in peace, health, happiness or satisfaction. At any stage, these things have to be constantly skimmed. I am not particularly attaching monetary meaning to any of my pursuits. Money matters. Not at the cost of doing something I love.

Income should be part of the activities which we enjoy.

However, it should not be a limiting factor. Arrive at a self-sustain model with all the pursuits. Identified activities will be done wholeheartedly with systematized thinking, be able to scale up and definitely with WIN-WIN or no deal approach towards all stakeholders.

The real test of knowledge lies in its utility of it. Results should speak of the work one does and the example he or she sets. Any failure in the path would still leave me with a feeling that I have put my best in the direction I set out courageously. Money can be meagre or enormous based on the amount of success involved.

Certainly, neither a popularity contest nor expecting a welcome everywhere. I employ my time towards multiplying efforts. The addition is slower, like working for hourly wages. I would not wait for things to shape up rather work towards it. I would not wait for people to show up their support but ask for it. Get focused on those who align. If I am not committed to my goals, I would not achieve them.

There are tools, but success depends on oneself. Knowledge may be provided, but putting that into action is on the individual. People react for pleasure or pain. When I work on the areas which I care about, showcase customers' pain area, provide a solution for it, articulate on why me only, followed with a system and then duplicate it. Success will be ahead.

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I am exchanging my diminishing time with my pursuits. Key differentiation should be in the kind of activities being done. Time given has to be utilized right to say I have done my best. Days are always numbered, decreases every day till it all gets over, usually before we get to know so.

The daily mission of serving others, shared from the place of love, based on my experience and learning, should make my days filled with joy, contribution and growth, whilst savouring every bit of the moment strive arriving at it.

To be successful at material or spiritual, I must organize my life to do what I enjoy, a highway of living meaningfully with purpose, love and dignity.

I am ending the example here!

NC's 10 Success Rules

Invest in yourself

Reutilize the success habits

Pursue Enthusiasm

Test part time

Dream actions

Take risks

Know principles

Create Environment

Meditate

Live by Heart!

LIVE BY HEART!

SELF HELP

*We all have two lives; the second can begin if we
realize we only have one - Confucius*

I understand your world series! - A one to one

I have been listening to your thoughts and have keenly observed its patterns, complexes, self-doubts, abrupt reactions and what all they are bringing to your life and their manifestation in day to day behaviours.

I only see the scarcity, lack of energy, enthusiasm or commitment to do any activity consistently for a longer period that can bring concrete changes.

I watch hurdles, efforts in trying to solve the same problems month after month, getting disappointed too early, believing too sooner and its 'results' spreading in all spears of life. Always feeling there is something outside you to be gained, strive for, for a feeling of 'worthy' in the eyes of others.

That something or the other, which are not there at this moment, leading to that un-channelled thus scattered energy brings no good for self or to the people in your life.

I know you have tried your best with your limited knowledge, focus and energy, to solve, get whatever 'help' from the people around you, tried to stop wrongdoings, the shortcuts that have been taken in life for the want of progress, pleasure and accumulations. You also have justifying examples of those who have done in similar ways.

All these efforts have given you 'some' of what has been sought, 'some' of satisfaction you needed but in the end, it has brought more misery, more bondage, more dependency, more slavery and slowly but secretly eroding your self-worth in your own eyes.

And this journey has made you feel, where and how your time has slipped through the fingers like sand grains while chasing those momentary pleasures by giving up the possibility of long term permanent gains. The path you are in does not give any better than what it has already given.

Now say sincere thanks for all those experiences of life, which only made you further bitter while seeking to be better.

Don't fail to observe 90% of those endeavours; relationships have not contributed any satisfaction in your life.

Don't blame people, circumstances or even angels; they have always done their best. But flickering focus did not allow that best to come in your life within your time frame.

Inability to stick to a higher principle, surrendering to the universal guiding force or any knowledgeable persons, all still contributing to where you are and the way you are. The enemy you are cursing is still inside you. It forms the thought patterns which only gives the illusion of how it has been done in the last 10, 20, 30 years of your life. It can do

no better. The enemy is disguised as outside experiences and appears with different faces and languages.

The correction must be applied inside so that outside endeavours does make sense. And it is possible for you too to have the clarity of purpose, purity of thoughts, resulting in endeavours towards higher possibilities of life.

It does not come to you as long as you are in the company of 'wrongs', people who are of your 'type', they don't have anything to offer, except bloating your ego giving a momentary satisfaction.

Do you think you still have that extra time in your life to get all that you want? do you feel your mistakes are forgiven unconditionally, do you believe in 'a rose in horizon', 'someday isle', which dramatically change your life to a life of fulfilment, purity, purpose and contribution.

A different possibility is NOW; the moment of change is now, because, now on your path you see a guiding force, clarity of a mind which strives for your betterment that can be fully harnessed. If you don't utilize it wholeheartedly, this too will pass away, like many earlier transformation moments that life has offered.

Then the future will be the repetition of the past. And you will continue to be busier in creating a future of 'past', the same experience with different places and faces.

LIVE BY HEART!

Chipping a stone to convert to an idol is a laborious task. The craftsmen, the tools, the stones have to support each other to ensure their endeavours evolve into an idol worth worshipping. The tool, stone, nor the craftsman can say it has only their contribution. When all these are aligned with optimum spirit to endure the pain of the transformation, then everyone's time is worth it.

Focus on these words; I tried my best to put it out on paper for the situation you are in. It's a personal note for you. I understand your world, the possibilities, feasibility, the fear, the favours and the disgusting state of mind, which are successfully masking a grand potential. It's all very clear to me; I had been there much before.

Now I know how to get out of it too.

Life or Death

You are afraid of death and you are afraid of life.

Afraid of living a life on own terms.

Mostly this has a link to your definition of 'success '. The definition, borrowed from the people around, who tried making you one among them, so you too feel a sense of belonging and feel secure.

And the fear of death may be little justified.

If you have not attempted to understand it, that doesn't make it any lesser or insignificant as compared to life.

Ask people who have trodden the path which you are perusing ardently now. They have achieved everything that you are attempting to, and they still feel unfulfilled, dissatisfied, a sense of emptiness in themselves. No more sparkle in eyes, songs on lips and humour in the talk, these small things were discarded as trivial or deviations from the path of good grades, great job, branded clothing, fast cars and a hefty paycheque.

And then replaced them with the thoughts, that happiness is a thing to be chased and searched outside of you. You should involve in creating things in the world, which in turn give you happiness. More you create more happiness. You progressed in copying; celebrating each possession, which can only bring momentary happiness.

Each time you prepared and strived for different reasons; for the same pattern which gave momentary happiness.

You dreamt that a better half would bring that joy and lasting happiness. Unfortunately the significant other also did feel the same way. Both learnt from the same school and did the same things, how can one expect different results by doing the same things?

As you progressed in your life, you silenced the burden of mind, the inner voice, till it finally stopped reminding you, of your dreams, your uniqueness and your contributions. Sparkle is now replaced by a stern emotionless face, songs by a heavy corporate voice and humour by a sense of judging everything or everyone through a gauge based on own possessions.

The inevitable friend death now started to look like a thing to be avoided. As it snatches away the very things which you dearly hold. Not realizing, all these things are held by your mind and none of the accumulation ever held you anytime. And your entire existence lasted with outer experiences, thus making the difficulty to consider leaving when called far.

Had you taken time to find out who you are, what makes you happier within and what only you can do, life would have been far more meaningful and fulfilling. Such a pupil would not be afraid of death, because he or she is living life on his terms.

Unfortunately, you never found the time, effort or money to organize the inner world, identify the right priorities for lasting peace and happiness.

For a fulfilling life, one needs to find an inspiring meaning in every pursuit. Of course, is difficult mental work, finding the passion which is unique, tough to dig within. Hence you kept postponing these endeavours as the results were not immediate.

Like a bitter medicine that takes a longer time to show the results. Instead, you chose sugar-coated quinine, for instantaneous happiness. It made people ` around you happy, as it relates to their suggestions and their ideas about life. They were happy and showed more love that made you feel a sense of belonging.

How long you outsource your happiness on the opinion of others, it has been always something or someone outside of you is making you happy and you felt as responsible for it. You could always feel happier by letting go of those emotions attached to the events but was afraid of attempting it because the inner voice was already silenced.

The good news is that it is still possible to turn vibrant by taking baby steps once again, to rekindle the dying spirit, to gain curiosity towards life, by doing such things which ignites happiness from within. Steadily moving out of the comfort zone which was built by living a social life, but now consciously understanding that it cannot give more

than what it has already given.

Eyes would regain sparkle, whispering songs and humour turn as second nature, people notice you lit up the room just by mere presence. Listen, seriously all these words don't sound alien to you as it first appears, because it's your inner voice telling its story, easily understandable with little effort, focus, silence and honesty.

Yes, it is all crystal clear to me. I had been there much before you and now I know what it takes to get out of it too.

A Better Way

Whatever excites you, it can also control you. It can enslave, can make you step down from the leadership to that of mediocrity. And mediocrity does not satisfy anyone for a long time. It cannot give the fulfilment, as they are operating from the senses, the mind and not from heart, true feelings.

The mind expands through experiences.

Interestingly, for an awakened mind, that extension can happen through a single experience of anything.

Repetitions are not necessary. If the mind is limited by selfishness, it tells, you have to be always alert and keep several faces to please situations, people and to keep a plastic smile.

I suggest you to get out of such a living; there is a better way, work from your heart, it's all know-er, and once you learn the language of heart you become part of that eternity. Because at the subconscious level everything is connected, people, animal, birds, plants, air, water, sun, moon, everything.

While forgiving yourself for being with the flow, for the sake of experiencing it, then analyze are they your true calling? If not, first correct. If you are unable to examine yourself, it means a bigger problem.

LIVE BY HEART!

Look no fault in others, as they are plenty.

If you start figuring out, you can find a dozen within a minute in anyone or anything. Problems are there because you are looking for it. If you look for knowledge, a possibility, an example, a trait then that can also be seen in the same minute.

I will suggest a better exercise, observe your face, eyes, the burden it is carrying, the judgments, the thinking, which mostly hovers around what is not done, what is not said, it worries about the future, immerses in the past and misses the present, a moment that can seed a grand possibility.

Understand the mind to master it, to make an alliance with it for progress. Know, it is the self-created ego, that doesn't allow seeing what is ahead. The ego has made to miss on the opportunities in life.

Observe, while in front of better examples instead of seeking it, that has made you shrink within. And nothing is wrong in all these; as long one believe that as a way of life.

The heart has tried to push across the barrier and you also have taken a few baby steps once a while, but it is not sufficient, to lead a transformation. If your love is inconsistent it's no good for you or me, you can't create a new world with half-heartedness, half-filled purposes and half-truths.

LIVE BY HEART!

You are thinking to close your life to end all these inner miseries?, rather, I would say, you have not even started living the life. What is that you are and what is that you can be. Just do an honest self-appraisal. You don't need to base that on others' views about you.

And you are the same person who had dreams, bigger ones, and limitless desires as a teenager. You had that confidence and a world winning attitude.

I told mom; see the kids so happy and joyous with small gifts, completely lost in the moment without the past or future.

Mom replied, 'yes because they don't understand the reality.

I was taken aback. By knowing the reality, by learning, by education, by being intelligent enough to survive in this world, by understanding the way it works, if all these take away our capacity to live in the moment, what is the whole point in it?

A total waste; it's not a life; it's a death, ghostly; continue to suffer from the suppressed emotions, un-answered questions, as they have not taken time to understand but avoided. Avoided living in the moment, throughout life.

Dissect the mind; find what is there, is it fear, worries, uncertainties, lack of clarity, purity, purposes, why it can't appreciate or accept a thing as is, the beauty as is. What is the use of such a mind, if it can't create happiness for its

owner, what it can do to the people around it?

It has so much struck me,, my family, my children, and at the same time complain they are the source of your misery. It can't see is the other person as yourself, other kids as similar to own kids, but become unhappy with what is yours, by mere comparison.

What you have strived so for, is not useful as you thought it would be. Instead of accepting it first place, you are continued denying and holding on to what is not serving. Not realizing it's your life, your breath that is really at stake.

Education did not give it that and cannot give it any further too; it can give a living, but not the fulfilment. It has cut down the wings and made you look for opportunities, instead of creating the possibilities.

First, attempt to detach from the need to possess everything you see. Learn to use a thing that fits the purpose. Take risks, appreciate, give chances to people, collaborate, if you are real, you get your stage. If you don't, you are still happier because you are better than your yesterday; you are breaking your own shell.

Look at a seed, to sprout it has to break its shell, get out of its comfort zone, merge with soil, water, air, sun and believe there is a better future with this temporary pain. Otherwise, it remains as a seed and gets cooked. Once

decided to get out of that comfort zone; it has to withstand the weather, weeds, and pests then finally flower, become a fruit, and spread its message with many more seeds. Now stronger, by its life experiences and its genes carry further.

It also had a choice to keep quiet and don't take risks. What would have happened, live a life of complaints, unfulfillment and get eaten up by a bigger creature, and in our case, the time? Forgetting, it too can grow to a big tree; give shade around, solace to the people, birds, and animals pass by.

Death is certain in both cases, here at least there is a possibility to win life by living on your terms, however brief or long, but can give fulfilment, joy, radiance, sparkle, similar to what you had in your childhood. From that, you have access to a limitless bundle of joy, enthusiasm, a chance to become 'new you', not the slave of circumstance anymore but learn from it, once attained, it can spread to anyone who comes in contact with you.

I work closely with successful people having accolades of degrees, positions and live on a bunch of medicines every day, to stay fit, to continue the wrong battle, for the wrong values, for the numbers, targets, deliveries and deadlines. I didn't see the bundle of joy, a sparkle of eyes or the sense of humour.

While I did come across such once in a blue moon, it gave me an indication yes it is possible to have both, you don't

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need to exclude the one for the want of the other. For that one need to strengthen the wings, to fly, stay afloat with uniqueness which only has brought this body, this time, and this opportunity called life.

And the solution? becoming child once again, open for learning and being curious, creative. Don't opt for shortcuts, be willing to pay; regrets are more painful than learning to strengthen the wings.

I understand your world; I get the nitty-gritty of it and what it can do and don't. I have been there much before; I have learnt how to break my shell and can help to break yours too.

A True Love

Don't crib; nor find faults on what or who is there in life around you now. They are the right set of people, circumstances and shunning them is shunning life, shunning personal growth. If you think you deserve better create such an environment amidst.

Everyone around here is for some reason and if you feel overwhelmed with emotion about your connection with them is a sure sign of the last few days with them.

As you improve you can find there are more rooms for improvements. But when you have no knowledge about it same circumstances has served you well. See them, recognize them, learn from them, detach from them. They are the ingredients for growth, acceptance, understanding the law of karma and valuing the support of nature. If one can pick that early, teaching will be faster and closes sooner. It's just right, don't stretch, expand or give meaning to it.

If you are working and mind is elsewhere how one can get success. Is your endeavour making your mind happy? Is it inspiring your life as you go? Doing multiple things keeps one engaged but don't lead anywhere. If you miss the focus on the higher pursuit, days will be spilt over with trivial, and you don't know how the time has passed, similar to last the decade.

Waiting does not change reality. Days would not become better by themselves. It's a flaw of mind. Trivial will sap the energy, focus and scatter the power to create.

Your necessity is peace. Searching that outside is an illusion, it is not necessary that something else outside can give that. Set a path to tread, yes it's burdensome work, but essential for success, and satisfied living. That path would be completely about yourself and your heart.

I get your dilemma; you are sceptical about the force which is trying to uplift your spirit. The love you have seen maybe only be an attraction, a give and take transaction, making another emotional;

Soul mates, true friends you don't need to search they come to you when you have opened up. If there is an element of personal gain, then they can't meet. Whether they meet or not, your feelings in eyes and heart need to remain the same, so lessons pour in. Poison, elixir both are there in the world.

True love brings you an opportunity to transform your aches, pains into everlasting bliss. It's transformational. When it comes, open up the arms and welcome it, hold no barrier from your side. Let it consumes you fully and a minute later you see you have turned into gold in that flame. In future, anyone who comes in contact with you does get that flame to start flicker inside them.

Just be the observer of the thoughts which are arising out

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of your mind, be a witness, take down the message it is conveying. It only wants the best for you. Note, gross minds are not prepared for such transformation. Don't bother about them; it's not a group activity.

When it has chosen you it has a reason beyond it. You are not going to own it. It is a connection that is passing through you, a medium only. Whenever you feel it because of yourself, immediately you are set alone without that energy and you become a burden to yourself. Just be the messenger who passes the message, nothing more, and nothing less. And don't pick that arrogance, the reason you and I may not see fully now.

Trust love guides our destiny, believe in it.

If it is easy, everyone would have done it, but it is possible for everyone, that's why it has come to you. Many have done it successfully. You can too.

Love is the essence of human life, the highest state one can achieve; there is nothing more valuable. It has the power to rejuvenate you through your mind, stretching to your body, then to the spirit and finally the surroundings where you are in, they too benefit.

It is not understood by the people who look at it as a transaction, security, a lifelong commitment, social status, for popularity or for the want of money. A sense of owning itself shows it's not learnt fully yet.

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Breaking the barrier of your own mind is so difficult at times, learn it somehow, through your own way or following the way preached by earlier lucky ones. Once done correctly, you can see everything around you is capable of communicating to you. The plants, animals, trees, invisible beings, try to establish a connection with you.

The reason, is you have now connected with that supreme universal principle through love. No one but you has to uplift yourself to be eligible to understand the concepts in their true form.

Don't think of this reading as a mere play of words. Words are at their best trying to convey the essence understandably, don't doubt it. Enjoy what the world offers, while preserving your innocence, arrive at your personal philosophy, live it fully, till the day you feel proud of what you have become by running your own race.

I understand your world. I too had doubts, but each time I chose to make my faith.

What is your personality?

Lot has difficulty in understanding this question.

Is it your possession, designation, achievements or desires?

Personality is developed by carefully picking up traits which you admire in others and now you like to have in yourself.

It is above your beliefs, expressions, fears, values but bundled together as a person. It is exhibiting itself without your conscious effort or even awareness.

And there is no right personality or wrong, at best it can only be an opinion.

Once you are clear about what is that you stand for or even die far then you represent yourself as a personality. It is the intensity of love towards yourself, your life, your works and it can give significant satisfaction having lived fully when turned back.

While you determine what is that you enjoy, like to contribute upon, the value you give it to yourself, by making so many trials, in any area, be business, career, or relationship and finally you succeed that apparently you no more make same mistakes again. But if you hesitate to take those significant lonely steps, by thinking what if, how others view it, how I look in front of others, then you are designing a timid life for yourself.

By focusing on the 'live by mind' approach, you have already achieved great progress.

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Look at hybrid vegetables, it looks good and weigh good but lack the true essence when consumed. If it does not satisfy, then what is the point of having plenty of them, only for numbers?, get out of such things, you know I am not talking about only tomatoes here, you already have enough blessings to count.

To clear clouded thoughts on what is right, not so right etc., give some time towards understanding it. And if that 'some time' is possible every day, anyone can clear their thoughts, so that clarity evolves. You cannot show mind, but by example, one can understand what is operating within us.

If the mind can be controlled and channelized most things are possible. Internalizing that understanding itself is a degree of enlightenment. If you love your comfort zone, people give you work, power of ignorance is a superpower.

Man is born complete with all possibilities to improve himself.

Whatever you are surrounded they are yours, and your life reflects that. Whether you like them or not, it is not somebody somewhere else giving you the inspiration but your daily surroundings have significant effects. If you let your circumstances dictate you then you are a victim, if you attempt to take charge of your circumstances then you are a leader.

Check your pursuits, does it fill you with energy, satisfaction, fulfilment and peace, if so continue. If

otherwise, it is time to find something which can give you those. That is the way to your success your own mind is showing you. If you are singing, laughing, getting excited, becoming curious shows that you are 'living'. There are plenty of dead among us who are yet to be buried; I know you are not one of them.

'Days', can't wait, you can't reserve it for future, it has to be spent it and can't postpone it. Work on what is in your hand, with the body, mind, intellect. Improve your body, its capacity, mental capacity, emotional capacity, improve them with determination, and expand it that is self-help.

Start being happy with what you have, exercise, meditate, sleep, develop a positive attitude, not anxiousness or become worrisome, build your community with people who support you, while facing everything which comes your way.

A practitioner laughs at every situation; he tries to understand why it has come to him now. And expecting too much from your-self or pushing yourself can become a bottleneck. Have a broader plan and let your every activity become a step towards it.

Don't feel lost with no direction to focus on. A tree needs time to grow, along with manure, water and sunlight. It appears that the last hit breaks the stone. But many have to go in before.

If soul centric living is your dominant thinking, (read earlier parts) Why are you hurrying so much in life? For what purpose, there is nothing here that needs to be gained,

except the ability to enjoy it. Like weight lifting, you can go to higher mass, if have put the practice in that area.

The senses one can't satisfy, time one can't hold, money is useful only with meaning, what you need to get you to get with efforts, what you don't get, you will not get even with very best efforts.

Apply this principle to your past endeavors, to check yourself it is true or not. Certain things you strive and achieve; certain things you don't, in spite of best efforts. Certain things will give an illusion of achieving but never happen. All are true.

Have you ever succeeded in making everyone around, love you? Or even anyone to fall in love with you. You love. You are free to love, live and help. If you expect return love you may disappoint yourself, memories turn painful only because of attachment. Otherwise, memories are a source of never-ending inspiration for progress; it has helped and brought you here till today.

Whatever one does, there will be something more exciting as one go on the path.

Ask, do I need to hurry, worry or plan aggressively? Success is every minute. Not somewhere else, all the activities we do is only for experiencing it. If you concentrate on a particular outcome, you can get perturbed.

Practice one-minute meditation every hour on your purposes, passion and goals. Don't live unconscious and lifeless without any ability to think deep or recognize the

patterns. It is the time to be yourself 100% none other approach gives you lasting satisfaction and success.

Observe we tend to care for those who don't care for us and entangle ourselves. Bring back zero-based thinking and apply the 'time up' principle as often. (refer to 'No Excuses', Brian Tracy).

Simply delete those who only find faults and those who cannot appreciate, they serve no purpose. What is over is over. Drop and move forward. Drop your ineffective association as early. It's enough, it's done multiple times, it's over, it's waste, it's not needed any further.

Work on closing things as early.

Write your drop list today, so that your to-do list becomes more meaningful.

Love and belief is a higher system. See your future self full of that and empower yourself on way. Why do you accept a reactive life as normal? Stop treating yourself as a victim. Learn why you treat yourself that way. You are not a victim, if others don't understand your depth it is their misfortune. Attempting to improve the misfortune can create a burden for yourself and resistance from the opposite. Why are you still holding on to things which have already left you?

Showcase your knowledge, skills or ability, where there is attention and value. Your senses are there to express your heart's intentions and not minds cleverness. Don't take days as eternal, only countable days are left. For your

empowerment, people around, their mindset should add energy.

Always feel natural while meeting people in any place, feel all of them as your friends; enjoy people pulling yourself with good intention, don't look for shortcuts, develop clarity in your intention, with that it is easier to get the bridge or helping hand, otherwise, it is hard to find it in any industry.

Focus on daily routine most things will fall in their place. Focus on 2 - 3 points for about 2 weeks and see new opportunities coming or getting spotted. Know, when love for money becomes more important than passion, slowly failure follows.

Being unorganized with scattered ideas or efforts costs more than it appears. So does overconfidence, ignoring patterns, having unrealistic desires you surely disappoint you.

Again and again, bring back your clarity towards what you have. People who have faith in life are only countable. Focus on your niche, there is no meaning better than practicability. The a world like to listen to the winner's speech, your day is as just far as your consistency. Downtime is natural.

We are good in certain areas and not in many other areas. Taking the right action at right time is like planting seeds when rained, mostly they germinate. Emotions do not work, rules work. People will buy if it looks good, price lesser, tastes better. They respond to externals and doubt if it is easy or cheaper.

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If you ignore your practices you already turned negative. If you are tired, stressed, negative is attracted. It's about you winning over you, every minute and holy hour gives first control, every morning. Get out, go to places, see people, see the world, and as you know them, it, in turn, helps to see who you are.

There is no excuse at death.

Will it matter if you die today or 50 years later? If living or death does not matter to oneself, to whom else it would. Things are here to enjoy and not to get stuck with it. Whatever you do, enjoy, contribute, learn and laugh.

Look at your immediate problems, short term and longer ones, what are their origins? And what end result, you look for in each case.

What are the causes?

For success, first get your philosophy right, without holistic big picture understanding, the success you achieve may feel like a temporary win. If you take expert advice you don't lose. Local guidance is like tourist guidance good for that ecosystem. Keep conscious endeavor on clearing all unwanted, thoughts, desires and actions.

Make your vision bigger so you become bigger. Stick to what is working and what is in your control 100%. Your enthusiasm should be able to convey your dreams. And if you have a dream, you are a leader.

Lastly, don't take this as another arbitrary writing.

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I have addressed your pain directly.

It is just what is needed for you, right now. I understand your world, your personality, I had been there, I too was in the crossroads, and be sure it re-appears every time you aspire higher.

The Final Call

I had been with your entire journey, subtly observing the changes that are happening in your life. I know I can't give more than what you can receive, in spite I want to share everything I have.

Like going to the ocean but being able to bring only a bottle of water, which you can carry.

In this observation, I have felt very bad when you have deviated from your learning, your schedule and your priorities, yielded to wayward attractions the world offers at every stage of life.

Yes, I have seen your longing for the bicycle while you were an infant, then aching for sweets, looking for play and these toys changed over time, to degrees, designations, promotions, public recognitions and I found this list will never going to end until you are going to sleep permanently in the graveyard.

So often I made you stop to rethink where you are putting your best effort on to. I had created hurdles to test your mettle; I had created the sickness to get that rest where you can reconnect with your soul. All these days I had been waiting for you to find your path, which you have forsaken, yet seeking the happiness in pleasures which are only transient.

I love you so much, that I want to give you only the best I have, that is, myself, and then the whole of my world will follow you. But I have my principles to adhere to, I can't give just because I want to, otherwise, it may flood you away from the path, because you are not yet in a position to digest it.

I often test you with the temptations, which are much easier for me to give, each time you have indulged in as I expected to be, but you came back seeking to me after a while; unfortunately, this game is being repeated for a long time since. A wise would not make the same mistake twice. Otherwise, he is no more at that stage.

You too have disappointed me with your on and off love towards me. I know it is not so easy to expect the best when you have not tasted the misfortune enough, to feel, even breathing of air is a blessing, having a good night sleep is a grace, rain droplets touching your cheeks is a luxury, yet you don't seem to understand that either.

Hence on and off I voluntarily brought tough times to you to make you feel that, your time here is not for the game you are in.

Yes, you enjoy every pleasure, immerse yourself in it, and yet feel it only lasts till your body. My love for you is so high that I can't leave you alone in this journey.

I do know disappointment in endeavors can bring you to me easily. But I don't want that kind of helplessness and

you reach out to me. I want you to understand the value of everything before you choose the better moral, before you give up everything else, for the highest good of yourself.

And you know well by now, giving up is only in the mind, in the motive and not necessarily in physical reality. Because just the mere presence of Audi, BMW, titles, cannot have any effect, as it does not, when it is parked beside road.

Yes, they are needed when you are in that level of operation; the world has both the examples and the evidence. They are useful only for those who seek value in it.

The same applies to many other things in life; the value you give to it is the only value it carries. Don't ever doubt I am advocating you that you develop aversion towards the world that would not help you in any way, what you resist will persist and it keeps appearing around you, the law of attraction.

All because you are still holding that in your mind and suffering continues. Remember, holding can be with love or with hatred, but the pain is the result. Enjoy what comes to you, enjoy what leaves you.

Both have the purpose to serve and it is just doing it. Develop this mindset because one day everything you have to leave; better to leave voluntarily, it less painful, to follow the path of knowledge, wisdom.

Anything can be a hurdle or stepping stone, based on what you learn from its association.

I am sure you are progressing as days are increasing in your life counter. And all of our days are numbered. So don't fret about what did not happen yet, what did not come yet. Because that can deviate you from what can happen at this moment. Increase your commitment towards yourself, rest will follow you as needed.

It is the same force that is leading you, me or anyone, though each of us is at different phases. All these helping forces are connected. We disappoint nature when we don't enjoy this turning ourselves into misery. We have already reached 5:00 pm of life; only fewer hours are left and let that be useful. Don't try to get everyone along with you, only you are fit for escape because of the efforts you have done and by the mercy of your mentors.

If you don't understand these words, leave it as is; take only what makes sense to you and that itself is good enough, just like in nature, we can only take one day at a time.

I clearly understand your world and the other side of the coin, I am articulating it, simplifying it now, and the best the words can carry the meaning. I had been there, experienced it first hand, did similar thinking as you do, made the same mistakes you are now making and reached same hopelessness while finding my way.

Dying before Death

We cannot afford to lose the best days of the year. I had wondered about life more than death. Somehow I believed, one day all my dreams would come true. Maybe I was made to believe, as most were leading life the same way.

Later I found, the key is actually the other way around. If we know, believe and accept in our walking life that 'we are going to perish one day, our shelf life getting over a minute by minute', then, don't it forces to bother much about the utilization of the gift called PRESENT?

When I met a 117 years old Jnani, he was not dreaming about life neither he was scarred about death, he was grounded.

He asked my mentor '*What is your plan for your death?*' Everyone silenced.

I came across the longest minute of my life.

That was the only time till now, I heard such a question. It was not to ridicule, it was not to create an impression and it was not about showcasing his superiority in knowledge or in age. It was as like 'How are you doing today?' type, very casual and normal.

My mentor in the early '70s, trying as calmly as possible, replied 'there is no specific plan yet. I found that answer a

pale one, I was expecting a better one, maybe everyone else present did felt the same way.

Senior Jnani was more objective, he had planned his daily routine exactly the same way each day. With purpose, passion, clarity and routine, which indicates he knew days are always numbered. His meal was simple, once a day, a fistful of soaked ground nuts and plenty of desi cow's milk.

Well, when we talk about death, the beauty of life comes alive. Due to death, life has value, life becomes precious and meaningful. My questions were always about getting the best out of the moment, whatever the case may be, I understood, best is NOW, not a day before nor a day after.

How can we solve a problem which is not even understood properly? How do we then set an example worth perusing? Living only for self is mostly what every living being does, how do we overcome this tendency?

Busy being busy, while trying to dictate what life should be, based on the ideas, thoughts borrowed from people of the same cadre. When we look back, the time has passed so fast, all we missed in the journey did I ever 'think about ourselves, as an individual, away from being with any title, be brother, son, daughter, mother, wife, husband etc.

Along with these titles, there is an effort to prove ourselves with the society; for a title, which is brief.

Death is not when we leave the body. I realized death is when you forget that truth. Any moment we are away from the thinking, 'our days are numbered' we have died. It does not matter; we are buried yet or not. Because of

running in the wrong direction, does not give any tangible results, like chasing the mirage, which keeps always ahead of us.

When I reconnect with my 'old' companions who are no more there to help me as they did, I discovered each of them had a purpose, they were alert, alive every split second, there was no casual talk, each word had a reason. They took the challenge of solving their problems single-handedly and did what they need to do; no questions.

I have seen them not tired even in their 80's, they were clear, crisp and blunt. No formalities, no prejudice, right on the spot and to the point. All questions had answers, whether I liked the answers or not; it did not matter to them. They taught me lessons that no books can.

Giving you here two more such remarkable encounters.

The second gentleman was in his 95, a Second World War soldier. His secret of health and longevity was being cheerful and working hard physically. When he talked about his past time, he showed me his photographs of drama troupe with Dr Rajkumar, away much before super star's movie career.

I could see that old eyes were sparkling while talking about his heydays with a fellow dancer. Anyone could make out he was in a different world altogether while he talked about her. In spite of none of them being alive at his ripe age, he could go back to them in his memory and feel the same sentiments.

He did introduce his second wife, sister of the first wife, who had deceased. The body ages, the mind remains ever-

youthful. I learnt to connect with people on their mind part, without getting biased by outer appearances, of what they wore or not!. I noted people with the cheerful mind, lived longer.

The third gentleman was in his 97 when I met. He led a decent life as a social reforms rebel and still maintained his dignity, self-respect. Educated and served in the British-India government.

Interestingly, this time, the table did a turnaround. He asked questions about my understanding of life and my spiritual approach towards it before he could open up. Satisfied with my answers, he shyly said, *'test was necessary to evaluate your level of maturity so that discussion possible only with equals'*

I was amazed at his testing spirit in finding a worthy pupil even to talk about esoteric. He believed, otherwise it's a mere waster of his precious time. Immediately I devised my communication rule number one; *'Either one should be befitted in any communication, otherwise, it's not worth having one, PERIOD.*

He continued, *'people of this generation are accumulating so much wealth which is not necessary. It has become a habit; they forgot life is more precious, pointing to the working couple life style'*. He showed a vacant site next to his house and said *'people have so much, they can't maintain them anymore, children are in abroad and these assets are creating trouble to locals, lacking in its maintenance'*. An eye-opening thought.

He did introduce his second wife, pointed out that he married a widow due to social reforms he tried.

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I realized it's not about living life, but enjoying it; on what we are doing, moving to the direction which makes us better as days go, in an artistic way.

Examples, I shared were active themselves physically, emotionally and financially till ripe age, none of them was greedy, lazy or negligent.

The art of dying before death gives us a chance to relook at life freshly every day and to realign ourselves with the most important things in life. An art that requires careful preparation till it becomes a habit.

While we engross in any pursuit, consider that who are going to be there to reap its benefit and Is it best use of our time? the PRESENT of nature. It vastly helps to make course corrections, to create hurriedness in leaving out a grand legacy. Once such thinking becomes natural, our pursuits become more meaningful.

Knowing is for awareness, doing is for results.

I thank my *'old'* friends who taught me beginning my every *sunrise* with a *clean-slate*

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LIVE BY HEART!



MEET THE AUTHOR

Naveen Chandra hails from Mysore, South India, is an author, speaker and entrepreneur by passion believes in sharing his views through his works.

His passion for grooming individuals towards better life experiences is evident in his writings and in the trainings that he conducts. His street smart approach to identify & solve the problem, to call spade- a -spade and use that learning to introspect and develop the leadership abilities within, are peculiarities of his training.

NC strongly believes in making difference to lives of others with the approach of *live by heart!*

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LIVE BY HEART!

In my pursuit of success, I observed most are inspired towards immediate goals. The *goals* such as, to get admired, holding on to the love, good appraisals and how to position oneself against peers, competitors and neighbours.

Further, the approach they adopted primarily focused on the decision-makers, to be tolerant of the significant other, their ego, stay politically correct, have evidence to prove points and to speak those words which counterpart wishes to hear.

At times it came with inability to call a spade- a - spade, suppressing true emotions and showcasing a plastic smile.

Amidst my pursuit, I did come across the opposite of the above but comparatively less in numbers.

A seventy plus healthy rich CEO's radiating joy, contented ripe couples and energetic youthful-looking adults with a carefree attitude. They all had glittering eyes, shiny skin, a genuine smile that connect instantly and evident self-respect. And they had one thing in common; their life was organized around their passion.

While my thoughts became clearer along with my life experiences, I jotted them for my clarity, made convictions on how to carry myself day to day, what attitude I need to pick up, and what examples I need to surround or emulate plus how to cope with the *regular ways* of others to stay unperturbed.

I did conclude my pursuit with self-satisfying answers. It moved me from trivial many to vital few, giving me the inward focus necessary for day to day love, joy and abundance. Here, I am sharing very those with you.

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Naveen Chandra hails from Mysore, South India. He is an author, speaker and entrepreneur by passion, believes in sharing his views through his works. More at www.naveenchandra.in



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