

# **THOUGHTS ON REINVENTING OUR MIND TO CHANGE OUR LIFE**

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## **INTRODUCTION**

The way you think of the world, is the way the world will look to you.

Get up every morning with good thoughts. All events, dreams, achievements created in this world, are first created in our thoughts. If your thoughts are positive and you have a good reason, then your thoughts/your dreams will come true.

We all have our tools – health; intuition; memory; perception; optimism; will; reasoning power; mental strength; resilience; perseverance – whether in born or cultivated. Use these tools along with your software ‘Mind’ and Hardware ‘Brain’ and prepare the roadmap to achieve utmost excellence.

Uncomplicate your life. No matter how clichéd it may sound – your MIND is the single most important entity that determines your future. Everything begins in the intangible ‘Mind’. If you think it in your mind you can achieve it through your actions. However, this MIND is not as easy to tame as it may seem. Only the rare few who master the art of managing their mind and maintaining that status quo – are the ones who achieve peace, contentment and ultimate fulfillment.

**REINVENT YOUR MIND – AND CHANGE YOUR LIFE!!**

## **HOW CAN YOU PERMANENTLY REINVENT YOUR MIND**

**There are two ways to look at life:**

**MIND:** Wherever I look, I find a person who has “more” of something than me – riches; talent; luck; beauty; opportunities and so on and so forth.

**REINVENTED MIND:** Wherever I look, I see opportunities. I find a person who has “more” of something than me – riches; talent; luck; beauty; opportunities and so on and so forth - this gives me opportunities to compete with myself; push myself to do better and prove to myself that I am better than the best.

**The way you chose determines how you spend the rest of your life – moaning or making magic!**

You’ve heard it before. You’ve tried it before. You are able to motivate yourself for few days, may be months but then things turn back to square one after some time. You were waiting quietly at the red light on your way to work, having left home having eaten your favorite sandwich for breakfast, and now listening to a soothing piece on your car’s high tech audio system when a car comes and rams into your peaceful stationary swift desire. You are totally shaken for a moment. Then you snap became to the present, quickly get out and rush to inspect the damage done. Seeing the messily curled up bumper on your silver beauty you see a whopping twenty thousand flying out the window. That’s when you feel the blood rushing to your head and pangs of anger clouding your eyes as you charge towards the car driver who has just ruined your day and maybe many more days ahead. And there goes your attempt at ‘Reinventing Your Mind’.

So, how can you permanently reinvent your mind? It has to be so well done that it transforms your life completely; it becomes second nature. It has to be so well done that you never think of doing things any other way than the reinvented way.

*For reinventing your mind permanently follow the conversations of the ‘MIND’ and ‘REINVENTED MIND’ in times of crisis.*

So you are stuck in a deadlock traffic jam with just an hour to go for your college entrance exam where if you don’t make it on time you end up losing a year – follow the conversations of the MIND and the REINVENTED MIND:

**MIND:** What is going to happen? If I don’t make it, I will lose a year. All my hard work and incessant studies would go waste. My fellow students would be ahead of me by a year and will get a head start in their career. I am ruined. I don’t know what to do. (And then you will

aimlessly start the non-stop honking of the horn of your car at the traffic jammed cars in front of you)

**REINVENTED MIND:** I cannot predict what's going to happen. I did what I needed to do by leaving my house much before time to reach the exam venue, but no one can foresee a deadlock traffic jam. If I don't make it to the exam – what is the most that can happen? I will lose a year and this will set me back as compared to my peers. That is hardly a disability when I compare it to the unfortunate circumstances and disabilities faced by many ill-fated people. Also, it isn't something which cannot be overcome. I have already studied hard and if I get an extra year I can work even harder and aim for a perfect 100% score. My result and thereby my credibility in the job market will go a notch up.

You cannot stop your Mind from thinking what it wants to. It is rare that you may be able to control your mind. But by countering the Mind with a positive thought process of a Reinvented Mind when it goes into negative mode, will ensure that you consciously change your thoughts and your life forever!!

### **WHAT YOU NEED TO DO TO REINVENT YOUR MIND**

You as a human are engineered to reinvent yourself again and again and again. You have the power to change. Then what's the catch? What's stopping you? Why do you keep faltering and making the same mistakes again? Why do you keep reading motivational books and still feel the lack of motivation in your daily life? Why are you unable to make a permanent change for betterment?

The answer is your 'desire'. Things only happen when you strongly desire them to happen. Your desire to reinvent your mind and change your life has to be so strong that you will it to happen.

You have the power to change every minute of your life. Every moment is a fresh moment in your life regardless of yesterday and tomorrow. A start can be made in any moment you chose provided you want to.

So isn't this a catch 22 situation – You want to reinvent your mind. But you can only do it if you passionately desire to do the same. You will only passionately desire to transform your life if you have a strong and reinvented mind which looks at things in a unique manner. So it seems like a never-ending circle. You may ask – where do I begin?

*To reinvent your mind - Start with 'YOU'. Accept yourself.*

Be aware that you with your strengths and weaknesses are a completely unique individual capable of super success. You are competent and gifted. Just be comfortable in your own skin. No comparisons. No analysis. Your journey to change your life and achieve super success- should just begin with 'You'!

## **THE DO IT YOURSELF (DIY) GUIDE TO REINVENT YOUR MIND**

Yes! It is as easy as it sounds – it's a simple DIY guide to transform your life forever. Given below are 30 pointers in no particular order. They are things you already know. They are suggestions you've heard before. They are for you to read in whichever order you like. You can spend a minute on each point or a lifetime on each point – depends on you. However, when you read them, your purpose should be to absorb them by having a conversation with your MIND and your REINVENT MIND and then looking at yourself differently and making a conscious choice to change your life forever!

### **1. EMBRACE LIFE**

**MIND:** Life is unfair. I work so hard but I never get my due. I've slogged all my life but my college junior is the one who landed the high profile government job I had my eyes on.

**REINVENTED MIND:** Stop complaining and grumbling about what is coming your way. When you stop criticizing, complaining and cribbing – you will start living: finding solutions and growth patterns

## 2. **CHANGE YOUR SELF-PERCEPTION**

**MIND:** I have many shortcomings. I don't have a fair complexion and stand no chance at the upcoming model hunt. All the other contestants have some or the other special talent and will outperform me. To add to this, I am not very tall either. Why did I join this contest? I will end up making a fool of myself.

**REINVENTED MIND:** Connect with who you are. Be comfortable with your identity which makes you what you are. Your beliefs, your likes, your dislikes, your perceptions, your character need not be similar to others. Do not imitate others to achieve success. Be aware of yourself and that will give you confidence to succeed as yourself.

## 3. **DON'T INDULGE IN SELF-PITY**

**MIND:** I have made a mistake, which means I am a mistake. I always make mistakes.

**REINVENTED MIND:** Stay away from comparison, self-pity and victimization of yourself. You may have made a terrible mistake but it's over and done. No amount of regret is going to undo the mistake so why should you waste time feeling sorry for yourself. You will start enjoying self-pity before you know it. Stay away from it. Re-evaluate yourself based on facts rather than the opinions of others.

## 4. **BECOME YOUR OWN MASTER**

**MIND:** I would have become an actor if it were not for my father. He kept pestering me for studies and failed to see the creative spark in me. I wanted to act whereas he wanted me to be an engineer. So that has left me as a mediocre engineer stuck in a boring desk job from nine to five. I hate my life because of my father as he never listened to me.

**REINVENTED MIND:** Don't blame outward circumstances for your present conditions. Take responsibility for your actions and acknowledge you're your future lies in your own hands. What circumstances come to you in life is your destiny; however how you deal with them or react is not destiny but entirely your own doing which in effect determines your future. So take charge of your life and accept full responsibility for your failures or shortcomings.

## 5. **BE HAPPY**

**MIND:** I am sad. I don't want to be sad, but my circumstances just don't let me be happy. I have forgotten how to smile and be cheerful. I have to go through the same problems everyday and what difference does it make whether I smile or cry.

**REINVENTED MIND:** Be happy and remain so. Happiness is a habit. There may be many types of calamities faced by people - unforeseen difficulties, unfortunate circumstances, unwanted remarks, disabilities, poverty etc – but very few remain victorious after going through them all. These few people have one common characteristic – they have learned to be happy in spite of their circumstances. It is definitely not easy, but it can be done. You have to make it a habit to be happy and keep a smile on your face no matter what, because even if you keep a gloomy face and keep sobbing for days it is not going to solve your problems. So you might as well smile and solve your problems.

## 6. **LIVE IN THE NOW**

**MIND:** I cannot do this. Mergers and acquisitions have always been my weak point since my college days when I was studying for my MBA exams. I cannot handle them. I will definitely make a mistake and the deal will fall through.

**REINVENTED MIND:** Don't let past events and circumstances cloud your thoughts. What has passed doesn't exist any longer. Don't stress over what is yet to come. Consciously block your mind from darting back and forth. Live in the present and focus on it.

## 7. **STOP OVERANALYSING**

**MIND:** I am uncertain of what I should choose. Should I join Delhi University for my bachelor of commerce course or should I opt for University of Mysore. No doubt university of Mysore is closer to my current residence, but the course curriculum of Delhi University is better. There are so many points of comparison that I fear I may end up missing the last dates of both.

**REINVENTED MIND:** Over-analyzing a situation will paralyze the outcome. In today's world we are spoilt for choice – every decision has  $n+1$  possible outcome. Fear of the

outcome makes us anxious. Fear of being perfectly ready before making a decision makes us anxious. Once you take a decision, Get on with it. Take Action on what is in your hands. No point pondering over the outcome as that is not in your hands.

#### 8. **LET GO**

**MIND:** I just cannot get over his nasty remark. It wasn't necessary for him to pass such an insulting remark at my painting. He just doesn't have any knowledge of art work and doesn't appreciate art. He has no business commenting on my work.

**REINVENTED MIND:** If you are full of anger & resentment towards anything, there is no place in you for a mindset required for striving for success. Letting go will unburden your mind and make you lighter. Just do yourself a favor and let go.

#### 9. **BE CALM**

**MIND:** I have not slept peacefully for days. I am not feeling high spirited. I have so much work to do and so little time. I can't count on anyone to help me. I don't think I'll be able to meet the deadline. I need to speed things up. Hurry up. Go faster.

**REINVENTED MIND:** Slow down. A calm mind is receptive to the world. An angry and disturbed mind cannot listen and assumes its own. When you throw a pebble into a lake, you will see how it creates ripples in the perfectly still and calm water. Don't let problems create ripples in your life. They are just trivial situations which are meant to exist in some form or the other, whether big or small in everyone's life. So treat them as such – trivial situations.

#### 10. **TOUGHEN UP**

**MIND:** I lost my mother who was my support system at a very early age. I feel I have not been able to get a hold on myself or my life after my huge loss.

**REINVENTED MIND:** Always remember – You aren't the only One; you aren't the first and you surely won't be the last. Many people may be in worse circumstances as compared to you. Life wasn't meant to be easy. If it were, it would have been boring and monotonous. So enjoy the game of life while you're still alive

## **11. FOCUS ON YOUR GOAL**

**MIND:** My idea of establishing an online shoe dry cleaning startup seems to be too far-fetched for its time. The other day the washer man who washes our clothes told me he would wash my shoes, that too for free. I think there's no point pursuing this. My college mate has just opening a fashion portal, and he's earning great. I think I should speak to him and probably do something on similar lines.

**REINVENTED MIND:** We tend to get easily influenced by the achievements, success and materialistic possessions of the people around us. Instead of focusing on our goal and making the most of what we have, we tend to speculate on problems and count our shortcomings instead. We need to put imaginary blinkers covering our eyes so that we condition ourselves to look only straight ahead and not get distracted. Believe in Yourself. 'You and Only You' can achieve your goal. Introspect, improve and innovate – challenge yourself and compete with yourself – to rise beyond your potential.

## **12. CHALK OUT YOUR PLAN**

**MIND:** Once I complete my education, I will plan my future prospects. After I receive my degree I will chart out my further course of action, which companies to apply to and my prospects in self-employment. But I think it's too early to plan anything right away. Let me train a few years and then see where the tide takes me.

**REINVENTED MIND:** Organized planning is the only route to success. Success doesn't happen overnight. Hard work, perseverance and years of consistent implementation of plans eventually make you look like an overnight success. Plans crystallize desire into action which ultimately enables you to achieve your dreams. Your vision takes shape in the form of plans. To be effective a plan of action must have a definite deadline as the mind works on specific information. Planning without timing is futile.

## **13. DON'T SAY. WRITE**

**MIND:** I was discussing with my dad about how I will achieve success once I join my new job. I will work hard to get promoted to managerial level in 5 years. Thereafter I will acquire the necessary skills and training to become get absorbed into the planning a strategy division in another 5 years. I look forward to becoming my own boss when I am



40 years old. I have it all chalked out in my mind.

**REINVENTED MIND:** Identify your Goal and write it down in clear terms. The timeframe for achievement of your goal, the detailed step by step action plan, and the investment required, the monetary returns you expect to achieve – everything must be clearly written down. Then revisit your goal every day and read what you have written every single day. This will motivate you to keep striving towards your aim. Otherwise when you are busy in the daily humdrum of your life, you may lose sight of your goal and falter and this will lead to repentance and remorse in later years.

#### **14. TAKE ACTION**

**MIND:** It's my wish since childhood to become the best mountaineer in the world. I have always dreamt of climbing Mt. Everest and I can imagine myself atop this gigantic peak. I aspire to be like Bachendri Pal. I am thinking of enrolling myself at a mountaineering school to realize my dream.

**REINVENTED MIND:** The concept of karma (the law of Action) is the core idea of the Bhagavad Gita, the Holy Hindu Scripture. Action is imperative to achieve. Action is just the simple act of doing. It is common knowledge that no idea can be turned into reality without action on the idea. Creation of an idea and the desire to turn it into reality backed by all the monetary power available will still not guarantee riches unless there is action performed towards that idea. Over- analyzing and over-thinking will kill the idea even before inception.

#### **15. KEEP THE FAITH**

**MIND:** I want to achieve the award for the Best Entrepreneur by the end of 2022. I still have 4 years. My friend Mukesh says I can do it. I am skeptical but my friend Mukesh says that my organization is really good and if I persist with my line of action I will make it big. I don't know whether he is just trying to please me or if I am really that good.

**REINVENTED MIND:** Believe in your idea, believe in your line of action, believe in the outcome, and believe in yourself. If you don't truly believe in the innermost soul of your heart in whatever it is you set out to do, you most definitely will not succeed in it.

However, if you believe in your thought, even though it may sound foolish to the world

and unachievable at that point of time, it will most definitely bring you laurels sooner or later. When we truly and honestly from the depth of our soul believe that anything is possible then even the universe somehow works with us to create circumstances which end up making it possible. Faith removes constraints and turns adversity into opportunity and we can accomplish that which seemed impossible.

## 16. **BE BRAVE**

**MIND:** I am scared. I don't know if I'm making the right decision. What if this backfires? I'll lose all my money. I've analyzed the market intently and done all my homework, but what if something unfortunate happens and this stock plummets, I'll lose a lot of money and will go in debt.

**REINVENTED MIND:** Fear is generally of the unknown. We mostly fear that which is unfamiliar to us. So, the first time we go up on stage in an auditorium full of people – we are fearful; when we are investing in a new stock – we are fearful; when we are about to undergo an operation – we are fearful. It is only when we transcend that fear; we set the wheels in motion for what is to come next. We would miss out on a whole new world if we are stuck in our fear. Instead of focusing on the end result, just concentrate on the present act. Remember you are capable of more than you think. You just need to make a beginning and one single act of courage will set into motion a chain of acts of courage.

## 17. **FUEL THE PASSION**

**MIND:** I have to go to work to earn a living. I have to go to work so that I can support my family. I have to go to work so that I can pay all the bills. I have to go to work because I don't have inherited wealth and there is no other option.

**REINVENTED MIND:** You have to find what you are truly passionate about. If today were the last day of your life, would you want to do what you are going to do today? If the answer is 'No', it is certain that something is wrong and needs to be changed. For you will attract riches and fame only if you are doing something you are passionate about. Fuel the passion. Infuse enthusiasm into your work – then only you will achieve success.

## 18. CHANNELISE YOUR ENERGY

**MIND:** I can't control the situations around me and neither can I control myself. I don't have the energy to restart and do this all over again. I've just retired as bank manager and now it's time for me to relax. My son wants me to start a new business from scratch at this juncture of life. I won't be able to take the stress of restarting my life all over again.

**REINVENTED MIND:** Be a livewire: always full of life. Take life as a challenging game and participate in it with full enthusiasm. Have a goal and channelize your passion towards your goal. Be consciously aware of the energies around you. Assimilate these energies and then merge them to create a power source in yourself which can be consciously controlled by your mind so as to guide your body towards dynamic action to achieve the impossible. The most important gift of nature to a human being and what differentiates him from other organisms is his 'ability to reason and analyze' and 'control over his own mind'. So, apply your thought process and abilities of the mind to harness your energies and accumulate it to a point that you exercise full control over it.

## 19. ATTRACT YOUR DESIRES

**MIND:** I hope I am able to achieve my dream of becoming a chartered accountant. I have studied hard and I expect to clear the exam this time.

**REINVENTED MIND:** My dream is not based on hope or expectation; it is a passionate desire and I will dedicate my whole life to it. I will not rest until I achieve what I desire. Whatever comes in my way in my journey towards the attainment of my desire are not obstacles but situations which I will mould in my favor. The universe will work with me for me to achieve what I desire.

## 20. DON'T QUIT

**MIND:** I quit. I give up. I cannot do this. I will not be able to do this. I surrender. If I continue with this, what will people say? Everyone must be laughing at me behind my back.

**REINVENTED MIND:** Quitting means it's over. A significant reason why people quit and give up on their dreams is the fear of criticism. It is so unnerving to imagine how other people may perceive you that it may lead one to abandon his goal of life. You may

be just around the corner to hit the jackpot, but you will never find out because you quit. Be 100% present in the current moment and visualize only your goal and nothing else. Give yourself a pep-talk. Think of something positive which will liven you up. Then repeat the thought to yourself till you are no longer feeling miserable.

## **21. POWER OF PERSEVERANCE**

**MIND:** I have been waiting for years and years for my business to become a success. No matter what I do and how much I do, I'm just not able to achieve my goal. Every single day I leave for work at sharp 9:00am, work hard and return at 9:00pm. I never take a day off. But to no avail.

**REINVENTED MIND:** Patiently persist. Don't lose your enthusiasm when you suffer setbacks on your road to success. They are mere stumbling blocks. Gather your determination and tenaciousness and with single-minded strength of purpose forge ahead. The harder you work, the closer your goal will seem. Remember: Giving Up is NOT an option. Let things happen slowly but steadily and motivate yourself everyday so that you don't lose patience.

Success doesn't happen overnight for 'Rome was not built in a day'

## **22. CHANGE YOUR OUTLOOK**

**MIND:** It's a bad day. I woke up late, missed the bus and reached late for work. The boss has been scolding me since and I'm sure the day will end on an equally horrible note.

**REINVENTED MIND:** You are the master of your own attitude. Remember that 'You' alone are responsible for your outlook and 'You alone can change it. So your attitude and the perspective with which you look at the situation when you suffer adversity – is entirely in your hands. Change your attitude and you can change the moment.

## **23. BE SURROUNDED WITH POSITIVITY**

**MIND:** There are so many problems at office, which I have realized after talking to Mr. Zee, my colleague. All the time he keeps complaining about the incessant work load at office and the unhygienic working conditions. He grumbles so much that now even my energy has started depleting and I am losing all my enthusiasm of working.

**REINVENTED MIND:** Consciously be around optimistic people: Those people who bring out the best in you. Stay as far away as you can from people who drain your energy and have a pessimistic outlook towards life. When you surround yourself with negativity and stressful people you weaken your attitude. The Negative energy saps your vitality whereas positive energy rejuvenates you. Surround yourself with optimists and achievers.

#### **24. LIVE EFFICIENT**

**MIND:** I will do one activity each day. I think there is no point finishing everything in one go. I will take my time and complete one task a day so that I may get some good ideas. I can multitask or even delegate some jobs to my assistants, but I prefer to do it all by myself so that I can check the work while I'm doing it.

**REINVENTED MIND:** It is relatively easy to list what you don't have and what you may have accomplished if you had it. However, it is very tough to make do with what you have and deliver magical results out of them. We generally blame 'lack of time' as the reason for our inefficiency. Efficiency has got nothing to do with the 'lack of time' and everything to do with the 'lack of planning your time'. Efficient people achieve more and move faster to their goal.

#### **25. ACCEPT CHANGE**

**MIND:** I don't like changes. It took me 5 hours to prepare my presentation and now the organizers want me to alter a few points to include some aspects of the ongoing happenings in the Parliament session. I sent it to them for approval long back but they did not raise any objections at that time. There may be three days left for the seminar but I think it's too much trouble to change my presentation again.

**REINVENTED MIND:** 'Change' is the only constant. Sometimes we refuse to accept 'Change' in our lives. We are too settled in our comfort zones and feel uneasy on experiencing something different from the usual. What we forget is that the only permanent thing in this world is 'change' and one who does not change with the times gets left far behind. The ability to modify our actions instantly, change directions easily when required and compromise when appropriate, is a quality which people with strength of character possess.

## 26. ACQUIRE KNOWLEDGE

MIND: I'm not participating in the quiz show because my general knowledge is not good. I have studied till post graduation level but I am lacking in areas of sports and history, so I don't think I'll be able to tackle the genre specific questions in the quiz show. I wonder how a housewife from a remote and rural part of Uttar Pradesh aced the quiz show and walked away with the super bumper cash prize of rupees one crore. These shows must be rigged and there must be some cheating going on behind the scenes.

REINVENTED MIND: Knowledge is free. You can acquire it if you want. It is everywhere around you. To acquire education, you may need money, but to acquire knowledge all you need is desire and intense focus. With presence of mind, common sense, observation and an intense passionate desire to learn – you can learn from anywhere. So when you are sitting on the railway platform waiting for your train, having an hour to pass – you start carelessly going over your train ticket to pass time. This time because you have ample time to kill, you scrutinize the remote corners of the ticket at length wherein you observe the small advertisement on the right hand corner in small hardly visible font which says '*free services for new born babies under the The Janani Shishu Suraksha Karyakram (JSSK) initiated in 2011 by the government of India*'. That may be irrelevant information for you at that point of time, but without you knowing you have just acquired knowledge for free by your power of observance. And never underestimate the power of knowledge – who knows you may be in a quiz show where they ask you 'when was the JSSK launched'- and you'll be laughing all the way to the bank. You may need expert knowledge for the goal you want to achieve and specialized knowledge may come at a price but it may be a small price to pay for the achievement of your goal. Acquiring knowledge and training is an investment; it should not be an afterthought.

## 27. CREATE YOUR LUCK

MIND: She's lucky I'm not. I'm not destiny's favorite child. Infact with the amount of setbacks I keep encountering, I think I'm destiny's most hated child. I don't know when will my stars change and I too will be lucky.

REINVENTED MIND: Create your Luck. You determine your destiny when you react to situations you are confronted with in life. Your reactions determine your future and the life you create for yourself. Don't ponder over whether luck has favored you or ignored you, go out there and make your luck. Be alert to opportunities so that when they present themselves they are grabbed at the first go. When you have the right attitude and are persistent in your efforts you are bound to taste success. The adulation may come late but it will surely come. At times it may take months, years, a decade – but success will come your way.

## 28. STRENGTHEN YOUR RESILIENCE

MIND: All that wealth I accumulated has been reduced to rubble by the earthquake. My house is in ruins and along with it all my years of hard painstaking work has been demolished in matters of minutes.

REINVENTED MIND: Stand up, dust yourself and get back to work. Tough times don't last forever. Obstacles are as powerful as you imagine them to be. When you don't pay heed to them, they magically fizzle out. Have the ability to spring back into shape. Even though you have been punched and knocked down by life time and again, bounce back stronger each time. Instead of letting miserable situations break your determination, face your demons head on. Deal with your problems – that's the only way they will go away. Failures are not an end in itself. They are just new beginnings of something new. Get back up on your feet - you just have to transform, change perspective and work from a different angle.

## 29. REASON FOR EXISTENCE

MIND: I'm clueless as to why I have joined the science stream in my 11<sup>th</sup> standard. My mom said that it would open up many career opportunities for me in the future whereas my dad wanted me to go for science since he reasons that I could go for a degree in medicine whereby I can join him in his clinic. I don't know, I guess I'll just go ahead with it and see what comes my way in the future.

REINVENTED MIND: Identify the reason for your existence – the reason for your

action, the reason why you go to work, the reason why you sacrifice, the reason for your smile and joy, the reason for your being alive. Generate a positive reason and it will give you the required push towards your goal. When the going gets tough and you are feeling down and out, motivate yourself by thinking about your ‘reason for existence’. This will recharge your batteries and get you back on the path with renewed determination to achieve your goal. Give yourself the necessary inspirational talk to create a positive stimulus for energized action. Importantly when you have a purpose or reason – you keep your eyes focused on that and distractions around you fade into the oblivion as you single-mindedly set out to achieve your goal.

### 30. I CAN. I WILL

**MIND:** I cannot do it. I’ve tried before and failed. I wake up every morning before sunrise and go for my cricket practice. I eat, sleep and breathe cricket but I don’t think I’ll ever get to play for India.

**REINVENTED MIND:** If you think you can - you will. If you think you can’t - you won’t. Your ‘WILL’ can change everything. It can pull you out from the depths of misery. It can give you hope. It can make you millions. It can change your fortunes and your future. The ‘will’ comes from ‘within’. You are unstoppable once you have willed it.

## **REWIRE & RESTART**

To completely rewire your mind and start from scratch, you need to unlearn what you already know. Start with a clean slate and be open to new ideas. Be ready to understand life through different perspective than what you were applying till now. Remember these 5 rules when you rewire your mind and restart your journey of mind transformation:

### a. Being Proactive and Efficient

Being proactive means creating or controlling a situation rather than just responding to it after it has happened. Efficiency is the art of achieving maximum productivity with minimum wasted effort or expense. Efficiency and the quality of being proactive are the unique abilities which set



apart one individual from another. It is the reason for organizations having some ‘prized’ employees which are indispensable to them. It is the reason why some people are more successful than others. Just as an organization will never use a technology which will not give ‘efficiency’, similarly no individual can get the opportunity to showcase his passion, talent or belief in an idea if he is not efficient and proactive. Efficiency does not mean ‘shortcuts to success’, rather it is the route to ‘sure shot success’. For example – a chartered accountant who does annual filing of income tax returns for his client has the details of the public provident fund, life insurance payments, medical insurance etc. of the client. He/she can remind the client about the due dates for payments related to the public provident fund and the due dates for the premiums for insurance etc. and even assist in the same.

b. Happiness and Health Quotient

It is important to be happy and healthy. Happy and healthy people make successful businesses, not the other way around. It seems to people that supposedly when once they achieve success, they will focus on their health and happiness quotient. Things don’t work that way. There is strong scientific evidence to prove that whatever your age may be, being physically active can help you lead a healthier and happier life. If and only if you have a healthy body and a healthy and happy mind and you apply yourself wholly and committedly to the task at hand you can achieve miraculously results in any field. Happiness is a habit – the more you consciously direct your mind to be “happy”, the happier you will be.

c. Convey Assurance of Growth

When you are on the path to personal and professional growth, to scale stupendous heights, you should ensure that the people who you are dealing with in your course of life also experience the same. It is only then that everyone around you will be in alignment with you. Growth may mean different things for different people – success; money; happiness; peace; abundant time; absolute business – every person has his own unique definition of growth. Only when a person experiences an assurance of his/her own growth, he/she willingly and enthusiastically participates in another’s growth process. For example – at your home front, when you give a

raise in salary to your domestic help, she is assured of her own growth and thereby puts in more energy and enthusiasm in her work which in turn makes life easier for you and helps you to focus on your priority work and achieve more.

d. Harnessing your Sub-consciousness

A harness is a set of straps and fittings generally put on a horse or other animal by which the horse or other animal is fastened to a cart, plough, etc. and is controlled by its driver. When you harness something you bring it under your command to make use of it, specifically to produce power or force. When you harness your energies you congregate them to generate a dynamic and intense force. When you harness your subconscious mind you ensure that what your subconscious mind can conceive and believe you will most definitely achieve. As British philosophical writer James Allen, in his successful book 'As a man Thinketh' rightly said 'A man is literally what he thinks, his character being the complete sum of all his thoughts'. Our thoughts, feelings, perceptions, and beliefs which are present in our sub-conscious mind can be harnessed to create our future. A 1963 book by Irish Author Dr. Joseph Murphy 'The Power of Your Sub-Conscious Mind', which became an international bestseller and continues to sell till date, explains that within your sub-conscious mind lies your true power and demonstrates how you can use these powers to achieve anything you desire in life.

e. Attitude determines Altitude

It is the way you look at life that determines your success. If you want to change life, change your attitude. You can achieve only what you think you can achieve. The attitude towards life – the strength of character of getting up after a fall, dusting yourself and starting afresh once again – determines how successful you become and strike gold. The proverb 'Attitude determines Altitude' is a reminder that anything is possible for the person with the right attitude. Character is not made in adversity; rather it is exhibited in adversity. The right outlook towards 'problems' reduces their stature to mere 'situations' and they do not seem daunting any more. It is the case of the glass being half-full or half-empty; your attitude is everything.

f. Maturity to Accept Changes

Change is the only constant in life. Accept Change. It is the shortest route to success. Acceptance does not mean compromise. It means to consent to the reality of a situation. Flexibility or adaptability is a gift. The ability to be easily modified, change directions easily when required and compromise when appropriate, is a quality which people with strength of character possess. Flexibility does not mean 'not sticking to your time schedule' or 'not doing the required task'. It means analyzing the situation and then altering a certain course of action to achieve the desired results. Refusing to accept 'Change' in our lives is like refusing to accept that we are growing older – it will still happen anyway. The only permanent thing in this world is 'change' and one who does not change with the times gets left far behind.

g. Law of Attraction

There is a law of attraction which functions in the universe – what you ask for and believe in, is what you receive. So if you truly passionately desire something and have full faith and believe in it 100%, then there is absolutely nothing in this world that can stop you from achieving what you desire and have set your mind to.

Always be conscious of your words. What you utter may come to be – so think carefully before you speak. If you constantly say 'I can't', 'It's not possible', 'it seems to very difficult', 'it will not be done in the required time', 'I will fail' – you send out the wrong signals which align with the all-pervasive universal energy around you. When our subconscious mind thinks and feels, it determines our attitude and that in turn determines how we capitalize on the opportunities coming our way. You need to send signals through your mind and the universal energy out there which is watching over you will ensure that you are lucky and your 'good luck' is in fact granted by the divine itself as 'god luck'.

*"Everything is energy. Match the frequency of the reality you want and you cannot help but get that reality. It can be no other way. This is not philosophy. This is physics." - Albert Einstein*

## **CONCLUSION - THE “KIT” TO A NEW YOU**

**K - Keep your eyes open** - In every small daily occurrence in your mundane life there may be an opportunity which you may have overlooked. Look at the colorful canvas of your life with a new lens and you may see things differently.

**I - I must merge** - Don't shy away from meeting people. When you meet new people you open your restricted world which is limited to your own viewpoint and perspective to include others viewpoint too. You may unlock a hidden opportunity somewhere.

**T - Take more calculated risks** - Anyone who has ever achieved something has always taken a little amount of risk.

The single most important factor which directly determines your position in life is your own mind. The 'Placebo Effect' is a proven fact that some patients' health improves after taking what they believe is an effective drug but which is in fact only a placebo (a substance or treatment of no intended therapeutic value). Therefore, a person can recover from illness just by his own mind only thinking that he is being treated.

Your achievement is a consequence of how your mind thinks. A 'Thought' is the Alpha and Omega of success. Buddha said 'what you think, you become'. Accomplishment of your goal has already started when the seed was sown in your brain as a thought. To be successful, you have to first train your mind. You must master your mind and have dominance over your thought.

Imagine wealth, victory, success – and you will achieve it. You want success and the universe will serve it to you if you can control your thought process. A human mind is a reservoir of power: It can conjure up zillion thoughts. The art is in taking that one thought which you believe in, and turning it into reality.

Fill your mind with positive thoughts. Let there be no place for negativity, gossip, worry and criticism. You will destroy the beautiful seed of pure thought even before it germinates. Water your thought, nurture it and let it grow into unimaginable wealth and success. Every individual is his own person. He alone knows what motivates him and drives him to achieve. With his

personal experiences and emotions, he alone can work on his impulse to make it a reality. Don't poison that beautiful ability by clouding it with negative thoughts. Negative thoughts are like toxins for the mind. They annihilate the vast universe of the thought and reduce it to rubble. Add to it the venom of gossip and you have the perfect recipe for disaster.

The only way to control your mind and nurture your 'positive thought which is your goal' to scale great heights is to live in the NOW. There is no past and no future. Your present moment is the only truth and that is all that exists. Just focus on the immediate present moment which is here and now and you will make yourself powerful enough to control your mind.

**REMEMBER YOU ARE EXTRAORDINARY. TO OBTAIN THE ELIXIR OF LIFE  
YOU MUST REWORK; REORGANIZE AND REENERGIZE. WHEN YOU REINVENT  
YOUR MIND, YOU CHANGE YOUR LIFE...FOREVER!**

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