

UTILISING THE UNIVERSAL GENIUS PRESENT IN EACH ONE OF US

By

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Introduction

“Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid.”
- Albert Einstein

Every ‘HUMAN’ is ‘HANUMAN’. The tools are the same - just as everyone has similar amount of ‘Time’, everyone has similar amount of ‘Talent’ too – the key to success lies in the effective management of the tools. All aspects of our life need to be managed for us to be super achievers – our time, our mind, our talent, our identity.

Time is money or so we have heard but most importantly time exists for everyone without discrimination. You cannot buy time neither can you rent it. 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. When one-hundredth of a second can decide whether you receive a gold or silver medal in the Olympics, surely time is extremely valuable. That is the power of time.

Every person is able and capable. However, somewhere down the line one succeeds and others don't – probably because we lost sight of our goal and altered it to suit our circumstances than the other way around; we were not thinking big; we were aiming for mediocrity. A 'Mind' is the only thing which separates human from animals. It is the driving force behind every single thought or action which takes place. The only variance lies - A prisoner's mind is different from a priest's mind. The presence of a mind is confirmed in every human, and it can change a person from prisoner to priest and vice-versa singlehandedly at any single moment in time. That is the power of the mind.

"I" is the creator of every thought and feeling. Most of us go through life pointing fingers at others – other people, other circumstances, other situations, other opportunities. If we look inwards, we can go beyond beyond situations, beyond people, beyond finding faults, beyond barriers, beyond limitations, beyond the realms of possibility!



1. THE HUMAN MINDSET

A story.

Once upon a time there was a small boy who wanted to become the President of United States of America. And he did. End of story.

All stories can have such beautiful endings – as the power to end the story lies in the hands of the storywriter. Barack Hussein Obama was the first African American to serve as the President of USA. By being elected to USA'S highest office in 2008, he forever changed the landscape of America and inspired millions of young people to dream bigger dreams.

The single most important factor which directly determines your position in life is your own mind. Your achievement is a consequence of how your mind thinks. The

Human Mind is not confined to the brain; It permeates into every part of the human body and is not just enclosed in the cranium. It is Intangible – cannot be quantified in percentages and is responsible for our Feelings; Attitude; Belief; Imagination and much more. It has tremendous power and can CONTROL you – your THOUGHTS; EMOTIONS; ACTIONS

To be successful, you have to first train your mind. You must master your mind and have dominance over your thought.

A GENIUS WILL REMEMBER:

If you want to earn big riches and realize your dreams - ‘Get out of Your Comfort Zone’. Nothing of consequence was ever achieved by anyone unless they got out of their comfort zone. A comfort zone is a situation where one feels safe or at ease. And it is common knowledge that when one feels adjusted to the situation which may be favourable or unfavourable he will never do anything to change that situation. He will never show valor to diversify and explore new fields in his business if he has a comfortably good returns business. He will never be brave enough to change the complete line of business if he comes across a new idea which he ‘believes in’ even if the current business is failing. Courage comes when comfort zone is exited.

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. Read about the lives of great men and women who have accomplished great feats. You will see that everyone is human. Everyone feels the same fear and anxiety as you feel. It is said that in a human body, the naval is the centre of energy. When our energy center is strong and secure, we are able to stand up for ourselves and we vibrate courage. Draw energy from the centre of your naval to exhibit courage in the toughest times.

“If you want something you’ve never had, you must be willing to do something you’ve never done.” - Thomas Jefferson, American Founding Father and third President of the United States

2. STARTUP

Just begin.

There is no formula for success and there never will be because each individual is extraordinary and determines his/her own formula enroute to success. The only thing to remember is to 'start' and not to just 'wish'.

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.

Belief in your idea, belief in your line of action, belief in the outcome. If you love what you do, no one can stop you. You are bound to reach the peak of success. If you don't love what you do, it is even better – because that is when you will truly make a difference to mankind – by innovating and creating new and dynamic solutions to infuse passion and vibrancy into that which you don't love so as to make it more appealing for yourself.

A GENIUS WILL REMEMBER:

The concept of karma (the law of Action) is the core idea of the Bhagavad Gita, the Holy Hindu Scripture. 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. 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.

“Whatever course you decide upon, there is always someone to tell you that you are wrong. There are always difficulties arising which tempt you to believe that your critics are right. To map out a course of action and follow it to an end requires courage.”– Ralph Waldo Emerson, American essayist, lecturer, and poet

3. GROW

Constantly keep growing. As you age, physically you change as your body grows. Grow your soul. Growth is the lifelong process of learning. Growth involves being a student throughout your life, acquiring knowledge, becoming more efficient as you progress and marketing yourself well.

Infuse Efficiency into your work. Efficiency is the art of achieving maximum productivity with minimum wasted effort or expense. Using a methodological way of increasing the hours in the day by ‘prioritizing’ the work that is important will end up increasing the efficiency of the work. 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.

Market yourself well. How you perceive yourself to the outside world will determine how people perceive you, your idea, your belief in your idea and the success of it. Your first impression will make a lasting impression. When you are sure of yourself you market yourself well. You assume full responsibility for mistakes, shortcomings, decisions, achievements and conduct. When you assume full responsibility, the battle is already half won. Responsibility brings with it authority and accountability. You will exercise authority over your methods and will stretch your limits if your goal is as important to you as life itself. By becoming accountable to yourself you will perform differently as you will have the extra pressure of not failing in your own eyes.

A GENIUS WILL REMEMBER:

Keep going and keep growing. Supplement your knowledge and be a lifelong learner. Nowadays with the existence of social media you can acquire any information at any moment in time with the click of a button. Use Facebook, YouTube, Instagram, Pinterest and LinkedIn to your advantage. Maintain a blog to share your knowledge on any subject which you are passionate about and thereby learn more in the process. You will grow and broaden your horizon. According to American self-help author Napoleon Hill, “No mind is complete by itself. It needs contact and association with other minds to grow and expand”. He called this association ‘Master-mind’. So create your master-mind group – forge partnerships, form allies with family members, create a support system, hire people who will be able to guide you in areas you are not very accomplished. Individually you may not be able to achieve, but these associations will provide you combined experience and knowledge to grow.

“The mind grows only through use, and it atrophies through idleness” – Napoleon Hill

4. LEAD

There is perfection in every creation. From an achiever become a leader. Guide others by giving continuance and truthful guidance.

What or who is an actual leader? A leader is one who has a vision and set direction and inspires and guides others to the right way. It is possible for anyone to be a leader as leadership is based on the strengths and abilities individuals demonstrate. These abilities are essentially known as leadership skills as they lead the way toward achievement of goals. These leadership skills are to an extent in-built and are of varying styles, but since there is no particular style of leadership which can

be considered the benchmark it is clear that leadership skills can definitely be acquired.

Leadership cannot be viewed as a standalone object. The cornerstone of leadership comprises multiple intelligences rather than being dominated by a single general ability.

A GENIUS WILL REMEMBER:

To guide others and bring out the best in them, it is imperative you focus on three things in your life – effective communication, emotional intelligence and adaptability to change. When you are a master of these three qualities, you can change the world and improve yourself in the process.

Communication is important and it is the bridge to your destination. If written communication is faulty and lacking, the document becomes inadequate. Good communication comes across as clear, confident and concise. If verbal communication is ineffective you don't put across your ideas and views in the manner you had wanted to and thus lose out on a potential opportunity or valuable relationship. If your communication is not accompanied with the appropriate body language, you run the risk of an unsatisfied or unconvinced audience. The quantity, quality and style of communication are very important for climbing the growth trajectory to success. It empowers you to put across your viewpoint in an accurate manner.

Emotional Intelligence means the ability of a person to manage his own emotions and the emotions of others. Therefore there may be people who may not be in the top performers and top scorers, but end up becoming super success stories in life – they have always been able to conduct themselves well, display extreme coolness and grace in stressful and turbulent times; they are empathetic to others' needs and display foresight and understanding when in uncomfortable situations – these kind of people may not have high Intelligence Quotient (IQ) but they may most certainly have a high level of Emotional Quotient (EQ).

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.

The task of leadership is not to put greatness into people, but to elicit it, for the greatness is already there. - John Buchan

5. INNOVATE

Discover something new each day. Create something new each day, without innovation life is dull. Leave your comfort zone, break habits, unlearn what you already know and explore new territories. Challenge yourself and you will be surprised.

Don't constraint yourself by excuses. Get up and move before you stagnate. Improve your soft skills and interpersonal skills. Soft skills are the personal attributes that enhance an individual's personality, job performance and career prospects. Interpersonal skills can be loosely described as life skills we use every day when interacting with others personally or professionally. Your soft skills and interpersonal skills set you apart from others and give you an edge over them. They are the key factor in determining how far and at what rate you will climb the ladder to success.

Practice Self-renewal. At times we feel our energy is sapped. We require a personality transformation and evolution sometimes. Self renewal enhances personal growth and rejuvenates you from the inside. Self-Renewal would imply

any productive activity which enhances your personal development and gives you happiness.

Learning a new technique which is entirely different from your current line of work is the best thing to do. It restores passion and the zeal for life.

A GENIUS WILL REMEMBER:

Think laterally. When you observe something try not to see what everyone sees. Make it a habit to observe things innovatively. Slowly you will realize that you have started thinking ‘out-of-the-box’.

There may be many professionals with the same qualifications. There may be many businessmen with business acumen. There may be many artisans with the same expertise. There may be many people with the same skill-set. But what sets apart one individual from another is their ‘creative thinking’ on handling situations.

Search for different ways in which you can accomplish your goal. Sometimes in life you need to stop whatever you are doing, take a deep breath and look from another point of view to see things differently. Approach the goal more creatively, with a new mindset.

“Innovation is seeing what everybody has seen and thinking what nobody has thought.” - Dr. Albert, Szent- Györgyi, a Hungarian biochemist who won the Nobel Prize in Physiology or Medicine in 1937.

6. ENERGISE

Make positivity ‘Portable on Demand’. Just as ‘podcast’ is a digital recording of media that can be downloaded from the internet to a portable media player - Receive positive podcasts from the world. Get influenced positively. Let yourself be motivated by your podcasts and keep going. Take a page out of the life of successful people who have trained their mind to go down as achievers in history.

In our school days we have been taught that “Energy is the ability to do work” and there may be two types of energy – stored or potential energy and working or kinetic energy. If we mindlessly do energetic work we may accomplish our task. Technology has advanced to an extent where machines can be programmed to work instead of humans and they would perform the work at a more faster and energetic pace than humans. 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, if we apply our thought process and abilities of the mind we can harness our energies and accumulate it to a point that we exercise full control over it.

A young child is a reservoir of energy. He is a livewire and it is difficult to keep up with him. Even if he is active throughout the day, his body rarely experiences extreme fatigue. With his infinite enthusiasm his mind is like a volcano as it conjures up various ideas and images in his mind. 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 especially to produce power or force. When you harness your energies you congregate them to generate a dynamic and intense force.

A GENIUS WILL REMEMBER:

“Chi” is an ancient Chinese term, which can be translated as energy. It is said to be a universal life force, although there is no empirical evidence that such a life force exists. ‘Chi’ is present in everyone and everything, but not equally or consistently distributed. It is a part of the universe and is a part of the air which is enveloping us. This all pervasive energy plays a major role in our life. Reiki a form of alternative medicine developed in 1922 by Japanese Buddhist Mikao Usui is a healing technique based on the principle that the therapist can channelize energy whereby Reiki practitioners use a healing technique through which a "universal energy" or is allegedly transferred through the practitioner to the patient which activate the natural healing processes of the patient's body in order to encourage emotional or physical healing. There may be no scientific proof whether Reiki does

or does not work, but there is belief in the fact that the energies can be channelized to exercise control over them.

You may or may not be consciously aware of the energies around you. Every object whether living or non-living is enveloped in the 'universal energy'. Proof of existence of these energies is brought to the forefront when you consider the kind of emotions your mind and body go through when you are in the midst of a terrible traffic jam with blaring horns and screaming people around you. Your own energies seem to start draining. Then if you put on some soothing music which has always been your favourite, you will realize that somehow even though the situation you are in may still be the same, but now you are feeling more relaxed. It is this universal energy, coupled with your own energies which need to be harnessed to achieve phenomenal results.

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.

'If your energy body is in full vibrancy, the physical body will naturally fix itself'. - Jaggi Vasudev, commonly known as Sadhguru, is an Indian yogi and mystic

7. PERSIST

The only way to your goal is to keep moving forward. Keep at it all the time. Persist, persist, persist; no matter how slow you are and how far the goal seems.

It isn't easy: but it has to be done. The only way to get over with it is to go through it: face it headlong. That in a nutshell is perseverance – the persistence in doing something despite difficulty or delay in achieving success.

The more you work, struggle and do whatever it takes to reach closer to your goal, you will observe that the worst is over and somehow things are getting better and better. Remember your goal and your well defined plan to achieve your goal, just focus on it; it will give you the strength to keep moving forward.

If you get punched down by failure and bounce back up, you have the strength of perseverance, resilience, grit, determination. These are not just strong words, but words which can make you learn, adjust and actually return better than before.

A GENIUS WILL REMEMBER:

Some people get punched and knocked down by life time and again, and each time they bounce back stronger. Instead of letting miserable situations break their determination they face their demons head on.

Imagine yourself in ten years time. What would you like to look back upon? What would you like to achieve in 10 years from now? Now remind yourself that your tough circumstances are just an obstacle between your 'Now' and your 'Future' which you can visualize ten years from now.

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. To reach the pinnacle of success you have to climb the small little steps on the staircase which will take you there.

If you can't fly, then run, if you can't run then walk, if you can't walk then crawl, but whatever you do, you have to keep moving forward. ~ Martin Luther King, Jr.

8. SHAPE THE FUTURE

Be dynamic. Connect; provoke; inspire; insight; influence; guarantee results.

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.

Breathe one Idea.

Sleep one Idea.

Talk one idea.
Live one idea.

If every moment of your soul thrives on that one idea – no one can stop you from being successful, achieving great wealth and all your dreams.

Most people who have not reached the pinnacle they wanted to reach is because they have not laid down their goal precisely or have been changing their goal ever too often. If you 100% decide on your goal and then with full belief in yourself persist towards achieving it, there is no force that can stop you. Sooner or later you will achieve what you had set out for.

“Put your heart, mind, intellect and soul even to your smallest acts. This is the secret of success.” – Swami Sivananda, a Hindu spiritual teacher and a proponent of Yoga and Vedanta

A GENIUS WILL REMEMBER:

Depend only on Yourself.
Hold only Yourself responsible for your setbacks and failures.
Compete with Yourself.
Challenge Yourself.
You are only what you want to be. You can be much more.

A man enters the world alone and he is alone when he leaves it. So do not depend on others for fulfillment of your dreams and your life. Take responsibility for your actions and realize that you alone are responsible for what you have achieved or failed to achieve. Blaming circumstances and situations will do no good. The will and determination to conquer all odds and emerge victorious is what makes a person successful.

Conclusion

Have a goal and have the courage to achieve it. There will be hurdles on the way but that should not stop you or make you change course. Stay on the determined path. Dream Big. Set your goal. Focus on it. Persist with hard work every single

day. YOU WILL MOST DEFINITELY REACH THE SUMMIT OF SUCCESS
BECAUSE THERE IS A GENIUS IN EACH ONE OF US!!

"We know what we are but know not what we may be." (Hamlet)

I can.
I will.
End of story.