

LIFE BY UPANISHAD (10 lessons)

When I am writing this beautiful blog, so many thoughts flooded and wanted to write everything here so that I can share the best studies of VEDA.

In our active life, we forget our self. We try to know everything and everyone except the vital question of WHO WE ARE? Because we born with some purpose but we forgot once we fall into typical gatherings of the worldly possessions. Even we forget what to think. We forget to think positive, which mislead our life, and we are far from the self-realisation. I want you to remember your forgotten memories and become rebellion in accomplishment for the self-worthiness.

Spirituality and philosophy also attached to our life. If you take emotions out of your life, you may find yourself a live human with a dead attitude. If you look surrounding, you see many things which existed because of love. Existence of the human comes from love. But if you look at yourself, you may find that you give more hatred feelings instead of love feelings in your life. You find that you love money, but you do not like your job. You find that you do not love self always scolding for non-performance. You are also giving your hate feelings to your culture, family, career, money, education etc. because you hurt by their behaviour, lack, satisfaction etc. All these have happened because you do not know WHO YOU ARE? You hate your job because you want to do it for the sake of money you get, but you are not enjoying work and all the time you are fed up or complaining. This blog helps you to go back to your original nature by not dealing with the unnecessary obstacle as I spoke in my earlier video about the deliberate creation. Deliberate selection helps you focused and receive back your power from the negative people. Situations, circumstances.

This teaching has already mentioned in Veda, and I have tried to remind you of these little thoughts on your day to day life.

Veda taught us the many lessons. However, these are very few from, but these will increase your focus in your work and life.

Lesson 1

ONE WHO FOLLOWS THE PATH OF VIRTUOSITY NEED NOT BE WORRIED ABOUT THE WEALTH AS IT COMES TO HIM NATURALLY WITHOUT MAKING.

Every human born is with some different unique skills. Successful people not cut from the different cloth but they know what they are and do work persistently behind the achievement of the goal and skills they acquired. In this blog, I am more emphasising on WHO YOU ARE? Because we all know that we are wearing the cloth of this Body. But Body always needs our attention never wants us to work hard. It always distracts us by the conscious mind that you cannot do certain things. Make you ever wondered and overwhelmed with the items to be accomplished. It needs pleasure, rest, entertainment and never allows you to try it as your laboratory.

Here I am encouraging you that your soul is more prominent than what the material Body you are living. So use your Body as your science laboratory. Use your Body for different experiments. And seek knowledge of self through it. I am giving an example of the Body how it stops you in doing something. First, try to learn yourself separate from the Body. Observed it and introspected its daily activity and movements. If you carefully watched that your conscious mind and Body always refrain you from taking new steps, hardworking and always giving you doubtful and fearful thoughts for any fresh start. But think what you would do if free from all these worrisome and stressful thoughts? You jumped to and excited to take that action. So use yourself wisely. In my next blog, "finding yourself" mentioned elaborately to find your passion. This will helps you to understand more about this point.

Now think of the work which you like, and you would like to give more hours behind it. Even you do not know how many hours passed. When you are feeling so much focused and concentrated on the work you do, and think that ecstasy and bliss by doing that activity called PASSION. It drew you have some excellent skills, and you enhanced it by practising more n more. You may learn more practical points in my next blog of "FINDING SELF".

When you are following your skills, what happened to your brain and emotions. You become more aware of the situation. You develop your intuitions for your work. So before you do anything physically, your mind rewires the same and you have mental images which help you to create the best brand. Whatever skills you may have whether you are a good singer, writer, teacher, business person, an engineer or anything. Just see yourself. Use your Body as an experimental lab and work hard to

enhance your skills. Grab knowledge or take some personal development classes. Take a note daily about your improvement and challenge yourself to be better and better than yesterday. Remember we are growth-seeking people, and if our growth is stagnant, then we slowly we lose the charm of living life. So find your skills and trade them smartly you never need to be worried about the money as it flows automatically to you.

If you work for money, then it never works for you. Because your attention is in making money, but when you follow your path to create some best or to enhance your skill to do some innovation your focus is only on to perfection, simplicity and always giving value for money. You may take an example of any business person, scientists, singers, authors. What are they? They are a follower of their skills to enhance them and give their best to society. They are shrewd in terms of their work. So watch yourself deliberately and find your passionate work. Do it and follow your passion.

Lesson 2

ONE SHOULD BE CAUTIONS NOT TO SPEAK ANYTHING THAT HURTS OTHERS. SUCH KIND OF SPEECH NEVER HELPS BUT ALWAYS BRINGS DISTRACTION.

Words are making life and destroy it. We have heard many stories, and our two major battle happened which we called **MAHABHARAT & RAMAYAN**. Words are compelling as it expresses your feelings and inner thought process. It has well said that terms if used in anger it works like a poison. As we knew when king Dasharath mistakenly shot Shrivankumar his parents had cursed him that he also died in the separation of his beloved son Ram. Words used in happiness it becomes blessings. When you are using words, not only you burnt others, but you burn yourself first then others.

Now you feel how come I distracted. Because it is more comfortable to express rather than just dump all feelings inside. Here I am not telling not to communicate. But express and use your words wisely. Because even after you speak words, you do not feel good about the same. But feel more trouble with its pros and cons.

Think of while when someone has appreciated for the great job done by you. And you feel proud, satisfied and even worthy for yourself at that time. But when someone told you harsh words or cursed you or use abusive, then you feel as if you drink some poison as bitter as you can imagine. Same way when you are complaining or when you are scolding, you create a negative zone for yourself first. Then your body reflects your thoughts from your behaviour and actions you take. And it distracts you from the desired destination you want to achieve. Because your words are creating an environment which leads to positive vibes and negative vibes. When you complain you empowered your energies to negativity due to this you feel depress, angry, irritated and your mind can't see things over above the

situations happened which was negative. But rather you acknowledge the situations you will be able to see the reasons behind it. Your self talks or communication with the others as well empowering you and others with the energies you express through words.

As narrated in the story about one of the Sales manager. He promoted as a regional manager handling the whole team of 25 employees who reported him. He was working hard for the target but unable every month to get to it. And he has always questioned why am I not achieving the desired one? He attended one of the seminar and where he taught and introspected that before he deals with the client, he has always doubt on products he sold. Also, he questions whether the customer understood his product or not and in that dilemma, he loses his best clients.

He has asked few questions to himself.

- 1) What is self talk before I meet a client?
- 2) Should I feel comfortable with the product?
- 3) Any doubts related to product I sell in market?
- 4) How customer judge my dilemma?

When he introspected his inner communication a sales manager understood about his doubts related to product. He understood because he himself not convinced with it he could not make others to convince about the product.

These we called self conversations. We all human always have mind chattering, and we talk to self. Most of the time we talk negative which deplete ourself and that makes miserable. So words, whether used as self-talk or as with others, should be balanced and used wisely.

Lesson 3

ONE HAS TO BE HUMBLE IF HE DESIRES TO ACQUIRE KNOWLEDGE.

We as human deal with Ego. As we all never want to feel inferior to others, we always boasting or dominate our nature on others. Especially when someone has less education, power or weakness. But Veda taught us outstanding learning of being grounded.

How come you can learn to be grounded?

With the action, you get the feelings of Karmayogi, but when you introspect it as a SUBJECT, you become grounded. Nowadays whenever something good or some appreciated work done by us we feel that it is "I" who did this and we like if being recognised by people. But by looking at actions as a SUBJECT, you become humble with your activities. We understood it is not only "I" responsible for operations. But

there are surrounding other situations, circumstances and people created in such a way that we can provide our best with the absence of pride.

Here, I like to narrate a story of the Ramayana while Muni Vashishtha was sitting in Anusthan for some Yagna, Tarkasur has broken the Yagna. According to rituals Muni Vashishtha was unable to give punishments for his sins as he bound by the Yagna rituals. He asked Shree Ram to kill and punish Tarkasur so that he would be able to finish his Anushthan. Shree Ram by doing so he killed Tarkasur, and Muni Vashishtha blessed him with the weapons which help him in future. That time Shree Ram with bowed hands asked for blessings and told, “ this I could do with the help and blessings by you. And it is you who encouraged me to did this action. “ By listening so, Muni Vashishtha blessed and told, “ as you grounded that you do not have proud of the did but you see your action as a Subject as well. “

What happened if we see our actions as a SUBJECT?

When you do something good, you are feeling proud for yourself as same felt by others At the same time you become blind in observing your actions minutely and hence next when you do some act or some other with the proud of being known to everything you make a mistake. This will lead to fail in the results. But when you observed as a SUBJECT you can analyse your mistakes and by visualising again and again you will become master of your action which gives you learning for persistence and perseverance.

Lesson 4

ONE SHOULD EAT NUTRITIOUS FOOD AND EXERCISE REGULARLY. VIRTUOUSLY DEEDS PERFORMED WITH INTELLIGENT SHALL NATURALLY BRING GOOD WEALTH

Human body blessed by five senses. We have senses like smell, vision, taste, touch and hear. We feel our outside world and worldly possessions give us a tremendous amount of happiness because of these senses. In Shreemad Bhagavad Gita these senses should be ruled by the soul. We are more concerned about our two senses, more, i.e. TASTE & CARMEN. With the variety of different taste in the food, we like to eat nowadays more process food and faramented one, which affects our liver and Intestine. Our Intestine as unable to process it properly it directly go our blood vessels and we have different issues called heart fail, blood sugar, blood pressure and cholesterol.

As we all know that eating healthy fruits, vegetables and nuts we nourish our body and give proper sources of Vitamins and Minerals. As our Intestine needs time to appetite our food at least for 6 hours depending on food quantity and food intake, we

need to follow fasting. When we fast we give rest to Intestine and that time it purifies and detox all dust and remaining food from the body through urine, perspiration and latrine. With the excellent detoxification, you are not facing issues of high blood pressure, cholesterol and blood sugar. Even many fungus and infections cure through the fasting process. With the daily habits of Yoga and exercise fills your lungs with the oxygen. Also, if you lift the weight, it builds your strength and will power. I am not here to talk to you about the food and exercise part, but when you follow this regimen, your brain generates more dopamine with the less cortisol, which I have discussed in my next blog how cortisol breaks you down. With the healthy regimen and with the feeding of good books and blogs, you feed your mind, which generates BDNF with the more inspirations and enthusiasms in your life.

When you generate this dopamine, you will be intelligently looking at surroundings challenges and problems with more opportunities. You less sabotage yourself, and by doing so, you can help first yourself to become best. You like to feed yourself with the positivity and energy like to work hard because by this regimen you will find your vocation which helps you to work hard without looking at the hours and days. You become so obsessed with the work that you crave for perfections. When you follow this in your life, you will have a natural flow of wealth, health and prosperity. You do not need to worry or beg for weekends for relaxations. But you enjoy all your workdays as well with enthusiasm.

Lesson 5

BY ENTHUSIASM ONE CAN ACQUIRE UNIMAGINABLE STRENGTH.

When you know your real nature and your vocation or your passion, you become enthusiastic towards your goals. You become less procrastinated, and you can imagine in doing your best work. Like sixteen chapel best version of Leonardo d Vinci who broke his back to deliver his best. They follow their passion unless they become perfectionist into their work. When you are enthusiastic in the achievement of the desired goals, you can easily visualise its outcome and your brain run over n over the same image, which makes you a perfectionist. Enthusiasm leads to less procrastinate, and you do not sabotage yourself before any activity. As it builds your strength through mental pictures and makes you more strength to achieve and move on in your life.

Lesson 6

THE LEADER WHO CARES FOR HIS SUBJECT CANNOT BE VANQUISHED EVEN IF ALL HIS ENEMIES BECOME UNITED.

A leader is a title in the form of the action one can lead throughout his life—a Leader who leads others, but before that, he drives to himself. There is an excellent story of Mahavir Swami in which he had been requested by one of the mothers to stop eating jaggery as it is harmful to her son. Mahavir Swami told her to come and see him after two days. When she again came, Mahavir Swami has instructed of mother to her son. Mother was astonished and asked why he took two days for this act. He said calmly, “before I asked someone not to eat, I should leave that first and then ask someone to do so.” Unless being a leader, you do not know the pain and disciplined faced by your follower; you would not be able to win any battle. To win the fight, a leader has to achieve and rule all his senses along with his Ego; then, he will be able to lead others.

If a leader leads himself with the care of the target and decides to win over through Id, he will succeed. As his complete focus is upon his senses through which he rules over his Ego.

Lesson 7

A MAN IS KNOWN BY HIS DEEDS SO OUR DEEDS SHOULD BE SUCH THAT HELPS IN EARNING RESPECT IN THE SOCIETY.

Who will remember you after you die? A great question to self. After you only till two generations will remember you as a Grandparent, but you are alone live in their heart through your actions and deeds you do in your whole life. To earn respect which is far better than making money and wealth. When you develop feelings of compassion, kindness and forgiveness, you will be able to act for others.

We are living in a society where we have given our driving seat to others. Here I am mentioned driving seat as if your feelings. As we are depended on the outside world for our emotions, that we blame them feelings. But to develop the feelings of compassion, forgiveness and kindness see within. Observe what you are and why you are? Who is responsible either me or society? You will get an answer for the real cause. Same way visualise your cemetery. What would you listen? What are the family and friends talking about you? Are they talking about your work or for you? As we cannot bifurcate ourself from our actions we did in whole life we earn respect accordingly. Respect and goodwill will obtain through your kind words and actions. We never buy it from the market. To build better sense and value yourself visualise your death and what people are talking about you. You will start value yourself as much as they. By visualisation of your death, I am not talking about to be negative. But imagine and feel what people lose most in your absence. It will increase the sense of respect for yourself, and you can earn respect with your daily course of action.

Lesson 8

CONTEMPLATION GIVES DIRECTION TO OUR KNOWLEDGE AND LEADS TO REALISATION.

Contemplation meaning is to concentrate on something for a more extended period. With the religious point meditating or do prayer to the inner soul. That is what exactly our work as a human. We are born in this world for the completion of our work. Be it you are from any castes, creed or countries this law works in the same way as Gravity works for every living being.

In my next blog of Finding self, I have much focussed upon the inner self. When you understand your skills, qualities and weaknesses, you can polish yourself to become the best version of yours. Any successful people not cut from different cloth but they understand who they are and their qualities. They work upon conditions in which they are best and lead themselves as a leader. Life can be more comfortable or hard that is decided with the help of your behaviour and thought process.

When you are hungry to know about the self, you will be able to understand that God ha has given you some unique quality which best and very different from others. To work on those qualities, you have to spend the right amount of time and energy. You have to deal with your inner self-talk and push self until you achieve best.

When you focus on your self, you find some of the significant characteristics. Be is you are good orator, author, leader, business person, mother, family man, painter, artist or anything you may label it. But whatever you are currently you are having self-satisfaction than do best to achieve your outcome. Because no one observed your work might be, but there is only one person, and that is, you can see your work and self daily. If you dare to stand in front of the mirror and ask whatever you do, you do for what? For whom and why? If there is a satisfactory answer come then you may find yourself in further deep in the course of action. But if your answer comes negative, then this is the time you should start chasing that version with whatever tools you have. Initiate with your qualities. Do not wait for better opportunities to come but jump whatever you have. Whenever you focused your thought power flows there.

Lesson 9

IF A PERSON BECOMES FATALIST AND DOES NOT PERFORM ACTIONS HE SHALL LITERALLY ACQUIRE NOTHING.

A fatalist who determines that there will no change whatever he or she might do because the outcome is predetermined. Fatalist shares a sense of being powerless to change the world.

I love to share here one of the stories of a dying man who waits for God to save him. Yes, there was a village having flood due to heavy rainfall. All villagers left their place and going to some safe place where they can survive their family and cattle. But there is a man who believes so much in God, and he climbed on the tree. As soon as flood increases people asked him to drop down and stay at some safe place. He was not listening by saying, “A God will come and save me. “ Slowly, the whole village becomes empty. A man is waiting for one boatman meanwhile is coming to save him, and he asked to come down. He said, “No if God will come, then I will come down.” A man gets second chance where the team of army asked to take a rope, and they will pull him, but he again said,” No.”

At last, one big bush came and stopped he again not jumped by saying,” Oh God, unless you do not come to save me, I will not happen.” Then he died by submerging in water. When he met God, he complained, “Why did not he come to save him?” God told him,” you fool I sent you three saviours, but you said no by saying if I come then only you can save. I only who sent those saviours but it is your foolishness caused you death.”

It is same happened with all of us. We are waiting for the right time and opportunities to come. We gradually become fatalist as we postpone all our action for the best time to come. And in this waiting time, we utilise our best energies on the wrong path which leads us nowhere. As per the law of Karma, you are unable to reap anything. Where we blame our luck or God, but this lesson teaches us that we can start with whatever we have. Right opportunities and time will knock your door.

Lesson 10

ONE WHO MAKES A RESOLUTIONS AND THEN MAKES SINCERE EFFORTS TO REALISE DREAMS, NOTHING STOPS HIM FROM REALISING HIS GOAL.

As I am writing lessons of Veda, but this is also very much proven that when you are behind your Goals, you achieve them with your full focus and course of actions. Here I am talking about Goal settings. This terminology we have heard almost all corporates, schools or even in personal life. First comes the clarity of what do you want. When you understand your values and understand your fundamental skills, you will be able to achieve anything you dream for. Be it knowledge, wealth, health, serenity, bliss, happiness or anything. But you should know what do you want? Life

is short, and it comes with lots of options. As we all born for some reasons, we have to figure out how we find inner self. It can be only possible through our Goal settings. Goals are working as a barometer. You can have total focus on your road, and you reach your destiny. But if you do not have goals, you drift around and never find a real sense of living.

Once you make goal sheet ready you can take a resolution in the presence of God that you will accomplish the same and you never stop until you achieve. It will give you courage and inspiration to work in a tough time. To obtain the best-desired goal, you need to clear with goals promise yourself and take the resolution to achieve. So that you take corrective actions in the right directions, this leads to you Success in this life.