Dear Bipin,

What an amazing beautiful life you have lived so far. Congratulations to you for that. Last 10 years have been the most exciting and joyful for you because of all the good habits that you contributed to your daily habits. Not every people do that. To be specific, only few people can be in that discipline to live the life of pure joy and fulfilment. So, you are among the very few who is enjoying life like it should be. I know life was difficult for you for almost a decade. Where many would have quit and settled down and still be unsatisfied with this precious life, you as a brave individual kept on seeking more and looking for more to live life with fulfilment and not regret. At this point of time you must have accomplished almost everything that society assumes as success. That is good. Cheers. Other than that, your inner fulfillment is something is more precious and valuable, that not many people can see but you cannot be happy without that. All those struggles for years, lost in the chaos of what to do, where to start has all connected to make you realize that those struggles and pain was necessary to live this fulfilled life. You are 40 years old now. Time just flies. But do not try to ever settle and keep looking for more, keep developing yourself and grooming yourself. You have discovered a lot so far, yet you can discover many more. Life’s fulfillment is where you keep growing. Keep growing, keep helping everyone, stay humble and stay hungry. All the best for the rest of your life.

Like you said 10 years ago, Life is not always about big accomplishments. It is also about those tiny small habits you practice daily that is most impactful and meaningful. Daily exercise, daily meditation, and that mentality to grow is the most important things that should be practiced by everyone. Keep eating healthy food. Staying vegetarian for these many years must have done wonders in your life. I am very proud of you. Just enjoy whatever life throws at you. Take care. Stay healthy and stay blessed.

With regards,

30 years old Bipin