

Reader Doer... Achiever

Intellectual
Therapy

Social Therapy

SUCCESS THERAPY

From confusion to clarity

Igniting Your Mind

By : Sudhanshu Ranjan

Index

1. Power Of Our Choices

2. Law's Of Success

3. Theory Of Parallel Spaces

4. My Life My Way

5. What Is Love?

6. Adaptation Of Life

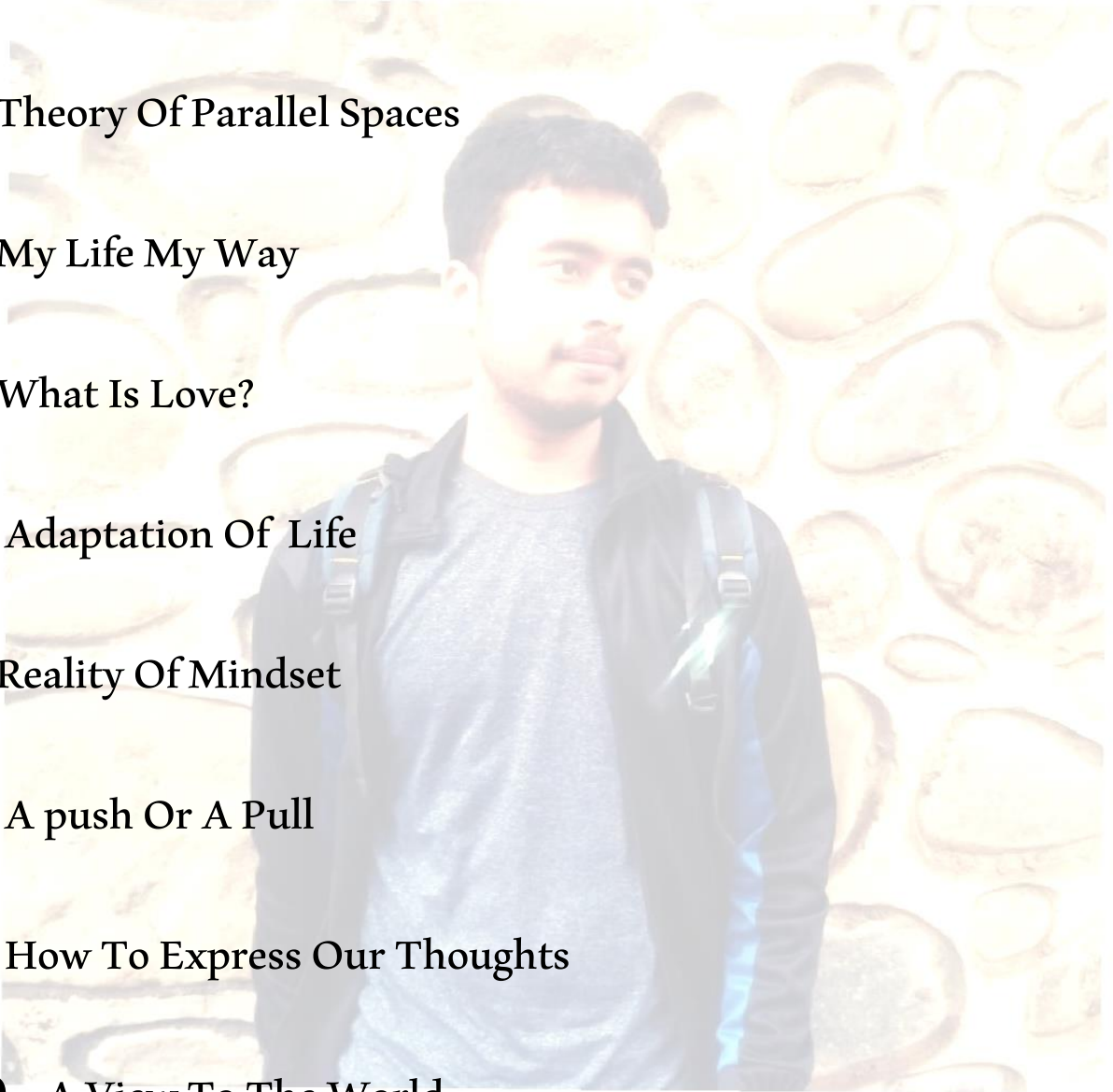
7. Reality Of Mindset

8. A push Or A Pull

9. How To Express Our Thoughts

10. A View To The World

11. Future Of Jobs



Power Of Our Choices

It is our choices, Harry, that show what we truly are, far more than our abilities. Attitude is a choice. Happiness is a choice. Optimism is a choice. Kindness is choice. Giving is a choice. Respect is a choice. What choice you make, makes you. Our life is all about choices we make and its power is immortal. It defines our character, personality, behaviour and combining to all this it makes our journey.



The most important ingredient of our choices is our 'Guts feeling'. It's not be like that our choice be forced by our parents, teachers, or society. Taking correct choices must be answered by 3 questions "what you feel to do? Why you want to do? How you want to do? Answer of these questions must be influenced by our will power. So that our mind will act as driving force to get that labour which required to complete that task of our choice.

There are certain stages in everyone's life where we came across the certain choices like:

1. ● Player or Spectator
2. ● Monkey or Kitten
3. ● Wait to be rescued or Rescue your self
4. ● Being a leader or Follower
5. ● Victim or Winner
6. ● Baggage of the past or the pull of the future
7. ● Proactive or reactive
8. ● Clapper or Performer
9. ● The comfort zone or The stretch zone
10. ● Speak up or shut up
11. ● Hang out with the dull or the weird!



Taking these all choices at every stage will define a new route for a future. Yeses! It may happen that a good choice makes you to wait, get to put extra effort or it may consume your sleep. But remember, it never lead to get into worse. We are the master of our attitude. We cannot control what happens to us. But we can control the way we think about all the events. We always have the choice. We can choose to face them with a positive mental attitude.

"The most difficult thing is the decision to act, the rest is merely tenacity. The fears are paper tigers. You can do anything you decide to do. You can act to change and control your life; and the procedure, the process is its own reward." – Amelia Earhart

Law Of Success

Every aspects of the world are governed by certain law. Whether, it is Newton's or Einstein's law. The basic idea behind these law is to know the root cause of happening the things in that or this way. So that, it can be modified and provide the new opportunity for thinkers to take it further at another level. If, we think deeply to our life than it is also running by some basic law of process i.e.

1. **Childhood : Go To School**
2. **Adulthood : Go To Collage**
3. **Ultra Adulthood : Do Job**
4. **Ultra Pro Adulthood : Family Life**
5. **Old Age : Retirement And Death**



Every one follows this law of process but they are not successful equally. Why is it so? The things to notice that in between this process of law, there is one hidden law i.e. “Law of Success”. This law defines the standard of success and living of our self. It is mainly govern by three components.

1. Law of having the purpose

In our life, we get various opportunities and ideas. So, it is important to live the life with sense of purpose. Having the purpose in life will define that narrow path to grab only those ideas and opportunity in which we are interested in. Without purpose human is like dead soul because the purpose gives the meaning to our straggle, work and passion. Purpose with high determination will drive our dream to final destination.

2. Law of Paying the Price

If, we buy any product then we have to pay. If, we buy the branded product then we

have to pay much more than before. The same process is equivalence to our daily life. What standard of life we want, will depend on how much we are paying or investing today to our goal. This payment is done through hard work. There is no guarantee and refund for this investment. But the chance of failure is less and more of it we fail than it gives us experiences. Experience is like the diamond that increases the rate of goal. So, it's very important to make the investment and pay for the price to achieve our branded target.



3. Law of regular persistence

This law basically deal with regular and continuous hard work. As Hard work is a vector quantity so it's important to have the magnitude plus direction. In-between that we have to deal with our failure and struggle. But, it's important to re stand and restart. Because it is easy to upload any dream in our mind but it's very hard to download it in real life. There is no shortcut rule in life. Every targets needs process, every process needs persistence and each persistence needs temperament to deal with it.

"Would you like me to give you a formula for success? It's quite simple, really: Double your rate of failure. You are thinking of failure as the enemy of success. But it isn't at all. You can be discouraged by failure or you can learn from it, so go ahead and make mistakes. Make all you can. Because remember that's where you will find success."

-- Thomas J. Watson



Theory Of Parallel Spaces

Our life is a long tail journey of many years. A year comprised with 12 months, a month comprised with 4 weeks and a week comprised with 7 days. Every single day creates a new space in our life. This space may be happiness for someone and sadness for another one. What we want in our life is always happiness. But it's fact that everyone has to bear the sadness in their life in this or that way. Some move through these sadness and some stocks with their problems. Hard time does come in our life but it never last. If we fill the occupied space of problems in our life with positivity and happiness then it washed as soon as.



Life is 10% what happens to us and 90% how we respond to it. We have brains in our head. We have foot in our shoes. We can steer our self in any direction of our choice. Creating that parallel space in our bad time's and filling it with oppurtunities is the real meaning and success of our life. Our mind is like a magnet. If we think of blessings we attract blessings. If we think of problems, we attract problems. Always cultivate good thoughts and remain positive and optimistic. We get what we think. So think positive, life will be automatically positive. Science tells us that; the electron and atom in our body contains the potential energy of 11,000,000 KW/H per pound. We have the energy to light up the whole North America continent for a week. So stop making excuses, let's light up our life with success by using our potential energy



If we expect the world to be fair with us because we are a nice person. Then we are fooling our self. That's like a expecting the lion not to eat us because we didn't eat lion. Let people do what they need to do, make them happy, mind in your own business and do what we need to do to make us happy. We can rewire our brain to be happy by simply recalling 3 things; we are great full for 21 days. Remember we are born in one day. We die in one day. We can change in one day and we can fall in love in one day. Anything can happen in just one day. Just wait for your that day.

"Whatever we are, whatever we make of ourselves, is all we will ever have—and that, in its profound simplicity, is the meaning of life." —Philip Appleman

My Life My Way

What is life?

- 1. Living in the people perception or living in the self perception?*
- 2. Living for show off or for satisfaction?*
- 3. Living for impression or for perfection?*

How it's funny that the answer of these questions will be inversely proposal to reality of life. What I mean is that "everybody wants to show off, mark their impression and want to live in people perception but actually no one will accept this". We had defined our life in such way, where the people interest is always been 1st priority and self interest be the 2nd one. Just because people can praise us. None can destroy Iron, but its own rust can. Likewise, none can destroy a person but his own mindset can. Its fact that, when we are ignored by a person whose attention means the most to us, then the reaction in our brain will be similar to physical pain. Here something needs to understand:



**I LIVE MY LIFE
MY WAY**

- Let nobody define your worth
- Don't care about people who try to bring you down
- Find joy in little things
- Winning is good but it isn't everything. At the end it is all just a game. Will only be fun if enjoy it
- Keep the people who value and who there for you
- Not always live in expectation, have acceptance
- Don't be impressed by fake people. Nobody is perfect. We are all flawed
- Care only for those who care for you
- Avoiding certain people to protect our emotion and mental health is not a weakness. Its wisdom
- Tough times go away. Good times too. Then it all repeats. It's the circle of life
- Don't take stardom seriously. Don't take setback that seriously.
- Don't take anything seriously frankly
- Don't be serious, be sincere

Our life is our life, none of others life. So don't give that much of importance to anyone who can be the reason of your sadness. Don't flow someone words in your tears. Always try to be the reason of everyone's smile. Come on friends let's lead our life in our own way with fun, masti, creazyness and with big smile.

"Bad things do happen; how I respond to them defines my character and the quality of my life. I can choose to sit in perpetual sadness, immobilized by the gravity of my loss, or I can choose to rise from the pain and treasure the most precious gift I have - life itself."

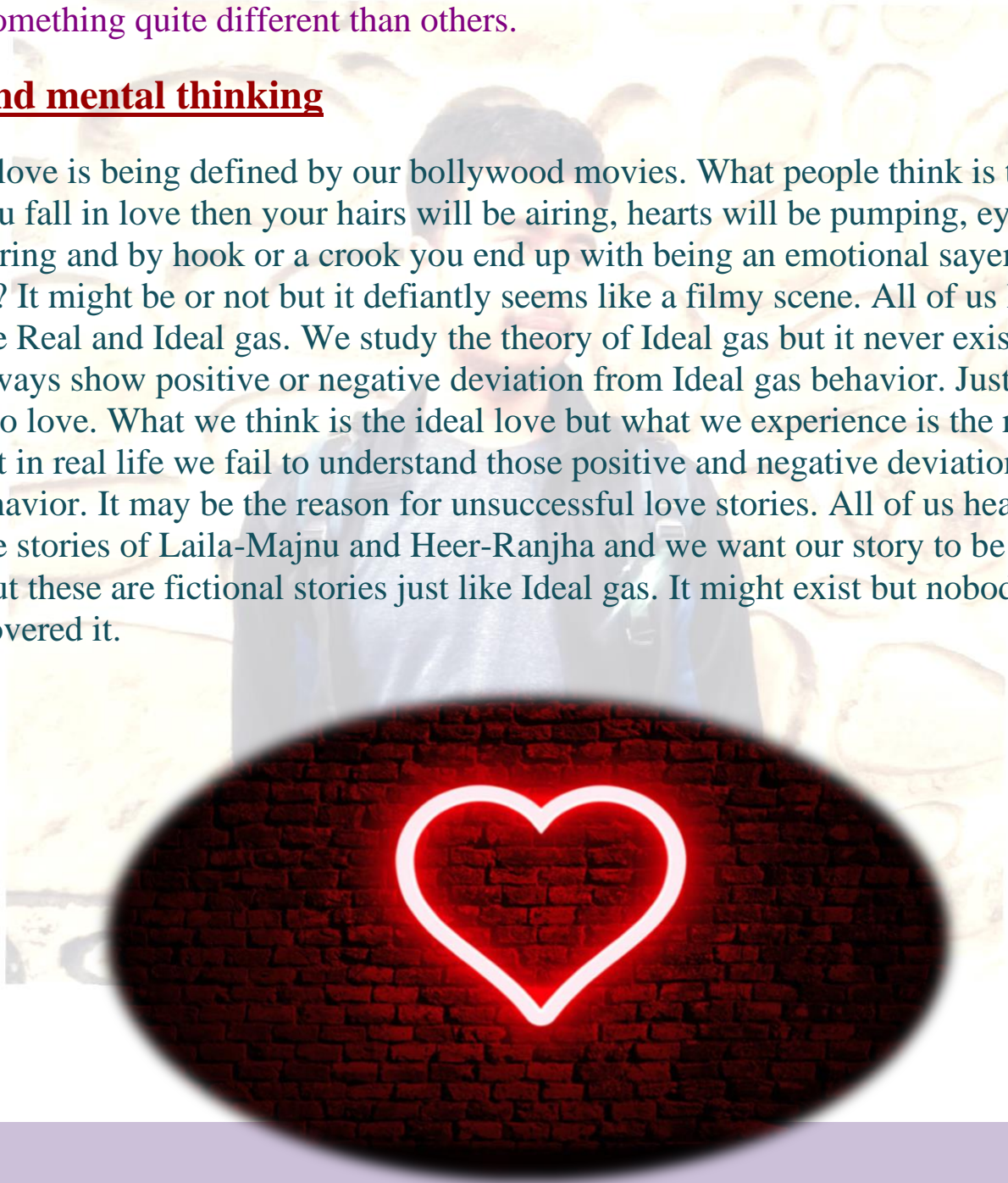
: Walter Anderson

What is Love?

Love has been favoured topic for philosophers, poets, writers and scientists for generations and different people and groups have often fought about its definition. While most people agree that love implies strong feeling of affection, there are many disagreements about its precise meaning and one person's I LOVE YOU might mean something quite different than others.

Love and mental thinking

In India love is being defined by our bollywood movies. What people think is that: when you fall in love then your hairs will be airing, hearts will be pumping, eyes will be flickering and by hook or a crook you end up with being an emotional sayer. Is it like that? It might be or not but it defiantly seems like a filmy scene. All of us know about the Real and Ideal gas. We study the theory of Ideal gas but it never exists. Real gases always show positive or negative deviation from Ideal gas behavior. Just same applied to love. What we think is the ideal love but what we experience is the real love. But in real life we fail to understand those positive and negative deviations from ideal behavior. It may be the reason for unsuccessful love stories. All of us heard about the stories of Laila-Majnu and Heer-Ranjha and we want our story to be the same. But these are fictional stories just like Ideal gas. It might exist but nobody had yet discovered it.



Love and nature process

Today's generations are modernized, everything is changing and moving fast with time. Our life has been also changed from the past generation. We are living in the world of 5G. So it's obvious that the meaning of love have also changed. Now a day's love is more or less motivated by physical attraction. It may sound as small time pleasure. If we deeply try to understand the theory of nature then we realise that there is fixed time and age for every happening in this world. But today we are ignoring this. Now we want to experience everything as soon as possible. What we need to do in the age of 24 that we want today in the age of 18. It might give you short tempered feeling but in future it can disturb you the most.

Love versus lust

Especially in the early stages of a relationship, it can be difficult to tell the difference between love and lust. Both are associated with physical attraction and an intoxicating rush of feel-good chemicals, coupled with an often overwhelming desire to be closer to another person, but only one is long-lasting: love.

Love is something that is cultivated between two people and grows over time, through getting to know him or her and experiencing life's many ups and down together. It involves commitment, time, mutual trust, and acceptance. Lust, on the other hand, has to do with the sex driven sensations that draw people toward one other initially and is fuelled primarily by the urge to procreate. Characterized by sex hormones and idealistic infatuation, lust blurs our ability to see a person for who he or she truly is, and consequently, it may or may not lead to a long term relationship.

Conclusion's

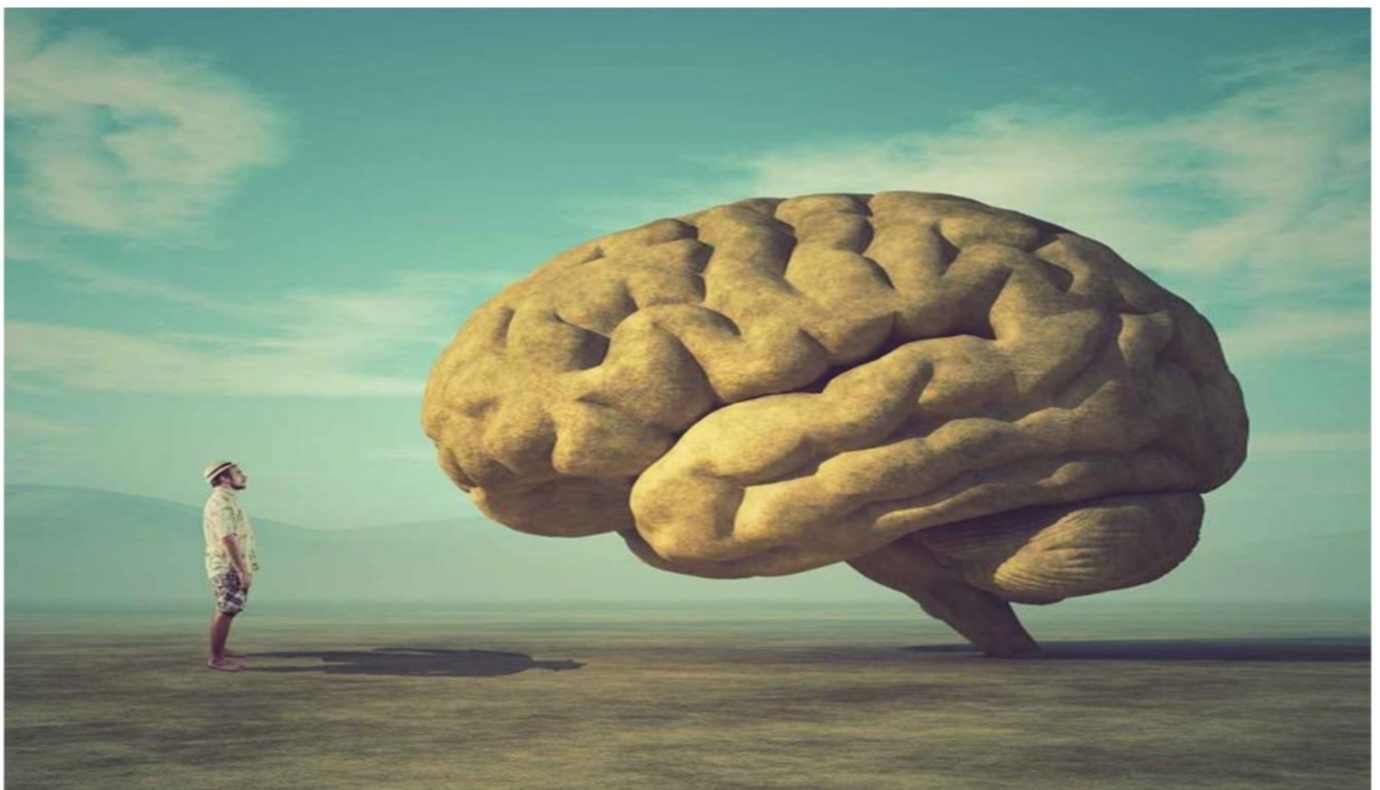
Today we are living in the age of show off, where no one can judge other by a single or multiple attractions or by the physical looks. Everything needs to give time. Now a days we are attracted by opposite partner in such a way that we ignore other important people in our life. After some duration we end up with breakup and then we realise those important people whom we missed due to that phase of our life. This thing needs to be understood by everyone. As we know 'prevention is better than cure'. For me love is like the affection with being with someone who gives you good vibes or make you feel good. It may be between best friends and best friends, a boy and a girl, family and relatives or with animals and any non-living things.

So, not always try to get the love but always try to feel the love.

Adaptation of Life

I am going to recall a lesson. Actually we have already read it in the class 9th science in the chapter of “Diversity of living organism”. In this chapter Charles Darwin said that “it is not the most intellectual species that survive; it is not the strongest that survives; but the species that survives is the one that is able to adapt and to adjust best to the changing environment in which it finds itself”. For the deep understanding let's take the example and compare the two species.

We all had read and listened about the **dinosaur**, one of the largest and most powerful species of the world. But from the ages they are extinct just because they were not able to adapt themselves with changing environment. On the other side we all know about the **crockroz**. They have also exist from the millions of years from past to present. Every one of us want to kill and finish it but not able to do this. World scientist are investing lots of money to invent pesticide to kill it but not able to do this till now. Every month we in our home invest 100's of money to kill it but unfortunately not able to kill them. This all is just because crockroz know how to adapt them in changing environment.



If we relate our day to day life and path to success then same theory applies to us also. Those people who are adapting and accepting themselves better with changing environment are the successful one and doing well in their life. Pandemic like COVID-19 kills millions of people, disturbed our life style and affected our future planning. But we can see most of the people are safe and doing well in this pandemic also just because they have adapted themselves with this environment. So it's not important that '**why** you are in this particular place of your life' but it's important that '**how** you are in this particular place of your life'.

Insecurity, emotional breakdown & competitiveness are such pandemics whose vaccines haven't yet been developed. There are many physically strong people but when life hits, you need to have a strong mentality to fight and win. Now our logic and emotions play's the important role in adapting with the environment. When we think with logic then it is like move forward by ignoring every other thing. When we think with emotion it is like be where you are and get want you want. Both observations are correct in their respective but in order to move and adapt better with environment we have to take the decision with 60% logic and 40% emotion because there is no meaning of logic without emotion. At the end logic may give you success but emotion will you give self satisfaction.

Remaining next life, choice and decision is yours....

“

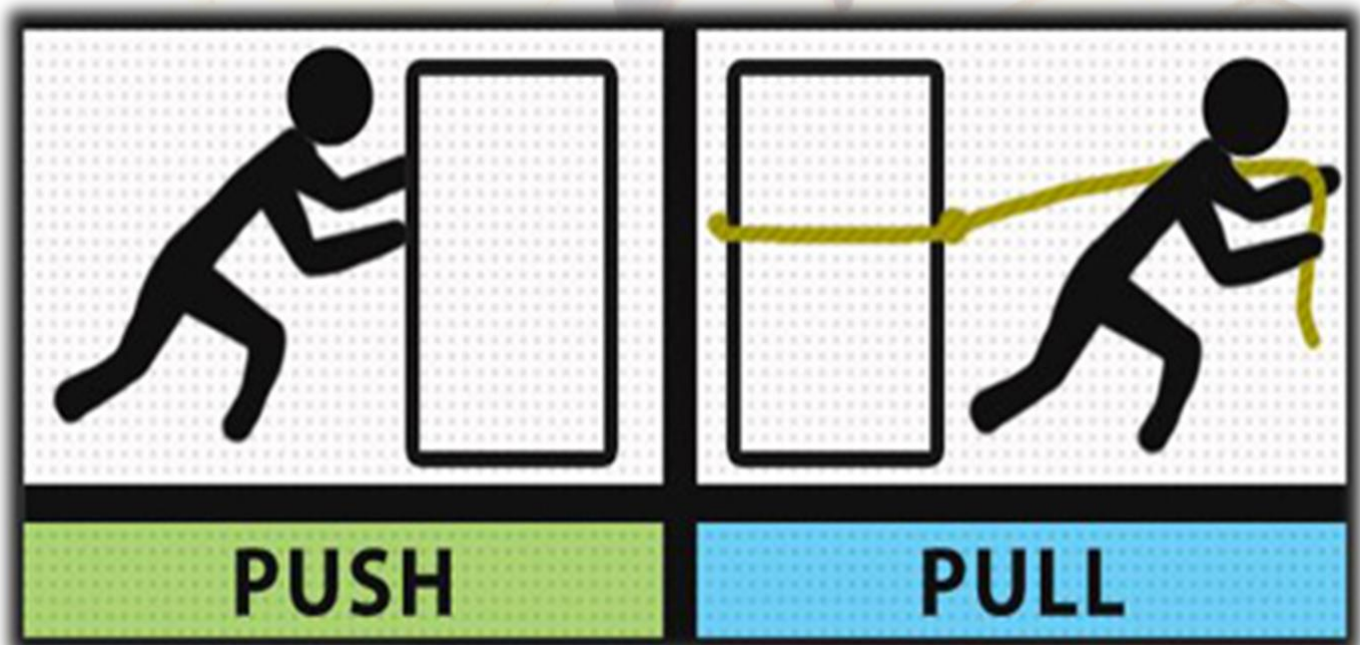
“You must be shapeless, formless, like water. When you pour water in a cup, it becomes the cup. When you pour water in a bottle, it becomes the bottle. When you pour water in a teapot, it becomes the teapot. Water can drip and it can crash. Become like water my friend.”

— Bruce Lee

”

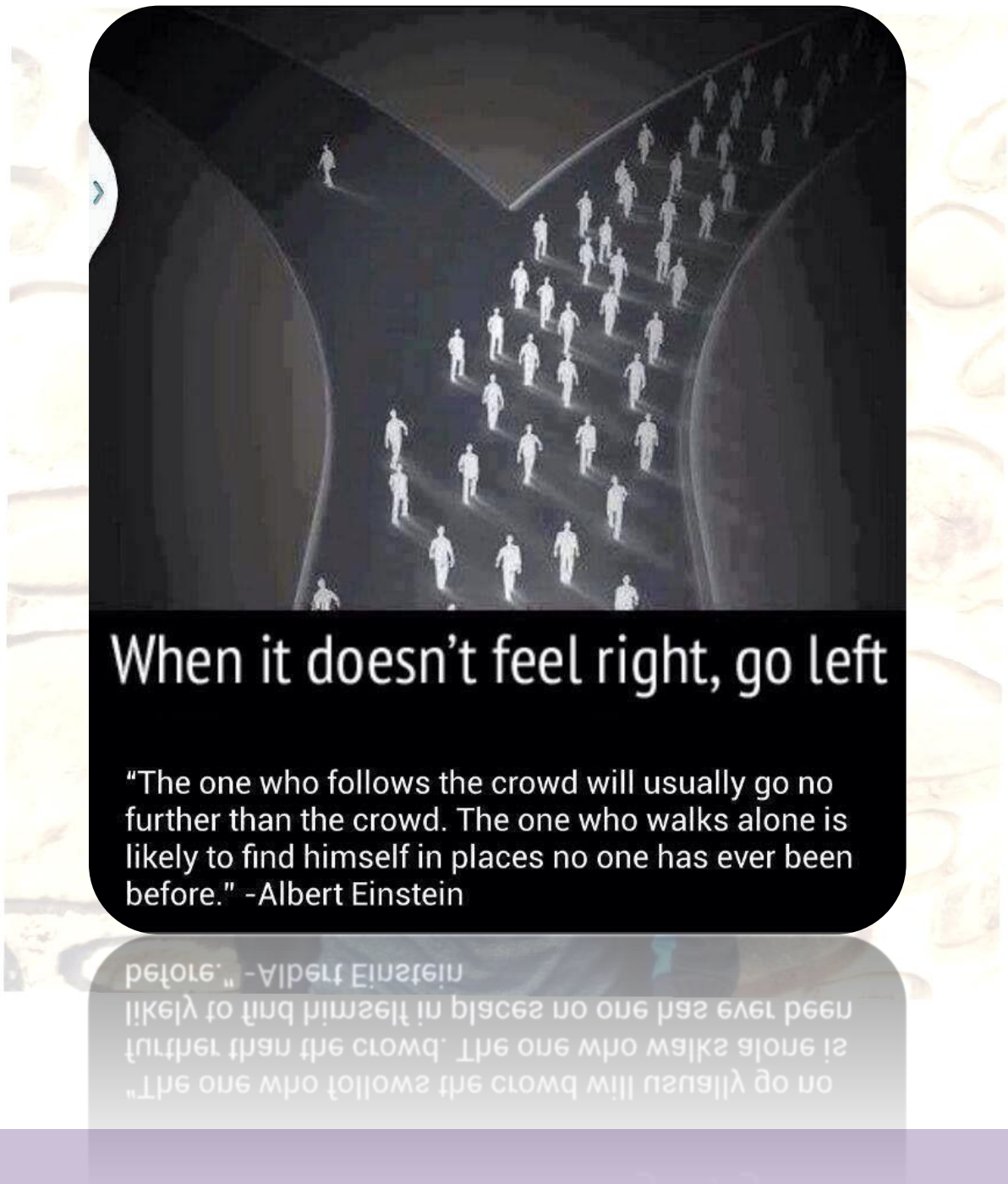
A Push or A Pull

Our life is all about the action of motion. Actually existence of human life revolves around the 'the action of motion'. Everything we want in our life is inspired by something's or by someone. Our choices to do something in life are forced with the reason to get something better in future than today. This forced action could be of two types (a) A Push or (b) A Pull.



The word 'push' here means that someone like our parents, teachers and relatives pushing us to take decision of our future action. Let us take a daily life example. In our society, if Sharma's uncle son had excelled in life through engineering then our parents also push us to take engineering. If Gupta uncle daughter became doctor then our parents push us to study that particular stream. They do emotional blackmail, show some love, remind us that care he had taken of our self in childhood and finally listening these all we jump into the well where we never wanted to be. This all happens due to the protective and secure future planning of

our parents and some time it's our choices also by seeing other one. We also wanted to follow the example and never wanted to be an example. In 95% of cases this thing is happening through the same situation. Yess, there are chances that we succeed in life by this way also but we cannot find that happiness after getting high salary also because we are not totally interested in this filed.



Now, let's analyse the second factor that is 'pull'. Pull, means we are pulling our self to participate in any platform or taking any decision by yourself. Actually pull is inspired by our hobby, ambition and desire. Here we wanted to do something by our heart. Here probability of success rate is much higher than other case. Here we become examples for our society. If we get low salary here then also we feel satisfied by our job because it's our choice of work.

Now, if we are choosing the push than its external but when we are pulling up by our mindset by our self then it's internal. Its drives our inner passion and strength. Today, we are living in the 21st century, being thought by 20th century teacher, following the pattern of 18th century and taking decision with secure mentality of 18th century. Our life is all about taking ricks at various phases of live. Now it's time to get rid of that secure mindset of following the same pattern. Today's whole world is open; if we have talent, knowledge and bold personality then no one can stop us to achieve anything of our choice. We should listen to a very small group of people on this planet. Why would we take advice from someone who hasn't done what we want to do? Only take advice from people who have done what we want to do. So, now it's your decision whether you want to be pushed by someone or pull by your inner heart!

"So, what can't you take? Decide which of the two options is harder, and do the other. That way, no matter how hard your choice turns out to be, at least you can find comfort in knowing you're avoiding something even worse."

— Josephine Angelin

Reality of Mindset

Our mindset is the universal set of our all the sets we got in our life. Reality and positivity are two unions and negativity is intersection of this sets. What is happening and how we are dealing with the situation's always depend on our mindset that in which direction we are taking it. If we think it positively then the whole environment looks pretty. If we take it in negative then whole ecosystem became negative. Always remember, everything in this universe happens for a reason. It might happen that we did not realise it instantly but after some duration we realise it. Let's take case-1 to analyse in this better way:

{

A girl laughed when the teacher wrote a wrong answer on the board.

$$9 * 1 = 7$$

$$9 * 2 = 18$$

$$9 * 3 = 27$$

$$9 * 4 = 36$$

$$9 * 5 = 45$$

$$9 * 6 = 54$$

$$9 * 7 = 63$$

$$9 * 8 = 72$$

$$9 * 9 = 81$$

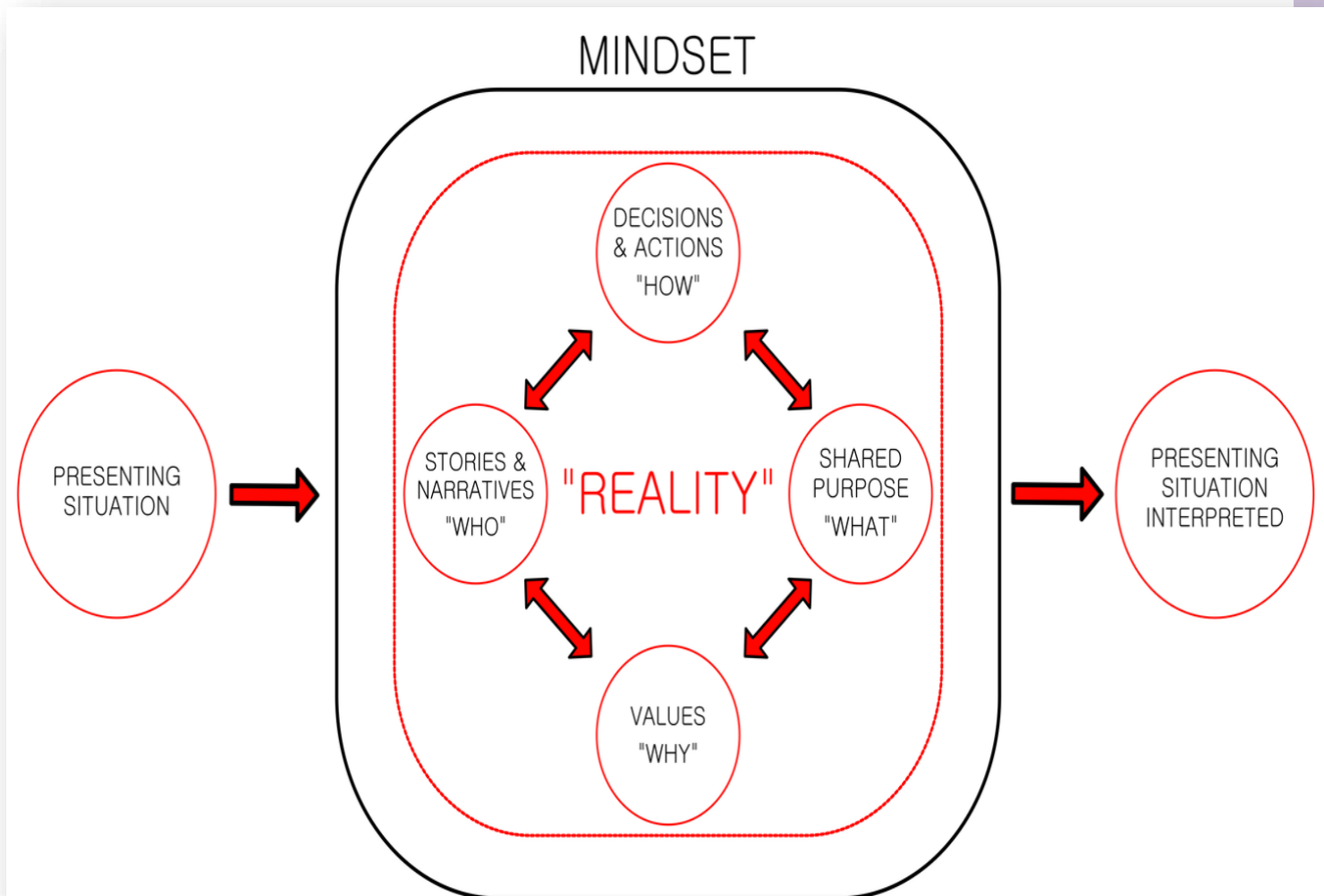
$$9 * 10 = 90$$

When he was done, he looked to the students and they all were laughing at him, because of the first equation was wrong and then the teacher said the following:

“I wrote that first one wrong on purpose because I wanted you to learn some things important. This was for you to know how the world out there will treat you. You can

see that I wrote right 9 times, but none of you congratulate me for it; you all laughed and criticised me because of one wrong thing I did. So this is the lesson.”

}



The world will never appreciate the good you do a million times but will criticise the one wrong thing you do. But don't get discouraged; always rise above all the laughter and criticism. Stay strong.

Most of the time in our life, its happens that we tend to compare our self with other and realise that we have less time to do any particular task. This gives us the feeling like of depression and I cannot do it. We don't stick to the single plan and change

our plan one after another. To understand this concept and to have better clarity about the time cycle; let's analyse the case-2:

{

- Someone graduated at the age of 22, but waited 5 years before securing a good job.
- Someone became a CEO at 25, and died at 50.
- While another became a CEO at 50, and lived to 90 years.
- Someone is still single, while someone else got married.
- Obama retired at 55, but trump started at 70.
- Everyone in this world works based on their time zone.
- People around you might seem to go ahead of you, while some might seem to be behind you.
- But everyone is running in their time zone, and you are in yours.
- So, RELAX
- You are not LATE.
- You are not EARLY.

}

You are very much on time.

"It's a funny thing about life, once you begin to take note of the things you are grateful for, you begin to lose sight of the things that you lack."

— Germany Kent

A View To The World

Have a quick look at our surroundings, and you will realize that life is changing at a faster rate than ever. Jobs are disappearing, every individual is engaged with their smartphones, education costs us thousands, the cost of living has increased rapidly, but salaries don't, and now we have less time for ourselves. Life is changing so fast that and it amazes us like we wake up in a new world every day!

Communication is just the transfer of information from one mind to another mind or a group of others. It's usually in the form of an idea, a fact, an emotion, written, spoken. Whatever the medium, the thing is, if the message doesn't reach the other person, there's no communication, or simply there's miscommunication. Everything little thing we do, every little task we perform sends a signal to the audience. The way others look at us, our body language, tone of our voice, cause others to reach certain conclusions about us.



A problem is just an unanswered question. The quality of our thoughts determines the quality of our lives. And our decisions are a result of our thoughts. No matter how crazy your thoughts are, but you do exist. So why not make your existence a little more practical, fun, and useful? Most of our beliefs are based on our or other people's perceptions. Thinking is the hardest work, which is probably the reason why so few engage in it. And it's not only hard it's the single most important thing in life.

We often make decisions based on what others do or say. The behavior of the past that led to good results, doesn't guarantee the same for future results. We often favor things and places we know over novelty. It's one of those things we see every day. We eat the same things, we walk the same route, we make the same mistakes, and we complete the same tasks at work over and over again. And then, we complain that our lives are stuck or boring. No wonder, you're making decisions based on familiarity. But we can't guarantee that familiarity is always a good thing. It may be good for certain. But to achieve a hidden flame you need something different.



Bigger cities also bring us bigger opportunities. Yes, it is true. That's even the main reason we have engaged on a common platform on our daily basis and yes, we do seize a big opportunity for us at the time. But we also come up with bigger responsibilities and problems.

Nothing is guaranteed in life and that you have to work hard to earn money. The point is that there are multiple ways to achieve your goals. Also, if everyone is doing the same thing, that often means you shouldn't. There's is nothing wrong with being odd and different because goals are personal and nobody worries about your goal more than you do. So, feed your brain with knowledge that you are curious about. And the only way is by learning, doing, making mistakes, reflecting, or anything you can do to feed your brain with the input it needs to give you the output you want. If we would rely on trial and error to build a career, we would probably die before achieving that goal. Life is too short for applying trial and error to everything.

"Reach out and help others. If you have the power to make someone happy, do it. Be a vessel, be the change, be the difference, or be the inspiration. Shine your light as an example. The world needs more of that."

— Germany Kent



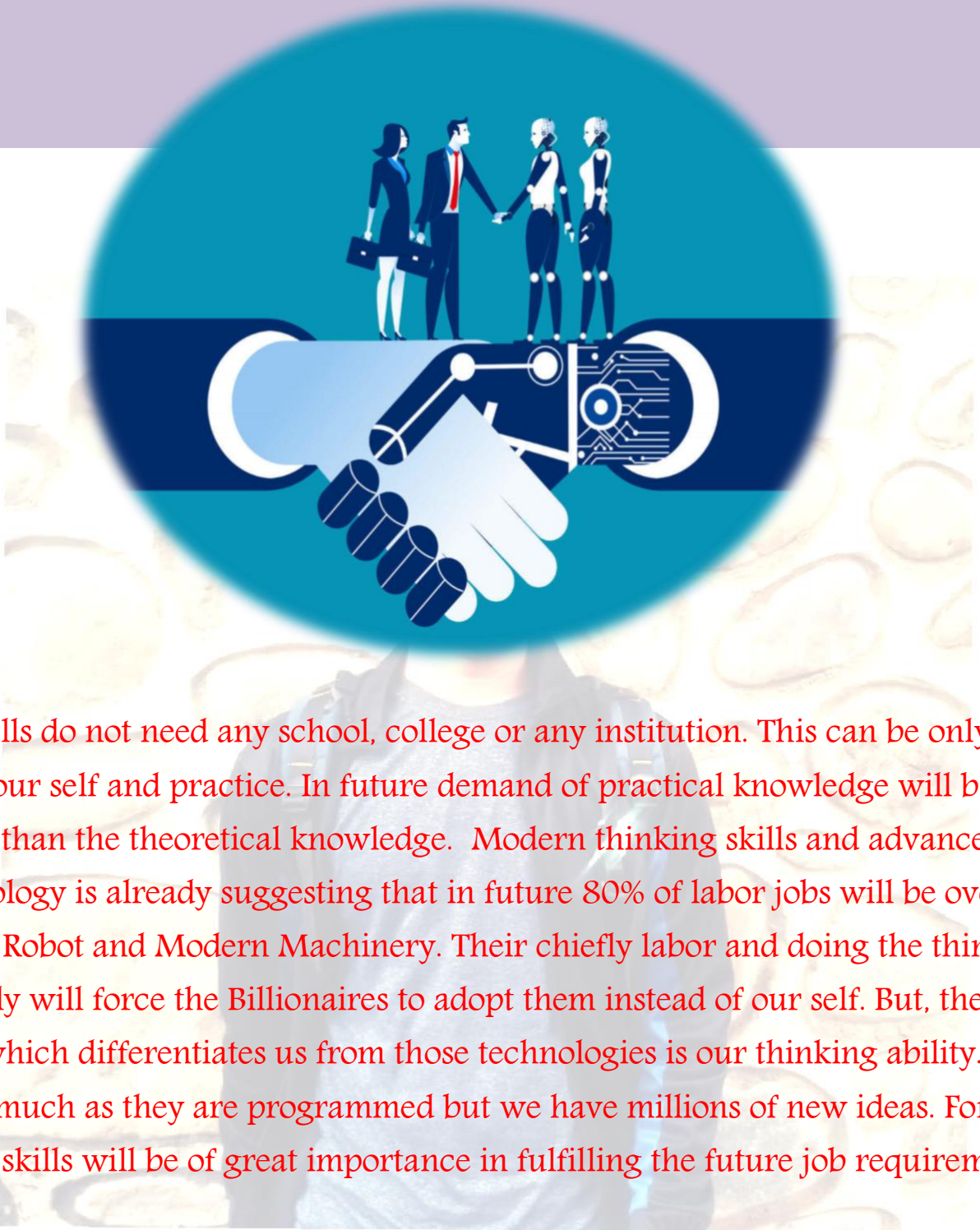
Future of Jobs

Today, Our World is going through one of the biggest epidemic ever of Covid-19 corona virus. This virus has affected brutally to our human society and still doing so. Many countries are going through the situation of lock-down. Due to this millions and millions of people are going to lose their jobs. According to media report, about 4.5 million people of USA have lost their job in past 3 months. So, biggest question arises that, what will be the future requirement of jobs? According to the World Economic Forum, there will 10 skills which are going to play a key role in job requirements. There are as follow:



1. Complex Problem Solving
2. Critical Thinking
3. Creativity
4. People Management
5. Coordinating With Others
6. Emotional Intelligence
7. Judgment and Decision Making
8. Service Orientation
9. Negotiation

10. Cognitive Flexibility



These skills do not need any school, college or any institution. This can be only develop our self and practice. In future demand of practical knowledge will be more valuable than the theoretical knowledge. Modern thinking skills and advancement in technology is already suggesting that in future 80% of labor jobs will be over taken by Robot and Modern Machinery. Their chiefly labor and doing the things accurately will force the Billionaires to adopt them instead of our self. But, the quality which differentiates us from those technologies is our thinking ability. They think as much as they are programmed but we have millions of new ideas. For this, those 10 skills will be of great importance in fulfilling the future job requirements.

"Find out what you like doing best, and get someone to pay you for doing it."

Katharine Whitehorn