

CHAPTER 4

DEJECTION:

THE LOSING OF FOCUS

"The problem with the world is that

The intelligent people are full of doubt,

While the stupid people are full of confidence"

-CHARLES BUKOWSKI

Depending on the attitude something can attract or distract you. There may be some reasons that may compel you at every time to reach your destiny and some reason may divert and distract you from achieving your goal and success. The whole game depends on you.

YOUR MIND IS YOUR CAPTAIN

Simply life is a game in which you are captain, such that your team is comprised of players like sense organ (ear, nose, eye, skin, and tongue), brain, heart, forelimbs where mind acts as a captain of team, so you must have a control on your team to save your life from spoil.

Firstly a question arises what is dejection?

Anything which diverts you, break your concentration and you lose focus, it is a dejection. The things which are responsible for doing so are the causes of dejection.

Now let us move on the causes which can distract you. Now in a technical era, if we observe some caused are social networking sites, means of entertainment, love, and attraction toward sex-these are problems through which every youngster suffers.

- **If we talk about the social networking sites like Facebook, WhatsApp, Instagram, hike, chatting with their lovers and many others. On contrary students preparing for the competitive exams like IIT, AIIMS, UPSC, SSC, CDS have no requirement to use because these social sites will not only waste your time but also acts as a resistance between you and your aim.**

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- **If we talk about the college students then they should use these things for limited time every day. These are the things which should be used as time pass and be aware about society during your job time. When you are in job and in any profession. There are lot of means of entertainment like television, you tube, cell phone, movies, games and many more we have to in touch of everything but for short time. You should have knowledge of everything but not be stub born to these little things instead of focusing on such little things of pleasure it is better to focus on your goal.**
- **Now third biggest distract is love, attraction, sexual desire during teenager. Should we fall in the love when we are in teenage?**

The answer is simple, it is not loved just attraction anything else (what is real love explain in the next chapter). During this teenager's life, we do not have control of our minds and it diverts frequently and pretended in that direction where it found pleasure, comfort, feel good. What we say and feel is "I am in love" it is not love but it is feeling of attraction to achieve pleasure, from such feeling every person have during his teenage life (11th,12th, college life), so there is nothing different with you the only thing is to control yourselves.

HOW TO OVERCOME DEJECTION

Now let us talk about how to overcome if one gets dejected in his life.

The very first thing is that you have to change your society, environment, and atmosphere and live around good people you meet more reflection you face and feel. Think about the cause of dejection than remember your parents what dreams they have from you, the expectation from you. In this world, no one will support lifetime neither your girlfriend nor your boyfriend expects your parents. Because they love you, support you without their own interest. Believe in reality leave the pseudo world. Always ask yourself what you are doing is right to your career and future. Meet to the worthy and wise person who can show you the right path and help to achieve the success.

During such conditions, we must have to meet more and more friends, teachers and share our thoughts so that mind got rid of negativity and free from an attraction with a particular thing or person. Always try to live in groups and make yourself busy in different works, do more work to engage yourself.

Listen to some episodes of Geeta and read Kuran and go through the Bible and some other inspirational books and motivation thoughts that give you inner peace. Plan a trip at least for a week to see the beauty of nature. Even if you talk about history, after dejection due to love and attraction person either spoil their life or become a unique emerging personality forever.

Now the decision is yours, life is yours. It is the tendency of human beings to get divert you can also see some great person:

- **Arjun in Mahabharata got afraid from fighting the battling but lord Krishna had motivated him.**

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- **Gautam Buddha left his fort and palace just to achieve intellectual knowledge and spiritual experience of life on other hand Vishwamitra got diverted from several year meditation just due to an angel come in front of him so called Menica.**

The message is simple “during your study time (School and college time) you are on meditation a lot of angles (queen of beauty) comes to divert you. Those who controlled themselves they achieve success while others regret for a lifetime just to enjoy for short time pleasure”. If we are doing any work related to study or something else in rhythm and continuity but if we got a break of some days all the continuity will break down and we lose concentration at work.

Just think if you are preparing for any exam for the last three months continuously you gave a break or pause to your study due to illness, holidays or other reasons than this creates you a lot of problems and takes a lot of time for recovery of study and back into some form. In short, the message is clear holidays and bad health are also one of the reasons of losing focus but they appear like a small.

Every youngster wants to know how to control ourselves and things are very simple if there is any problem either mental problem, study problem, relationship problem where you engage and any unnecessary enjoyment which is harmful to your future and career. Any problem through which you want to overcome because it repeatedly loses control of your mind. Many of us succeed to overcome that problem for some period of time but not forever and repeatedly after a gap of 5 or 6 days they suffer from the same problem. The best way to come out from it is to understand the problem on time and then plan a strategy to root out the problem.

HOW TO OVERCOME ADDICTION

If you are addicted with some habit from a long time and from last 5 days you control your mind to some extent to not repeating that habit, then complete 10 days after this 15 days. But after this short period of time, you start doing it again.

Now here question arises should you achieve something?

Obviously for a normal person the answer is no. because they think with normal way because they want productivity immediately. Now, remember previous 14 days and considered them as wasted and no meaning of the patience of 15 days. But they forgot every moment of life give a great experience.

But if you think intellectually, you find that you learn how to control your mind as it is said “Rome was not built in a day”. Definitely if you can control for 15 days then you will also overcome it for forever and ultimately win your mind.

This control on your mind paved your way towards success. Once you have control at mind in such a way that your body works according to your mind that day you win 75% of your life.