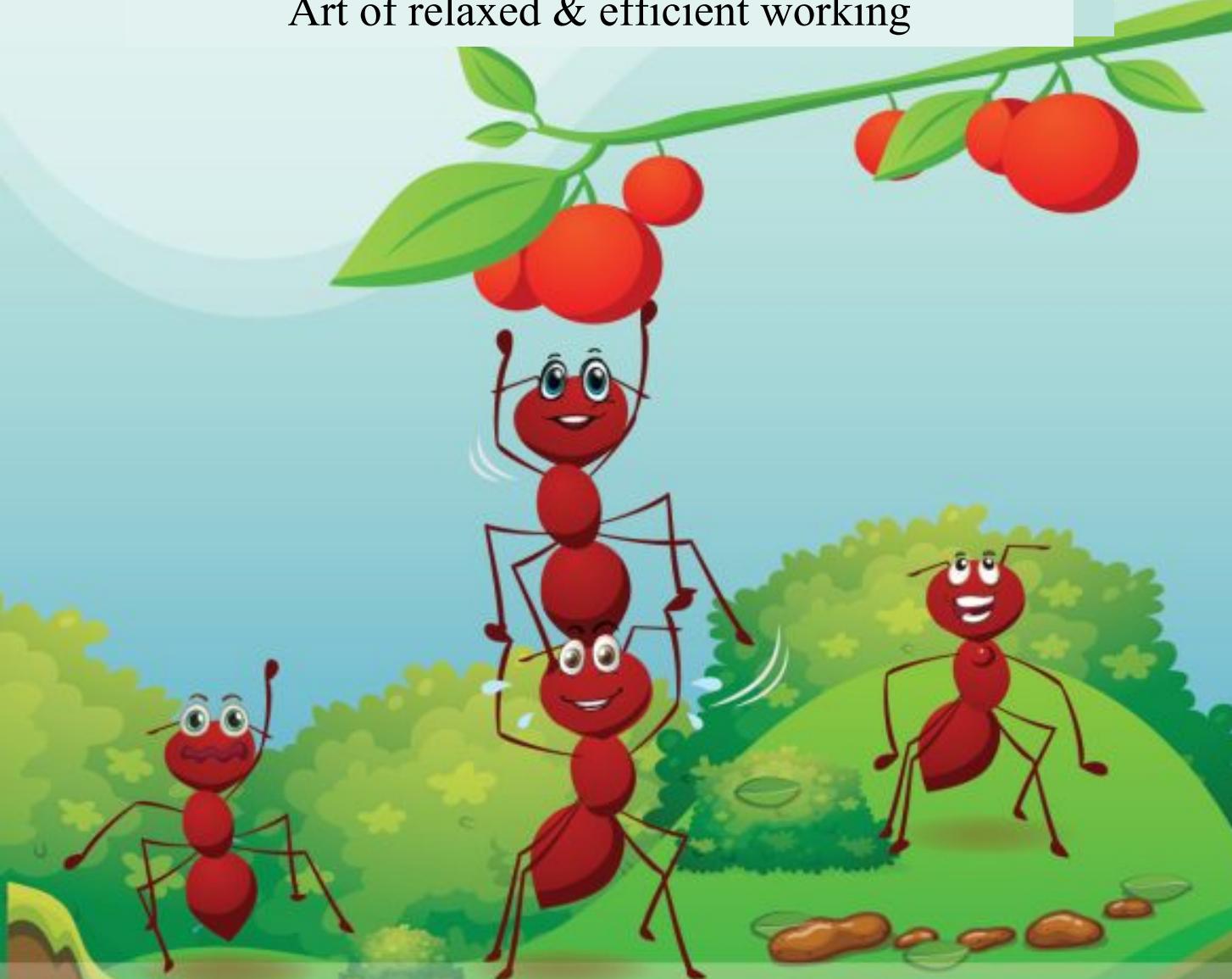


ART OF SMART WORK

Art of relaxed & efficient working



SEMINAR
PRESENTER:

oad

HAPPY NEW YEAR
2021

1% BETTER EVERY DAY

1% worse every day for one year. $0.99^{365} = 00.03$

1% better every day for one year. $1.01^{365} = 37.78$

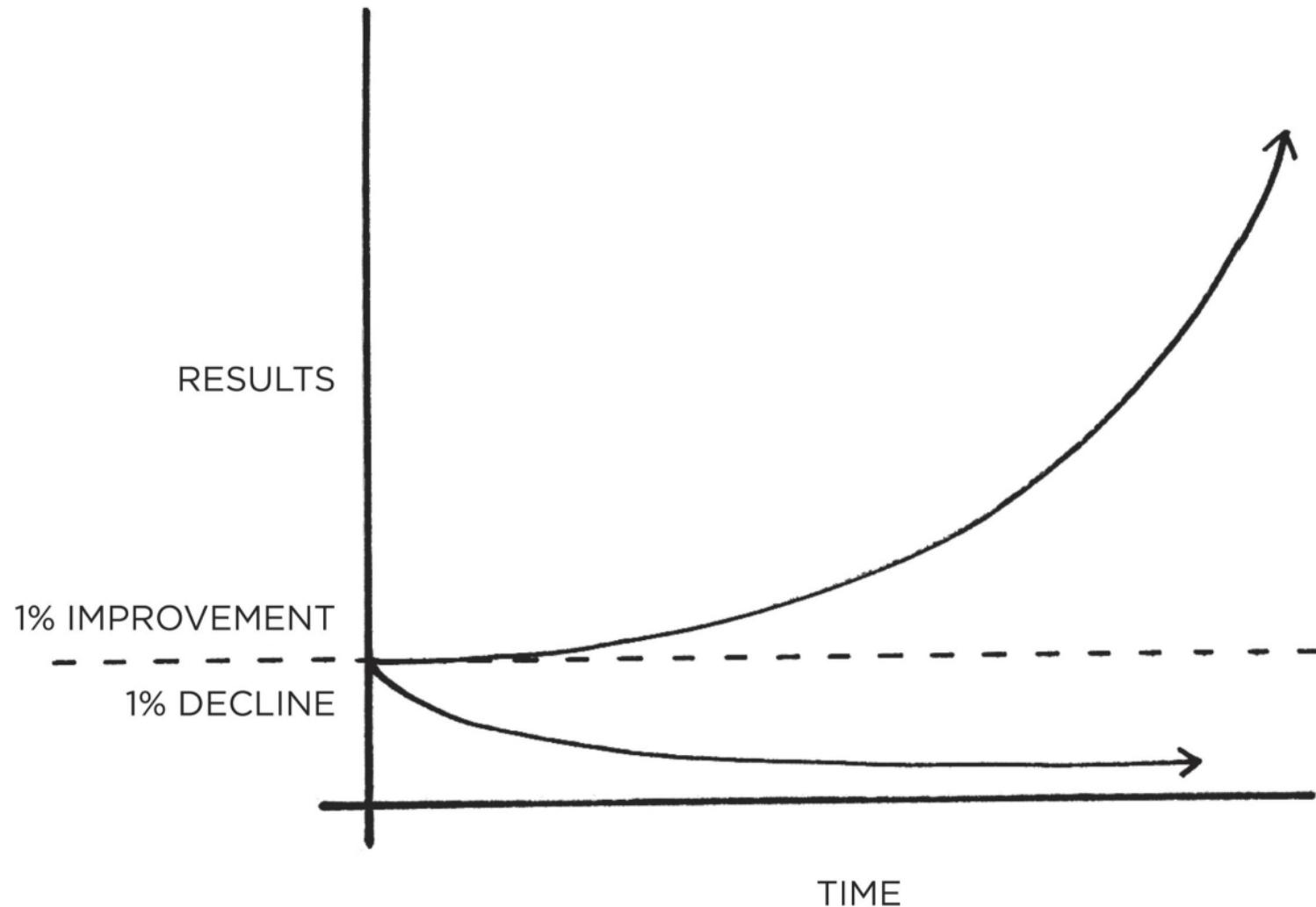


FIGURE 1: The effects of small habits compound over time. For example, if you can get just 1 percent better each day, you'll end up with results that are nearly 37 times better after one year.

Write your BOOK OF LIFE maturely



100 Chapters

=

100 years

365 pages per
Chapter = 365
days/year

YOUR BOOK OF LIFE

1 page = 1 day ;
1 Chapter = 1
Year



Life is a Journey from B to D with C in Between



Effects of Habits

Sow A Thought

Sow An Action

Sow A Habit

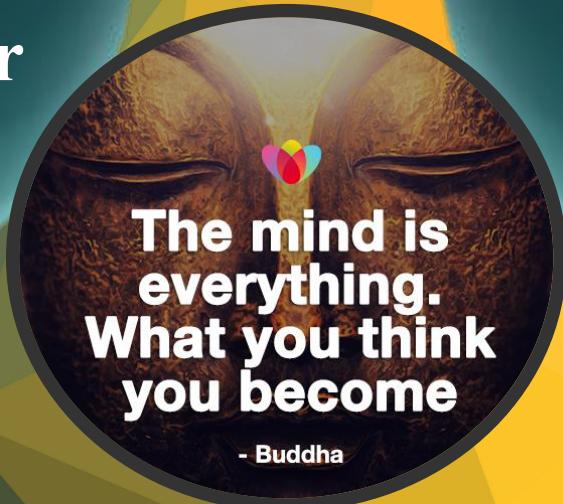
Sow A Character

Reap An Action

Reap A Habit

Reap A Character

Reap A Destiny



The mind is
everything.
What you think
you become

- Buddha



Story of Sensei

Habits are Addictive

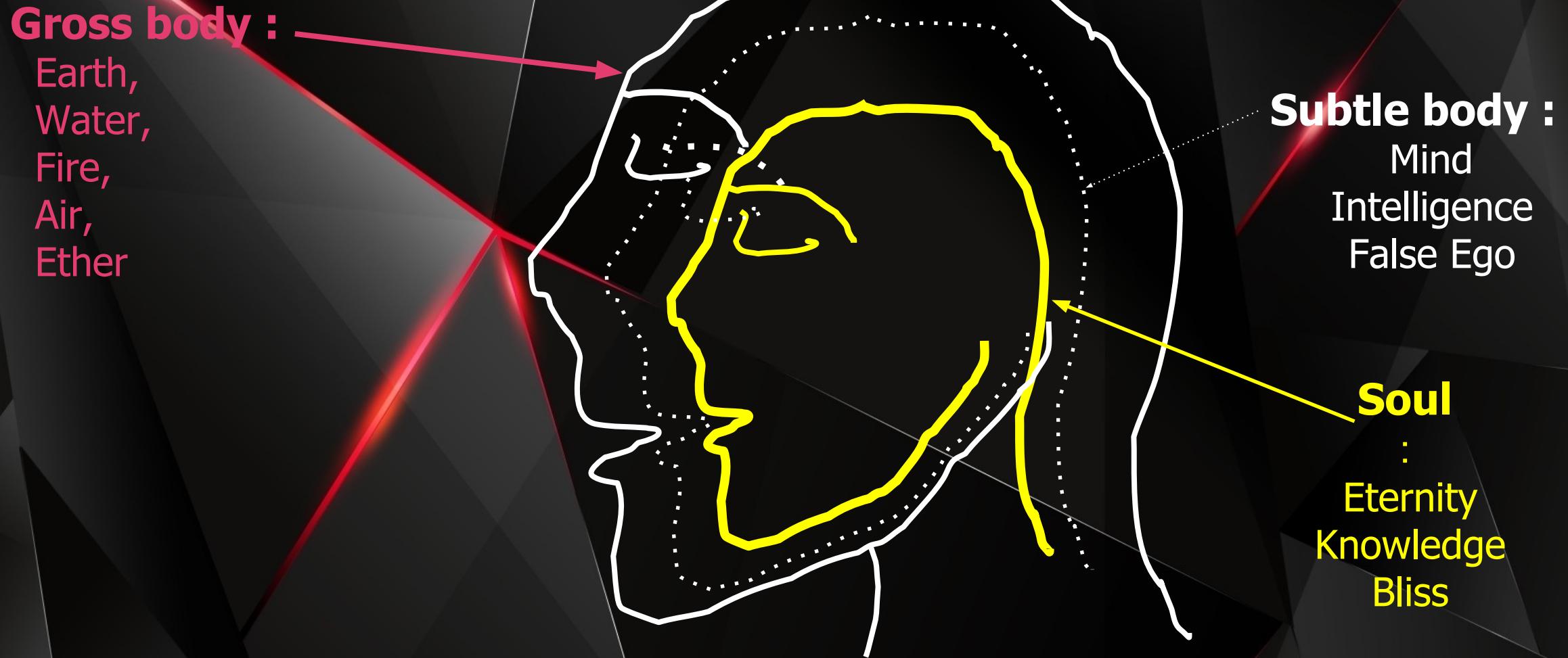
**Consciously create
habits because habits
unconsciously dictate
your life.**

MECHANISM OF HABIT FORMATION



Before You Realize That You Have Got The Habit,
The Habit Has Got You

The Soul Is Covered By Gross And Subtle Coverings



CHARIOT OF THE BODY

5 SENSES

INTELLIGENCE

MIND

SOUL



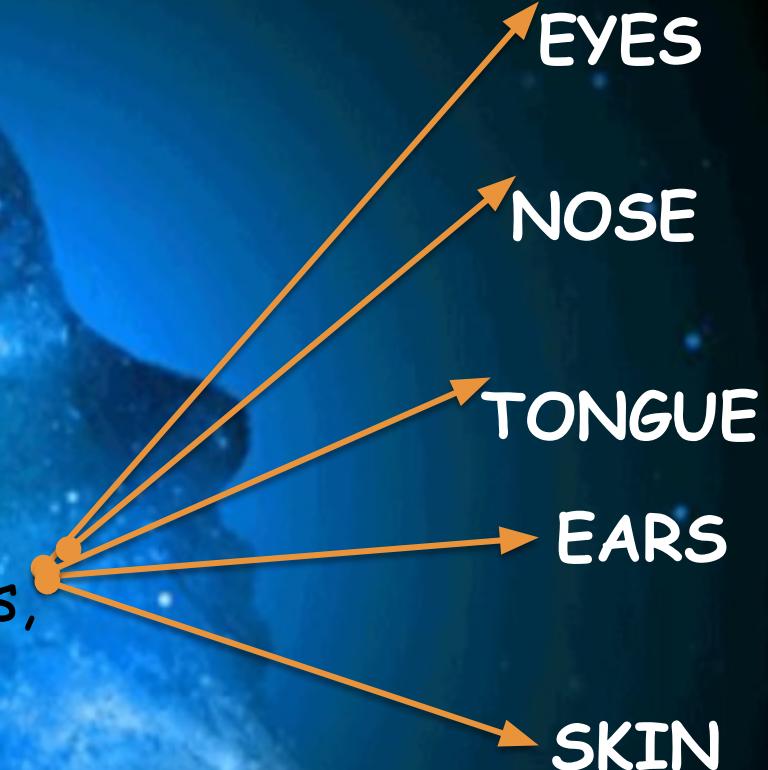
Mechanism Of The Mind

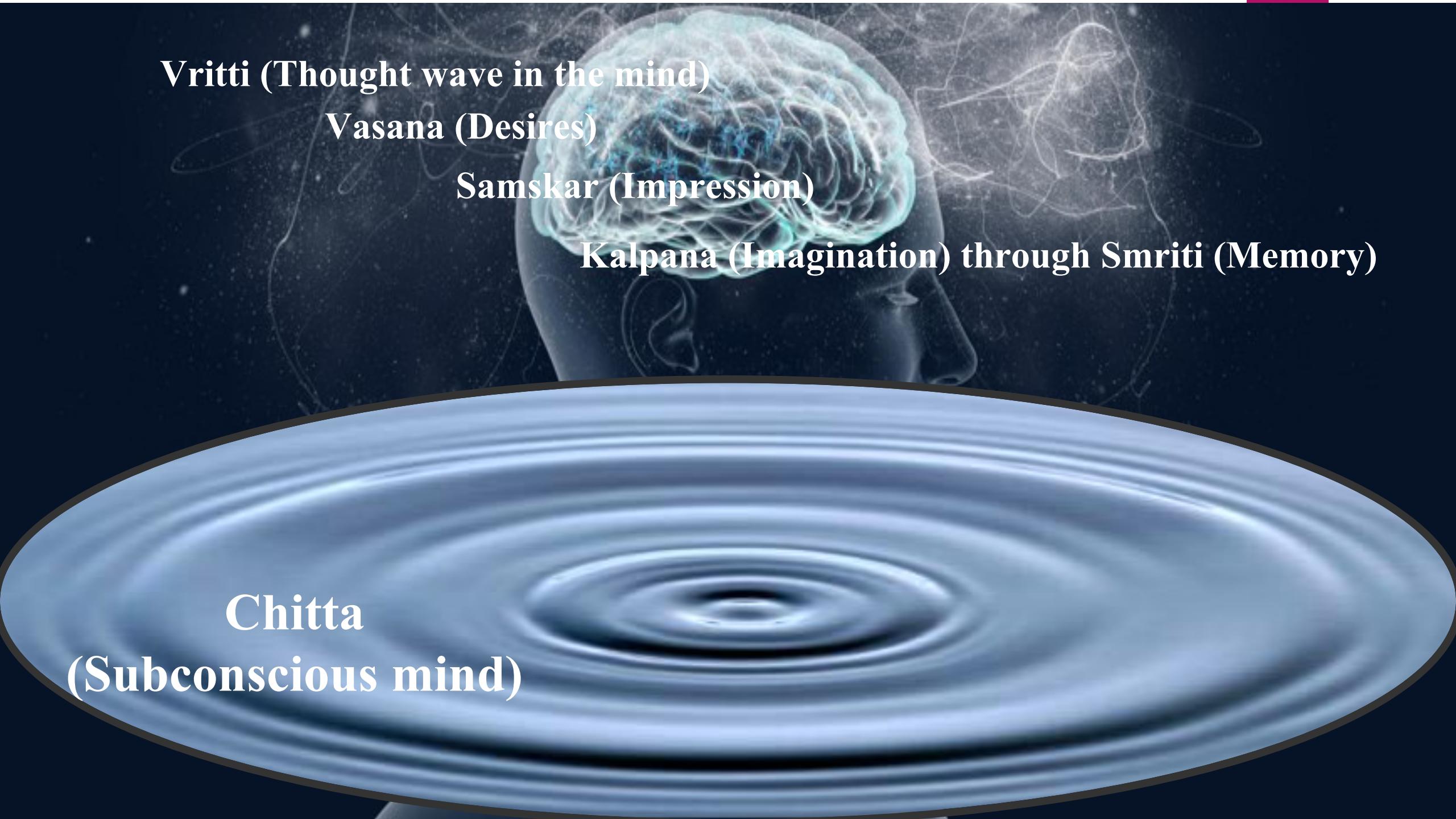
Intellige
nce



The
Decision
Maker
Mind

Storehouse Of Thoughts,
Unfulfilled Desires,
Previous Experiences





Vritti (Thought wave in the mind)

Vasana (Desires)

Samskar (Impression)

Kalpana (Imagination) through Smriti (Memory)

Chitta
(Subconscious mind)

Mental Dialogues

Mind “Feels”



Intelligence “Thinks”



Vs

If mind stronger – Mind wins – You succumb to Bad habit

If Intelligence stronger – Intelligence wins – You can resist the Temptation

Steps Toward Changing Behavior

The New
YOU!



UNCONSCIOUS COMPETENCE

*Performing the skill
becomes automatic*

CONSCIOUS COMPETENCE

*You are able to use the skill but
only with effort*

CONSCIOUS INCOMPETENCE

*You are aware of the skill but
not yet proficient*

UNCONSCIOUS INCOMPETENCE

*You are unaware of the skill and
your lack of proficiency*

How to say ‘NO’ to Bad Habits?

BULLET PROOF
ARMOR
COMES FROM

*SELF
CHANGE*

Know your Personality Type



GOODNESS

PASSION

IGNORANCE

MODE OF IGNORANCE



MODE OF PASSION



Overambitious

Impress opp sex

Cut-throat Competition

To see & show glamour

Partial thinking

Angry

Individual player

Pride

Lusty

Greedy

Intoxicated

Bossing tendency

Thirst for honor & prestige

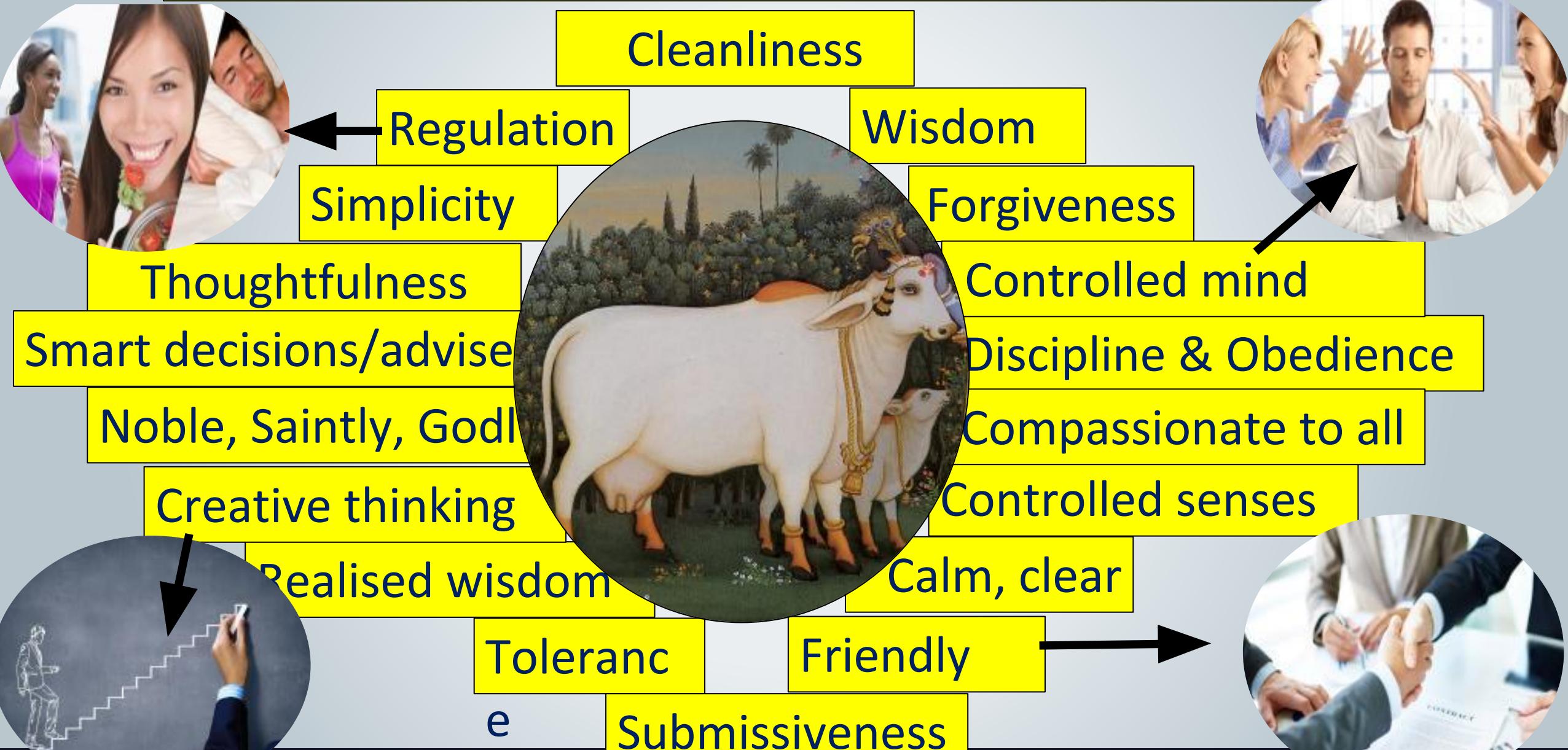
Envious & Malicious

Snap decisions

Generous



MODE OF GOODNESS

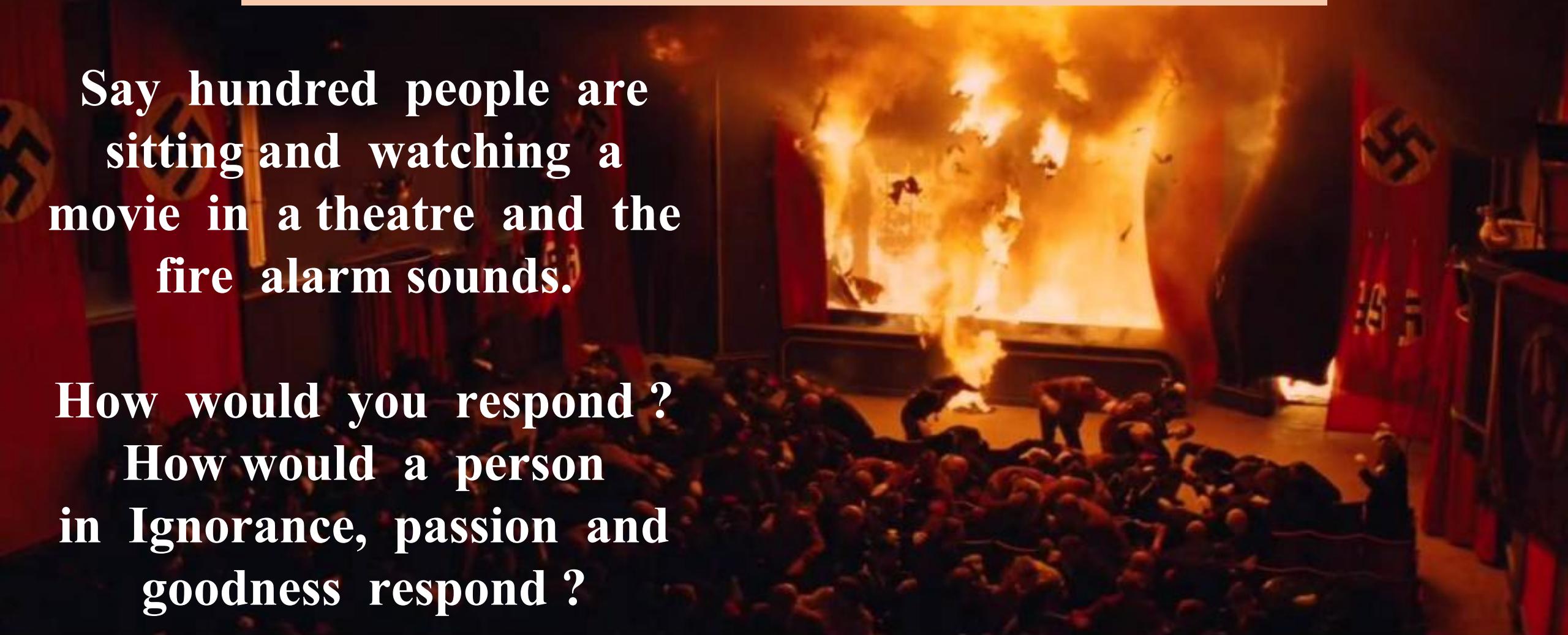


Situation Tackling Exercise - 1

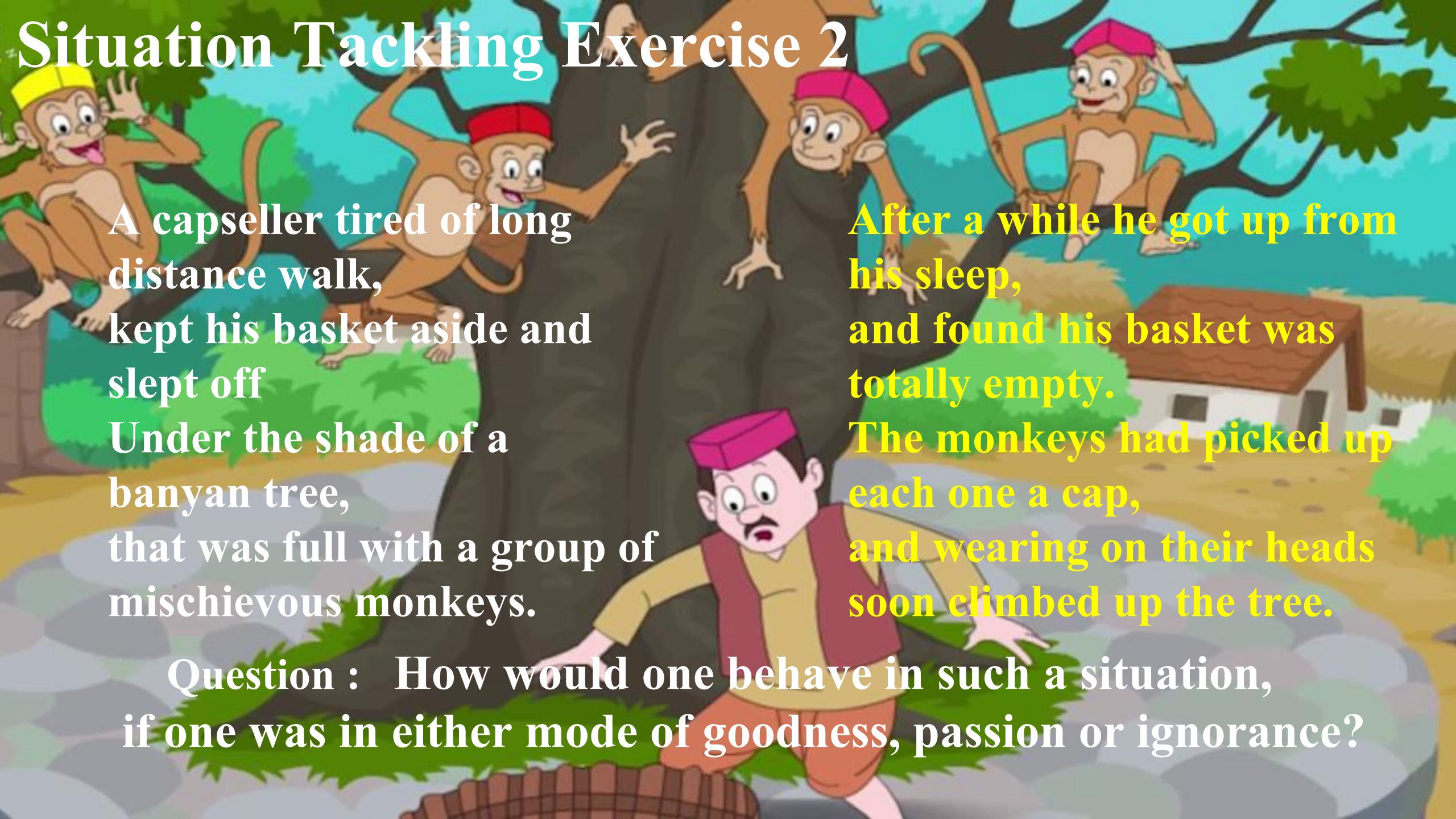
Say hundred people are sitting and watching a movie in a theatre and the fire alarm sounds.

How would you respond ?

How would a person in Ignorance, passion and goodness respond ?



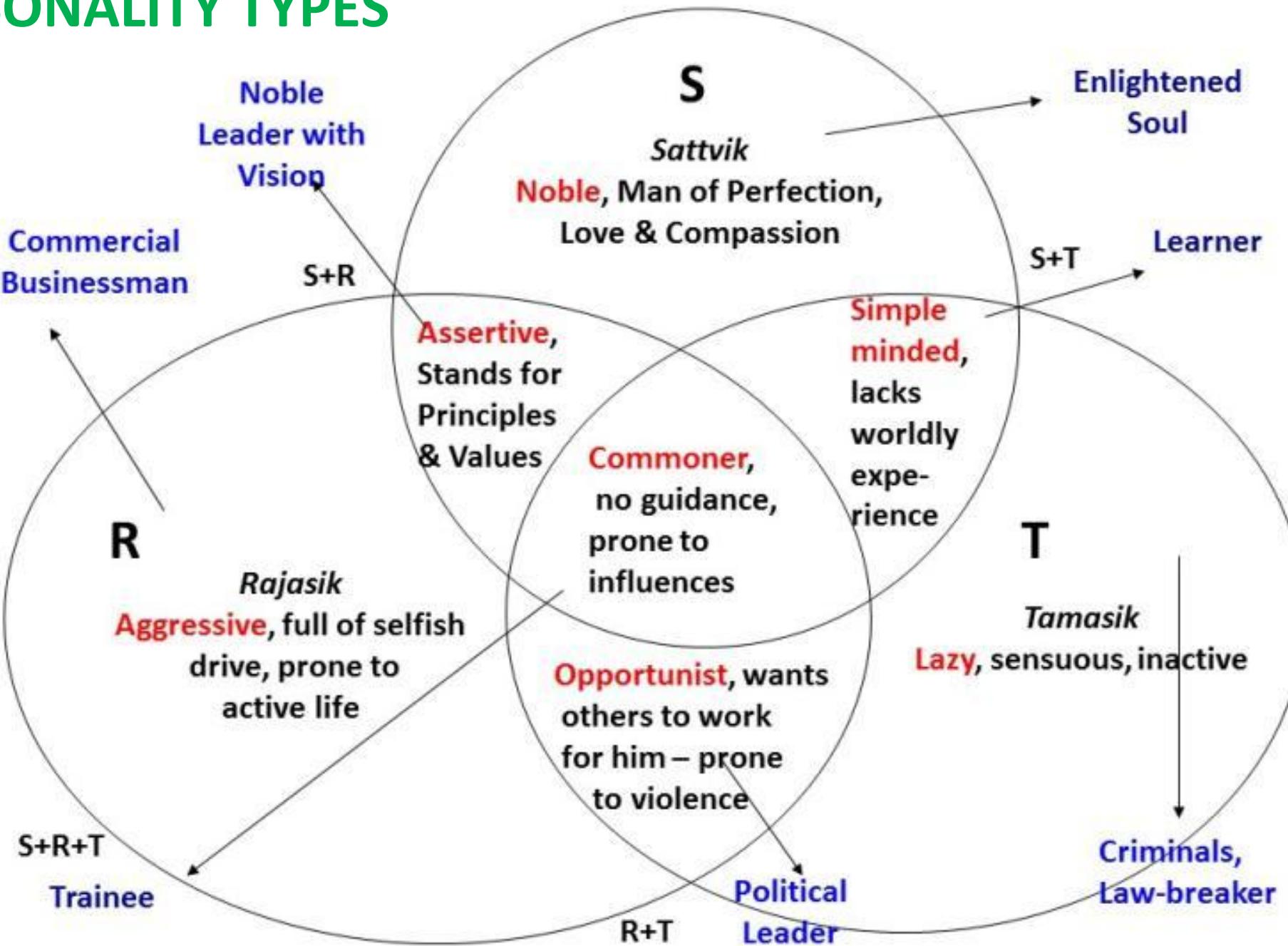
Situation Tackling Exercise 2

A capseller tired of long distance walk, kept his basket aside and slept off Under the shade of a banyan tree, that was full with a group of mischievous monkeys.

After a while he got up from his sleep, and found his basket was totally empty. The monkeys had picked up each one a cap, and wearing on their heads soon climbed up the tree.

Question : How would one behave in such a situation, if one was in either mode of goodness, passion or ignorance?

PERSONALITY TYPES



Raja-Rishi, Noble Leader

Noble Leader
With Vision

Commercial
Businessman

R
Rajasik
Aggressive,
full of selfish
drive, prone to
active life

S

Sattvik
**Noble, Man of Perfection,
Love & Compassion**

S+R

**Assertive,
Stands for
Principles
& Values**

Enlightened
Soul



Where Do We Get Our Scripts From?

The kind of **BOOKS** we read



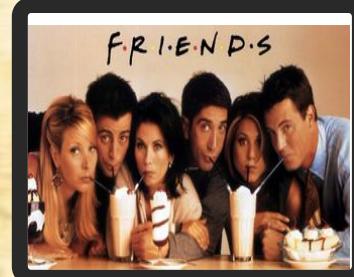
The kind of **MOVIES** we watch



The kind of **MUSIC** we hear



The kind of **FRIENDS** we keep



ASSOCIATION

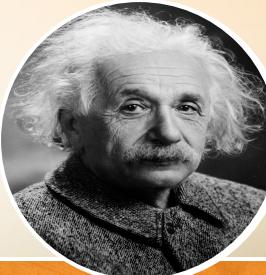


काक चेष्टा, बको ध्यानं,
स्वान निद्रा तथैव च ।
अल्पहारी, गृहत्यागी,
विद्यार्थी पञ्च लक्षणं

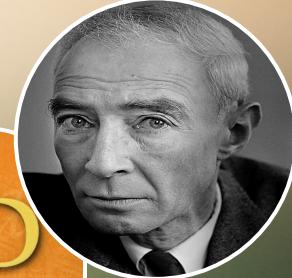
A student should be alert like a crow, have concentration like that of a Crane and sleep like that of a dog that wakes up even at slightest of the noise. The student should eat scantily to suffice his energy needs and neither less nor more. Also he should stay away from chores of daily house hold stuff and emotional attachment.

Bhagavadgita Is Appreciated By So Many Great People

Great Scientists like Einstein,



Famous Philosophers like Henry David Thoreau,



Politicians like Gandhi, Abdul Kalam,



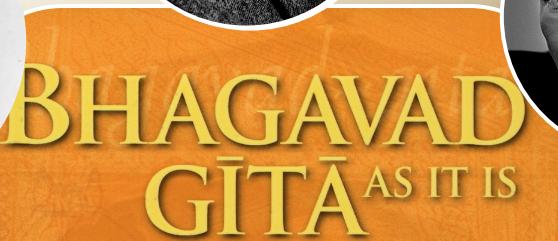
Religionists like Ramanuja & Shankara



Professors like Dr.J.Stillson Judah



Theologians like Thomas Merton



Extraordinary Personalities Reflect on the Gita

When doubts haunt me,
when disappointments
stare me in the face, when
I see not one ray of hope
on the horizon, I turn to
the Gita and I find myself
smiling amidst
overwhelming sorrow.
Those who meditate on the
Gita will derive fresh
meanings and joy from it
everyday

- M.K.Gandhi



When I read
the
Bhagavad-Git
a and reflect
about how
God created
this universe,
everything
else seems so
superfluous

-Albert
Einstein

MEDITATION





THE POWER OF SOUND & A MESSAGE FROM WATER



Masaru Emoto, a Japanese scientist, demonstrated the effect of sounds, words, and even feelings or thoughts, on the molecular structure of water.

The technique consists in exposing the water to different sounds and then freeze it and photograph the ice crystals.



Molecule of water at the source of a river.



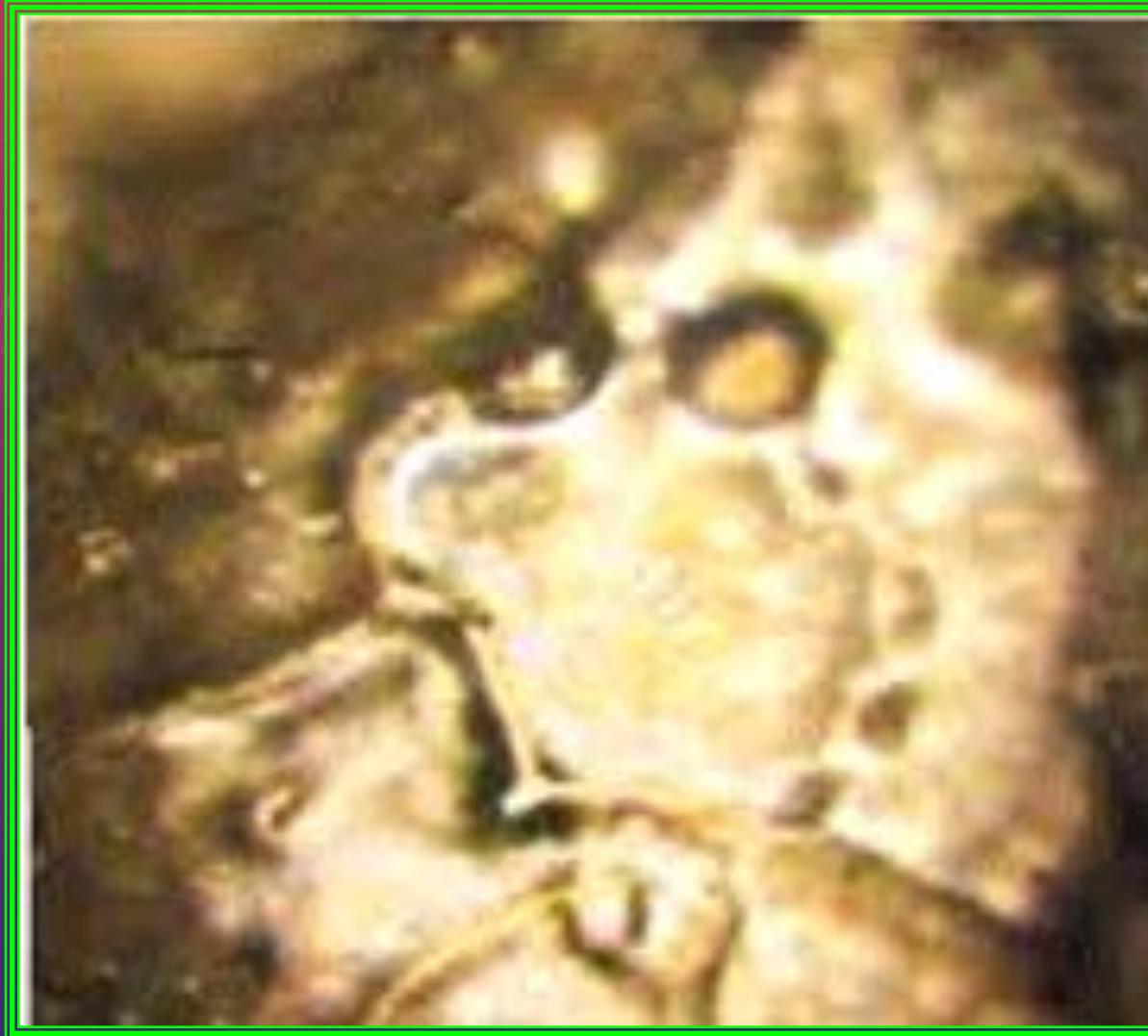
WATER OF A POLLUTED RIVER.



WATER EXPOSED TO THE SOUND OF PRAYERS.



The same molecule before the prayer.



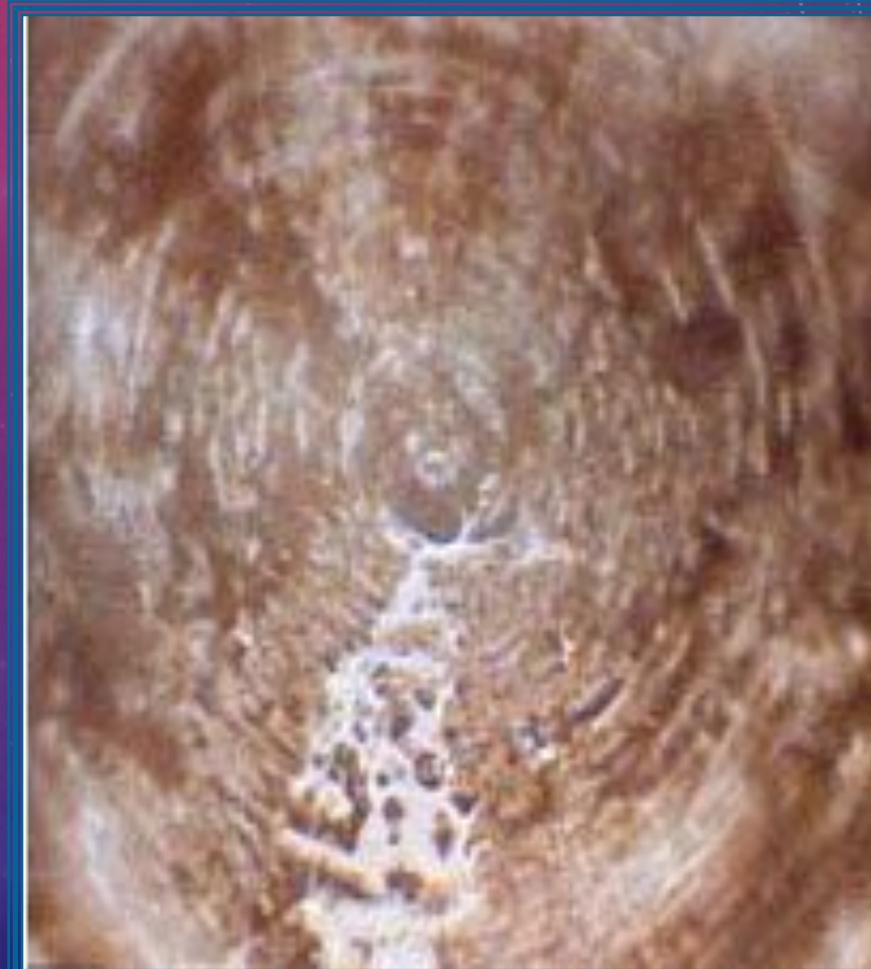
Sound of “thank you very much”.



Water Molecule exposed
to Classical music.



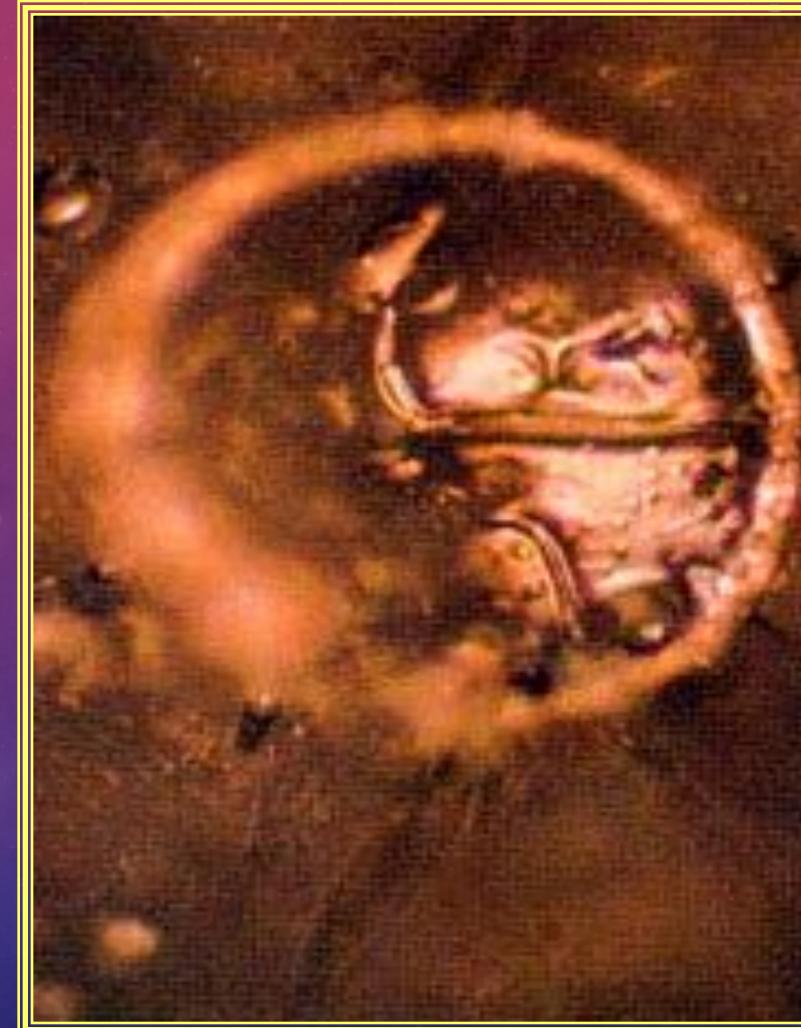
The same molecule of water
exposed to “Heavy Metal”
music



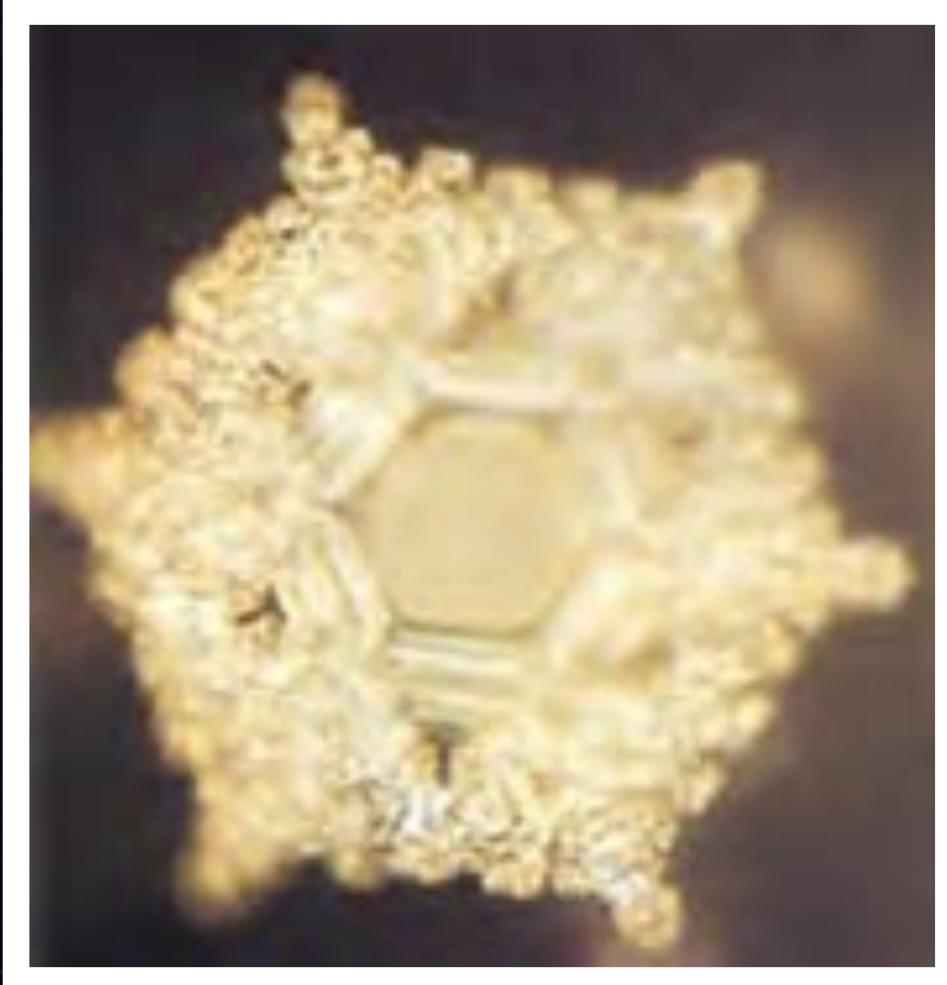
DEATH
THREATENING
WORDS



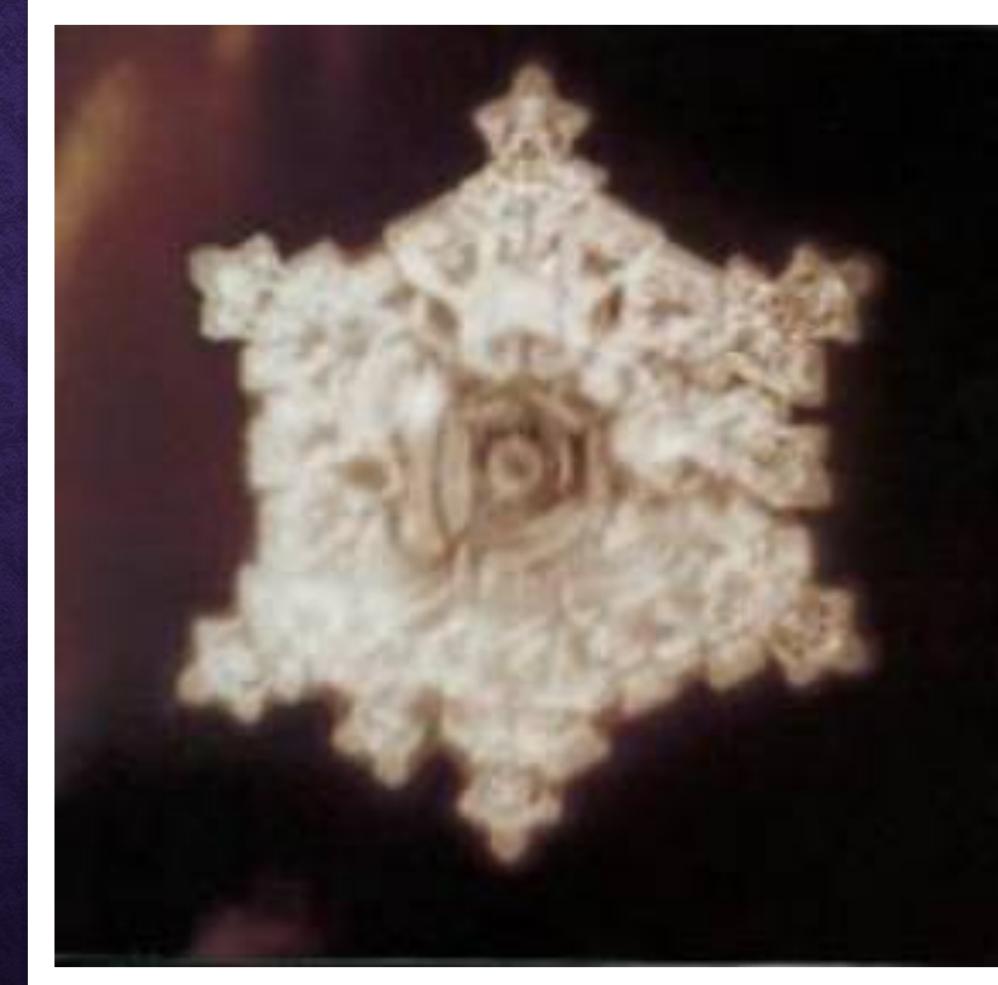
Adolf Hitler's Voice



LOVE &
APPRECIATION



BETHOVEN'S MUSIC



Crystals of water with essence of chamomile.



The same molecule before the prayer.



REGULATION



YUKTÄHÄRA-VIHÄRASYA
YUKTA-CEÑÖASYA KARMASU
YUKTA-SVAPNÄVABODHASYA
YOGO BHAVATI DUÙKHA-HÄ

He who is regulated in his habits of eating, sleeping, recreation and work can mitigate all material pains by practicing the yoga system.



Sleeping Time:

9 pm to 12 am -> 1hr gives Rest of 2 hrs

12 Am to 3 am -> 1hr gives Rest of 1 hr

3 am to 6 am -> 1hr gives Rest of 0.5 hr

ÄYUÙ-SATTVA-BALÄROGYA-
SUKHA-PRÉTI-VIVARDHANÄÙ
RASYÄÙ SNIGDHÄÙ STHIRÄ HÅDYÄ
ÄHÄRÄÙ SÄTTVIKA-PRIYÄÙ

Foods dear to those in the mode of goodness increase the duration of life, purify one's existence and give strength, health, happiness and satisfaction. Such foods are juicy, fatty, wholesome, and pleasing to the heart.

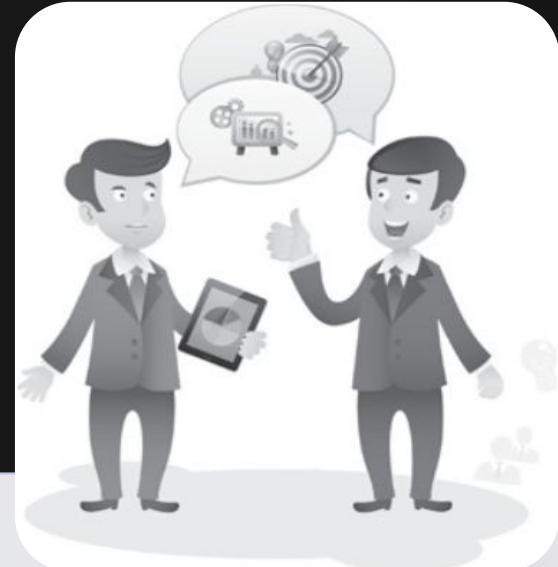


Food in the mode of Goodness

TIME MANAGEMEN T



BE A PLUS TIME MANAGER



PLANNING: is
organizing

DOING: is
carrying out
the plan as
decided

INTERACTING:
is working with
other people

Time Management Matrix

Quadrant I

URGEN
T

Quadrant III

Quadrant II

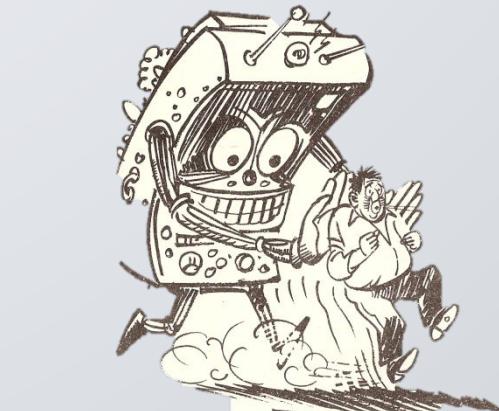
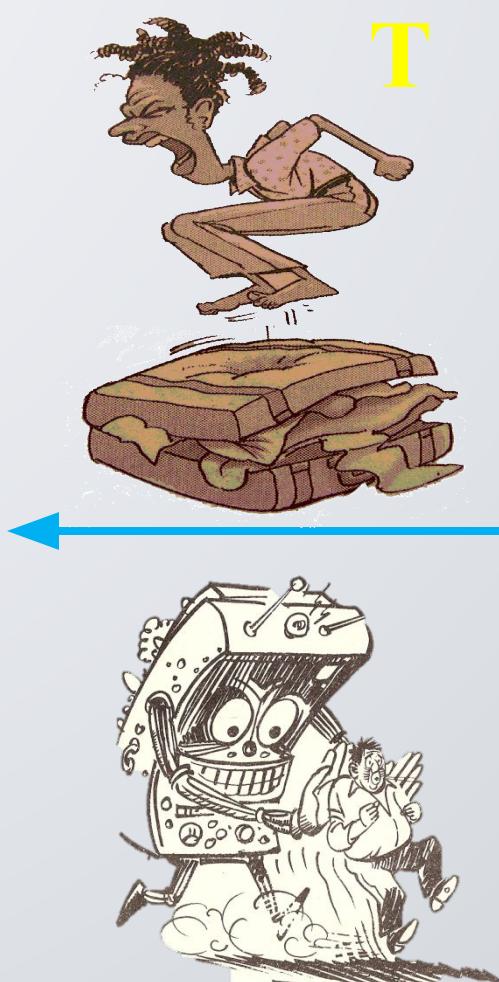
NOT
URGENT

Quadrant IV

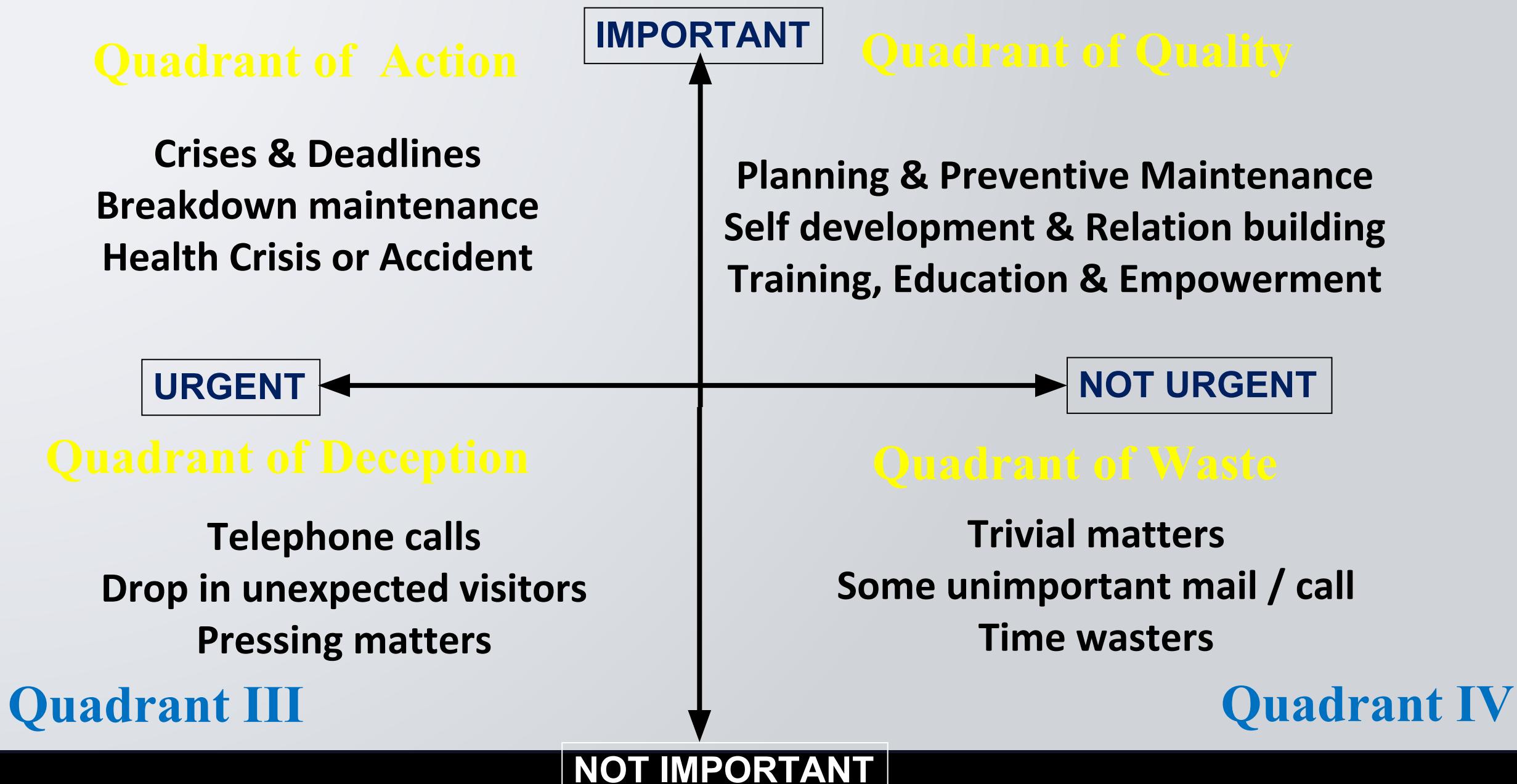
NOT IMPORTANT

IMPORTAN
T

NOT
IMPORTANT



Quadrant I Time Management Matrix Quadrant II





BUTCH O'HARE

THE HISTORY OF THE
WWII WAR HERO & FIRST
NAVAL RECIPIENT OF
THE MEDAL OF HONOR

CONTRIBUTION

thank
you

