

PremAnand Ji's “Zero-Distubrance” Mindset Code



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THIS EBOOK CONTAINS 6 CHAPTERS:

- 1.The Sthir Mann Formula
- 2.The 5-Minute Shanti Sutra
- 3.Ninda & The Maun Protocol
- 4.The Art of Un-Learning
- 5.The Zero-Expectation Shield
- 6.Life's Final Exam: Impermanence

INTRO:

The Noise Epidemic

Humanity's biggest suffering is not poverty.

Not disease.

Not crime.

It is mental noise.

Noise is when mind reacts automatically.

Noise is when other people control your emotional temperature.

Noise is when you lose yourself inside opinions, comments, judgments.

PremAnand Ji says:

“The world is not disturbing you. Your attachment is disturbing you.”

Zero-Disturbance doesn't mean:

- no problems
- no challenges
- no negativity outside

Zero-Disturbance means:

you have mastered inner weather.

This book mixes spiritual wisdom with psychological mechanics.

So every chapter:

- explains the principle
- breaks the illusion
- gives a practical “HOW”

This is not motivational entertainment.

This is inner engineering.

If you apply these 6 chapters for 30 days
your mind becomes shock-proof.



CHAPTER 1

THE STHIR MANN FORMULA

(detachment + seva=ego dissolving)

Disturbance is a symptom.

Attachment is the disease.

Mind gets disturbed only when:
“I wanted this to happen.”

This demand creates invisible tension.

When you serve (Seva) without wanting anything back, your inner heaviness breaks.

Seva is not charity.

Seva is **self-purification**.

Psychological Angle:

Human brain releases cortisol when expectations rise.

When we release demand, dopamine stabilizes.

Spiritual Angle:

Ego dissolves the moment you stop claiming results.

HOW TO APPLY:

1 daily action that benefits someone
BUT do not tell anyone.

And whisper internally:

“I am only the doer. The result is not mine.”

7days → inner heaviness drops.



CHAPTER 2

THE 5-MINUTE SHANTI SUTRA

(turn chaos into focus instantly) Mind

cannot be silent by forcing silence.

Mind becomes silent when focus becomes sharp.

5 minutes mala meditation slows down mental frequency.

Psychological Angle:

Slower breath = slower neural firing.

Spiritual Angle:

One mantra repeated with sincerity blocks unnecessary thoughts.

HOW TO APPLY:

Before reacting to ANY emotional situation:

- sit down
- hold mala
- 1 breath per bead
- chant one mantra 5 minutes

THEN reply.

Never reply before.



5 MINUTES BREATH

CHAPTER 3

NINDA & THE MAUN PROTOCOL

(stop leaking mental power) Ninda (gossip)

is the fastest poison.

You think you are talking about others.

Reality: you are injecting negativity inside your own nervous system.

Psychological Angle:

Talking negative activates threat circuits.

Spiritual Angle:

Maun is purification.

1 day of Maun = 1 month of random meditation.

HOW TO APPLY:

Weekly 4 hours:

- no talking
- no gossip
- no judgment
- no opinion

Just observe the mind.

This removes deep noise.



MAUN

CHAPTER 4

THE ART OF UN-LEARNING

(forgive + surrender = emotional weight drop)

The past is not holding you.

You are holding the past.

Forgiveness is not moral.

Forgiveness is how you set **yourself** free.

Surrender (Samarpan) releases future tension.

Psychological Angle:

Forgiveness resets emotional trauma loops.

Spiritual Angle:

Surrender hands control back to the Divine.

HOW TO APPLY (night ritual):

Before sleep say:

“I release what I cannot control.”

say 3 times
sleep.



UNLEARNING & LETTING GO

CHAPTER 5

THE ZERO-EXPECTATION SHIELD

(people are not required to match your mental script) Your biggest pain comes from expecting people will behave like you.

They cannot.

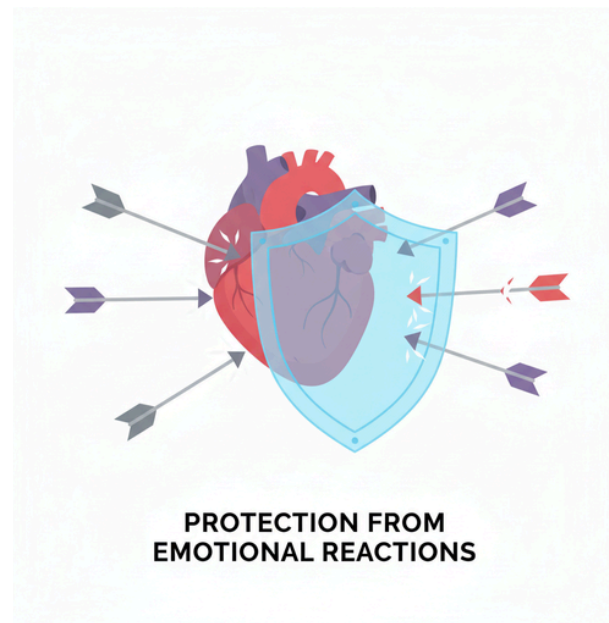
They have different karmic coding.

Psychological Angle:

expectation = cognitive projection
when projection breaks → pain

Spiritual Angle:

Every soul is on their own karmic syllabus.



HOW TO APPLY:

When someone disappoints you

say silently:

“They are a different soul. They are on their own code.”

Immediately emotional heat reduces.

CHAPTER 6

LIFE'S FINAL EXAM: IMPERMANENCE

(the masterkeytojoy)Everythingistemporary.

Pain.

Love.

Money.

Loss.

Victory.

Everything is sand in a flowing river.

when you forget impermanence → every small thing hurts

when you remember impermanence → nothing hurts deeply

Psychological Angle:

Awareness of mortality reduces anxiety

Spiritual Angle:

Soul remains, situations change

HOW TO APPLY:

Daily 3 minutes

ask:

“If this was my last week, would this disturb me?”

99% problems melt.



CONCLUSION

Your mind becomes untouchable when:

- you don't attach to results
- you don't gossip
- you don't demand behavior
- you forgive quickly
- you remember everything is temporary

This is not a belief system.

This is inner freedom.

This is **Zero-Disturbance**.

