

LEARNING

Note: Here “goal” means anything which you intend to do i.e. studying, cooking, cleaning, teaching, helping, learning, shopping, being happy, sleeping etc...

After writing my first book, I realized how important and impactful a book is and realized the importance of each line/word as they are someone's experience.

As I always like to analyze, I resumed my UPSC exam preparation for the one last time.

During this, as we have to have proper diet but still sometimes I was eating heavy food like “Biryani” sometimes which affects our preparation and also I was thinking that do all people will remember the concepts of book? Will they follow? Is it easy to follow? Am I following what I have written in my book? What are obstacles or what concepts are lacking?

After analysis I came to conclusion as mentioned below,

Every moment/second we learn from our experiences. Which means from all our sensory experiences like what you can see, hear, physiological conditions, surroundings etc., all gets associated and learnt and stored in memory. So next time whenever you recall that experience or anything which you experienced, you will also recall all other things associated with it. (But we think, we learn only when we want to learn)

The more you learn, the better and faster you can recall. Let's understand better with examples.

Example-1: If you eat snacks in evening in particular place, you will recall eating snacks in evenings or when sitting at that place.

Example-2: I am sure this example most people might have experienced. i.e.,

When you are happy and if you start listening to a particular song then the next time if you are happy, you may remember the same song. Or if you listen to the song, you may recall where you were like some place or day time or night time or climatic condition (i.e., sunny, rainy, winter) etc.,

From this example we realize that, learning is somewhat association with whatever factors available to an individual at any particular time since there will be some or other thing present around you, so when you were listening to music it got associated with your emotional state, your place/surrounding, climatic condition etc.

Example - 3: You behave in certain way when you are in a particular place because you have learnt it. Means your behavior was associated with the place and learning happened. Sometimes learning happens mentally also like lets say you visited police station, in this case you behave in a particular way even though you visited the place first time, it's because you learnt it mentally to behave in a particular way in that place. In what way we should behave is learnt by what data we consume.

The more you learn, the more you tend to repeat.

Means whatever we are doing, it is the impact of our learning.

We think that learning happens only when we decide to learn or when we consciously learn but it's not the true, every moment we are learning.

That's why advertisement works. That's why people can influence us.

Since our brain learn something by seeing or hearing, it tends to repeat and we voluntarily don't stop or question because from childhood we have also habituated to follow without asking much questions which the brain learnt it.

Our creativity, our questioning habit is taken away from society and we all follow the norms.

So, when we learn, we tend to repeat it and it's a cyclic process unless we stop it explicitly.

Note: Learning happens in any possible way irrespective of what you think and do or experience.

Means Let's say you decided that next day you going to get up at 6 AM in morning and you keep alarm. So next day if you don't wake up, our mind learns not to wake up at 6 AM when we decide of waking up. So the 2nd day it becomes more difficult to wake up as you learnt not to wake up. (i.e. Learning happens in negative direction or any direction of your doing.)

That's why even after reading my first book, if we don't start implementing, it learns not to implement. So, the key here is to apply whatever you think will work and stick to it because almost everything works but since we don't give enough time to one plan and switch to another concept, the first one automatically fails.

Note: No point in watch too many motivational or informative reels or videos in case if you are not following it.

Then why many people give many ways or varieties of tips?

Everything depends on doing and nobody can say what changes gave the output since it depends on many factors which act collectively. They analyze that I was missing this so its important or this way its important but it may not be true. Maybe you might have done what's needed at that time.

Example: Let's say you wanted to pursue some career and your parents opposed it and you fought with them and pursued it. You might say courage is very important but it might be that you badly wanted/learnt to pursue it so you did wats needed, but the person who is listening/reading, he may not need this part as his parents are ok for him to pursue anything.

Another example:

We feel like eating favorite food, let's assume **"Biriyani"** in this case. (Reader can think of his own favorite food)

Do you really feel? How that feeling is generated?

You feel because you recalled it.

How?

Maybe you might have seen some advertisement, saw some image, heard "Biriyani" word etc.

You might think, what if I see image or hear biryani word, why I feel to eat?

It's because when you see image of biryani, you recall the time when you have ate it and you will feel like eating. Even when you hear word biryani, you will remember eating etc.

Now the more you think of it, chances are more that you will eat in your next meal.

If previously, when you saw image or heard word, if you have ate biryani then the chances are more that you will end up eating.

WORDS

Concept: Each word and images when said it also learns and stores all info i.e. Each word when said or heard it pop up with relevant images, thoughts, perception, emotions etc. i.e., we can say each word has associated images, stories, emotions, perception etc.

More examples: Whenever we hear word Snake, we get afraid because we learnt to afraid. Which also means emotions are generated. If you say snake in other unknown language or to a kid who don't know that word, they wont reach as known people will do.

Now you have realized the importance of each word. That's why top coaches or anyone how coaches' billionaires or many suggest positive thinking, positive affirmations.

When you think positive, you tend to do positive because positive words are associated with positive feelings, willingness to do, make you feel happy, peaceful etc..

Example:

Think of happy word, you will recall moments of laugh or when you were happy or good moments, and you will feel good and you will be happy.

Which also means you can generate your own emotions by changing your thoughts. Thoughts are nothing but sentences which are group of words and each word has lot of things associated along with emotions.

That's why many say along with positive affirmations, if you visualize/imagine your desires/goals then you will achieve it.

Many also said whatever you think you will become.

Many said if you think you will achieve or you will not, you are right because it will happen accordingly.

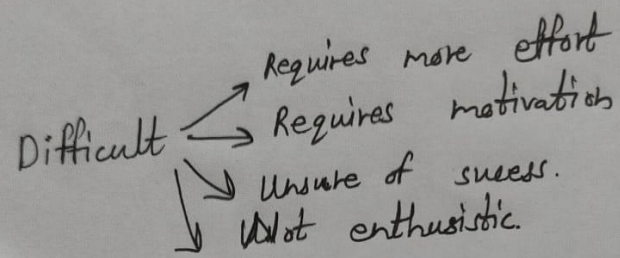
Why? Why? why?

Let me explain:

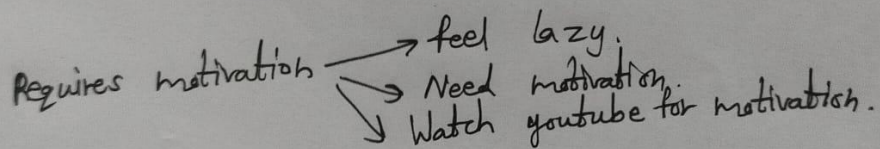
Whenever you are thinking positive, you will not think negative at the same time right. And also many reasons. Lets understand with an example.

Lets say you have plans to study and lets say if you think is "difficult"

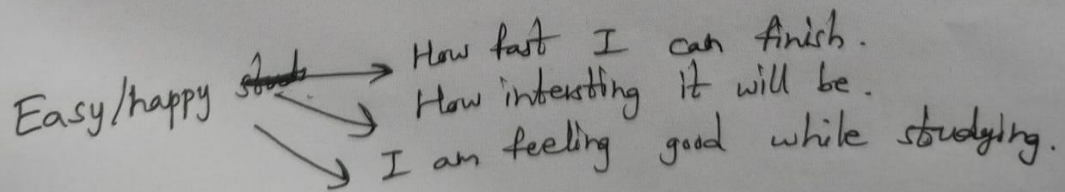
Now when you hear "difficult" word you will remember as below.



fig(A)



fig(B)

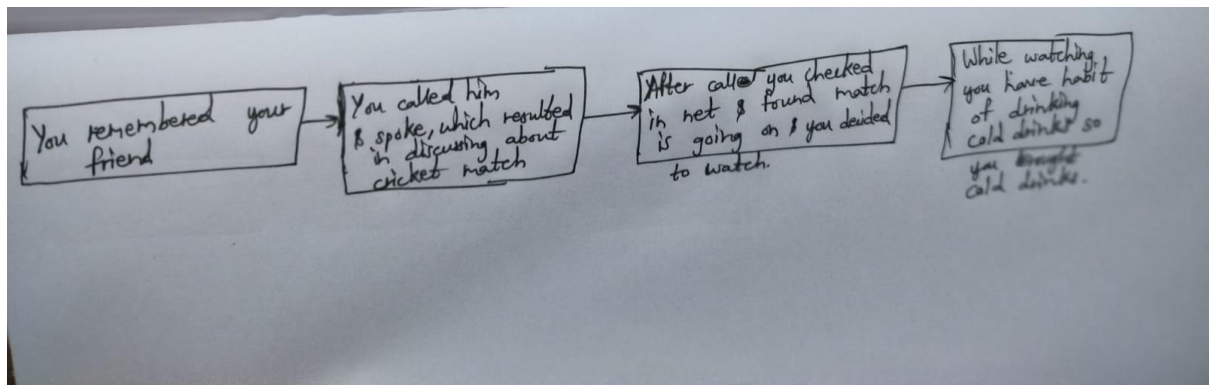


fig(C)

From above image, you might have realized that the thoughts generated in our mind, and we know ultimately, it's the thoughts results in behavior. i.e. Whatever we think will happen!!

Now lets connect the concepts and see why we do what we do?

Lets understand with below example:



From above example, remembering your friend, made you to drink cold drinks and watch match.

Similarly, whatever we experience/consume has influence on us.

Mind or brain is very intelligent, it stores all the related data together so that it can retrieve fast without much effort. Which also means whatever you are consuming knowingly or unknowingly is stored together and you will retrieve it when you experience related term. And then your behavior changes accordingly.

So, its better we consume what we want to achieve and that can be done by voluntarily remembering images or words which are useful for our goals that's what we can call as visualization, imagination, positive thinking/affirmations etc.

ANALYSIS

From above analysis we can say that whether we want to be happy or sad which is psychological state is achieved by us by our thoughts and not by any external things.

When I was having these thoughts, I somehow started reading Sadhguru books i.e., Inner engineering which talks about understanding our inner self which is the same analysis which I did. Then I read all his books and various other books and I found further saying whose analysis which I had already done i.e.,

Whenever we are performing our tasks, we should not think anything. i.e. We should only use our mind when required.

You might think, yes this is helpful in putting my efforts, but how others will help me in achieving my goals (as saying goes that universe will conspire to make it happen).

Example: Whom do you call when you in need of money/help/favor or want to share something? Off course you not going to call all right? Means your mind know whom to call and whom not as it learnt from all the previous experiences.

Now lets extend this example to learning example.

If you said to your friend that I am busy with studies so I will not come out for roaming nor I will receive calls.

Scenario-1:

And after few days if you call him and you said same thing and again you have called. Now here, your friends mind is learning that you speak on calls etc., So next time when your friend needs help or want to talk to you, he will call you without any hesitation. Here your time is wasted for sure and the discussion might lead to do something and so...

Scenario 2: You dint call, so your friend thought he is busy so let me not disturb.

So, this way indirectly your friends are helping by not disturbing.

Similarly, in this example people might also contribute positively by seeing your efforts depending upon the task which you have chosen.

Summarizing:

Whatever you think and do will happen. But you become aware of this and start using mind only when required then you can do wonders.

Means you also have choice whether to be happy, joyful or sad etc.,

Now we can understand what Sadguru says in his books i.e.

Animals only suffer physically, if things go wrong. Human beings suffer much more than other creatures because we have a discretionary

intellect. Most of a human being's suffering is mental, and mental suffering is self-created. A human being is an expert at creating suffering for himself and for others. This is because he has a discretionary mind – he can choose to be any way he wants right now. He can make himself joyful or make himself miserable. You can make anything out of your mind. This choice is there at every moment.

He also says, “If you start enjoying your existence not your thought, emotion, action, you will have certain joy, blissfulness about your very existence.

We made your psychological reality larger than the creation itself.

Which also means free will is an illusion.

Note: Its not only words, it maybe anything living or non-living, physical or non-physical it doesn't matter, only matters is if you have experienced it knowingly or unknowingly then you are actually learning it and it goes into your mind (conscious or subconscious mind)

And we must voluntarily think positive or positive affirmations atleast till we make the tasks of goal autopilot. Autopilot is nothing but doing things automatically because you done it many times so that enters subconscious mind and you do it without knowing or unconsciously.

Now you should recall thoughts which led to certain behaviors in the past. You will realize the importance and impact of thoughts and now you will also realize how important it is to channelize the thoughts in right direction and in very optimistic way.

Now we also know how advertisements make impact in our life and why they pay a lot for ads.

Let's look at one perspective of reason for misunderstanding:

We know now certain people behave certain way due to their thoughts and we don't know their exact thoughts and we look things from our present thoughts and we try to judge others behavior which causes different interpretation from reality.

Just do a small exercise to know you look at this according to your current thoughts:

Think positive and look & analyze past present and future and repeat same with negative thoughts and now you can see the difference in analysis!!! That's what is called **confirmation bias** in psychology.

SPIRITUALITY

Till here I realized that whatever I am experiencing, I am behaving that way, which also means when someone else experiences same experience which I did, he or she will also behave exactly the same way as I do/did.

Firstly spiritual means seeking truth, I am telling this first because we have wrong perception that spiritual maybe religious or something else because even I also assumed same before knowing it.

Along with all these thoughts and after reading sadhguru books I also realized I should explore spirituality which is seeking truth. I was also thinking about to join Inner Engineering program of sadhguru to see how it feel.

But I am very much fortunate that I saw Sandeep Maheshwari Spirituality videos on youtube. He had similar experiences to mine but with different path. I was able to relate to him and suddenly when he answered question of **WHO AM I?** by saying “You are not your body or mind” Whatever is left is you. It suddenly flashed me and a image came up in my mind and I realized I am using body and mind to operate

He also says that we all are same and I believe it because I know that when someone experiences some experience, he or she will also behave exactly same way if it was experienced by some other. So there is no separate you and me, we all are one/same at deepest level. There is nothing to gain, nothing to achieve.

Some pointers of Sandeep Maheshwari Spirituality videos and also from Hing sing ming book which is also explained in his videos in detail:

If we identify ourself with our thoughts, memory etc., i.e. by mind then lets say if

other person experiences same behavior as yours or experiences are interchanged then who are you???

Which means we are not defined by thoughts, emotions etc.,

I am consciousness means the one who is aware. Means when we sit idle without thinking anything that's silence or called Sound of silence according to me is nothing but we/me.

What is the proof that we are formless?

You can take any form means your behavior will change whatever experiences happen to you. Formless only can take form

Its not about freeing from bondage, its about knowing there is no bondage, everything is within you.. you/we are infinite... (Achieved by understanding who am I.)

I am not “not consciousness state”

Why words are associated with all other things like psychological and physiological?

It's the natural way or learning remembering storing.

Why we do even if we know we shouldn't do?

We will be in Autopilot/automatic mode generated due to past learnings.

Truth has no form

TIME N SPACE ARE 2 SIDES OF A COIN... EVERYTHING IS NOW/PRESENT

Unless our understanding becomes choiceless irrespective of what happens then only we can be peaceful..

You are the way, then its like living in a single way..

Truth is there as it is... There is nothing to pursuit like understanding of truth

Truth beauty is it never chooses anything its choiceless..

If we ask questions everything is unfolded.

People either scientists or meditation reach till emptiness but they don't understand that emptiness is full of something which we can't understand.

Beyond experience & emptiness, neither thought or absence of thought.

We can't say anything about truth. If anyone says he knows then he doesn't know anything. If someone says he doesn't know and can't get to know, yes, it is there, but we can't say anything beyond, he knows it. In Vedas also at some point they leaves open..

Moreover, you don't have any data about sound of silence. and nothing to think as there is no data available.

We need to understand limitation of thought then that's the end of thought and beginning of freedom.

Absence of thought is also we are telling by prior knowledge of presence of thought... You are telling sound of silence is opposite but its also thoughts/imagination based on knowledge of universe...

When you understand the limitation of intelligence, you will be silent.

Its beyond thought, beyond understanding...

When u understand who am I then you will also understand that you don't know anything about yourself.

End of suffering is enlightenment.

See thought limitation by thought..

Whatever it is, its truth... Separation is not possible in truth.. But in lie its there like good n bad..

Objection is not truth.

Mind nature is to discriminate... Mind ceases to exist if it stops discrimination...

Those who know truth know it has no structures in mind... To want to be free break all structures/words, truth also varies from various angles.

Break structures means what, break the associations/ scenarios/ rules framed...

How it will be false? It can't be false because it's based on my experiences and how it will be true? Because it's based on one particular standpoint..... All is truth and all is false..... And after knowing this, it's the real freedom...

There is no fundamental difference between them and you!! (No need to follow any role model)

The way you are, you are perfect!!

Why didn't I question, is there any other way than meditation?

Or whatever we achieve through meditation, isn't it an attachment?

Why didn't I think do we really find truth and what's proof and do we or will anyone will have all the data?

Means we need to question each and everything, we get tricked because if something is true then we assume that everything is true when said/heard.

Consciousness does not change.

I/We are consciousness.

Finally, he says, we understood **WHO AM I** so spirituality topic closed. I too believe it and I am lucky and thankful to Sandeep Maheshwari because else I would have fallen trap in continuously seeking spirituality/ truth. But the fact is we can't know the truth, we can only know we all are same where everything becomes choiceless. It's not like we will become joyful and all as Sadhguru says and I am not joining any courses or not doing any meditation so as to have joy or understand reality because this means I am going to particular state to achieve something but in reality, there is no state, it's stateless, choiceless so I believe this concept.

And yes topic is closed.

After knowing deep within we know nothing matters at the end so we don't react too much, we will be in moderation. On surface level, we continue to do whatever we are doing. (We should get out of perception that spiritual ppl get something or they become joyful/blissful nothing as such)

We/You can get clarity about this topic if we watch Sandeep Maheshwari Spirituality YouTube channel and read some books like Hing sing Ming, Freedom from the Known.

Personally, I believe Sandeep videos are enough, if we want to also validate from others then we can read.

LAW OF ATTRACTION

Law of Attraction: *The law of attraction is a philosophy suggesting that positive thoughts bring positive results into a person's life, while negative thoughts bring negative outcomes.*

Took from (www.verywellmind.com)

It works because only when we think we work towards it, well there also exists other factors too.

After knowing the truth of WHO AM I, still we have to live and follow some goal. Only difference will be after knowing the truth that you won't be affected much with the outcome.

How to achieve our desired goal?

Some people think, Law of attraction works and some think it wont work. And many say if you think it will work then it will work but if you think it wont work then actually it wont work.

But nobody in this world has explained in depth, I came to this conclusion after going through many YouTube videos and read a lot of books on this topic.

But I am gonna tell in depth.

This part I have covered in words topic above in positive words/affirmations which is nothing but thinking positive and you will go in that direction but if you think in negative direction then you will go in that direction.

So if you careful look, it's the belief which is doing wonders, so which should not believe anything blindly and also should cultivate questioning mindset in children from childhood.

One more thing I want to add here is:

You might have heard that universe will conspire to get what you want. I was think how? How others can help us in achieving our goals? I was analyzing how based on my experiences and after reading psychology book it all made sense.

As we know we all form attitudes which are nothing but beliefs which you have about self and others. You actually kinda create mental image of everything and have certain perceptions and you will behave accordingly.

Simple example is you behave differently with every person because you have created a certain type of image about themselves and you respond accordingly.

You behave differently with friends, relatives, colleagues, stranger etc.

Now how it helps in our goals,

Simple example, let's say you decided to study and you said you not gonna go out etc, and if some friends call you out then if you go then the other person knowingly or unknowingly learning that he will come so next time he will put more efforts to convince you.

And then you will think my friends are affecting my studies but truth it, you were the reason for it.

Actually, even if we meet stranger, the way he reacts we too react similar way. If you don't believe yourself or on goals then the other person might become your obstacle. Lets understand this in depth with an example.

Let's say you want to sell product and you reached to one customer and since you know you are thinking about what they customer will say and how he will react, thinking that you will talk normally with low confident.

On the other hand, the customer, seeing his low confidence might send him away, might not buy thinking fake etc etc and note that the customer doesn't analyze consciously on go, it's the mind/brain which quickly reacts to the situation based on our past experiences.

Instead of doing this, if the seller believed himself and thought it doesn't matter I am fresher or experienced, let me think of ways to convince him then I think he would come up with good strategy but his thoughts are busy thinking about reaction of customer.

So in this example we say how customer dint help or became obstacle so yes it's the belief which makes all the magic.

Only when you believe something then only you can work upon it. But we should remember that we should not believe anything blindly which society tell as we realize we are the universe and we are limitless and we dint knew this because we believed what has been told to us.

In case of goals, we must see positive and negative side and plan accordingly to get desired results.

Its feels little funny also realize that others behavior is depended on us and our future is what we create knowingly or unknowingly. 😊

TO THE READER

I realize these learning is invaluable to me, and spirituality concept people go in that path or it's suggested to understand after achieving everything or goal but I am glad to know I realized it soon and its better to know if before. I could believe it strongly because I have experienced somethings and after analysis of this, I could believe all this. i.e. They were all failed experiences which showed me the right path.

So if you analyze it yourself with the past, present and future when it becomes present, you will realize this things and you may one day believe it. So, start analyzing and questioning everything.

Note: You can start analyzing small things, you will understand!! If well extend all this concepts to everything in our life we realize causes of behavior and also lot of things and you see the true impact of knowing these concepts....

Whether you call law of attraction or belief or positive thinking, it all worked for me. The content you are reading is the outcome of it.

How?

Because I started with a thinking or goal to write one of the best book in the world which can help all...

It brings smile to me realizing that whenever I try to help I get more and more and this time its priceless, unmeasurable.

Whosoever has created the universe, he/she or any form that is in is a masterpiece knowing that the solution to all problems is within us and when we help we get more in return and we all are one deep down.

PARENTING

After writing my first book, I was thinking that how to keep away children away from media/phones but its difficult right. Practically parents have to do their household chores so they have

to keep their child busy and even if we restrict more they will get to know seeing at school etc.

So either right from childhood we should restrict and give other things to keep engage which will require efforts from parents.

Lets say they have already habituated with phone, so what to do now?

Offcourse you should keep restricting so as to use only for limited time as of now and also distract them to do something else by giving them rewards. Well I would surely come up with tips in future maybe youtube videos and you too as parents can analyse how to keep away.

My important point from above learning:

The above learning are invaluable to me, imagine if we inculcate that learnings in them and make them realize of it then how impactful it will be in their life.

So we should start developing/ teaching them to question things, habituate them to read books, if they don't read tell them to watch audio version in YouTube.(You can realize the impact they make in our lives, you can also trick or make them read by any number of ways once you as a parents that you want them to read books and if you are willing to put efforts)

We have habituated to believe whatever info we consume. That's why we mostly go into that direction easily. To change this mindset. We should always be questioning so that we think in terms of evaluation which results in framing questions and finding answers will get clarity.

And also habituating them to analyze everything which they are consuming new. It could be content, food etc.

Slowly you make them understand what is required for our body i.e. Carbs, proteins, vitamins and allowing them to read label of packed foods they eat, as they grow up they will realize the impact of it, even if they don't stop atleast they will reduce it. Early age you might not see impact as they wont understand but slowly slowly they will...

One day they will also realize that phone should be used as a tool.

Sad point its we as parents habituate them and it becomes difficult to leave when they grow up. Not only parents, it's the advertisements everywhere including in phones has direct impact on our behavior, eating, choices etc..

One they get to know they are eating this cold drink brand, wearing this brand of clothes etc its all because of advertisements.

Its not the end of solutions and there is no one perfect solution, if parents analyze in that direction, then they can find many ways which they can apply.

SUMMARY

We should remember every moment we are learning so we should have possible control on what we are experiencing.

We should have a questioning mind so that we question and get to know the truth.

Spirituality is just knowing we all are one where we realize we behave based on what experiences we get which means we are perfect the way we are. And the topic is closed. There is no continuous seeking else you will end up in a loop.

Off course, you can change your behavior to get desired output by changing your thoughts and working accordingly.

Knowing this there is no reason not to be happy, joyful, and blissful deep within remembering the truth. 😊