

# AWAKING IN THE SLEEPING WORLD

A JOURNEY TO  
PURPOSE AND PEACE

MARIUM

# **AWAKING IN THE SLEEPING WORLD**

Life shifts when perspective shifts.  
Reality changes when the view changes.

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A JOURNEY TO PURPOSE AND PEACE

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## Chapter:1

# Beyond Survival – The Search for Meaning

## The Unseen Weight of Existence

Have you ever thought about your life—not just the plans for tomorrow or the worries of today, but the *real* meaning of it all? Most of us rush through life, chasing goals, dreaming of the future, or dwelling on the past, but how often do we pause to ask: *What is life truly about?* We exist, we breathe, we move through the days, but are we truly living? For so many, life becomes a cycle of survival—waking up, working, eating, sleeping, and repeating it all again. But deep down, we know we're here for more than just surviving. We're here for a purpose, a reason that makes our existence meaningful.

Yet, how many of us truly seek that purpose? We set goals, we dream of success, but often we fail to take the steps to turn those dreams into reality. Instead, we blame fate. We question whether God hears our prayers. We tell ourselves we're just unlucky. But the truth is, it's not fate or luck holding us back—it's our own inaction. We miss the opportunities around us because we're too busy looking elsewhere, too caught up in our routines to see the possibilities. Life slips by, not because it's out of our control, but because we let it.

To live meaningfully, we must wake up. We must realize that life is not just about existing—it's about discovering who we are and

why we're here. It's about breaking free from the monotony of survival and stepping into a life of purpose. When we begin to understand ourselves, when we align our actions with our deeper calling, we stop merely surviving. We start *living*.

## The Golden Weight of Memories

Life has a strange way of making the past feel more beautiful than the present. Think about your school days—those moments that once felt so ordinary now shimmer like treasures in your memory. The chatter with classmates, the nervousness before a test, the small, everyday moments that bring us comfort or laughing over something silly—these moments, which seemed insignificant at the time, now carry a golden weight. Getting ready for school, the hurried routines and daily responsibilities—it all feels like a distant dream, a time when life was simpler, fuller, more alive.

But life today often feels like a repetitive cycle: work, exams, vacations, and then back to the start. It's exhausting, like running on a treadmill that never stops. Time moves forward, but true living seems to slip through our fingers. Instead of experiencing life, we're stuck in patterns, following the same routines without questioning them. Life should be about growth, about stepping beyond the ordinary, about chasing experiences that make us feel alive. Yet, so many of us settle for the familiar, afraid to break free from the loop.

## The Fear of an Ordinary Life

As school fades into the past, the future looms with uncertainty. People talk about careers, about the next step, but it doesn't feel

the same. The experiences that defined our youth—those carefree moments of connection and discovery—seem harder to find. What lies ahead feels unclear, and the thought of falling into an ordinary, repetitive life is terrifying. Is this all there is? A life of routines, of waking up to the same patterns, of existing without purpose? The idea of living like that feels suffocating, because deep down, we know life is meant to be more.

In the grand scheme of the universe, we are so small—just tiny specks on a pale blue dot, surrounded by millions of galaxies and countless stars. When you think about it, our worries—about exams, money, or what others think—seem almost trivial. Success and failure, which consume so much of our energy, feel insignificant in the face of the cosmos. Why do we place so much importance on things that may not matter in the vastness of existence? It's a question that lingers, urging us to look beyond the surface of our lives.

## The Silent Making of Memories

Memories have a way of forming quietly, without us noticing. The small moments—the daily conversations, the routines, the fleeting interactions—seem ordinary when they happen. But once they're gone, they take on a new meaning. A casual chat with a friend, a moment, a shared laugh—these moments become precious only when they're out of reach. It's strange how life works: the things we take for granted today become the treasures we long for tomorrow.

This raises a question: should these changes bring happiness or sadness? The past holds moments we cherish, but the future

promises new experiences, new memories waiting to be made. Perhaps the answer lies in embracing both—holding onto the beauty of the past while staying open to the possibilities of the future. Life is a balance of holding on and letting go, of treasuring what was and welcoming what will be.

## The Art of Living with Purpose

To live meaningfully, we must stop living in fear of what might come. We must stop seeking the approval of others or worrying about things that, in the end, won't matter. Life is too short to be spent in fear or regret. Instead, we should focus on what truly matters—finding our purpose, pursuing our passions, and living each day with intention. Every morning is a chance to start anew, to align our actions with our deeper calling. By taking small steps—making our bed, setting goals, reflecting on what matters—we can break free from the cycle of survival and step into a life of meaning.

Life is not about waiting for the perfect moment or chasing an unattainable future. It's about living fully in the present, about making every day count. We are here for a reason, and it's up to us to discover what that reason is. Let's not let life slip by. Let's wake up, take action, and live with purpose—because that's what it means to truly live.

## Chapter:2

### In Search of Meaning

***“He who has a reason to live can bear almost any how.”***

**(Friedrich Nietzsche)**

There's one feeling that always lingers, making me sense that something is wrong—like I'm wasting my life. Time passes, I do things, even important things, but no matter what, there's a heavy feeling in my chest. Many people exist without truly living, trapped in routines that lack purpose. I don't feel like I'm moving forward. I don't sense any purpose. It feels like I'm doing everything just because I'm supposed to, not because it means anything to me.

This feeling made me question everything. I began asking myself: What is the purpose of life? Why am I doing anything at all if, at the end of the day, I still feel empty?

When I sought answers from others, their responses only deepened my introspection. I hoped they might understand. But one person said, “Our lives are going well. Everything is normal.” And asked, “What changes can we even make so it doesn't feel like that?”

And I went silent. I fell silent, grappling for answers as a quiet stillness settled over me.

Still, I couldn't let it go. I started searching, reading, trying to understand. I wanted to know why I wasn't satisfied. But every time I tried, I came up short. I read articles, watched YouTube videos, even tried the Ikigai method, but none of it felt real to me.

It didn't touch the part of me that was hurting. Instead of answers, I found more questions.

I asked my mom about it. She told me this is just reality. Time flies. What can we do?"

She said, "You think too much. Don't do that. Life is going fine."

But I couldn't agree. Something inside refused to believe that this is all life is meant to be. I didn't want to live in quiet acceptance. I wanted to find something. I wanted to find myself. So, I picked up a book: *Who Am I? – A Search for Identity*. I thought it would help me discover the truth. But instead of answers, it gave me more questions. And maybe that's the point—maybe the search is never supposed to be easy.

Maybe life isn't about finding one single, simple purpose—maybe it's about the journey of trying to find it.

But here's what I know: I don't want to live a life on repeat. I don't want to wake up years later and realize I was just going through the motions. I want to live a life that means something. Even if I haven't found what that is yet, I'll keep searching.

Because I'd rather be lost on a real journey than stuck in a fake life.

## Chapter:3

### The Death of Freedom

#### When life became repeating

There are days—like today—when everything feels hollow. The minutes don't pass; they drag me behind them. I am not living; I am enduring. I am not choosing; I am obeying. The world around me moves in its usual way—the sun rises, people rush, the noise of life continues—but none of it feels mine. I wake up to a script I didn't write, and I'm forced to act like it's mine. I'm a character in a story I never wanted to be part of.

They call it life.

But I ask, is it really life when your soul feels caged?

I feel like I'm trapped in a repeating loop, a life cycle inherited from generation to generation: study, pass, work, earn, marry, die. Is that it? Is that what we're all born to do? Why does no one question it? Why does everyone walk the same path, as if there's no other way to exist?

They tell me, "Be patient, be grateful, life is a blessing."

But they never ask if I feel blessed. They never ask if I want to live like this.

Every day feels like a copy of the one before—

The same walls, the same rules, the same routine. The only thing that changes is the weight on my chest. The more I try to breathe, the heavier it gets. I don't want to give up—I just long to break free.

to live a life that is mine. I want freedom—not the kind they talk about, but the kind that lets me feel, breathe, choose.

But I am not free. I am a servant.

A servant of expectations, of parents, of society. I don't hate them. I love them. But I can't live only for them. I can't suffocate in silence just to make others comfortable.

I ask myself:

What if this is all life is?

What if I keep going, finish studying, get a job, wear a smile, and live the life that everyone expects... but I never get to be me?

That's the real fear.

Not death.

But living a whole life... without ever truly living.

This is an honest reflection not a motivational speech. This is the quiet voice within — the one that challenges the silence of routine, that seeks meaning over mere movement. And maybe, just maybe, I'm not alone.

Maybe there are others like me—tired of pretending. This is the quiet voice within — the one that challenges the silence of routine, that seeks meaning over mere movement., tired of smiling, tired of breathing just to survive.

If you're reading this, and you've felt this too...

You're not broken. You're just awake.

Awake in a world that's asleep in repetition.

And your voice—our voice—deserves to be heard.

## Chapter:4

### The Days That Go Unspoken

There's a kind of sadness I can't shake when I think about how we remember life—how we tell stories, how we wrap years into minutes and decades into sentences. One question keeps echoing in my mind: What happens to all the days we don't talk about?

Take the story of someone who suffers from an illness like cancer. People often say, "He had cancer for six months, and then he passed away." That sentence might sum it up for the world. But what about those six months? What about each and every day he lived through pain, hope, weakness, prayer, laughter, and fear? What about the nights he couldn't sleep, the mornings he felt too tired to wake up, the tears he hid from his family? Those moments mattered. Those days were his life. But in the story we tell, they vanish. All that's left is: "He had cancer. He died."

And it's not just with illness. Even in our own lives, we do this. We say things like, "I studied for ten years in school." But that isn't true—not fully. We lived those ten years. Every single school day had its own flavor—excitement, boredom, stress, surprise. Some days we laughed until our stomachs hurt. Other days, we were sad, argued with friends, or stared out the window wondering who we were becoming. But in the story, we reduce it to a one-line achievement: "I studied."

Why?

Why do we only highlight the big things—marriage, graduation, job, death? What about the hundreds of days between them? Aren't they real life? Maybe it's because we've been trained to look for meaning only in major milestones. But meaning lives in the mundane too. In those days you just survived. In the days you sat in silence. In the days you dared to hope again.

Even the Quran touches on this. In Surah Al-Mu'minun (23:112–114), Allah says:

He will say, "How many years did you remain on earth?"

They will say, "We remained a day or part of a day; ask those who enumerate."

He will say, "You stayed not but a little—if only you had known."

This ayah hits me deeply. It shows how time slips through our hands, how all our years feel like part of a day when we look back. It makes me wonder: if time is so fragile, why don't we value every ordinary day more?

When someone passes away, we often remember their milestones. Yet, few speak of the ordinary days — the quiet conversations, the small gestures, the silent support that shaped our lives. Those are the things that shaped us. Those are the things that made life real.

Movies, biographies, documentaries—they all focus on the highlights. A two-hour film about a person's life can never show what it meant to be them every single day. So why do we tell our own stories like that? Maybe it's because we're scared to look closely. Maybe we think the ordinary isn't worth remembering.

But I think it is.

Every day you wake up and try again—that's a victory. Every time you show kindness when you're hurting, that's powerful. Every quiet meal, every ordinary walk, every unspectacular moment—they all matter. We are not made up of just the highlights. We are made up of every day that passes quietly.

So yes, milestones are important. But I want to start honoring the days that go unspoken. I want to write them down. I want to say: this day mattered. Even if I just lived it silently. Even if no one else saw it.

Because if we don't remember these days—who will?

If we only write down the summary, we miss the story.

And I refuse to let the quiet parts of my life go undocumented. They are just as holy. Just as heavy. Just as human.

# Chapter 5

## WHEN TIME SLIPS AWAY

### The Endless Summers of Childhood

Do you remember those summer vacations from childhood? When two months felt like two years? When every single day stretched wide with possibilities? Back then, time didn't run—it strolled. Slowly, gently. We had no idea what to do with so many free hours. Sometimes we got bored, sometimes we played endlessly, but time felt like a friend who refused to leave. Days were long—not because of the clock, but because of the life we lived inside them. Every little experience was new, every moment unexplored. Our hearts were light, and our minds were open.

There was magic in those days. The ice cream on a hot afternoon, the sound of friends running in the street, the smell of new books at the start of the school year. We counted the days of summer like treasures. And still, we thought they would never end. We didn't know the value of time back then. We just lived it—completely and without fear. Every sunset came with a story. Every morning brought adventure. Even boredom had its own strange beauty.

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### The Speed of Growing Up

Now, it's different. Time has grown wings. A week flies by before we realize it began. Two months now feel like two days. We look

at the calendar and say, “Wasn’t it just yesterday that the holidays started? How are they already over?” The truth is, time hasn’t changed—we have. As we grow older, our days fill with repetition: routines, responsibilities, less wonder, more work. Time, which once felt like an ocean, now feels like a stream slipping through our fingers.

The older we get, the faster the years seem to pass. We blink, and another year is gone. We finish one birthday cake and the next arrives too soon. Maybe it’s because our brains stop noticing the little things. Childhood is full of firsts—first bike ride, first fall, first time we go somewhere, first time we eat something new. But adulthood? Often it’s the same food, the same job, the same work, the same worries. No wonder time feels short. We stopped paying attention.

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## **The Loop of Repetition**

In childhood, every day was a discovery. We tried new things—new games, new places, new feelings. But now? Most of our days look the same. Wake up. Work. Eat. Sleep. Repeat. Our lives are trapped in loops. And in that repetition, time begins to feel invisible. It moves faster not because it’s in a rush, but because nothing new is holding it back.

We scroll through our phones, go through the motions, and call it life. But inside, we know something’s missing. Something raw, something real. When was the last time you did something for the first time? When did you last surprise yourself? Time doesn’t slow

down for anyone, but it does stretch for those who fill it with meaning.

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## The Illusion of Joy

As children, small things made us happy—a candy, a cartoon, a compliment. Today, even big moments sometimes fail to move us. We think happiness has disappeared. But maybe it's still there, waiting. Maybe we've just stopped recognizing it. We're too distracted, too exhausted, too overwhelmed. Joy might still be knocking, but we've become too busy to open the door.

Happiness hasn't left. We just stopped sitting with it. We measure our lives in likes, views, and deadlines, forgetting that joy is often quiet. It doesn't scream. It whispers. It lives in little things: a call from a friend, a moment of silence, a deep breath on a difficult day. But if we're too loud inside, we'll never hear it.

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## Do We Really Want to Go Back?

We often say we miss the past. "I wish I could go back to those days." But do we really want to? Or do we just miss the feeling of being carefree? Of not knowing the pain and pressure of growing up? If we were truly given the chance to go back, would we? Or would we realize that even those 'golden days' had their share of confusion and fear? Sometimes, memory sweetens the past and sours the present.

It's not wrong to remember. But it is dangerous to romanticize. Because the past is gone, and the present is all we have. If we keep staring at yesterday, we'll trip over today. Maybe the goal isn't to return, but to bring some of that wonder back into now. To live today in a way that will make us miss this day tomorrow.

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## The Changing Meaning of Respect

As children, we were often ignored. In family gatherings, at weddings—we were just “the kids.” Running around, invisible to the serious world of adults. But now that we’ve grown, people listen. They ask for our opinions. We matter. And maybe that’s the beauty of growing up—finding your voice. Maybe that’s why, even though childhood was fun, many of us don’t really want to return. We’ve earned a place in the world now.

It’s strange how the world shifts its expectations once you adopt its vocabulary of status and success. Respect isn’t always about age—it’s about recognition. And maybe that’s why growing up, though painful, is also powerful. We’ve learned to speak, to stand, to stay.

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## The Teenage Shift

There’s a strange phase between childhood and adulthood where everything feels wrong. Around 12 or 13, we begin to feel anger. We start to “hate” things—our parents, siblings, even ourselves. It’s confusion more than hatred. A transformation. And thankfully,

it passed. By our 15s to 20s, we began to understand that the people we thought were against us were actually trying to protect us. With age comes understanding. And with understanding comes peace.

Adolescence is messy. It's painful. But it's also necessary. It teaches us about ourselves—our triggers, our values, our voice. It makes us question, and in questioning, we grow. And yes, sometimes we outgrow people, places, even parts of ourselves. But that's okay. Growth means movement. And movement means we're still alive.

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## **The Need for People**

Today, many of us rely on technology for connection—apps, social media, even AI. But none of these can replace a real human being. A voice, a conversation—these are things no machine can truly offer. We need people. Not perfect ones. Just someone to talk to. Someone to sit beside when we're tired of the world. Being strong doesn't mean being alone. It means knowing when to reach out.

We weren't made to walk this life alone. We need support. Even the strongest trees lean sometimes. Even the brightest stars need the night sky. And sometimes, just having someone who says, "I see you," is enough to carry us through.

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## **The Art of Adjustment**

Life isn't perfect. It's not supposed to be. The world won't always bend to our will, and that's okay. We often think being "strong" means staying firm, never changing. But sometimes strength is in the bend—in adjusting, in knowing when to go with the flow and when to push against it. Like trees in the wind, the ones that bend don't break.

It's okay to change. To compromise. To grow around things instead of smashing through them. Life isn't a straight path—it's a winding road. And the ones who survive aren't always the fastest, but the most flexible. The ones who learn to move with the rhythm instead of always fighting it.

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## Time and the Final Question

The Quran says in Surah Al-Mu'minoon, Ayah 112–113: "He will say, 'How many years did you remain on earth?' They will say, 'We remained a day or part of a day; ask those who enumerate.'"

Imagine that—our whole lives, in the eyes of the Hereafter, might feel like a single day. We spend decades living, yet when we look back, only a few moments truly stand out. A few pages. A few memories. So what about the rest of the years? What about ordinary days? Were they wasted—or were they silently shaping us?

If our life was a movie, would it be just an hour long? If it was a book, would it be thin? Or would it be full of empty pages waiting

for us to write something real? Time doesn't slip away. We just stop noticing it. We stop living fully in it.

The Quran also says in Surah Al-Asr:

"By time, indeed, mankind is at a loss, except for those who believe and do righteous deeds, and advise each other to truth, and advise each other with patience." (103:1–3)

Time is a witness. A silent observer. And it will speak for us or against us. So what are we doing with it? Are we spending it, wasting it, or investing it?

Maybe it's time to pause. To look around. To live wide again, like we did in childhood. Not slower, just fuller. Because in the end, it's not about how much time we have. It's about how deeply we live in the time we're given.

Let this be our reminder: Time isn't slipping away—we are. Let's return. Not to the past, but to the present. To attention. To life.

## Chapter 6

### Don't Expect Too Much — Just Be

**"Close the window that hurts you, no matter how beautiful the view is."**

One of life's hardest lessons we eventually learn is to not have too many expectations from others—not about what they think of us, not about what they can do for us, and not even about what we can do for them. We live in a world full of interactions, passing faces, shared conversations, and fleeting moments. Every day, we meet new people. Some we talk to briefly, others we see repeatedly. Strangely, it's often the distant, less familiar connections that remain peaceful, uncomplicated, and pleasant.

But it is the people we hold closest—the ones we let into our hearts—who tend to hurt us the most. Those we trust blindly are often the same people who betray, ignore, or break our hearts in ways we never imagined. Why? Because we expect too much from them. We expect them to understand us without words, to stand by us without being asked, to love us unconditionally simply because we love them that way.

The truth is, not everyone can give what we give. Not everyone thinks the way we do. And that's not their fault—it's human nature. The problem arises when we lose ourselves in the process. When we try to reshape ourselves into someone more likable, more acceptable, just to gain their approval. We shrink in their presence to be noticed. We try to shine, not for ourselves, but hoping someone else will see the light and appreciate it.

But often, they don't. This is the reality we must accept.

Too often, we place our trust in those who fail to value it. We offer parts of ourselves that are misunderstood or neglected. Each time, it leaves us more cautious, more guarded.

Yet, I do not regret being kind. What I regret is expecting too much in return—expecting reciprocity from people who were never capable of offering it.

Life is fleeting. The people who are with us today may not be there tomorrow. The ones we chase might never turn to look. So why waste this short, fragile life chasing validation, love, or the idea that someone else will complete us?

Choose peace instead. Choose yourself. Be good, but not at the cost of your own sanity. Be kind, but don't become a doormat. Share love, but keep enough for yourself. Be understanding, but don't excuse consistent hurt.

If someone truly cares, you won't have to convince them. You won't have to beg for their time, attention, or presence. They will be there—quietly, gently, fully. And that presence will not hurt.

Sometimes, the most painful things are those we hold on to too tightly. Think of a needle—it hurts longer the more it stays stuck. The sooner you remove it, the faster the healing begins. Some people are like that. The longer you hold on, the more damage they cause. Letting go is painful but necessary.

Next time you open your heart, ask yourself: Do they truly see me? Or am I trying too hard to be seen? Do they understand me? Or am I constantly explaining myself?

You deserve people who don't make love feel like labor. You deserve peace that needs no permission. You deserve to feel whole, even when you're alone.

The greatest lesson is this: Life is too short to be shaped by those who don't know how to handle your heart. Live gently, love freely, but always remember: your first responsibility is to yourself.

## Chapter 7

### The Life Beyond the Script

Most of us live a life that follows a certain script—go to school, get a job, get married, raise children, grow old, and eventually leave the world. It is a rhythm society has set for us, and we often follow it without questioning why. But sometimes, when I pause and look around, imagining myself living that “normal” life, something unsettles me. A quiet fear creeps in—not a loud panic, but a deep, silent unease: Is this really all there is? And more importantly, is this what I want?

The truth is, I have never wanted that kind of life—not in the way most people do. And no, it is not because I dream of luxury, fame, or wealth. I do not want a fancy car just to show it off. I do not crave a big house simply to prove something to the world. And I definitely do not wish to be famous just so people recognize my face.

So then, what do I want?

That is the question that lingers—one I have not fully answered and perhaps never will. Maybe it will take a lifetime. But one thing is clear: I long for something deeper, something quieter, something real.

The idea of a “normal” life feels too small for the vastness I feel inside. There is an inner world—full of thoughts, feelings, reflections, and questions—that cannot be ignored. I often wonder if others feel this too, or if they have simply learned to silence it. Because in that quiet space within, there is a different kind of

life—a spiritual life. A life of thought, meaning, and connection—not to society, but to oneself, to someone who truly understands, and to something greater than all of this.

I imagine a life where I do not have to follow the map. Where I can walk through the unknown, guided only by what I feel inside. Perhaps, if I am lucky, there is one person walking beside me—someone who sees the world the same way, who does not need words to understand me, who exists not just in my life, but with me in thought.

That, to me, would be enough.

Sometimes, it feels like there are two versions of life:  
One is visible and measurable—education, job, marriage, family, stability.

The other is hidden—it lives in thoughts, spirit, and quiet questions. It does not follow a timeline. It does not need permission. And it often goes unnoticed.

But it is this second life that I long for—not out of rebellion, not out of arrogance—but because I know that is where my truth lies.

So, no—I do not want a normal life.

I want a life that feels. A life that means something. A life that belongs to me, not to the world's expectations.

## Chapter 8

# The Unseen Promise of Tomorrow

We've all said it at some point: "*Who has seen tomorrow?*"

Maybe to delay a task, end an argument, or simply comfort ourselves after a tiring day.

But does *tomorrow* truly exist? Are we certain we will wake up to see it?

## The Reality of “Tomorrow”

I remember a science teacher from school. When a student hadn't done their work, they'd say:

“Miss, I'll do it tomorrow.”

She would reply:

“Tomorrow? Tomorrow brings a new sun, a new day, a new life. Today's work is for today. What happens tomorrow will be seen... tomorrow.”

Back then, it just felt like a scolding. But life has proven her words true.

We make plans, thinking:

“*Tomorrow, I'll wake up, do this, go there, meet them.*”

But the truth is—there is no guarantee of tomorrow.

How many people sleep at night and never wake up?

How many dreams remain unfulfilled?

How many promises are left broken?

## Through the Lens of the Quran

Allah says:

“Allah takes the souls at the time of their death, and those that do not die [He takes] during their sleep. Then He keeps those for which He has decreed death and releases the others for a specified term.”

*(Surah Az-Zumar, 39:42)*

This verse teaches us that sleep and death are separated by a single breath.

When we sleep, we do not know if we will wake up.  
And if we do—it is by Allah’s mercy.

### Hope—The Essence of Life

We place so many hopes in others—friends, family, the world.  
But why not in ourselves?

If Allah has given us today, why not make it better?  
If we hope for tomorrow, why not start today?

Success is not about grand dreams—it is built on small, consistent steps.

Take one step today.  
Place your hope in Allah and yourself.

### Why Live for “Tomorrow”?

Because hope is what keeps us alive.

We hope that:

- We will wake up tomorrow.
- Our struggles will ease.
- Our prayers will be answered.

This hope connects us to Allah, who says:

*“My mercy encompasses all things.”*

*(Surah Al-A’raf, 7:156)*

His mercy is greater than every sin, every flaw, every failure.  
The One who created us knows how to mend us.  
We just need to take that first step.

So act today.

Don’t wait for tomorrow.

Because... who has seen tomorrow?

## Chapter 9

### The Truth About Growing Up

If I had known what life truly means, then maybe... just maybe... I would never have wished to live it. Since childhood, I always carried this desire—this longing—to grow up. I believed that once I became an adult, everything would become beautiful. Life would become smooth, exciting, fulfilling.

But then, as I stepped into adulthood, as the real beginning of this so-called life began, I realized something deeply unsettling. I think this happens to most of us: we begin to hate everything around us—sometimes even ourselves. We feel disconnected from everyone—even our parents—and it's not about blaming them, it's because something deep inside us starts changing. A transformation of thoughts, emotions, perspectives—a war that no one else can see.

During that phase, I remember thinking: "*Maybe dying would be easier than living.*" Life felt like an unbearable weight, and what scared me even more was the uncertainty of the future. What if it gets even worse than this? I had lost all hope. And yet, within that same span of hopelessness, sometimes I was overflowing with dreams. Contradictions. Chaos. A heart full of ambition and yet no strength to move.

Time passed so quickly—so fast, in fact, that I didn't even realize how much I had grown. And somewhere in that blur of time, I hoped things would get better. And maybe, yes—some things did get better. If you truly look, some things that were once

unbearable are now okay, even good. But there are still those parts of life that sting, that haven't healed. We can't pretend they don't exist. That's the truth.

Have you ever thought about what you used to dream about as a child? Think about what you wanted to become—what you believed life would be like. And then look at who you are today. You probably never imagined you would go through the things you've already survived. Sometimes we underestimate our own strength, our own journey.

Let me give you a small example from my own life. I remember wanting a laptop so badly as a child. I would play with copies and pretend they were laptops. I believed that if I had a real one, my life would be set. Dreams seemed so easy. Today, I have that laptop—it's always there, I use it every day—but now I realize that just having it doesn't mean life is sorted. Nothing is that simple.

It's the same with many other desires. When you were younger, maybe you dreamed of having your own mobile phone. You thought once you had it, life would be full of joy. But now that you have it, you know it's not that exciting. You realize how different reality is from imagination.

It's funny how things you once ignored or hated now become your favorite. I've noticed this in myself—how our thoughts, feelings, and preferences evolve with time. Things don't stay the same. Neither do you.

In your early teens, your thoughts are raw, developing. Your worldview is still forming. But by the time you reach 16, 17, or beyond, things shift. You begin to understand more. You start

absorbing the world around you. You grow—mentally, emotionally, spiritually. And I think that's the most beautiful part of life—the stage where you start understanding.

Even now, I don't fully know what I'll become. I don't have all the answers. But one thing I do know is that I'm not a child anymore. I've grown. And with that growth comes responsibility.

The diaries we wrote as kids, the promises we made to ourselves, the wishes we tucked away—now is the time to revisit them. To stop wasting time in endless scrolling, to stop being consumed by meaningless distractions. If you really want to do something with your life—start now.

If you choose not to act, that's your decision. But be mindful—endless scrolling can quietly consume your time, leaving little room for growth. But don't say you weren't told the truth. I'm not preaching. I'm sharing my experience. My life. What I've seen. What I've learned.

Success isn't just about getting a degree, passing exams, or landing a job. Yes, education is important, but it's not everything. The world has changed. If you're still thinking that your school, your college, your university will give you a ready-made future—you're dreaming. The world doesn't work like that anymore.

If all you want is to look “cool” on Instagram and want people to admire your life while you do nothing in reality—then go ahead. I won't stop you. But remember, someday, that fake image will crack.

There comes a point in every life where you must pause and ask yourself: *What am I doing? Why am I here?*

And yes, it's strange how life works. The things you thought you'd never become—maybe that's exactly what you're becoming. I never imagined I would learn to code, to program. I didn't even know those words existed when I was younger. But here I am. Doing the very things I never thought I could. And when I started learning, I realized how hard it actually was. It's not easy. It takes effort. Time. Dedication.

At 15 or 16, very few people understand the importance of time, of self-growth, of setting goals. We all say, "*When I grow up, I'll do this.*" Well—now you're grown up. What's stopping you?

Most people don't even realize they've grown up. That now is the time to take life seriously. Because if you don't take your life seriously, no one else will.

So I'm telling you now—start. If you really want to do something, then build discipline. Build focus. Start from 15. Start your goals. Write them down. Know what you love, what excites you. Manage your hobbies. Learn new skills.

This age—15 to 20—is the most powerful age. It's the building block for the next 40 or 50 years of your life. This is your developing era. Whatever you learn now—whether it's a small skill, a message, or a big lesson—it will help you in ways you can't imagine.

Set goals. But don't limit how much you can learn. If you ask me, I'd say: close your eyes and just learn. Whatever excites you, explore it fully. Because life is about growing. About evolving.

Especially in these five years—15 to 20—this is the time to discover who you are. What is your purpose?

How long will you live off your parents' money? Whether you're a boy or a girl—eventually, your parents will try to "settle" you. Marriage, Job, Routine. The same cycle. But is that all there is?

Some people like that cycle. That's fine. But those who feel the weight of it—they know how deep it runs. They know the secrets and struggles buried in that cycle. They know how hard it is to find meaning in it.

So I say—meet yourself. Really meet yourself. Ask: *Who am I?* *What makes me me?*

We chase the universe, the world, the trends—but we don't even know our own facts. We know "*Top 10 Facts About America*" or "*Top 10 Things About Islamabad*," but not "*Top 10 Facts About Me.*"

You are special. You matter. You are different from every other human being. And that uniqueness is what will lead you to your purpose. Your gift.

So make a video about yourself. Not for views. But for truth. For reflection. For discovery.

Life isn't over—it's unfolding, ready for you to embrace. If you're prepared, step forward. If not, reflect on what holds you back. If you're ready—take it. If not—scroll on.

But remember, one day, it will be too late when you

# Chapter 10

## Regret: The Weight We Carry Too Late

In this chapter, I want to talk about something incredibly important—something deeply emotional, personal, and perhaps the most significant realization of my life. I’m not just sharing an idea, but a truth I’ve lived, a feeling I’ve endured, and an experience that has shaped me.

I want to talk about regret—what I call the art of regression. Yes, the kind of silent ache we carry over the smallest of decisions, the missed opportunities, the words left unsaid, the actions never taken. This isn’t just a philosophical thought for me—this is my reality. These are my thoughts, my lessons, my pain, and my healing.

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### The Little Things That Hurt the Most

We often tie our pride to petty things:

“If she’s not talking to me, then I won’t talk either.”

“I’ll do this task tomorrow.”

“This is a good habit, but I’ll ruin it anyway.”

“I should do this—but never mind, leave it.”

These little actions pile up and quietly give birth to something big: regret.

Take a simple example: imagine there’s a small item in your house that you keep tossing around carelessly. One day, when

you actually need it, it's nowhere to be found. What do you say?  
“I should've kept it safe...”

That feeling—that subtle pain of carelessness—lives inside us more than we realize.

And that's just one example. There are countless others. We let moments go. We delay action. We expect others to make the first move. And in return, all we're left with is regret. I've suffered a lot because of this. My biggest learnings in life haven't come from success, but from the sharp sting of regret.

---

## **Regret: My Greatest Teacher**

Regret isn't just an emotion—it's a full experience.  
It wakes you up in the middle of the night.  
It keeps echoing long after the world has moved on.  
It makes you say:  
“If only I had spoken to them that day...”  
“If only I had apologized...”  
“If only I had done that task on time...”

Those two words—*if only*—become a haunting soundtrack in the mind.

There were people I could've reached out to.  
Tasks I could've completed.  
Chances I could've taken.

But I didn't.

I waited for someone else to take the first step.

I thought, "Why should I?"

And then time passed.

They never returned.

And I never got the chance again.

---

## **Regret: A Silent Break**

Let's suppose you had a small argument with a friend. You think to yourself:

"They'll talk to me first. They'll apologize, then I'll respond."

But what if they never do?

You both stay silent.

Ego keeps growing.

And one day, the friendship ends—not because of hatred, but because of silence.

The relationship was never one-sided.

It was as much your responsibility as theirs.

If they didn't speak, why couldn't you?

If they didn't apologize, why couldn't you step forward?

What if, while you're waiting, they're silently hoping too?

And then life happens.

They go away—maybe forever.

The regret of not saying sorry, of not fixing things—it crushes you.

This happened to me.

When someone was my friend, I took them for granted.

When they wanted me, I didn't see their value.

And when I began to want them back... they had already changed.

Now I live with that regret every single day.

---

## Time: A Delicate Gift We Waste

Regret isn't only about people.

It's also about time.

Let me give you a real example from my life:

A teacher once told me she would check our assignments next Friday.

I thought:

"There's a whole week—I'll do it later."

Every day, I repeated the same thing—"There's still time."

Then Thursday arrived.

And I said, "I'll do it tonight."

And when night came, the realization hit:

Tomorrow is Friday. I wasted the entire week.

And once again, I was left with only one thing:

Regret.

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## The Only Solution: Take the First Step

Regret comes from inaction.

From waiting.

From assuming someone else should make the move.

From thinking there's more time.

But healing comes when you act—not later, not tomorrow, but right now.

If a relationship is important—save it.

If an apology is needed—make it.

If a task is pending—start it.

If words are stuck in your heart—speak them.

Don't wait.

Because later, all you'll be left with is:

"I wish I had..."

---

## Escape the Trap of Laziness

Regret is also rooted in the laziness we feed ourselves with.

We say:

"I'll study tomorrow."

"I have time."

"I'll revise later."

"I'll message them next week."

But time is slipping away, second by second.

And the more we delay, the heavier the regret becomes.

Even if it's just 30 minutes—use them.  
Even if it's just one question—solve it.  
Give yourself structure.  
Take small, honest actions every day.

Because one day, these small steps will protect you from big regrets.

---

## **Be Silent, Be Patient—But Be Brave Enough to Act**

When fear strikes your heart,  
when a bond feels like it's breaking,  
when you want to say something but your ego holds you back—

Choose silence over anger.  
Choose patience over reaction.  
Choose courage over pride.

Be the one to break the silence.  
Be the one to mend the bond.

Because when someone is gone, or time is up,  
you can't go back.  
And nothing hurts more than that final regret.

---

## **Final Words: Regret Is a Termite of the Soul**

Regret is not just sadness.  
It's a weight on the soul.  
It eats away at your peace, your joy, your confidence.

Before it grows too big...

Step out of your ego.

Step into your purpose.

Step toward healing.

Make the call.

Say the words.

Do the work.

Fix the bond.

Because tomorrow may never come.

And if it doesn't,

you'll have to live with only one thing:

**Regret.**

# Chapter 11

## ***The Beginning Is Today***

### **From Broken Moments to Sacred Mornings ,The Day You Choose to Begin Again**

We are all searching for something ,a better life, a sense of peace, fulfillment, joy, purpose.

Sometimes, we don't even know what we're seeking. We just feel the emptiness quietly echoing inside us, like a forgotten prayer never spoken aloud.

We look around and wonder, "*Is this all there is?*"

We watch others succeed, fall in love, rise again, build families, make money, travel the world , and we question where we stand.

But here's what I've realized:

A better life is not somewhere far ahead ,it's hidden in how we live *today*.

Not next year.

Not after we graduate.

Not after we get a job.

Not after we buy a house, find love, or move abroad.

It begins *now*.

It begins with how you think. How you speak. How you treat people. How you treat yourself.

So the real question is not, "*How do I get a better life?*"

The real question is:

*"Am I doing anything ,even a little , to live better, to be better, today?"*

Because life is not waiting for you to be ready.

Life is already happening. Every single breath, every small decision, every reaction you give is a seed you're planting.

One day, those seeds grow , and the garden you stand in will be of your own making.

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## **The Myth of “Someday”**

We are addicted to the word *someday*.

Someday I'll be confident.

Someday I'll start my business.

Someday I'll forgive that person.

Someday I'll fix myself.

But that *someday* , it never comes, does it?

Because we forget: the only day that ever truly exists is *today*.

Yesterday is a memory.

Tomorrow is imagination.

Today is your only real chance.

And still, we wait.

We wait for motivation.

We wait for signs.

We wait for someone to believe in us before we believe in ourselves.

But here's the truth ,harsh and beautiful at the same time:

No one is coming to save you.

No one will hand you a perfect life.

You have to get up , with shaky hands and a tired heart ,and begin.

Not perfectly.

Not even bravely.

Just begin.

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## The Mirror of Daily Life

Let me ask you: *What do you do every day?*

Because *that* is your life.

Not your dreams.

Not your social media.

Not your degree.

Your life is what you do daily.

The words you speak to others.

The way you think in silence.

The kindness you show to strangers.

The way you respond when you're angry.

Your life is your habits.

Your routine.

Your attitude.

You don't need to be extraordinary to make your life meaningful.

You just have to be intentional.

Even the smallest acts , brushing your teeth, tidying your bed, making tea for your mother, smiling at a neighbor , are sacred if done with awareness.

That's what people miss.  
They think life is in the big moments.  
But no , life is in the unnoticed, unglamorous, daily flow.

A better life doesn't begin with a huge achievement.  
It begins with one small improvement.  
One act of self-respect.  
One apology.  
One refusal to gossip.  
One step away from laziness.  
One moment where you say, "*Today, I will be better , even just a little.*"

---

## **Today Might Be Your Last Day**

I know this is hard to say ,but what if today were your last day on Earth?

How would you live it?

Would you spend it arguing over ego?

Would you waste hours scrolling, comparing, complaining?

Or would you want to feel peace in your soul?

Would you hold someone's hand, forgive someone who wronged you, look at the sky, breathe deeply, feel alive?

Live like that.

Living like today is a precious, fragile, unpromised gift.

Because it is.

We just act like it isn't.

No one knows how many days they have left.

You may be 70 years old.

You may have 7 days.

But this , this moment ,is yours.

And you can either let it pass in unconscious patterns, or you can wake up to it.

---

## **Life Is What You Do When No One's Watching**

People often think:

*"I'm not doing anything special. I'm just working a normal job. I'm just trying to survive."*

But surviving is not a small thing.

Waking up every day with pain in your heart and still trying, that is strength.

Don't let the world convince you that if you're not famous, rich, or constantly achieving something, you're not doing enough.

You *are* enough, if you're growing, if you're learning, if you're healing.

Even if no one claps for you, even if no one sees your struggle, God sees it. And your soul feels it.

We often want to change everything at once.

But real change is gentle.

Gradual.

Unseen.

It's built through thousands of tiny, invisible choices.

## You Are the Author of Tomorrow

So now, take a breath.

Not because everything is fine,  
But because you are choosing to begin.

Let today be the first line of your new chapter.

Don't wait for the perfect moment. *This* is the perfect moment.  
Don't wait for someone to fix your life. *You* are that someone.

Look in the mirror, and instead of seeing someone broken, or lazy,  
or lost

See someone becoming.

See someone still here, still breathing, still trying, and that is  
beautiful.

Life is not a grand event waiting to happen.

Life is right here, in this second, in this choice, in this breath.

So let's make a promise ,you and I.

That we will no longer live asleep.

That we will no longer waste the holy gift of a day.

That we will do one good thing each day.

Even if it's just to smile at ourselves in the mirror and say,

*"I'm still here. I'm not done yet."*

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## Today is not just a day.

It is the beginning.

Of new energy.

Of new awareness.  
Of a new you.

So go,  
Begin again.  
And again.  
And again,  
Until the sleeping world awakens with you.

## Chapter 12

### When Dreams Begin to Disappear

Everyone's life is different.

The meaning we assign to life, the purpose we seek, and the paths we walk, all vary.

Some dream of *becoming* something. Others, of *doing* something. And while we all carry dreams in our hearts, one question keeps returning:

Why do so many dreams go unfulfilled?

Recently, I found myself reflecting deeply on this.

Life teaches us through experiences, and each person's journey is unique.

But just because someone's experience doesn't mirror our own doesn't mean we can't learn from it.

In fact, we often learn the most, not through living something ourselves, but by *truly listening* to the experiences of others.

I once observed something in a classroom:

Every girl in that room had her own dream.

And not small ones, they were big, beautiful, and meaningful.

Some wanted to become doctors. Others, engineers, teachers, or something else entirely.

But over time, something changed.

That same room... those same girls...

But now, many have settled into different lives.

Some had married.

Some had children.

And some had simply let their dreams fade.

This raised a difficult question:

Were their dreams not real?

Were they not worthy of achieving what they once envisioned?

Or did they fall into a trap, that invisible structure we call a  
“*normal life*”?

A life that demands we follow routines, expectations, and comfort zones

often at the cost of our biggest ambitions.

That thought sometimes frightens me.

Will my life turn out the same way?

Will I get trapped too?

Will I lose sight of my dreams, not because I want to, but because life pushes me that way?

I don’t claim to have all the answers.

But I do believe this:

Dreaming is easy.

Speaking your dream out loud is even easier.

But taking action, that’s where the real test begins.

We often think we’re ready to chase something until we actually begin.

That’s when the road gets tough, and reality hits.

That's when we learn:  
Success is never handed over.  
It demands effort, time, and sometimes, even pain.

And sometimes, the real reason people let go of their dreams isn't because they weren't serious.  
It's because they didn't have support.  
Or because they were slowly pulled into a cycle of life,  
where comfort replaced passion,  
and stability replaced ambition.

That's the trap I keep referring to.  
It looks harmless.  
It feels safe.

But it slowly dims the fire within.

To understand more about life, I often find myself drawn to talking with strangers.

I once read somewhere:  
*"Strangers often give the best advice."*

And I've found that to be remarkably true.

Sometimes, the most meaningful conversations happen not with those closest to us,  
but with people who don't know our history,  
only our thoughts.

I love hearing people's stories.  
I enjoy learning about their lives, their ideas, and how they view success, failure, or everyday struggles.

Every person's journey is like a different product from the same  
factory of life  
made of the same material,  
but designed uniquely.

And from each one, we can learn something valuable.

So if you're someone who's dreaming right now  
or feeling unsure about your path  
remember this:

Dreams are beautiful.  
But they need action.  
They demand perseverance.  
And above all, they require you to *resist the pull of the ordinary*.

Because that trap?

It's subtle.  
It's slow.  
It's silent.

But if you're not careful...  
it can steal the very thing that makes you feel alive.

## Chapter:13

### ***Behavior — A Reflection of Thought***

Sometimes, I felt that I didn't even know how to behave with others. It seemed like my emotions were too complex or maybe I was too complicated myself. My behavior was always connected to my heart, especially with my friend. I noticed their little actions, their way of speaking, their silences. But people often said to me:

**"Why do you overthink so much?"**

**"Others don't care about these things, so why do you?"**

These words made me question:

**Is my behavior wrong?**

But does sensitivity make someone wrong? Is feeling deeply a weakness?

---

### **Behavior and Thought: An Inner Connection**

Behavior is not just an outward action, it reflects our inner world. Our behavior is a combination of our thoughts, fears, hopes, and past experiences. Someone who gets angry might be hurting inside. Someone who stays silent might be expressing a thousand unspoken words.

Psychologists say behavior is influenced by two systems:

- **System 1** — quick, emotional, automatic responses

- **System 2** — slow, logical, conscious thinking

Often we live in System 1, reacting emotionally. But self-awareness and conscious behavior come from activating System 2 — which softens relationships and improves our personality.

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## **Complexities of Behavior**

I have someone who is very quiet. Her reactions often confused me. When I felt something, she remained silent. Her silence didn't match my emotions, and that made me think deeply about behavior.

Are quiet people rude? Or do they have deeper thoughts inside?  
Are talkative people happy? Or are they hurting inside?

I realized that behavior is just a layer of personality, not the whole truth. Sometimes, we mistake behavior for a person's entire identity when it's only a moment's reflection.

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## **Self-Reflection: The Basis of Behavior**

My experiences taught me that there is a story behind every silence and behind every anger. I started to reflect on my own behavior. I noticed I often care most about those close to me. When they leave, I regret not saying or doing something.

It is human nature not to value those close to us enough while they are with us. But after they are gone, a hollow feeling remains. That emptiness questions our behavior.

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## Can Behavior Be Learned?

Yes. Behavior is a learning process. With time, experience, reading, and self-reflection, we can improve our behavior.

We can learn:

- When to stay silent and when to speak
- When to endure and when to explain
- When to forgive and when to set boundaries

Psychologists say behavior is shaped by childhood experiences, social pressures, and personality traits.

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## Personality and Behavior Types

### 1. Introvert vs Extrovert

#### Introverts:

- Quiet and reserved
- Feel deeply
- Prefer listening over speaking
- Have few but sincere friends

## **Extroverts:**

- Social and talkative
  - Express emotions openly
  - Feel energized in groups
  - Confident and active personalities
- 

## **2. Thinking vs Feeling**

### **Thinking Types:**

- Make decisions based on logic and reason
- Value facts over emotions
- Analytical and objective
- Focus on outcomes

### **Feeling Types:**

- Make decisions based on emotions and empathy
  - Value relationships deeply
  - Live from the heart
  - Prioritize others' happiness
- 

## **3. Passive vs Assertive**

### **Passive:**

- Hesitate to say no
- Suppress their needs
- Avoid confrontation
- Feel internal discomfort

## **Assertive:**

- Speak clearly with confidence and respect
- Express emotions in balance
- Know and respect personal boundaries
- Skilled at both listening and speaking

## **Find Yourself**

Ask yourself:

- Am I an introvert who thinks deeply or an extrovert who thrives socially?
- Do I make decisions through thinking or feeling?
- Am I passive, or am I assertive?

These behaviors don't make you good or bad—they are just aspects of human nature. Understanding them is the true sign of awareness.

## **Conclusion: Behavior is an Evolving Journey**

Behavior is never fixed. It changes with every day, experience, relationship, and tears. Our goal is not to be perfect but to become **self-aware**.

"Questioning your behavior is the first step to becoming better."

## Chapter 14

### Life Is Not Hard, We Make It So

Life is not difficult. We are the ones who make it hard for ourselves.

I still remember something my teacher once told me. She said that if we live life in a good way—if we live for ourselves while also helping others, supporting them, and never intentionally hurting or showing pain to others—then life is actually not difficult at all. Life can be simple and beautiful.

This was her perspective, but I want to share something I personally learned from a story. It's a thought that stayed with me after watching a **TEDx Talks**. The title of the video was: "**Life is easy. Why do we make it so hard?.**" In the video, a man was standing and sharing his life story.

He explained that he used to live in a small village. But like many others, he wanted better opportunities. He wanted to earn more money, get a good education, and find a respectable job. So, he left his village and moved to the city. At first, he went with hope, but soon, things started falling apart.

All the money he had taken with him began to vanish. He was robbed several times, and his life in the city became a struggle. Things didn't go as planned. Life became hard—so hard that he found himself barely surviving. After facing continuous difficulties, he finally made a decision to return to his village.

Back home, he started farming. He also began gardening. Whatever he harvested, he kept a portion for his own family and sold the rest in the market. That's how they lived, happily and peacefully. They ate fresh food from their land and enjoyed life in a simple, fulfilling way.

This story made me think deeply. Many times, we chase things like money, success, and status so blindly that we forget how to live. We are not satisfied with what we already have. We ignore the blessings that are right in front of us. Instead, we keep running after more—and that's where we make life hard.

The truth is, if we don't let greed control us, and if we stop chasing what we don't need, we can actually live a much happier life.

Often, people already have a lot of blessings. If you have food, shelter, and clothing, you're better off than billions who live in extreme poverty, roughly the bottom 30% of the world's population.

But still, people keep chasing more without appreciating what they have.

We should stop being greedy. We should focus on what we already have and make the most of it. Live in the present. Stop thinking too much about the future—what if I don't become rich, what if I don't get this or that? It's good to have goals, but not at the cost of your peace, your relationships, or your happiness.

You can still earn money, gain knowledge, and become successful—but don't put your entire life on the line for it. Don't

sacrifice your peace, your loved ones, or your today for something that isn't guaranteed tomorrow.

Enjoy the present moment. Work on yourself. Improve the things around you. Be grateful for what you already have. Because life is truly beautiful—it's not meant to be complicated.

We just need to stop making it harder than it is.

## Chapter 15

# The Power of Gratitude and Peace in Simplicity

In today's world, one of the biggest questions people often face is:  
**How should we live our lives?**

Everyone seems to be caught in a race—whether it's to earn more money, to achieve more success, or to prove they are better than someone else. There's this constant desire to get ahead, to be above others, to be admired more, praised more. In this race, people start exhausting themselves. In trying to bring others down, they often end up lowering their own worth.

But let me ask you a simple question—*how should life actually be lived?*

To me, life is a precious blessing.

If you're able to read this book, then take a moment to thank God. Be grateful that you've been given the ability to read, to see, to understand.

Just imagine how many people in this world can't read—maybe because they never had access to education, maybe they're visually impaired, or perhaps they're bedridden in hospitals, struggling with illnesses or disabilities.

But you—yes, *you*—have the ability to read, to hold a book in your hands, to look at the words on the page, to think and reflect.

Maybe you're sitting in your home, maybe it's not big or luxurious, but it's yours.

You are surrounded by family, perhaps. There are so many

children who live in orphanages, away from the warmth of home. And yet here you are—with a roof over your head, with comfort, safety, and the ability to sit peacefully.

Take a moment and pause.

Close your eyes and forget, just for a moment, all those dreams of luxury, of big houses, of fancy cars, of a glamorous life.

Forget them—and simply focus on what you already have.

Now open your eyes—or take a walk around your home—and ask yourself:

Do I already have what I need to live my life peacefully?

Do I have more than enough to survive and be content?

If the answer is yes, then why so much anxiety? Why the constant pressure to have more, to be more?

Why can't we just be thankful for what we already have?

You see, true wealth doesn't lie in how much you have. It lies in how deeply you appreciate what you already own.

Because the person who is grateful, even for the little things, is the richest person of all.

It's okay to dream. In fact, you *should* dream big.

But don't let those dreams blind you to the blessings in front of you.

A moment of gratitude can bring you more peace than a lifetime of chasing things that may never satisfy you.

There's something I once read in a book—it stayed with me ever since.

It said: *If you hate someone, or dislike them deeply, think about three good things about that person.*

Look at their picture, or remember their face, and write down a few positive traits they have.

Next time you meet them, you'll remember those good qualities.

You might still not like everything about them—but you'll realize they're not entirely bad either.

And maybe, just maybe, you'll stop hating them so much.

Because we always focus on the flaws in people.

We're quick to criticize. But if we took even half that effort to notice the good in others, we'd be amazed at how our own hearts would soften.

That's the power of perspective.

Train your mind to find good things—not just in others, but in your own life.

That's where gratitude begins. And gratitude brings peace.

Stop trying to live someone else's life.

Stop comparing your chapter 1 with someone else's chapter 20. Instead, start improving yourself, day by day.

You don't have to make a giant leap.

Take small steps—tiny habits, little efforts.

As described in the book *Atomic Habits*, even a 1% daily improvement leads to massive growth over time.

It's not magic—it's consistency.

If you really want to change your life, don't wait for the "perfect moment."

Just start. Even five or ten minutes of focused action every day makes a difference.

Big changes don't happen overnight. They take months. Sometimes years.

So start with what you have. Do what you can. And be patient.

Look at your daily routine.

Are you moving toward your goals, or just wasting time scrolling endlessly, overthinking, stressing over things that don't even matter?

Are you creating imaginary problems by fighting with others, by overanalyzing situations that may not even be real?

Think about it.

Whatever you do today is shaping your tomorrow.

Your future depends on how you choose to spend your present.

If you want a better tomorrow, then live better today.

It starts with small things.

The way you think. The way you speak. The way you react.

Even your anger—if you can learn to pause, to take a deep breath, to stay calm when it rises—this is growth.

This is wisdom.

This is peace.

Because life isn't hard.

It isn't weird.

Life is beautiful—if only we learn how to live it with calmness, patience, and appreciation.

Start each day with a grateful heart.

Let go of fake smiles, overthinking, and unnecessary stress.

Instead, bring clarity to your thoughts.

Be kind to your mind.

Be gentle with your soul.

Live simply.

Live with purpose.

And remember: *True peace isn't in having everything. It's in appreciating everything you already have.*

# Chapter 16

## The Strange Balance of Life

### One Day, Countless Stories

Life is a peculiar book, where each page—each day—unfolds a new story. Today, a day that seems ordinary to the world, holds vastly different meanings for every soul. Somewhere, a house is filled with the joy of a newborn's arrival, while elsewhere, another home is steeped in the sorrow of a loved one's departure. For someone, today is the best day of their life, brimming with hope and triumph. For another, it's the worst, shrouded in loss and despair. Today, someone is embarking on a new chapter, fueled by dreams and ambitions, while another has surrendered to the weight of their struggles. All of this unfolds in the same moment, on the same day. Isn't that strange?

This realization forces us to pause and reflect on the complexity of life. While one person celebrates a monumental achievement, another mourns a crushing defeat. Someone is launching a new venture, filled with excitement, while another weeps over their failures. Somewhere, a new beginning is taking shape, and elsewhere, an ending is quietly unfolding. It's as if life is a tapestry woven with threads of joy and sorrow, success and failure, beginnings and endings—all existing simultaneously. How can one day hold so many contradictions?

## The Quantum Law of Life

When I think deeply about this, it feels like life might be governed by some cosmic law, perhaps akin to the principles of quantum physics. Quantum physics tells us that two opposing states cannot exist in the same place at the same time. Yet, life seems to defy this rule in its own mysterious way. In a single moment, in this vast world, happiness and grief, victory and defeat, birth and death coexist. It's as if the universe maintains a delicate balance, ensuring that for every moment of light, there is a shadow; for every rise, there is a fall.

This thought stirs a strange feeling in the heart. Do we truly have control over our lives? Do we possess the free will we believe we have? Or is everything predestined, part of a grand plan beyond our comprehension? Sometimes, it feels as though we are powerless to shape our lives as we wish. The things we desire often slip through our fingers, and we are left grappling with a sense of helplessness. Yet, within this helplessness lies a flicker of hope—a hope that perhaps we can still find meaning in this unpredictable dance of life.

## The Sorrow of the Night and the Hope of the Morning

At night, when the world is quiet and we sit alone with our thoughts, a strange sadness often creeps in. Memories of the past—people, moments, and dreams that are no longer with us—flood our minds. In those moments, it feels as though our hearts might burst. We long to change the past, to bring back what's gone, but those moments have slipped away forever. The

weight of those memories can be overwhelming, leaving us feeling powerless, as if we're drowning in regret and sorrow.

But then comes the morning. When we wake up, our minds feel fresh, as if the burdens of the night have been lifted. The pain, the regrets, the memories—they fade into the background unless we deliberately pull them back. The morning brings with it a new beginning, a clean slate. It's a reminder that every day offers us a chance to start anew. Yet, we often make the mistake of carrying yesterday's sorrows into today. We wake up and immediately revisit the pain, the regrets, and the what-ifs. This habit traps us in a cycle of depression, anxiety, and stress.

What if we chose to let go? What if we embraced each morning as a fresh start, leaving yesterday's burdens behind? The power of a new day lies in its ability to make us feel alive again. Each morning is a rebirth, a chance to rewrite our story. If we can learn to release the past and focus on the present, we might find a way to live more fully in each moment.

## **Small Steps, Big Changes**

Improving our lives doesn't always require grand gestures. Sometimes, it's the small, intentional actions that make the biggest difference. Start your day by making your bed. It's a simple task, but it sets the tone for the day. It signals to your mind that you are in control, that you are starting the day with purpose. When you make your bed, you create a sense of order and accomplishment that carries you forward.

Create a to-do list and work toward completing it. These small tasks give you a sense of direction and purpose. They remind you

that you have the power to shape your day, one step at a time. By focusing on these small victories, you gradually build a better life. It's not about erasing the past or erasing regrets—it's about learning from them and moving forward. What happened yesterday is done. It cannot be changed. But tomorrow? Tomorrow is yours to shape.

## Different Paths, One Destination

Life is a strange journey, one where we all travel different paths but ultimately head toward the same destination. Each of us has a unique story, a unique set of experiences, joys, and struggles. Yet, despite our differences, we are all connected by this shared journey. Someone is running toward their dreams, while another is crawling through their pain. Someone is soaring with success, while another is grounded by failure. But in the end, we all arrive at the same place.

Think of it like this: imagine you and a friend decide to reach the same destination, but you choose different routes. You might take a winding path through the mountains, while your friend takes a straight road through the plains. Your journeys will look different, but you'll both end up at the same place. Life is much the same. Our paths are different, our stories are unique, but we are all heading toward the same universal truth. This thought brings a strange comfort—a reminder that we are never truly alone, no matter how different our journeys may seem.

## The Art of Living

The art of living lies in embracing each day as a new beginning. Let go of yesterday's regrets and focus on today's possibilities.

Keep your mind fresh and your heart light. Start your day with small, intentional actions that set a positive tone. Make your bed. Write down your goals. Take a moment to breathe and remind yourself that today is a new opportunity.

Life is strange, but its strangeness is what makes it beautiful. Every day brings a new story, a new chance to grow, to learn, to live. Don't let the weight of the past hold you back. Don't let the regrets of yesterday define your tomorrow. Instead, wake up each morning with a renewed sense of purpose. Look at the world with fresh eyes. See the beauty in the small things—the sunrise, the sound of birds, the feeling of a new day.

We may not have control over everything in life, but we do have control over how we approach each day. By starting each morning with intention, by letting go of the past, and by embracing the present, we can live more fully, more joyfully. Life is a collection of moments, and each moment is a chance to start anew. So, let's make the most of it. Let's live with purpose, with hope, and with the courage to keep moving forward, no matter what yesterday brought.

# Chapter 17

## Searching for Meaning in a Restless World

Life, in its essence, is a journey of searching—for purpose, connection, and moments that make us feel truly alive. Sometimes, I wonder what kind of life I want to live, or what kind of life we *should* live. It's not a thought unique to me; I believe many people, at some point, feel this quiet restlessness, this sense that life is slipping through their fingers, leaving them questioning its meaning. It's not just the older generations who feel this way—those in their 30 or 40 looking back on decades of striving. Even teenagers and young adults today seem to carry this weight, exhausted by the pace of a world that promises ease yet delivers complexity.

## The Paradox of Technology

We live in an age of unprecedented technological advancement. Tools and innovations surround us, designed to make life simpler, faster, and more connected. From smartphones to artificial intelligence, technology has reshaped how we work, communicate, and dream. Yet, there's a paradox at play. While these advancements make tasks easier, they often leave us feeling emptier. The joy of life—the “happiness” we chase—seems to fade in the glow of screens and the noise of constant notifications. We're more connected than ever, but many of us feel profoundly alone.

I've noticed that when we meet people, whether at gatherings or fleeting encounters, there's often a hollowness beneath the surface. Conversations feel temporary, like passing moments that dissolve as quickly as they begin. People come into our lives, share a few words, and then drift away, leaving little trace. It's as if genuine connection has become rare, replaced by fleeting interactions that lack depth. I sometimes think the real joy comes from those rare moments when you meet someone with whom you can share your unfiltered thoughts—someone who listens without judgment, where words flow freely from the heart without the need to overthink. In those moments, you feel lighter, as if the weight of the world lifts, even if just for a while.

## The Loneliness of Modern Life

This sense of isolation isn't unique to one person; it's a shared experience, though not everyone feels it. I've come to believe that loneliness is growing in our world, not because we lack people around us, but because authentic connections are harder to sustain. People change, adapt, and wear different masks to navigate life's demands. It's hard to know who someone truly is when they're constantly shifting to fit expectations. As a result, many of us feel like we're walking through life alone, even in a crowd.

I once read about a study where someone declared, "I am my own best friend." There's truth in that—learning to enjoy your own company is a powerful skill. You can build a life where you're content with yourself, finding strength in solitude. But there's a catch. When you rely solely on yourself, it's easy to spiral into negative thoughts. Self-talk can become a trap, pulling you into

cycles of doubt, fear, or regret. I've experienced this myself—moments when my inner voice turned critical, dragging me into a darker mindset that was hard to escape. It affected my life more than I'd like to admit, clouding my perspective and making everything feel heavier.

This is where we need balance. While it's important to be your own ally, we also need others—people who can pull us out of those negative spirals and remind us of life's possibilities. Technology, like AI tools or chatbots, can offer a kind of artificial companionship. They're programmed to respond positively, to keep the conversation flowing. But they lack the human spark—the empathy, the shared vulnerability—that makes real connection so vital. A machine can't truly understand the ache of loneliness or the joy of a heartfelt laugh. It's a reminder that, while technology can support us, it can't replace the warmth of human connection.

## The Search for Purpose

At the heart of this restlessness is a deeper question: what gives life meaning? I've often felt that life can feel like a script, a predetermined track we follow without questioning. Wake up, work, sleep, repeat. But when you pause and reflect, you realize that life without a goal feels hollow. I read a book once—*Man's Search for Meaning* by Viktor Frankl—that left a profound impact on me. It described how, during the horrors of war, those who survived were often the ones who held onto hope, who had a reason to keep going. Whether it was a loved one, a dream, or a belief, that sense of purpose gave them the strength to endure.

This idea resonates deeply. If you have a goal—something you’re passionate about, something that makes your heart race with possibility—life takes on a different color. It’s not about achieving the goal itself, but about the journey toward it. The struggle, the effort, the small victories along the way—they give life texture and meaning. Without a goal, life can feel like a monotonous track, a routine that lacks purpose. But with a goal, even the challenges become part of a larger story, one you’re actively writing.

I think about young people today, facing a world where entry-level jobs are disappearing, and companies demand years of experience for even the simplest roles. It’s disheartening to see dreams stifled by such barriers. But I also believe that a goal, no matter how small, can be a guiding light. If you’re a student dreaming of becoming a doctor, an engineer, or anything else, start where you are. Break the journey into steps. What can you do today, this week, this year, to move closer to that vision? The path may be long, but each step forward builds momentum, and that momentum can carry you through the toughest moments.

## Finding Peace in the Chaos

Sometimes, I dream of escaping—of leaving behind the noise of the world and finding a quiet place to just *be*. It’s a tempting thought, to walk away from the pressures of modern life and live simply, surrounded by peace. But for most of us, that’s not practical. We can’t abandon our responsibilities or uproot our lives entirely. Instead, I’ve found that carving out small moments of stillness can make a difference. Sitting with a notebook, writing down thoughts, or even just reflecting in silence—these acts help us reconnect with ourselves.

I started journaling a while ago, and it's been a revelation. Putting my thoughts on paper helps me make sense of them. It's like untangling a knot in my mind, revealing insights I didn't know were there. I'd encourage anyone to try it. Take a day, or even an hour, to sit quietly and think about your life. What do you want? What's holding you back? What small step can you take toward your dreams? Writing it down, or even thinking it through, brings clarity. It's a way to map out your journey, to remind yourself that you're not just drifting—you're moving toward something.

## Living with Intention

Life is fleeting, and that truth can be both sobering and motivating. We all know that one day, we'll leave this world, just as countless others have before us. The places we call home, the spaces we occupy, will one day belong to others. Knowing this, I believe we should live with intention. Not in a frantic, desperate way, but with purpose. Find a goal that excites you, whether it's big or small. It could be learning a new skill, building deeper connections, or simply finding joy in everyday moments.

I think of the movie *Chhichhori*, which beautifully captured this idea. It showed that those who have hope, who have something to live for, are the ones who thrive. Without hope, life becomes a struggle without meaning. But with it, even the hardest moments feel like part of a larger purpose. We don't need to have all the answers or achieve every dream. What matters is that we keep moving, keep trying, keep living.

In the end, life is a struggle, but it's also a gift. The challenges, the loneliness, the moments of doubt—they're all part of the journey.

But so are the moments of joy, connection, and discovery. By setting goals, seeking connection, and finding small pockets of peace, we can craft a life that feels meaningful. Not perfect, not without pain, but purposeful. And perhaps that's enough—to live, to strive, and to leave behind a story worth telling.

# Chapter 18

## Life, the Greatest Teacher

The classroom is not the only place where learning happens. The idea that knowledge comes solely from textbooks, teachers, or structured lessons is a myth that limits our growth. Life itself is the most profound and relentless teacher we will ever have. Every moment, every challenge, every triumph, and every setback is a lesson waiting to be absorbed—if only we choose to pay attention. This chapter explores how to embrace life as your greatest mentor, learning from its pushes, its surprises, and its quiet moments of clarity.

### The Classroom of Existence

From the moment we are born, life begins teaching us. It doesn't wait for us to sit at a desk or raise our hand with a question. It throws us into experiences—sometimes gently, sometimes with a forceful shove—and expects us to figure things out. A child learns to walk by stumbling, falling, and trying again. An adult learns resilience by facing rejection, navigating failure, or rebuilding after loss. These are not formal lessons with a syllabus or a grading system, but they are lessons nonetheless, etched into the fabric of our existence.

The beauty of life as a teacher is its impartiality. It doesn't care about your background, your qualifications, or your readiness. It delivers its lessons to everyone, everywhere, at every moment. The question is: Are you listening? Are you observing the world around you, reflecting on your experiences, and extracting the

wisdom they offer? Or are you sitting idly, letting life pass by like a lecture you're halfheartedly attending?

## **The Push to Learn**

Life has a way of nudging us—sometimes gently, sometimes with a jolt—toward growth. Think about a time when you faced a challenge that felt insurmountable. Maybe it was a job loss, a broken relationship, or a moment of self-doubt that left you questioning your path. In those moments, life wasn't punishing you; it was teaching you. It was pushing you to adapt, to rethink, to grow stronger. The discomfort of those experiences is often the signal that a lesson is unfolding.

Consider the story of a young entrepreneur who dreamed of starting a business. She had no formal training, no mentor to guide her, and limited resources. Her first venture failed spectacularly, leaving her in debt and questioning her abilities. But instead of giving up, she studied her mistakes. She learned about budgeting, customer needs, and the importance of persistence. Her second venture succeeded, not because she had a degree or a perfect plan, but because she listened to the lessons life taught her through failure. Life pushed her, and she pushed back, emerging wiser and more capable.

This is the essence of life's teaching method: it pushes you into experiences that demand growth. It doesn't hand you a textbook or a set of instructions. Instead, it places you in situations that require you to think, act, and adapt. The key is to recognize these moments as opportunities, not obstacles. When life pushes you, don't resist or retreat. Lean into the experience, ask what it's trying to teach you, and take action.

## **Learning Beyond the Classroom**

One of the greatest misconceptions about learning is that it happens only in formal settings—a classroom, a lecture hall, or a workshop. But life's lessons are everywhere. The colleague who challenges your ideas in a meeting is teaching you patience and the art of constructive debate. The stranger who helps you when you're lost is teaching you about kindness and trust. Even the mundane moments—waiting in line, navigating a crowded street, or solving a small problem at home—carry lessons in resilience, observation, and problem-solving.

To learn from life, you must adopt a mindset of curiosity. Start seeing every interaction, every moment, as a potential teacher. When you argue with a friend, don't just focus on winning the argument; ask yourself what the disagreement reveals about communication or empathy. When you miss a deadline, don't just dwell on the mistake; reflect on what it teaches you about time management or prioritization. The world is full of lessons, but they require an active learner to uncover them.

This mindset also means learning from others. The people around you—your family, friends, coworkers, even strangers—are a wealth of knowledge. Watch how they navigate challenges, celebrate successes, or handle setbacks. You don't need to copy their every move, but you can borrow their wisdom. A neighbor who stays calm under pressure might inspire you to practice patience. A friend who pursues their passion despite obstacles might motivate you to take risks. Life surrounds you with teachers; you just have to recognize them.

## **Taking Responsibility for Your Learning**

One of the most empowering realizations is that you are your own best teacher. While life provides the raw material—experiences, challenges, and opportunities—you are the one who must process and internalize the lessons. This requires taking responsibility for your growth. Instead of waiting for someone to hand you knowledge or solve your problems, seek out the lessons yourself. Be proactive. Be curious. Be relentless in your pursuit of wisdom.

This doesn't mean you have to go it alone. Seek out mentors, read widely, and engage with the world around you. But ultimately, the responsibility lies with you to turn experiences into growth. If you wait for life to spoon-feed you lessons, you'll miss out on its richest teachings. The most successful people—whether in business, art, or personal growth—are those who take ownership of their learning. They don't wait for a teacher to appear; they treat every moment as a classroom.

## **Overcoming Distractions**

In today's world, it's easy to get distracted from life's lessons. Social media, endless notifications, and the pressures of daily life can pull your focus away from the bigger picture. You might spend hours scrolling through posts, comparing yourself to others, or worrying about things that don't matter in the long run. These distractions can make you feel like life is just happening to you, rather than teaching you.

To counter this, practice mindfulness. Pay attention to the present moment. When you're stuck in traffic, instead of getting frustrated,

observe your surroundings or reflect on your day. When you're overwhelmed by work, take a moment to ask yourself what this stress is teaching you about balance or boundaries. By staying present, you can reclaim the lessons that life is offering, even in the midst of chaos.

## **The Power of Reflection**

Reflection is the tool that transforms experiences into lessons. Without it, life's teachings can pass you by unnoticed. Take time to pause and think about what you've been through. Journaling is one powerful way to do this. Write about a recent challenge or success and ask yourself: What did I learn? How did this experience change me? What can I do differently next time? Even a few minutes of reflection each day can help you uncover insights that might otherwise be lost.

For example, imagine you've just gone through a difficult conversation with a loved one. Instead of brushing it off or dwelling on the tension, reflect on it. What triggered the disagreement? How did you respond, and why? What could you have done differently? This kind of reflection turns a single moment into a lesson that shapes how you communicate in the future.

## **Embracing Life's Lessons**

To live is to learn, but only if you choose to be a student. Life doesn't offer a curriculum or a diploma, but it provides something

far more valuable: wisdom born from experience. Every push, every stumble, every moment of clarity is a chance to grow. The question is whether you'll embrace these lessons or let them pass you by.

Start today. Look at the world around you with fresh eyes. See every challenge as a teacher, every interaction as a lesson, and every moment as an opportunity. Stop waiting for someone else to guide you. Take responsibility for your growth, reflect on your experiences, and let life be your greatest mentor. The classroom is always open, and the lessons are endless—if you're willing to learn.

## Chapter 19

### Don't wait

Don't wait for the perfect time or the perfect person to save you—no one is coming. You are only fooling yourself if you keep waiting for someone to change your life. Don't make your happiness depend on people or wait for someone to bring a smile to your face. True happiness comes from within, not from others. Don't depend on people. There's no need to feel lonely or sorry for yourself. Losing people and things is a natural part of life—it's part of growing up. Your friends, and even the people you love the most cannot stay with you forever. Life moves quickly, and everyone is running their own race, striving not to be left behind.

The simple truth of life is that people will leave—for good and bad reasons, for jobs, for opportunities. Life goes on. You may find yourself thinking about them, blaming yourself for their absence, but the reality is, they are moving forward, living their own beautiful lives. People come and go—that's life. And when they grow bored, they will seek new experiences, just like a child finding a new toy. That's how it is.

## Chapter 20

# The Power and Pitfalls of Technology

### The Impact of Technology on Our Lives

In today's world, technology is everywhere. From smartphones in nearly every hand to apps like Instagram, YouTube, and TikTok dominating our screens, it's hard to imagine life without these tools. They've made life easier in many ways—connecting people, providing instant information, and offering endless entertainment. But there's a catch. While technology simplifies tasks, it also pulls us into a cycle of distraction. Students, in particular, often find themselves caught in this trap. Hours meant for studying disappear into scrolling through reels, watching vlogs, or liking relatable memes. The question is: why do we let this happen when we know it's wasting our time?

Many students complain about not having enough time to study. "I spent the whole day on my phone," they say, "and now my assignments aren't done." This is a common story. Social media platforms are designed to keep us hooked. Short, relatable videos or posts grab our attention because they feel personal—they mirror our lives, struggles, or humor. We like, share, and keep scrolling, chasing that quick hit of amusement. But at the end of the day, what do we gain? Most of the time, nothing. The hours slip away, and we're left with incomplete work and a vague sense of guilt.

## The Pull of Curiosity and Comparison

Why do we keep scrolling? Part of it is human nature. People are naturally curious about others' lives—what they're doing, what they have, or what drama is unfolding. Social media and vlogs feed this curiosity. Content creators have built entire careers around showing glimpses of their homes, routines, or purchases. While this can be entertaining, it often leads to comparison. Watching someone showcase a big house or luxury items can make us feel our own lives aren't enough. This cycle of comparison doesn't just waste time—it damages our mindset, making us feel ungrateful or inadequate.

The truth is, those creating these videos are often profiting from our attention. They earn money while we lose hours. The more we watch, the more they gain, and the more we feel stuck. It's a business, carefully designed to keep us engaged. But what if we flipped the script? What if we used technology not to waste time but to grow?

## Using Technology as a Tool for Growth

Technology isn't the enemy—it's a tool. The same platforms that distract us can also help us learn and achieve. YouTube, for example, isn't just for funny videos or vlogs. It's a treasure trove of free knowledge. From Harvard lectures to coding tutorials, almost every subject is available at no cost. Instead of scrolling through reels, students can watch educational videos, learn new skills, or follow courses that align with their goals. Artificial Intelligence (AI) tools, like chatbots or study planners, can act as virtual teachers, helping us understand complex concepts or organize our time better.

The key is to be intentional. Instead of asking AI silly questions or treating it like a toy, we can use it to create study plans, explain tough topics, or even practice skills. For example, a student struggling with math could use AI to break down problems step-by-step or find free resources online to master the subject. The internet is full of tools like Notion for organizing tasks, Coursera for structured courses, or even apps that block distractions during study hours. The difference lies in how we choose to use these tools.

## Learning from Others

Consider the example of a student who stands out in class—not because they’re always on their phone, but because they’re not. They use technology sparingly, focusing on their studies instead of getting lost in the digital world. They might check messages or browse occasionally, but they don’t let it consume their day. This discipline helps them stay ahead. It’s not about cutting out technology completely—after all, it’s part of modern life. It’s about using it with purpose. If we all adopted this mindset, we could turn technology into a ladder for success rather than a trap.

## Practical Steps to Stay Productive

To make technology work for us, we need to be deliberate. Here are some simple ways to start:

- 1. Set Clear Goals:** Before picking up your phone, decide what you want to achieve. Are you studying, researching, or relaxing? Stick to your purpose.
- 2. Use Educational Platforms:** Explore free resources like Khan Academy, YouTube tutorials, or AI tools for learning.

Search for topics related to your studies or skills you want to build.

3. **Limit Distractions:** Use apps like Forest or Focus@Will to block social media during study time. Set specific times for checking reels or messages.
4. **Be Mindful of Content:** Ask yourself, “Is this video teaching me something, or just killing time?” Prioritize content that adds value.
5. **Learn from Comparison:** Instead of feeling bad about others’ lives, use their success as motivation. If someone’s vlog inspires you, channel that energy into your own goals.

## The Bigger Picture

Technology is a powerful tool, but it’s up to us to use it wisely. We know when we’re wasting time—scrolling endlessly, watching meaningless videos, or comparing ourselves to others. Yet, we keep doing it because these apps are designed to pull us in. The solution isn’t to abandon technology but to harness it. Every minute spent learning a new skill, watching an educational video, or organizing your day is a step toward a better future.

The internet is full of free knowledge waiting to be explored. From coding to communication, from science to storytelling, there’s something for everyone. The challenge is to shift our habits—to choose growth over distraction, learning over entertainment, and progress over comparison. If we do this, technology can take us anywhere we want to go.

## I want to say

So my message is simple: Don't let technology own you. Use it wisely. Learn from it. Grow with it. If you're curious and motivated, technology can open doors you never imagined. But if you let it control you, it will drain your time and energy, leaving you with regrets.

At the end of the day, everyone's life is their own to shape. It's easy to give advice, but only you can decide how to act on it.

## Chapter 21

### The Art of Living Silent

There was a time when I used to react to everything. Every small thing would disturb me, and I always felt the need to defend myself—to explain, to justify, to make others understand my side. But now I've learned something powerful: silence is not weakness. Silence is understanding.

Silence is what happens when you realize not everything needs your reaction.

There are moments when things around me don't feel right, when situations are unfair or words are unkind. In the past, I would argue or overthink, but now, I simply stay quiet. I choose patience. I remind myself that my journey is between me and my Creator, not between me and people.

When you start to understand yourself, to truly value who you are, you begin to care less about how others see you. The moment you start loving yourself as deeply as you love others, something changes inside you. You begin to find a peace that no one can give you and no one can take away.

It's not the kind of peace that comes from escaping life—it's the peace that comes from standing in the middle of it and still choosing calm.

When you care for yourself, you stop needing validation. You stop chasing approval. What others think or say no longer defines you.

And this doesn't mean you become cold or distant—it means you finally understand your own worth.

You realize that silence doesn't mean disconnection; it means strength.

There's a difference between being quiet out of fear and being quiet out of wisdom. When you're silent because you've learned to rise above, that silence has power. It teaches you patience, and it gives you control over your emotions.

But silence doesn't mean you never speak. There are times when speaking up is necessary—when your rights are being taken away or when truth needs a voice. Silence is not about surrendering; it's about choosing your battles wisely.

I've learned to place silence where noise used to live.

When I don't like a decision or when something feels unfair, I don't fight back instantly. I breathe. I observe. I remind myself that I'm walking for my purpose, not for their approval.

Sometimes, we lose so much energy trying to explain ourselves to people who are never willing to understand. But if you replace that reaction with calmness—with patience—you'll start to see how much stronger you become.

Because sometimes the most powerful response... is no response at all.

## **Chapter 22**

### **A Life Worth Living**

I sat in my grandmother's room one quiet afternoon, watching the chulha flicker with flames. As a child, I'd swing recklessly, attempt daring stunts, or make a mess, and she'd scold me, her voice

sharp but loving. Now, years later, I could swing as wildly as I wanted, break the swing, or dirty the room—and no one would say a word. My grandmother is gone. The silence of her absence hit me hard that day. It made me think: we fight over things—property, wealth, status—but what's the point? Things stay, but people don't. We're here for this world, but the world isn't here for us.

Life, I've learned, isn't about chasing what's left behind when we're gone—a big car, a luxurious house, or fleeting fame. People will argue over those things long after we're dust. Instead, life is about living now, in this moment, with purpose. I often ask myself: *What if I die tomorrow?* It's not a morbid thought—it's a wake-up call. Life is fragile, unpredictable. We're not guaranteed another day. So why waste it chasing things that don't matter or forcing myself into a mold I don't fit?

I used to think I'd find happiness in big achievements—graduating, getting a job, building a “perfect” life. But the older I get, the more I realize joy hides in the small things: a quiet morning, a heartfelt conversation, or the courage to pursue what sets my soul on fire. I don't want to live a life dictated by others' expectations or trapped in a cycle of routine. I want to live for what makes me feel alive.

The truth is, we make life harder than it needs to be. We overthink, chase trends, or compare ourselves to others, forgetting to know ourselves. I've spent too long worrying about what others think or waiting for the “right” moment to act. But life isn't about waiting. It's about setting goals, taking small steps, and finding peace in the present. It's about patience, faith in God, and

the courage to do what I love, even if it's not what the world expects.

I've learned this the hard way: the things we think we want—like luxury or recognition—lose their shine once we have them. As a child, I dreamed of owning a laptop, thinking it would make life complete. Now I have one, and it's just a tool. The real joy comes from creating, learning, and growing—not from owning things. Life's true richness lies in good memories, being a kind person, and surrounding myself with people who lift me up.

So, I'm choosing to live differently. I'm learning to silence the noise of the world and listen to my heart. I'm setting goals—not to impress anyone, but to honor who I am. I'm chasing spiritual peace, not fleeting pleasures. Because life is one chance, and I don't want to look back with regret, wondering why I didn't live it my way.

Here's my promise to myself—and maybe to you, too: Let's stop waiting for tomorrow. Let's stop chasing what doesn't matter. Let's live with purpose, love with courage, and make every day count. Because one day, we'll be gone, and all that will remain is the life we chose to live.

## Chapter 23

### The Truth of Living

The truth is—life is a strange thing.

It passes by in the blink of an eye, and most people never stop to question it. They live it, breathe it, and spend it, yet never truly ask, “*Why am I here? Who am I?*” These questions don’t rise in every soul—but when they do, they change everything. Once a person begins to question the purpose of life, they no longer remain the same. Something deep within starts to awaken—a search begins, not for wealth or fame, but for meaning.

I’ve come to feel that life is far greater than our daily routines, our tiny achievements, or our endless rush to fit in. Life hides behind the noise, the chaos, and the faces we wear. It’s something vast—something sacred—yet it reveals itself only to those who dare to seek it. Most people live without that search; they go through their days like players in a game, enjoying the laughter, the drama, and the illusion, without ever realizing they’re inside the game itself.

But the few who start to question—the ones who begin to look beyond—discover something extraordinary. It’s as if a curtain lifts, and they see that this world truly *is* a game and a spectacle. They realize how fragile and temporary it all is. To them, success and failure start to lose their meaning. Life becomes less about winning and more about understanding.

When I think of those who live without asking, I don’t judge them—but it feels strange. I wonder how they move through life so easily, how they can be so content without knowing why they exist at all. Maybe ignorance really is a kind of peace. But for those whose minds have awakened, peace comes only after they face the depth of their own questions.

Sometimes, it feels as if an invisible force—the universe itself—guides us toward these thoughts. There are moments when we want to do something, yet something unseen holds us back. Or moments when everything suddenly aligns, and what once seemed impossible just... happens. These moments make me believe that universal powers truly exist—something beyond us, yet within us, shaping the direction of our lives.

I won't go too deep into that now, because it's another mystery entirely—the question of the universe and its hidden forces. But I know this much: life is not just about existing. It's about awakening.

Every small effort we make, every thought we refine, every truth we dare to seek—becomes a step toward that awakening. Life is not just a journey to be survived; it's a path to be understood. To live doesn't simply mean to breathe—it means to *be aware*.

And awareness changes everything.

People often say life is a game or a show, and maybe it is. But understanding the game doesn't mean quitting it. It means playing it consciously—knowing that every move, every emotion, every failure carries a hidden purpose.

Maybe that's what life truly is: not about having all the answers, but about learning to ask the right questions.

Because somewhere between the questions and the silence, between the noise of the world and the whispers of the soul—life reveals its truth.

## Chapter 24

### Living What Matters Most

**Live a life that is truly meant for you.**

**Value the moments and the people who are with you.**

**Create and live a good, meaningful life.**

**Life isn't hard—you make it hard.**

**You *can* live an easy life.**

**Build and maintain good connections.**

**Value yourself too.**

**Don't waste your time or your life.**

**Manage your time wisely.**

**Time is running out—start living now.**

**Life is beautiful.**

**You are rich not by money, but by:**

- **Good memories**
- **Being a good person**
- **Living around good people**

## **About the Author**

I am Marium. I have many hobbies, and one of them is writing. I enjoy sharing my experiences and thoughts with the world so that not just I, but everyone, can truly feel and connect with them. I

hope you can feel my words and thoughts too. In my view, if you understand these words, then the purpose of this book is already fulfilled.

I began writing this book after gaining a lot of experience and understanding the reality of stepping into something new. The real story behind this book goes back to my childhood. Since I was young, I had a dream of writing a book. When I was around 10 or 11 years old, I used to write in a notebook—a small, childish book about life, written with the thoughts of a child. Even then, I had the passion to write.

As I grew older, life gave me experiences and silently taught me many lessons. Over time, I began to notice how much I understood what I was writing and what I wanted to express.

If you would like to share your thoughts or give a review about this book, you can reach me through email:

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# Awaking in the Sleeping World

Awaking in the Sleeping World invites you on a transformative journey of self-discovery and purpose. Through the misty paths of life's uncertainties, this book illuminates the way toward inner peace and fulfillment.

Marium's gentle, reflective storytelling blends warmth with wisdom, guiding readers to embrace every step of the journey with grace and resilience.

**MARIUM** is a passionate writer and seeker of life's deeper meaning. She writes to inspire, to comfort, and to spark the light within.