



PRACTICAL GUIDE TO  
**MOKSHA**

Life-changing laws of Yoga

SANJEEV  
NEWAR





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# Preface

This book is simply my love for mother. Intuitive, pure, and essential, without false embellishments, refreshing and most effective.

This book is original. None of the concepts presented is my creation. I have simply reproduced what was always there. Gita says, *“What exists cannot cease to exist. What does not exist cannot begin its existence.”* This book is merely a repackaging of eternal love of a mother that form the basis of the oldest philosophy known to humanity and every wonderful philosophy that shaped human civilisation.

This book is an attempt of the child to express the love of its mother. Words are merely tools. The presentation is merely a way to communicate in a way that modern era humans can understand. The essence, however, is as simple, as unchangeable, and as universal as the love of a mother.

Somewhere along the journey, it will become clearer who the mother is, what this love is and why this love is all that you need. I leave it to the audience to decipher all that. After all, identifying the mother is not that difficult! For a child, mother is everything. A mother is all it wants. You get mother and you get whatever you want. Nothing else surpasses mother.

Since childhood, I was kind of a hacker. I never knew about Pareto principle until college. But I knew that when there is an examination next morning, even a few hours are sufficient to complete the course work of the year. I was lucky to get this realisation much early in my life. I would focus only on the essence, relate with experiences of life and leave out the details that did not matter.

*I realised that knowledge is best retained when it is brief and part of your emotions.* A child knows how to love a mother long before it knows her name or even remembers every detail of her face.

This book contains life-changing laws of Yoga in as many less words as possible to help you connect with the mother. You will also get everything you want in life - success, wealth, happiness. You will get Moksha – *the ultimate victory*.

# How to read this book

If you are reading this book for the first time, please read cover to cover sequentially. The book continues to build upon concepts introduced earlier and uses a variety of methods to reprogram your conscious and subconscious mind to its legendary reality. These are most effective when read in order. Once you have read the book cover to cover at least once, you can then delve into any part of the book as per your choice.

Please note however that the book is neither a novel nor a textbook. Unlike most other books, it activates the dormant potentials of your mind and rekindles the wisdom that you already possess. It changes your thought habits while you read. *Practice builds the habits.* Use this book as a constant companion with whom you constantly practice your transformation. Each interaction with the book will bring significant transformation in you.

The book introduces a massive amount of thought shifts. Adjust your pace for best comprehension. Do not try to complete the book in one evening. I remind you, this is not a novel. Let the book grow inside you. Allow yourself to build upon earlier chapters gradually instead of losing the essence. *Instead of hurrying to the end, enjoy the journey.* Revisit earlier chapters if you feel so.

If possible, read the book first thing in the morning before the start of a new exciting day ahead. That would help you practice the concepts during the day. Annotate and mark the book with your own symbols and thoughts. Highlight, underline, and comment as much as you can. *Make it a workbook instead of a textbook.* Better still, make it an emotion-book.

As you progress, lots of changes will come in you. That is inevitable. People will notice and comment. You may become conscious about them. The habit of inertia makes us all resistant to changes. The comments may not be always encouraging as people are adjusted to the old you. Consider each comment as an encouragement to progress even further and even faster. Just enjoy the process of change.

See if you can form a group that is reading the book and mind-sharing. Each one of you must have your own copy as a personal friend. Don't share your copy of the book with anyone. Gift them a new copy. This is true for both digital and print versions. You all may read at a different pace but nonetheless take the time to sit and discuss the concepts of the book exclusively.

Become a champion of the book. Recommend it and gift it to as many as you can. I am not saying this to increase sales. I have a variety of other lucrative means to earn as much as I want. What happens when you champion the cause

is that your mind is forced to embrace the concepts even more deeply. You obtain ownership of the transformation, and hence, it becomes permanent.

One thing you will notice about the book is how I shuffle between 'I' and 'we'. This may be distracting at times, but it is deliberate. The foundation of Yoga lies in expanding your petty 'I' beyond your tiny body to the entire universe, seeing the 'I' in everything. That is why Yoga means 'connection'. Moksha means breaking free of petty 'I'. In Yoga, 'I', 'we', 'you' are all same. This expansion of 'I' is so powerful that you will see its benefits immediately in life with a magnified intuition, unshakeable confidence, and winning attitude.

Don't ever share a free copy with anyone. That will fail the purpose. The book is nominally priced. When you purchase the book and encourage others, you encourage a worthwhile cause. *You allow the law of Karma to multiply your own success.* Else, you make yourself ineligible for ownership of transformation. Your progress remains a hollow bubble that can burst anytime.

Remember, the value extracted from the book is zillion times more than the petty price. Show your commitment, announce your commitment and get rewards of your commitment. The reward of a mother!

Once the book has worked its miracle on you, share your experience with us.

# What this book can do for you

I promise that this book will open gates of success for you like never before. I promise that this book will make you enjoy life like never before. I promise that your personality will start having that X factor like never before. Your performance will improve, your doubts would melt away, your growth will speed up, you will become charismatic, you will have most amazing relationships in life, you will start attracting much more wealth, and most importantly you will have happiness like never before. Blah Blah Blah.

The similarities with other self-help or motivational books end with these promises. I go a step ahead and claim that this book will *unleash the legend within you*. It will take you to a level where you can confidently rub shoulders with the greatest legends of human history. Blah Blah Blah. I can go on and on.

To write a self-help book is one of the simplest and most lucrative professions. A typical self-help book would repackage the same typical stuff on confidence, self-belief, passion, perseverance and sprinkle a few tips here and there. The economic uncertainty of last few years has led to the emergence of a huge number of self-help gurus. I am not sure how effective such courses are for their buyers, but they definitely bring financial success for their creators.

*I don't want to be yet another mushroom of self-help business.* Beyond these promises, I also deliver. I have delivered in my own life. I have delivered in lives of innumerable ones. I have delivered it through positive social changes I have brought in places ridden with inequality. I have delivered it through transforming even those minds that were once contemplating suicide into success heroes. Agniveer movement - founded by me - is an example of *how impossible can be made possible in society*.

I would like to share the secret of my confidence in my delivery. I am so confident because I know that the success factors to make this course work is already within you. I don't bring any knowledge from outside to enlighten you. I don't even reprogram you for success. I simply oil the mental machinery, remove the kinks, and get you addicted to love and use your powers. I do it in a most practical way - utilising principles of Vedas - the oldest books that also form the foundation of philosophies like Zen and Yoga.

I bring you the wisdom of psychology, philosophy, business management, physical sciences and a huge number of other fields in most easy to assimilate format so that you can start unleashing the legend from this very moment. In fact, the book is designed in such a way that even passive reading starts unlocking your potentials for success. More you read the better. More actively



you read the better. But even if you argue against it, it will still work!

How about this? We used these principles to bring dreaded terrorists to the path of humanity. We broke barriers of gender discrimination in places considered monuments of misogyny and crime. We destroyed notions of social inequality in regions considered worst offenders. We created an entire movement to provide safety to women in vulnerable parts of India. We made low-performers ace toughest competitions of the world and become globally renowned scientists. We re-glued family relationships on the verge of a breakdown. We helped countless use power of the mind to heal themselves. We have so many testimonials of a miracle that we could have considered portraying ourselves as prophets!

Our method starts working within minutes and starts performing miracles within no time! Just like the love of a mother.

The miracle is within you. Love for the mother is within you. Congratulate yourself for finally knowing how to make it work!

This is a book on Practical Yoga. The goal is Moksha – freedom from all bonds. Normally, people escape from the world into jungles to free themselves. My philosophy is different and comes straight from Krishna in Bhagavad Gita – *you carry the world within you and not outside*. You cannot escape the world. You can only win the world. The path to Moksha passes through battle-field of the world. This book will train you to win the battle with ease and pursue Moksha in process. Before you realise, you will be a yogi that surpasses the greatest mystics around.

## The right pace

This book is optimally paced. It is not very long. It is neither too sketchy. My goal is to neither spoon-feed nor bombard you with boring brilliance. We are short and crisp. *I have to activate the success-glands within you.* I provide just enough food for thought to keep you exercising for progress. At times I leave certain things open-ended without reaching conclusions. At times I provide contradictory laws. It is deliberate. It is to train your mind to deal with ambiguity and prepare for higher levels of mastery where you move beyond laws. At times I even irritate you with vagueness. It ignites the thought process and emotions deep within you to bring out the best. Enjoy the process. *Remember, I am not bringing any power from heavens. I am awakening the infinite power that lies dormant within you. I am building your mental muscles. This muscle-building can be painful at times. But it is fun.*

At times I dwell in certain obvious details for long and you feel bored and may wonder, “Well, all this is so obvious, why speaking all these cliches and banalities that I already know?” Please bear with me. I know the mental roadblocks to success. What I am trying is to target some of those disguised obstacles from different angles. Learning is not always enjoyable. Remember how you learnt to walk. It was painful indeed, falling and rising again, weeping after every fall, but yet rising again shamelessly. The first lessons of learning how to read and write were indeed cumbersome and boring. But these lessons were worth the efforts. Bear with me. *I must make success your habit.* Your patience will be worth the efforts. *Believe me, each and every line in the book is extremely optimised to have no fluff.* But have just enough repetitions to change your neural patterns.

I will be as fast as possible without losing on essence and be as entertaining as possible without compromising with the ultimate goal of Moksha.

Henceforth, I will minimise the use of words ‘Moksha’ and ‘Yoga’ in the book. I will have them become part of you – beyond words.

Enjoy the journey. Meet the Mother soon!

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Section 1

**Foundation**



# 1

## **The Eternal Laws**

The laws we will share with you are not recipes or tips. They are *laws* - laws that are unchangeable, eternal, invariant and guaranteed to work. They apply in all situations, in all places and all aspects of your life. *There are no exceptions whatsoever. That is what makes them so powerful.* You can see benefits of mastery of each law in every aspect of your life. We are not looking at a fragmented view of life.

Faraday brought forth one law of conversion of electromagnetic induction. When he first demonstrated his experiment, the Prime Minister of Britain asked what was the use of his new discovery. He replied, “I know not, but I wager one day your government will tax it.”. Today, that one law has not only tax implications but also forms the foundation of our entire modern living - from lights, cars, factories, manufacturing, television, music, computers, satellites, cloud computing to mobiles. Such is the power of knowledge!

Remember, power is for those who are serious. Yes, there are benefits for users of power even if they are not serious. But more you are committed, more the power you unleash. The only prerequisite for opening doors of immense success is to be *committed and dedicated* to the goal of becoming a legend. Rest will be taken care of, don't worry!

### **Source of these laws**

“Once I went atop the diamond hills. Suddenly an angel came from nowhere and yelled in my ears – You are the chosen one! He convinced me that I am the

Messenger who must bring the latest and final versions of divine laws to masses. For next semester, I camped on the hill-top, did not even take a bath or brush my teeth, used stones to maintain necessary hygiene, and survived on whatever raw leaves and insects I saw around.

Meanwhile, the angel made me memorise the latest manuscript of divine laws so that I can publish them. He also told me: “Be warned of skepticism of those morons who do not believe your story. If they refuse to buy your book and surrender to your message, they will be termed as worst of creatures and sent to hell full of filth forever.”

Such claims can give birth to big cult-followings in a confused world. Miracles form the foundation of religious belief of majority. But the goal of the book is not to make you yet another brick in the wall. *The book is a celebration of your uniqueness.*

Sorry, no claims of miraculous origin of these laws. There is nothing new in these laws.

The laws form the essence of Vedas – oldest book of humankind. They are expressed in entire Eastern philosophy that predates miracle-based religions. The essence of this Vedic philosophy is to refuse blind belief and bring unanimity in beliefs, actions, experiences, and purpose.

If someone studies Vedas, Gita, Upanishads, Yoga Sutra, Taoism, Buddhism, Confucianism with a MBA-MS dual degree approach coupled with the urge to not live without purpose, these laws would be seen everywhere. If one reflects on experiences of her life, these laws would be seen everywhere. I mentioned in the preface that these laws are like the love of a mother. Clear, evident, obvious – yet difficult to explain by complicated minds.

All I have done is to present them in a contemporary manner with language and examples that we can relate to. I did this to save you decades of study and research so that you can instead focus on execution and be change agent to bring sanity in this mad world that kills to spread the religion of peace, and achieve your Moksha in the process!

Let's begin.

## 2

### **The Law of Knowledge**

We share certain laws with you. Laws that you see being in action all around you. Laws that are already known to you. They are very obvious, and that is why we often ignore them. Just like gravity that was so obvious that rarely anyone before Newton took it seriously.

The beauty of life is that knowledge itself can bring huge amounts of success. Knowledge is power in itself. Consider yourself in a dark house. You need to figure out your way to the exit door. What do you do? You move around carefully locating different things with your hand and trying to create a mental map. More this mental map is clear in your mind, quicker you can get out of the house. If it were your own house on a rare occasion when power tripped, you would find it much easier. An unfamiliar house would become tough. If you had a match to light even for a minute, navigating the path would become zillion times easier. That is the light of knowledge. The very fact that you have knowledge will make you understand and use resources around you and within you so smartly that your access to the door of success would become a cakewalk.

What does that mean? It means that you must repeat these laws more and more in your mind. Think about them. Internalise them. Keep revisiting the laws, *make them your second nature*. Make them your habit. Make them as familiar as your own name. Like a Sherlock Holmes, observe the patterns of the world around and within you and see how beautifully these laws work. Decipher your success from them. Keep practising. There is the story of Hanuman in Ramayan

- a holy epic of India. He was the most powerful person on the earth but had forgotten his powers. An advisor in the army - Jaamavant - simply reminded him of his immense potentials. The impact of this recall was so powerful that he became the single-most factor to bring victory over evil forces.

It is not fiction. *It is the true story of Hanuman within each of us.* Waiting to realise own true potentials. Allow us to be the Jaamavant, be the Hanuman and change the course of history!

## **The inverse of Law of Knowledge**

The inverse of the Law of Knowledge is also true. If you navigate Mumbai with a map of New York, you are bound to fail despite your best efforts. Humans create maps out of their old experiences. With each experience, we refine our map. This is true not only for humans but even for animals.

The problem with this approach is “overfitting”. In the field of analytics, this is considered a huge problem. When we build models to predict future that depend too much on past data, the models tend to have very poor performance. They fail miserably when situations change even slightly.

If you want to simply survive, the over fitted map will work for you. Your past few decades of life have given you sufficient training to take care of your basic survival needs. But if you want to break out and be a legend, *you must break away from overfitting.* You must inculcate the capability to navigate using the right map for the right place.

If you don't have the right map, get one. If you can't get the right map, work from scratch and build a new map. But navigating Mumbai with a map of New York can never get you to right place.

If you have right map of knowledge, you are unbeatable. If you do not have, you are destined for misfortune.

In the context of this book, mere knowledge and belief in these laws will start getting you everything you want. More the trust and feel for these laws, more will you be in harmony of success.

## **Keep in Mind:**

- Gaining knowledge must be your first priority.
- Stay away from misinformation or activities that do not enhance your relevant knowledge.
- *Don't approach knowledge as memorisation of fact. Approach knowledge as a framework for the mind.*
- Keep caution that you do not fall into the habit of generalisation of past experiences. That is not knowledge. That is anti-knowledge.

# 3

## **The Law of Oneness**

We live in one single connected world. While we do differentiate between different aspects of life and living as different fields, let us be clear that we do so for *simplification alone*. We do it because it is challenging for ordinary minds to comprehend oneness spread everywhere.

This oneness extends not only to the physical world but also in principles of life. In other words, it is possible to start from one principle of life and derive other principles from the same. That is why for the truly enlightened ones there is no concrete law or principle to govern life. *There is only acceptance of reality.*

When you progress in your martial arts training, you have to go through practising a lot of drills - katas, patterns, techniques. But as you move ahead towards advanced levels, there are no more patterns, techniques to learn. You evolve towards integrating all that with your consciousness and in fact move beyond them.

In this book, we present a series of immutable laws to transform you into success-magnet. You can derive every law from every other law - sometimes easily, sometimes through more enlightened thought-experiment. However, we do study these laws separately to impact your subconscious mind from different directions and activate your success cells.

These laws and their presentation have been tested on a vast number of individuals. It has brought positive impact in each and every case. Not one single case of adverse impact has been reported. Even those who laughed it off or ignored it got benefitted. The only way to not be benefitted is not even to



hear or read it, even passively.

Why this happens is very simple, though it appears magical on the surface. *The trick is that there is no trick.* We don't teach anything new or special that you don't already know deep within. There is no knowledge from the sky that we push down your throat. We simply connect the dots which you already have been seeing day in and day out and show you the patterns. The presentation is unique, the conclusions are eye-opening at times, but the facts are what you already know, or what every sane human born on earth has always known. Like the love of a mother.

What we present is extremely intuitive. There is a feeling of "Yes! I knew it" that emerges in your subconscious mind throughout. Sometimes immediately, sometimes after a bit of discussion, sometimes during an introspection, sometimes in a moment of serendipity. We give you enough food for thought to keep titillating your subconscious mind with right thought patterns. We activate and strengthen your subconscious mind, and you start realising how close you are to the answers of baffling questions of life that keep you away from success.

As you intuitively realise the answers, you become naturally more and more programmed to success. It is like teaching you how to ride a bike. We make you practice even when you don't realise. To begin with, you may view paddling, handle control, braking, navigating in busy traffic as separate discrete tasks. But as you practice, you start mastering them as one single task. Soon you are so trained in cycling that you don't even realise how smartly you have been talking on the phone while you smartly manoeuvre your way in a Karachi road full of violators. You cycle your way effortlessly. If you pick the bike after two decades, you would still have not forgotten the skills that you have acquired. We promise that, once you have understood these laws of Moksha, you would be much better in cycling your way to success..forever.

Consider everything in life as different aspects of this oneness. *All seemingly different activities are different brush strokes of the same picture.* Your task is to choose those strokes that add to the beauty of the picture. Once you realise this oneness, you become an all-rounder. Whatever you perform has a stroke of magic. One who does not know arithmetic must memorise multiplication tables. His knowledge is hopelessly limited. One who knows the axioms behind each multiplication can solve infinite arithmetic challenges.

Vedas say *Yat Pinde Tat Brahmande*. The laws are same - whether within the system or across the entire universe. In fact, there is one single law. The differences we observe are merely our *inability* to comprehend the oneness. More we move closer to this oneness, more power we achieve.

How do we make Law of Oneness work for us? In One way! Start being

more observant to connections and similarities across different aspects of life. Start relating yourself with things you do. Perceive them at an emotional and intuitive level instead of viewing life mechanically. Develop a 'feel' instead of a mere information dump. Feel how different aspects of life look similar - be it a relationship, health, physics, career. Feel how similar emotions are evoked in you when you experience different things in different domains of life. I do not mean you create separate emotional bonds with every other experience. That would defeat the purpose. Oneness begins from you. Enjoy the Oneness within you. Know that it connects to everything else automatically. If you are at bliss with yourself, you are at bliss with the world. Just observe the similarities and patterns in what you feel from different experiences.

Refuse to be frustrated by anything outside. Source of happiness lies within you. That source is completely in your control. More you are convinced about this; more will you feel in control of rest of the world as well. Oneness means that you can influence anything by making change within yourself.

When you study something, dig deeper to find common patterns and similarities with what you already know. When you make an opinion on someone, consider that you could have been in his place. The Golden Rule - *Do to others what you would do to yourself* - emerges from the Law of Oneness.

Ishopanishad - the oldest text on Yoga - states that delusion and frustration no more impact one who masters this Oneness and considers entire world as his own soul. He experiences pure happiness alone.

### **Keep in Mind:**

- The source of everything is One. Try finding common threads across different experiences you come across and different things you do.
- Try taking knowledge to the next level of 'feel'. Have a holistic approach to everything.
- The closer you come to the common source of everything in this manner, more power you possess, more independent you become from sorrow, more successful and happy you become.

*Note: This law takes the time to understand and master. Don't worry if it is confusing now. The process of clarity has begun.*

## Section 2

# **Essential Laws**

# 4

## **The Law of Weighted Average**

This law forms the actionable foundation for all other laws of life. The law states that you are a weighted average of whatever you have been till last moment. If this sounds too technical, let me try to simplify it for you. The law states two key things:

(A) Whatever you are presently at this moment is basically an average of whatever you have been in every moment of your life so far. Everything you have done, everything you thought of, every word you spoke has constructed your current reality.

and

(B) Your last moment of life has had the greatest influence in constructing your current reality, the moment before that had second greatest influence and so on.

*The implications are significant.* What you will be in next moment will depend on whatever you did, thought or said till this moment. The present moment will have the greatest influence in shaping your destiny of next moment.

In other words, *the present is the most important moment of your life.*

The present holds the key to your future success. What happened till last moment cannot be changed. You may crib about it, regret it, complain about it, enjoy it, be nostalgic about it - but that will not change your destiny. *The only thing under your control is what you do at this very moment.* In next moment, you will have another new moment which is under your control. If you keep making the best choice at this moment and then keep making the best choice in next

moment and so on, you improve your weighted average. You improve your success-power. More you are consistent in this, better your average, better your success.

The Yoga Darshan - most important text on Yogic mind control - states that success is achieved only through *devoted consistency* over a period of time. Luckily, that “period of time” is not that loooong period. We will understand this in another law. We will understand how you can compress that period of time to as short as you want. It is possible for you to compress that time to a nano-second and get your ultimate success in next nano-second!

Let us see some stupid things we tend to do that reduce our average and rob away our potential for success. I call these things stupid because they are indeed stupid. *Anything which is guaranteed not to bring better results and yet performed with passion can be termed nothing but stupid.* All we need to do is to stop acting stupid and get smart. Let’s see how:

Suppose a friend or partner cheated you. That ‘broke your heart’ or ‘robbed you’ off your wealth. We will soon see why these terms are also stupid. For the time being, say we suffered some loss. Now, if you waste the present brooding over the loss, it is no way going to improve your success potential. On the contrary, it will lower your average by programming you more towards failure. We will review this in another law in detail.

It would be utterly stupid for you to waste your time cribbing or brooding about the incident or event.

Alternatively, to forget the shock, say you indulge in some form of distraction. Maybe you binge-eat, or dance like mad in rock shows, or drink a few pegs, or indulge in something else to distract your mind. Unless you over-indulge, this may be slightly less stupid than brooding. *But nonetheless, this means you are wasting your present moment which could have been used to do something more fruitful and improve your average.* If you get to eating or drinking, you may be causing health hazards for yourself that would be even more stupidity by lowering your average in the longer run.

A smarter approach would be to indulge yourself in something constructive. Instead of brooding or plotting revenge or boozing, start focusing on your profession or health. Exercise to improve your health, learn a new skill to reverse ageing of your brain, do something creative in your profession. If you are a sales person, meet a few more potential clients. If you are a programmer, create some new software application. If you are a teacher, explore a new way of teaching or teach something new.

If you can’t think of anything else, do something useful for society, for less-privileged ones, for the country. That would be a clever way to reverse after-



effects of damage done to you in the past than brooding or drinking or crying. Later we will understand how selfless deeds may bring the best utilisation of your present.

For those who are a bit more advanced in the application of these laws, the shocks and treacheries of the world will not matter at all in the first place. Because they know the Law of Grand Conspiracy.

### **Keep in Mind:**

- You create your own destiny by your thoughts and actions.
- What you face today is the outcome of whatever you did (including thinking) in the past.
- The present is the only moment that is in your control.
- The present is the factor that has the greatest impact on shaping your future destiny.
- Instead of wasting present in the hope of something better happening in future, use present as your most powerful tool to make things better.
- If you cannot think of anything in the present due to some situation or can't help thinking negative, *simply break the pattern*. Get into doing something constructive, or learning a new skill, or doing exercise and workout, or social welfare activities. Do these mechanically despite mind tending to think something else.
- Soon mind will start bending and become tuned to be able to think and act positively even in worst of situations.
- Practice being a smart businessman. The present is your greatest treasure. Don't invest in anything useless.
- *Don't complain about life*. You shaped yourself for whatever you face today. You can reshape yourself to get whatever you aspire to get in future. Just believe and make best of the present. Don't think of anything else and lower your average.

# 5

## **Law of improbable Probability**

The probability of being born as a human is literally zero. Skeptics call life a chance random chemical reaction. They call intelligence a still rare but random chemical reaction. *They forget that the very fact that it is so rare makes it not random.*

If you see 32 teams from across the world coming together in Brazil dressed in their respective dress codes, with entire administration managing the event and playing for a month, you immediately realise that it is not just a random aggregation of humans and their moody actions, but a well-planned FIFA world cup. If I counter you and say - No, it was just a random phenomenon without any planning or organisation that just happened like rain suddenly comes in London, you would advise me a mental checkup. It is because the probability of such an organised event being conducted without planning is next to zero.

Coming to the topic of life on earth. Earth is the only heavenly body explored by scientists to have a life. The probability of that being true among billions of such bodies is literally zero. Being larger than one cell, being animals, then higher mammals and then having intelligence and having a thumb opposing rest of the fingers - the probability of all this happening is way lesser than FIFA world cup being a random event.

The conclusion is clear - Life is an extremely planned event. Human life is an even more meticulously planned event. There is planning for life, a purpose behind life and the entire universe is working in synergy to support that purpose. The very fact that you exist and are reading this book in this infinite universe of blankness proves that the impossible has been made possible for

you. The entire universe has bent its laws that apply to every other lifeless place we know in the universe, to give you life, to give you intelligence, to make you a human and support you in all possible ways. The complex human body itself is an example of how the universe has bent its laws to ensure you survive without doing much for the survival.

In essence, it is as if a match that has been already fixed for you and your success! You just need to play.

### **Keep in Mind:**

Intelligent human life is a rarity that is more improbable than millions of iPhone 7 being created randomly without someone designing and manufacturing it.

The very existence of life implies that someone is planning our life and living.

To get success, you just have to do two things:

- Follow the planner. Make your own life planned. Support the Planner.
- Realise that goal of Planner is to make you happy. Trust that whatever is best for you is happening.

Some call that Planner God. Some call laws of nature. Whatever you call, be thankful to that Planner, cooperate with Him. Be thrilled to know that your existence is such a meticulously planned event. Be even more thrilled to know that your survival is even more meticulously planned. Be overjoyed that such grand planning is happening 24 x 7 to make you a hero that survives all odds and win.

Planning means there is no randomness. Your success has no randomness. You simply need to cooperate the Planner with full trust.

Section 3

**Fundamental Laws**

# 6

## **The Law of Growth**

Life is defined in a variety of ways by different people. For cellular biologists, life is an exchange of matter and energy at cellular level. For them, life exists in each cell. That is why they say life exists in plants and animals.

Some define life as consciousness. Anything that feels pain and pleasure has a life. Humans have life; animals have life; insects have a life. It is ambiguous whether plants have life or not, or rocks have life or not.

The Vedas define life as something

- that experiences pain and pleasure,
- has an urge to avoid pain,
- has an urge to seek pleasure,
- can put efforts to avoid pain and seek pleasure,
- and has the capability to adapt or in other words, learn and improve.

Depending upon species, there are varying levels of life-force or liveliness. Almost all species experience pain and pleasure and have the urge to avoid pain and seek pleasure and even put efforts for the same.

The last one is what makes humans so special. They can learn, they can introspect, analyse, use higher intellectual capabilities to improve and grow.

As children, we have the most amount of life in us. As a child, we demonstrate the urge to put efforts, learn, improve and grow continuously. A

baby that cannot walk, also continuously keeps exercising its limbs to make them stronger. Would try to imbibe facial expressions. Would explore to feel whatever comes in his hand. As we grow, we show this urge in learning to walk, learning to talk, and imitate behaviours. We keep failing, keep getting hurt but we do not give up. We insist to the universe that we want to grow, and we indeed grow!

This growth defines life. As humans, so far we seek growth, we are full of life. The moment we get satisfied with present and do not want to grow, we begin to approach death. We live our full life because as children we decided to ignore all failures and falls, and yet persist on learning to walk, talk and grow. Had we not done that, had we learnt the helpless ways of typical adults in the world, we as children would still have remained in cradles throughout our life.

Look at plants, trees, animals, companies, organisations. Look at every aspect of life - health, intellect, performance in the job. *Everywhere, growth means life.* The moment growth ceases, death starts taking over. This principle applies everywhere.

Always look in your life. Find if you are growing and learning new things. Find if you are struggling to get better. If not, you must act now. Our entire body, in fact, the entire universe is designed to support growth alone. *One that doesn't grow is eliminated out by the laws of nature.*

Growth means forward looking. Whatever has happened is already reflected in your present. The mission of life is to discover how to can move beyond to grow in next moment. If you are doing so, the entire universe will support your life. The moment you relax into stagnation, be prepared that the universe has started its planning to eliminate you out ruthlessly.

Researchers studied the brain patterns of people who lived healthy near the age of 100. The common factor in all of them was that even at that age, they were persistent in trying to learn new things. One was learning new languages. Other was teaching new craft skills to young children. He would first learn himself and then teach. One participated in long distance running. Surprisingly, several parts of their brains were found to be younger than those in middle-aged people.

While science continues to discover foolproof ways for longevity, one recipe is sure to help in all situations. *Never stop growing, never stop learning, never stop struggling.* There should be something challenging for your mind and body always. You should never fall into an ease of sluggishness. Real ease, real relaxation happens when you enjoy the struggle, the persistence for growth and learning. In Yoga, meditation is considered to offer best results if performed after a workout, after some sprinting, after you have panted a while trying to

exercise your lungs.

Of course, that doesn't mean you go beyond safe, healthy limits as per your medical conditions. Sudden spurts may be even dangerous. *Real growth is organic, consistent and incremental.*

Keep growing, keep struggling, keep challenging yourself, keep creating new learning patterns, and see how the whole universe works as an army under your orders to bring you success.

### **Keep in Mind:**

- Life = Growth.
- Anything that continues to grow has a life.
- Anything that stops growing approaches death. This applies to humans, animals, plants, companies, products, ideologies and everything in the universe.
- Never remain stagnant, never accept the lack of growth.
- Always invest regular time in learning new things, accepting newer challenges for mind and body, and you will never grow old.
- Growth is organic. Never attempt quick-fix sudden growth.
- Be fast, but be consistent. Real growth is consistent.
- Just by trying to grow in every aspect of life you can think of, you will start getting enormous success.
- It does not matter if you succeed or fail. *What matters is the urge to grow. Deeper the urge, the better.*



# 7

## **The Law of Cancer**

Cancer, unlike most diseases, is not due to underperformance of certain organ. On the contrary, cancer is due to our cells acting extra-smart. When our body cells become obsessed with growth and growth alone – without any discipline – it is defined as cancer. *Growth that is indisciplined is cancer.* Growth that is unsystematic is cancer. Random growth without a scheme, without a structure, is cancer.

Unsystematic growth is like a rebellion brewing inside you that aims to sabotage your entire well-being. *Unsystematic growth is your body rebelling against you.*

This is cancer of the body – the most dangerous disease. World Health Organisation (WHO) reports state that over the next 20 years, new cancer cases will rise by a whopping 50%.

As our lifestyle gets more and more undisciplined, as we become more and more reckless with our health and body, we provide our bodies more incentives and resources to rebel against us. Smoking, tobacco, indisciplined food habits, alcohol consumption, pollution, obesity, red meat, processed food, lack of exercise, etc. We keep encouraging our body to rebel against us. While many factors are beyond our control, we make them reasons to ignore other factors as well that we can definitely control. No one stops locking their cash vaults because thefts have happened in secured banks as well. But in matters of our own health, we show indiscipline and cause cancer.

Avoid junk, drink plenty of water, eat fresh fruits after proper washing, maintain good hygiene, do workouts, say no to tobacco, alcohol, meat, have a

happy disciplined life, have regular checkups, and you would have reduced chances of cancer by 99.9%!

*There is also cancer of the mind.*

In fact, cancer of mind can trigger cancer of body. *Cancer of mind is being undisciplined about your thoughts.* Being obsessed with success, growth, habits, hobbies, ego, even feeling miserable and helpless...and pursuing them without any plan, any structure, any scheme.

When you become obsessed with anything without knowing logically the reason why you are obsessed, you are defeating the purpose of obsession. When you run after success without being able to rationally explain why you should run after success, you are causing cancer of the mind. Such success can never provide happiness. You would continue to seek a moving shadow that will always be out of your reach. You will grow abnormally, in all wrong ways and become a tumour rather than a piece of art.

Think of it. What differentiates a garden from the jungle? What differentiates garbage pile from your home? What differentiates music from noise? What differentiates mob from the team? What differentiates construction from destruction? What differentiates beauty from ugly?

*If something is structured, systematic, it has worth. If it is unsystematic, without a scheme, that is junk.* When you put structure into the same raw material, you get microprocessors from sand, planes from rocks, books from leaves and wood. You get every modern amenity, every piece of wisdom that gives meaning to life, every social norm that makes you human, everything that makes the world civilised and worth living.

You remove the structure, allow sand, leaves, wood to intermingle randomly, and what you get is mosquitoes, flies, bacteria, fungus, diseases, epidemics and deaths. You live among mad ones like ISIS in Iraq. *The life becomes hell and living becomes a burden.*

This principle applies everywhere. Yes, going after the urge is important, having passion is important. But passion without structure, a passion which is unsystematic is violence, rape, suicide, murder, foolishness, disease, death, misery. In other words, it ends up in unhappiness and failure.

Look at lives of many celebrities. They seek growth, money, fame. They are quite successful in it. But they have no structure, nothing systematic in life. Look at their inner lives. Most actually end up being most hopelessly unsuccessful people, greatest failures of life. They ruin a family life, get insane, and have depression as a faithful partner because of hollowness due to zero structure. Despite being “entertainers” some die of suicide, some die of drug overdose, some end up as mad and so on.

This is *not* the success that you want in life. Your success must be full of happiness, drive, enthusiasm, satisfaction. Your success has to be systematic, disciplined, structured and a piece of art. Not a swamp breeding infection.

Pursue growth every moment. Pursue with full passion and with as energy as you have. But keep giving your growth that shape. *Use discipline to chisel it, guide it and sculpt it to become a marvel.*

Stagnation is death.

Real growth is systematic.

Everything else is cancer.

Avoid cancer, be a piece of art and utility, be systematic, have super-success. Be a superstar!

### **Keep in Mind:**

- Unplanned growth leads to disaster.
- Always strive for structure and discipline in pursuing growth.
- Unstructured and undisciplined growth may appear wonderful in short run but will ultimately lead to disaster.
- Undisciplined growth in the body is cancer.
- To avoid cancer of body, eat and live with discipline without indulging in short-term gratifications.
- To avoid cancer of mind and life, think and act only in meaningful things with discipline.

# 8

## **The Law of Purpose**

Growth and being Systematic are not sufficient for super success. If there is no growth, there is no life. And if the growth is not systematic, it's cancer and not real growth. It's rebellion against us within us. A breeding house of misery, sorrow and disease.

We need to look a bit more deeper and understand how do we decide whether something is systematic or not.

One can argue that even those who indulge in narcotics have a very systematic drug cartel managing the entire illegal narcotics business around the world. They trade in real big money. They are showing tremendous business growth. ISIS terrorists who have surpassed even Al-Qaeda in their brutality are extremely well-organised. They are also growing very fast. Betting rackets, drug cartels, terrorist outfits, human trafficking mafia – they all are examples of extremely high growth and extremely systematic organisations.

Does it mean we should follow their examples? Does it mean they are full of life? Does it mean such activities can lead to success and happiness?

Well, obviously no. You don't need a study of any laws to conclude that. I gave these extreme examples because they are very obvious.

But think of it – in every moment of life, we get an opportunity to do this, or do something else. Should I cheat that person slightly, to make some more money? Should I turn a blind eye to someone's misery because I have something else important to do? Should I drink for my friend's happiness or avoid alcohol? Should I do this or do that?

Cumulative of all these small decisions we take in every moment shape the overall big picture of our life. They design whether we become a miniature ISIS or Hanuman. Remember Hanuman – the hero who singlehandedly destroyed the evil forces!

It is not sufficient to just have growth and be systematic. *There is something more.*

How do we decide what is more right and what is less right and what is definitely wrong in every moment? How do we decide that our systematic life is truly systematic and not just a useless structure? How do we decide that something is systematic in the first place?

If it's puzzling, let's think a bit differently. How do you decide some product you bought from the market is useful or not. The product may have the best design, best aesthetics and yet be useless for you. Consider the Nokia N-Gage for example. It tried to combine a gaming console with a phone. It ended up being awkward in both. You had to remove the battery to change the game. Speaker and microphone were placed on the side of the device! The device got extremely negative reviews. The horrible product and series of similar “well-designed” products ensured that the top phone manufacturer had to sell off the company to save from increasing losses.

What made Nokia N-Gage such a failure and make many products like iPhone such big hits. Yes, there is something about understanding the consumer needs. But what underlies it is what gives meaning to pursuing growth and being systematic. It's PURPOSE.

Apple designed iPhone with specific purpose – give easy and intuitive user-experience to the non-tech-savvy population. Nokia lost its purpose and tried doing things without clarity.

Similarly, while the terror groups and drug cartels and other nuisance mongers may be very systematic and growth oriented, they lack a worthwhile purpose. Not that they do not have a purpose, they indeed have. But the purpose is foolish. Pursue junk, and you get junk.

Pursue worthwhile and you get worthwhile. So yes, Life is growth, and growth must be systematic. But add one more step to it: *Systematic means having a purpose.*

If there is no purpose or a junk purpose, it is not systematic. It is just a shabby, poor design failure.

In life, unless you have a purpose, and that purpose is worthwhile, and you keep pursuing growth and structure to fulfil that purpose, life has no meaning. Success is impossible; happiness is impossible.

### **Keep in Mind:**

- Life must have a purpose.
- Everything you do in life must have a purpose.
- Long-term purpose is always better than short-term purpose.
- If you cannot decide the purpose of something, better avoid it.
- If something ultimately leads to negative things, it is worthless to pursue even for a second.
- Every moment in life, everything you do or think or speak must serve some purpose.
- Practice avoiding things that actually harm long term purpose.

# 9

## **The Law of Generalisation**

The purpose is the crux of three laws. But how do we decide whether our purpose is worthwhile or not? It is actually very simple. Apply the laws of generalisation and empathy.

Ask yourself – what if everyone starts doing the same thing. For example, suppose you felt that narcotics smuggling will give you quick money. Ask yourself – what if everyone starts taking drugs. Will it be good or bad? What if your near and dear ones become drug addicts? Will it be good or bad? If not, its a wrong thing to do.

Similarly, ask – what if it happens to me? ISIS butchers kill innocent ones in Iraq. They should be asking – what if someone kills me because he considers his religion to be best and refuses to understand that I have a right to differ. Since they cannot accept this offer, what they are doing is wrong.

Monitor every act in every moment of your life. Keep eliminating whatever is wrong. Whatever you would not like to be done by everyone in the world, what you would not like to happen to you or your loved ones – that is wrong. This would itself *eliminate a lot of junk* from your life, lighten your baggage and power-charge you with energy, vitality and success-magnet.

If you are feeling depressed, ask yourself – what if everyone in the world starts surrounding me with their depression for x, y, z things that did not work in their lives. What is the purpose of this depression? How is my depression fulfilling my goal of getting happiness in life?

Feeling depressed is one of the most self-contradicting traits we all exhibit in

life. We feel depressed because we did not get our dreams fulfilled. We wanted our dreams to be fulfilled because that would give us happiness or satisfaction. We are depressed because we did not get happiness or satisfaction. *But being depressed means there is no way you can get satisfaction.* To get satisfaction or happiness, the most basic requirement is *not* to be opposite of happiness. In other words, *to not be sad or depressed.*

It is like closing yourself in a pitch dark room because you crave for sunlight! Even if your craving for sunlight happened in the middle of the night, closing yourself in a dark room will not bring sunlight to you under any circumstances. The least you can do is to get out in the open. That way, at least after 6-7 hours, when morning arrives, you would get fresh sun-rays to boost you up.

If you are really smart enough, you would rather prepare yourself well to be ready with a fresh sleep for morning sun rays. That way, you would bypass the waiting and longing for the sun to rise, get fresh, and make best of the morning.

That is purposeful living – *To perform every act for a purpose, for a goal, or for a mission.* Eventually, that mission should lead to happiness and satisfaction. Not just for you, but everyone else. Because, as we will see in a later law, everything is connected. You cannot plan your own island of happiness in isolation.

Revive the purpose of your life. Aspire for something truly big, wonderful, ambitious – not just for yourself but for the whole world.

Dedicate each moment of life for that purpose. Maximise happiness and satisfaction from each moment. Because ultimately the aspirations you have made in life have any meaning only when they fulfil the *higher purpose of happiness and satisfaction.*

Dedicate each moment to fulfil that purpose of happiness. Structure each moment systematically to achieve that purpose. *Grow each moment to achieve that purpose.*

Simply ignore the rest. *Within no time you would realise your true potentials.* You are in harmony with the entire universe, with the purpose of the universe, and now you can unlock the powers of this synergy. You will become a natural magnet to attract the best in life – greatest success, wealth, everything you desire for, everything that comes in your mind and be a legend.

Yes, you would unleash the legend within.

### **Keep in Mind:**

- If you don't like something to be done to yourself, don't directly or indirectly do to others.
- What if you were in their shoes.



- Practice generalisation – what if the whole world starts doing this? Will that lead to more happiness or make things worse for everyone. When you practice generalisation you will realise why terrorism, pornography, drug-cartels, depression, selfishness are wrong.
- Eliminate junk from life, and you will be much lighter to run towards your success.
- Think long-term.
- Aspire big for self and the world.
- Depression is a foolishness that attracts more depression and failure. Don't think hard to fight depression. Simply consider depression as a poor joke, a cheap comedy act that doesn't suit your stature in any situation.
- Just as you would not drink from sewage, you will not indulge in something as stupid as depression. Or even think about depression that may have happened in the past.
- Dedicate yourself to that big aspiration.
- Each moment must be spent on achieving that aspiration with happiness, structure and growth. Simply ignore everything else.
- Whenever you find yourself breaking these rules, resolve to improve, forget the rest and look ahead. You will become a magnet that attracts the best in life.

# 10

## **The Law of the Visionary**

We have already created a solid foundation for our super-success and Moksha – the ultimate bliss. We have ingrained in our minds forever that Life means Growth. Growth means systematic. And Systematic means Purpose. Further, the ultimate purpose is happiness and satisfaction.

We also saw how two basic interrelated questions help us understand whether something has a meaningful purpose or not:

- What if everyone starts doing this. Will it be good, better or worse off than the present? Hence we saw that depression, narcotics, etc. are crap.
- What if this happens to me. What if my near and dear ones face the consequences of what I am doing? If that is something you do not aspire for, then it's not worthwhile to pursue that thought, action or even word.

If you observe the patterns in these laws carefully, you would see a common thread...a common theme. The theme is about extending yourself beyond petty self in space and time. If it sounds like jargon, let me explain this in layman terms. The common theme is that success demands us to have a longer...a bigger vision. Thus, you must consider others apart from yourself. You must think apart from just the next moment. *Larger you see, more your success.*

To think only about oneself and just the present moment is like being a *cockroach without antennas*. A cockroach has a compound eye that can see many things at same time, unlike humans. But also unlike humans, a cockroach can see only things that are very near to him. So a cockroach is practically blind without the antennas.

Reptiles and insects cannot plan, cannot strategise. They can't see beyond the immediate. More evolved animals can think relatively longer term. Humans are considered intelligent because they can think as much long term as they choose to. This power of thinking long-term is the reason why humans are humans. This is the reason why humans have a society, are not cannibals, enjoy finer things in life, sacrifice for higher purposes, study, dream, and aspire.

From protozoa, bacteria to insects, reptiles, mammals, primates to humans - the evolution is all about the ability to think bigger and longer. *More the size of your thought, more evolved you are*. More evolved you are, more mature you are, more successful you be.

Do you want to live like a reptile or insect - then think of nothing except immediate gratification? Do you want to live like a human - think ahead. Do you want to live like a super-human - stretch your thinking even longer? Do you want to be success-incarnate, a legend - break away from restrictions of time and enjoy the realm of timelessness.

In other words, the shorter you can see, dumber you are. The longer you can see, smarter you are, more successful you are, more legendary you are, more heroic you are, happier you are.

Consider time to be like an infinite-length straight horizontal line parallel to the ground, coming from your back, piercing through you and going ahead. The segment of the line behind you is *Past*. The small portion within you is *Present* and the entire line up to infinity ahead of you is *Future*.

To look back into the past is the dumbest thing. We covered this in the law of weighted average. And further you can see the line ahead of you, more visionary you are, smarter you are, success-hero you are. As you move ahead on the line, you get more maturity, more success, more happiness. As you come closer to the present, your maturity, success and happiness reduce. If you trail further to back, you get negative maturity or depression, negative success or dismal failures, negative happiness or sorrow. *The Past is dead*. It is as fearful as a ghost. The present is only for actions. And future extending till infinity is the view we are supposed to see.

If you look deeply in your life, you would see that all worries, miseries, troubles, misfortune are the result of your short-term thinking. You bother too much about immediate and ignore the big picture - the long line ahead of you.

Heroes refuse to buckle down to short-term situations. *Neither does short-term depress them, nor they get over-excited with short-term successes.* They look ahead till farthest possible point ahead. They practice every moment to stretch their vision further. They look ahead as far as possible. They never look in the past. With this long-term vision, short-term concerns are not even visible.

You cannot see micro-organisms through a telescope. *Make a telescope out of your mental eyes* and all short-term problems, doubts, worries will suddenly vanish away.

Have you ever tried seeing a small ant under a microscope or a powerful magnifying glass? Even an ant looks like a monster. Show it to children, and they may scare away.

The solution is not to pray for the extinction of ants. The solution is not to leave all important work and start wasting time hunting for a small ant. The solution is to throw away the microscope or magnifying glass that exaggerates petty things and instead get a telescope. Look for the skies, the moon, the sun, the vast galaxies that await your attention. *You will not even realise the presence of ant* and success comes free with the telescope as a 'buy 1 get one free' offer!

Before we end, one more important thing to mention. To look into future does not mean one should ignore the present. *A future detached from the present is outright insanity.* We don't want you to act as insane who are ignorant of the realities around and simply think about what will happen 300 years from now on an alien planet. Well, such thought process is good for science fiction writers and Hollywood directors. Because this earns them huge bucks in the present.

But for you, the foundation of every thought process must be the implications on the present. So you look into future to *decide* your actions in the present. You look into future to *strategise* what needs to be done in present to make that future glorious. You look into future to decide what needs to be *ignored* because it does not imply a better future.

Visionary thinking forms the basis of your glorious actions of the present. *Thinking devoid of action is insanity. Action devoid of thinking is also insanity.* You should have the head held high above the skies, seeing farther than the farthest, and your feet must be firmly on the grounds of the present.

Remember that we talked of time as a line. You should look at future as a continuous line and not fragments of hallucinations. Many fools kill people because they see a future full of wine and women in paradise after the end of the world. Look at ISIS and Al Qaeda fools.

Such fragmented futuristic thinking that is not linked to the present is a recipe for disaster. This fragmented futuristic thinking is the cause of so much of nuisance and terror and violence in an otherwise modernised world. These

terrorists are not rebelling against poverty, injustice or discrimination. On the contrary, they are equipped with latest of weapons and huge financial backing. They are killing people because they believe that killing non-believers to get into some Paradise after the world ends in distant future. They believe so because they are convinced that someone in equally distant past said so. They neither cross-verify nor question the basis of their beliefs.

This kind of thinking is completely disconnected thinking. Just as you are one full body without breaks, your story of life is the story of one same person without breaks; your ideology should be without abrupt breaks. *These people misinterpret distant past, imagine something to happen in distant future and act violently in the present.* There is no linkage between past, present and future. This is superstition, blindness, madness. *It is like having head tossed high above the sky; feet on the ground and nothing in between!* It is like a decapitated dead body. Fanaticism is always equal to proclaiming a dead broken body as human.

If you want super-success, invest time in standing up against such madness. Think big, think about those beyond you, who are killed by such madness. Stand for them. Rise above the self. Look beyond the self. Look beyond the present. Think what would happen if such madness is not countered. Be a visionary, think like a visionary, see the connected dots, see the continuous line and get success for self and the world.

Remember the line will never be always perfectly clear. There would be gaps in connecting past, present and future. *But make efforts to fill it through right efforts and knowledge and confidence.* Respect the right of others to have such gaps in their understanding. Be tolerant of them. Think big, think visionary. Do not allow anyone to impose their small thinking on others. Do not buckle under the pressure of those who force you to think small - through threat, fraud, confusion or distraction. *Do not ever doubt your own ability to stretch to think long term.*

If you can sacrifice your short-term inconveniences for longer-term success, you will be invincible. Longer the term, more invincible you will be. If you can sacrifice watching that movie and replace with a doing something constructive, there may be a movie made about you tomorrow. If you can sacrifice that cricket match for a workout, you would be as healthy as those cricketers or even more. If you can sacrifice that stupid cigarette for a few deep breaths, your lungs will thank you in future. Almost everyone dreams. *But those who wake up and put efforts to make those dreams a reality are the heroes.* Invincible super-heroes. No success, no wealth, no happiness is away from them.

Be a visionary. Sweat out to achieve that vision in the present. And unleash the legend within.

## **Keep in Mind:**

- Keep stretching your thinking longer and longer. As you move from shorter to longer to infinity, you move from being a reptile to ordinary human to superhuman.
- Back up your long-term vision with vigorous actions in the present.
- Think of life and time as continuity. Your past and present must lead to a glorious future.
- Be always ready to sacrifice short-term comforts for longer term goals. More your sacrifice, more you get. Longer the goals, greater the sacrifices, more you will achieve.
- Humans were designed to be visionary and long term thinker. This ability to think and visualise is the only ability that differentiates us from other animals.
- Make all efforts to protect, preserve and enhance this differentiating factor by being more and more visionary.
- Support the farthest vision with most rigorous actions in the present. This is the greatest and unchangeable law of success.

# 11

## **The Law of Timelessness**

The law of timelessness is “Law of Visionary” on steroids. No, we are not referring to steroids relating to drug abuse. We are referring to the extreme version of “Law of Visionary”. This is the law of becoming Super-Humans.

The Law of Visionary states that farther you see, smarter you are and more successful you are. Now, what if you look at farthest possible distance? Farthest possible distance is infinity. When you look at infinity, you break away from shackles of time. You become timeless. You are now in the realm of infinite success.

It is not easy. The law of timelessness is exclusively for very special ones. Only the most resolute having rock-solid willpower can aspire to practice and master the law of timelessness.

The mathematics of infinity is much different from the mathematics of finite numbers. The results are also infinitely different.

When you are in the realm of Law of Timelessness, it means that time is no more an influencing factor in your life.

In the previous chapter, we gave the analogy of time being a horizontal line through you. When you look at a point, your line of vision intersects the line of time at some point. Farther you look, farther the point of intersection. When you look at infinity, the line of vision becomes parallel to the line of time. In other words, your line of vision is always at the same distance from the line of time. Thus, whatever you do is not limited by time constraints. You are no more limited by time. This is the zone of timelessness.

That means whatever you do is always relevant, always applicable, always worthwhile at all times. You have broken away the bonds of temporary and achieved the permanent.

Hey! All this sounds pretty theoretical. How can one become timeless when everything in life changes with time? I feel hungry after some time; I need to do my duties at regular interval. For my survival, I must value time and act accordingly. How can I get detached from time? This sounds as impossible as time-travel.

Well, these objections are relevant and reasonable. Time cannot be stopped. With time, everything changes. Even if one refuses to change, still change happens with time. Life happens, death happens, the baby becomes young, then old. Timelessness in actions is impossible.

What we mean by “Law of Timelessness” is that all “actions” must be performed for the pursuit of a timeless vision. Actions can never be timeless. In fact, actions must be undertaken with utmost regard to time. *But the goal of these timely actions must be the pursuit of those objectives that are timeless.*

How do we know what timeless objectives are? *Those objectives which are equally relevant at all times are timeless objectives.* Yoga philosophy states that goal of life is the break the bonds of temporary and achieve permanence. It states that anything which is temporary is the cause of grief. Longer the time horizon, lesser the grief. And when one breaks the bonds of temporary, one achieves complete eradication of all sorrows and miseries.

What is meant is very deep meaning, very powerful and the key to achieving anything through mind power alone.

When one refuses to be impacted by *external pressures of time-bound constraints - be it peer pressure, be it fear, be it greed, be it lust, be it an addiction* - and focuses only on remaining in a state of utmost self-satisfaction, one achieves ultimate bliss, ultimate happiness, ultimate success.

All his actions automatically become most effective. His intuition becomes incredibly powerful. His thoughts become a reality.

In Vedas, religion is not defined as faith in any ritual, book, God, prophet or spirit. *Religion is defined as the dedicated pursuit of timeless noble principles that no one can consider to be irrelevant at any point in time.* The principles listed include:

- Patience, Forgiveness, Self-control, Non-stealing, Purity of mind and body, mastery over sense organs, the pursuit of knowledge, the pursuit of intelligence, the pursuit of honesty, peaceful nature and non-violence.

Anyone who pursues these timeless values through most vigorous actions in the present is a Yogi, a hero, a superhuman.

This law of timelessness defines the ultimate purpose of life. Remember the



Fundamental Law of Purpose? The law which states that Success demands to direct all activities of life towards a purpose.

*Law of timelessness gives purpose to purpose.* It concludes that when the purpose is to completely detach from temporary pettiness and focus only on nurturing timeless values, one becomes a super-hero.

Remember, and we shall keep reminding you of this again and again. To detach from temporary does not mean that one should stop putting efforts in the present. Nor does it mean that one should ignore the challenges and demands of the present. On the contrary, it means that one should be utmost proactive to address the current challenges and perform most vigorous and timely actions. Without efforts, there is no success. More the efforts more the success. Law of timelessness states that the motive for such efforts must not be petty-time bound gains. The motive must be to nurture, master and promote the timeless principles and target the ultimate source.

It may sound a bit contradictory. After all, when my desire is to achieve success in near future - in career, life, relationships, wealth - how can I not have a motive for these time-bound gains? And when these are not even my motives, how can I put right efforts to achieve success in life?

This is where the powerful Yogic principle becomes important to understand. Please note that any journey comprises of multiple smaller steps. To complete the journey, each step is important. One step leads to another, another to yet another and so on....and the journey gets completed. *Similarly, while the ultimate goal remains nurture of timelessness, short-term targets give focus and direction in life to reach that ultimate goal.*

Yes, one should have razor sharp focus on each smaller target - be it a career, relationships, whatever. *But one should make sure that the target does not become the ultimate goal.* It should be only as important as a single step in a journey of thousand miles. It's necessary; it's important but not everything. It's crucial, but if there is a roadblock, we have the power to take a different step in a different direction and yet reach the goal.

When you get out of the home to reach the office, you don't psyche yourself if one road gets blocked with traffic. You plan a detour and still reach the office. In the same vein, no road block should be too bothersome for you. No empty highway should be too exciting for you. You must utilise each and every opportunity to best and most quickly reach your goal. *But none of those opportunities should become so overwhelming that their presence or absence changes your mental status.* Just as you are not emotional about your chair or table in the office, and yet use them to fullest, same is the status of each and everything, opportunity, the situation in the world. *They are just tools to achieve the objective of achieving timeless*

*principles.*

As Gita says, You have right only to put efforts; you don't have the right to get emotional about the outcomes of your efforts. Neither must you consider achievement of any target as completion of the mission of your relentless efforts nor should you stop even for a moment from making vigorous efforts.

You must act. You must act vigorously. But act only for the ultimate goal. There is a saying in Hindi which translates as "*When you beg, you get nothing. When you refuse to beg, you get diamonds.*"

When you refuse to beg for petty temporary achievements, all the wealth and prosperity come at your footstep. When you chase temporary wealth, they keep making you run and run without gains. When you try to overtake your shadow, you can spend your entire life unsuccessfully. *Simply take U-turn, the shadow will be behind you within a second.*

Refuse to beg, realise that you are wealth and success yourself. Nurture the timeless values in yourself, and all the wealth and happiness and success in the world and even more than the world could imagine would be at your ready disposal.

Law of Timelessness is not for the ordinary. *It is for those with guts, who are resolved to be truly special, and truly special rewards await these special ones.*

Decide right now, if you want to be truly special. Adopt the Law of Timelessness - the most powerful law of success in the universe - and be a legend, be superhuman, be a hero - such a unique success story that the world has never seen before.

### **Keep in Mind:**

- This law is the most powerful law of the universe. The ultimate goal is beyond all fluctuations and tremors of short-term life.
- Life is an opportunity to perform actions to achieve that ultimate timeless goal.
- When all your actions are directed towards the timeless vision, you achieve the true purpose of your existence as a human.
- This law is tough to practice. But with greater challenges come even greater rewards.
- The tips for mastering the law of timelessness are simple:

Train the mind to ignore temporary and pursue permanent. Train the mind and body to keep performing vigorous actions at the same time. When the actions become completely detached of any desire for temporary benefits for self, and yet are vigorous, you achieve timelessness.

One may ask, why would one perform actions when there are no benefits to expect? The answer is: Real actions begin only when all short-term benefits go away. Before that, it is merely a biochemical reaction.

This will be covered in Law of Karma, the next section of the book. But based on whatever we have covered so far, one can still conclude what actions remain to be performed when all short-term benefits vanish.

*Hint:* We were given life for a purpose. *Living as per the laws discussed earlier is also part of that purpose.* You must act to fulfil the purpose and play your role in the scheme of life and universe. You were designed to work. So you must work. You were designed to grow, avoid cancer, have a purpose, generalise, seek benefits for everyone, purify your mind, strive for longer term vision, seek timelessness. All this demands actions.

*Greatest of the thoughts demand even greater visor of actions. Hence, you must work and for timelessness.*

Section 4

**Laws of Karma**

# 12

## **Digging the rabbit hole**

The law of Karma is the cornerstone of Yoga philosophy. In fact, all major Eastern philosophical systems have a common foundation in the Law of Karma.

On the surface, it is deceptively simple. Perhaps one of the simplest and most obvious laws all civilised human beings are trained to adopt in their lives. However, this simplicity is the also the reason why it is often misunderstood and misinterpreted.

In this set of Laws for Moksha, we would dig the rabbit hole of the law of Karma a bit deeper and imbibe the wonderful powers it provides to make us super-successful.

Law of Karma is the foundation of the law of weighted average. What Law of Karma states is “As you sow, so shall you reap.” Law of Karma is the law of accountability and justice. This means, whatever you do will come back to you.

You cannot get away scot-free with your crimes. The legal systems made by men may have lacunae that you can exploit to escape punishment. *But you cannot escape the laws of nature which will ensure that you get what you deserve.* In the same vein, the world may refuse to acknowledge your good deeds. *But these deeds will not go waste. You shall definitely get the rewards of your deeds.* All major religious systems are based on this desire for accountability. If one is unable to justify why frauds are able to get luxuries in life and good human beings have to face troubles and tortures, one conceives of a heaven and a hell where final accounting would happen. The Eastern philosophies explain this through rebirth.

We will not debate whether rebirth is true or whether heaven or is true. On

the contrary, we will conduct some thought experiments and derive the true power of Law of Karma in ways that most people fail to appreciate. Once you understand and start acting as per laws of Karma, you will move even faster towards Moksha.

# 13

## **The Inverse Law of Karma**

To begin, let us reverse the direction of the law of karma. Instead of stating that “As you sow, so shall you reap”, we state “*Whatever you are reaping today is the result of whatever you had sown yesterday.*”

If you are facing troubles in your life, it means you have acted in a manner that invited these troubles. If you are having a wonderful life, it means you conducted appropriate actions to enjoy the wonders of life.

In other words, there is no unfairness...no injustice in the system. *Whatever you are facing is exactly what you deserve.* It is the completely merit-based system. There is no scope for blind jackpots and accidental damages.

Yes, this is exactly what we all would love the world to be. But this sounds too utopian, too idealistic and completely impractical. When we see so much of injustice, violence, murders, rapes, dirty politics, falsehood prevailing everywhere, how can this be true! Do I mean to say that an innocent victim deserved being murdered, framed on false charges or cheated by a crook? Such ghastly crimes are happening on a daily basis. Do the victims deserve this? Did the journalists and other innocents who were beheaded by ISIS terrorists deserve being brutally killed?

The questions are completely legitimate. Law of Karma is trickiest to understand. The questions are addressed to every civilised human who believes in “As you sow, so shall you reap.” It is addressed to every human being who wishes to promote the values of honesty, integrity and tolerance. If there are no answers to these questions, then there is no point in sacrificing one’s own

happiness for the sake of nation, society, world or some other individual. Then perhaps all the crooks in the world are the smartest and most practical people. They are maximising their benefits in the world. All great role models who were symbols of sacrifice for the noble cause were greatest fools. Thankfully this is not the case.

It is true that because of confusion regarding the law of Karma, people become disillusioned with goodness, repent their own good deeds, get frustrated with their present failures, become cynical, and lose their potential for super-success. Their inner voice constantly urges them to love a child, sacrifice their petty conveniences for larger benefits of many, serve their nation, help the needy, and indulge in charity. Yet they are unable to explain if these things actually work. They simply hope that there is some force that would do the final accounting and continue shifting between their inner good voice and practicalities of real-world experiences. In other words, life continues in confusion. Yoga says: *Confusion is the seed of all miseries. Someone with blind faith would be more successful than a confused one.* Someone with enlightened reasoning and conviction would be an incarnation of success himself. Let us eradicate this confusion once and for all and reclaim our super-success.

Here is the short answer to the confusion: “That the answer is much deeper than a simple ‘yes’ or a ‘no’”. It is not a “choose the right answer” type of question. It needs an evaluation from multiple perspectives so that we can see the complete picture.



# 14

## **The Law of Intentions**

It is not actually the actions that cause troubles or give rewards. It is the thought behind the actions that count. In fact not even the thought, but the “*intent*” of doing something good or bad. The way human mind and body works: We don’t control either of them. In fact, we don’t even know how the brain and body work, except in bits and pieces. As for the brain, we are almost blind with regards to its mechanism. All we know is that some electrical signals pass from one neuron to another and different parts of the brain control different activities. How and why: we have no clue.

While you can have the intent of anything, whether that translates into action or not depends on a vast number of factors which are beyond our control. If the brain is not functioning properly, the intention may just dissipate away. If you are drugged, you may have bad intent but not be able to think properly through it to plan a nefarious action. Even if brain works reasonably well in translating that intent into a well-developed thought, whether that thought translates into action again depends on a huge number of uncontrollable factors. You may decide to shoot, but whether it would hit the target or not depends on a huge number of uncontrollable factors again. Have you seen a cricket match? Every bowler knows that if they step outside the line, it would be a no-ball. Every time they bowl too outside the stump line, it would be a wide ball. Yet, despite their best intentions to the ball in line and tremendous practice, wides and no balls are inescapable. Humans are prone to errors because we do not fully control our minds and bodies. On top of it, there may be a variety of environmental factors

that come into play. Thus while you may have the intent of doing something, it does not necessarily mean that a well-defined action would take place.

Hence you can only “intend” to do something good or bad. How far that intent translates into thoughts and then actions are not something you fully control. The universe is so designed that your intentions mould the reality around. Similarly, intentions of someone else mould the reality around him. Universe acts as a matchmaker that creates an appropriate overall reality that best fits what you, me and someone else deserves depending upon our respective intentions.

The key takeaway from this is that law of Karma actually does not depend on your actions. It depends on your thoughts. In fact, to be more precise, it depends on your intent. Correct idiom should be “*As you intend, so shall you face.*” Your intentions become your reality. If you decide to change your intentions and are determined to make your thoughts purer, clearer, timeless, you can change your reality, your results, your outcomes, your success. Simply change your intent, and the world shall change. *Remove the fluctuations from intents and fluctuations from the path of success will go away.*

While we will add more perspectives to Law of Karma and provide a fuller answer to the question, make sure you clearly get this in your mind:

By choosing to act or think in a particular way, you can change everything. Simply change within, correct your intentions and world will change. Use outside the world to practice the change within. That’s all!

You cannot run away. If you run, same reality will follow you. It also means that what you give comes back to you, with a multiplier effect.

If you indeed want to run away from your troubles, don't try to think of escaping your world. Because you still carry the same mindset, the same intentions. *The intention of running away is another defeatist intention that will add to your kitty or negatives.* Whatever you are trying to run from will haunt you much more now. You will create a worse place for yourself even in new situation after your escape.

If you really want to escape, escape from your intentions. Make your mind more powerful. Be a warrior, face the challenges. Thank God for giving you the power of changing the world by changing your intentions. Thank God for giving you the power of changing your destiny by changing your intentions. Resolve to make a heaven here itself - for yourself and world and *see how success becomes your slave.*

# 15

## **The Law of Helpless Enemies**

Laws of the universe are such that they bring together people and situations with complementary intents and outcomes. You would see that there are miraculous escapes even from devastating disasters. A killer may decide to shoot - but whether he actually shoots, and whether his shot hits the victim are not in his control. The killer had dug his grave the very moment he decided to harm someone. Whether the victim gets hit or not depends upon cumulative of his intentions since the past till this very moment.

Let us take the case of some unknown crook hitting you hard on the road to steal your money. This is the most representative example of being unnecessarily victimised. If you indeed deserved being hit and robbed, then was crook justified in harming you?

The clear answer is “NO”. What the crook just did was to bypass the law of Karma and inflict injustice. As discussed in the law of timelessness, non-violence is the timeless virtue we must pursue. Since the crook attempted to break this immutable law, he has sown the seeds for his troubles and he cannot escape being punished for the same.

As for you, your acts in the past demanded that you face punishment. *Laws of the universe would simply act as an intermediary that continuously brings complementary forces together.* If you had deserved punishment, and the crook would not have thought of a wrong intention, then you would have faced trouble in some other way. With an infinite number of situations, infinite baggage of intentions in infinite moments of past, an infinite number of souls in an infinite universe, there is

always an opportunity for the “Universe Management System” to match you with what you rightly deserve.

Let us not just talk about crooks and bad things happening. The law also acts equally well with good things. If you have a good intention, come what may happen, let the whole world be against you, no power in the universe can stop you from getting your deserved success.

In other words, you shape your destiny with your intentions. *No third person, but except you and your intention, has any role to play.* The whole universe will bend, adjust, and mould its content elements to converge you towards what you rightly deserve. With each positive intent, you add to your power to attract right situations, right people, right opportunities, and the right intuition that takes you to success. Persist with same, and soon you will realise that miracle has already happened.

# 16

## **The Law of Relevant Actions**

We have seen how our intentions shape what we face in life. Now let us dig this a bit more deeper to come up with more startling conclusions. Some of them may defy conventional habitual thought patterns or even contradict our blind but pet beliefs. But trust me, it is going to be most *mind-opening and empowering* for those who are determined to be super-successful, super-happy, super-heroes and ultimately want to achieve Moksha.

An often heard complaint from nice good fellows is that they kept doing good deeds. But still, people cheated them and took unfair advantage of their goodness. They could not get a promotion because they could not bootlick the boss like other spineless peers. They could not generate wealth because they did not bribe or cheat. Their cunning, unscrupulous peers amassed all the wealth and fame. Their goodness only gave them struggle and pain and miseries.

Many such people become extremely cynical after age. They have complaints against the whole world, they have complaints against God, and they have low esteem about themselves and consider themselves unfit or unlucky. *The moment one gets infected with such negative thinking, his downward spiralling path of doom begins.* With growing age, the person is rendered completely incapable of making a turnaround and becoming a super-success.

Many more take a different kind of U-turn. They say: “Hell with all goodness. All this good and God is bogus. Let me be a most unscrupulous person and maximise my happiness.” That’s how villains are born from good hearts. We all have been such villains or such helpless victims to varying intensities in different

phases of life in different situations. We keep vacillating between this villain mode and good mode.

Some of us simply say: “I don't want to think, I don't care. Let me just ride with a wave.” So we become spineless gutless chickens.

This depression, confusion, frustration, chicken-ness is perhaps the greatest epidemic of mankind today. It has rendered innumerable talents useless. It has converted innumerable super-success stories into a dismal failure. *It is more dangerous than AIDS because it kills every moment.* It is more dangerous than ISIS and Al-Qaeda because it destroys entire generations. It is the reason why ISIS and Al-Qaeda can thrive so freely in first place.

Before we talk any further, let me clearly assert: Our prime goal is to fight this epidemic and destroy it forever. Law of Karma is the vaccination to make this epidemic extinct forever. We will dig deeper, extract the concentrate from the law of Karma, defeat this dangerous disease from our lives forever, and unleash the true legends that lie within each of us. Once you start living your life with a clear understanding of Laws of Karma, this disease would no more affect you and you shall become carriers of the antidote against the disease.

Let us now tackle this ever-persistent question: Why should I do good deeds when good deeds lead to miseries and those who do bad deeds succeed in life?

Let us directly hit the weakest link in this argument: “Why should I do good deeds when they only cause more miseries for me, and I see villains getting all the success and happiness in life?”

To understand the loophole in this argument, first of all, we should very clearly understand what good and bad deeds mean in this context.

One of the most powerful techniques of winning arguments against less-analytical minds is the “*Technique of Shifting Definition*”.

Each word or phrase has a slightly different meaning in different contexts. When someone exclaims: “Are you crazy!”, it does not mean he believes that the other person should go to an asylum. It simply means that he witnessed something unbelievable from the other person. To win debates, the cunning ones often re-define a phrase or word from opponent's speech in a different context, cause confusion and score points.

A few years back, the finance minister of India made a remark that “One small incident can also cause great damage to the entire nation. For example, one small incident of rape in Delhi cost India billions of dollars due to a loss in the tourism industry.” Now the word “Small” was used by the Finance Minister in the context of a number of criminal cases that happen in India every day. In the given context, what he meant was that no such incident should be considered “small”. The word “small” was actually used to emphasise the

opposite quality: that even if something may look small on the surface, it can actually have a very big impact.

But many naughty detractors raised a hue and cry that the Finance Minister is insensitive to women and hence called rape a ‘small’ incident. They forced the Minister to give an apology. In reality, they just misinterpreted the words of Minister’s speech in a completely different context. Because the issue was very sensitive, the Minister preferred to offer an apology instead of arguing a clearly flawed reasoning of his opponents.

Qualitative words like “good”, “bad”, “small”, “big”, “happy”, “sad” are ideal words to cause such confusions. Most cults thrive on playing with these generic words. Confusion over the law of Karma comes from the out-of-context interpretation of these words.

In the context of Law of Karma, the complaint is that “Good deeds result in miseries”. So first let us define what is meant by “Good deed” and what is meant by miseries.

Before we define “Good deed” we should define its relevance to “miseries”. For example, suppose I claim that “I was reciting Bible or Gita entire month, but I failed in Maths exam. God is so unjust. I was doing a good deed, I was remembering God, but still, I faced a failure. Hence remembering God is bogus.”

Now, what would you say? Would you echo my sentiments? *If yes, then all priests would have been greatest mathematicians of the world!* But that rarely happens.

That is because reciting Bible or Gita is not at all relevant to passing a Maths examination. Studying Bible or Gita or Quran or Zend Avesta or Vedas may be very good deeds in other contexts. But if the goal is to pass a Maths exam, it is not at all a good deed. A good deed for the goal of scoring a 100 in Maths exam would be to study the course material, to practice a lot and to solve as many tough questions as possible.

In the same vein, when you do good deeds like helping others, being honest, showing gratitude, standing against injustice - the results are strengthening of will-power, purity of mind, sense of satisfaction, right hormonal balance for good health, clarity of thoughts. In the long run, you get attuned to success, wealth and happiness. This is almost like eating healthy food to become a good sportsperson. That helps in the long run, even in short-run but is not sufficient.

Similarly, these good deeds would help, but not be sufficient in short-run. You MUST perform relevant actions that directly hit the target. If you do so, these relevant actions will leverage the strength that you have developed through good deeds and give you an edge.

As an analogy, if two people put same efforts to practice sprinting, the

person having healthier food would win considering everything else being equal.

So yes, good deeds help - like good food, good routine - but are not sufficient. *You must act directly in relevant ways.* More sincerely and confidently you do so; more will be your success, happiness and wealth.

One more important point to note is that *an action that does not lead to active, positive, relevant result is not that good a deed in the first place.* If a country is afflicted with terror attacks, chanting God's name instead of fighting the terrorists is not that good a deed. Following footsteps of warriors like Rana Pratap, Shivaji, and Netaji would be a better deed.



# 17

## **The Law of Effective Prayers**

If you want to succeed, instead of praying to God or complaining to God, *putting aggressive efforts towards your goal* would be much better.

I don't imply that prayers are useless. On the contrary, prayer is a very powerful tool. Gratitude towards Supreme Power that is managing us all is even more powerful. *But vigorous actions form the switch that activates the power of prayers and gratitude.* Think of God - He is one who is constantly managing the world without a single break. He is always at purposeful work. How can prayer to God be meaningful if not driven by purposeful actions?

*Right prayers are those that bring improvements in intensity and direction of your actions.* Right prayers are those that make you more productive. Right prayers are those that make you high-performance.

Unfortunately, there is a growing tendency of substituting actions and duties with so-called prayers. In the era of cult business, so many talents waste bulk of their time, energy and resources in only praying to God, instead of working for God through relevant intense actions.

Such prayer that kills the action-hero within you is actually *not* prayer. It's a *sweet poison* that is depriving you of success that you truly deserve.

Instead, *pray to complement your actions, not substitute them.* Let gratitude towards God drive you to truly courageous actions. Let prayers and gratitude make you tireless, compassionate, positive, and action-oriented.

Remember the fundamental law of Life = Growth = Systematic Purpose. True prayers are those that make you grow and make you systematic and make

you achieve your purpose.

# **18**

## **The Low of Cold Start**

When you start putting efforts, initially there will be hiccups and blocks. These are actually not blocks, but your brain is creating new patterns and nervous system signalling to adapt itself to new training.

When you go to a good, high-quality restaurant, you often have to wait for a while because they are cooking fresh specially for your order. You have a choice. Either to wait and have really good fresh food or you compromise on quality and get stale food immediately.

If you ask brain to give you good food, it will take a while to prepare it for you. This is the learning phase. Don't run away from the quality restaurant because of this initial delay. If you go to junk cafe, they will immediately give you a junk packet of chips that actually kills you.

So when you learn or practice something good, the brain will take the time to adapt and come to peak performance. Enjoy this wait, relish the good things to come and keep putting efforts, keep persisting.

# 19

## **The Law of Wise Choice**

The bad things in life will often be immediately addictive, quick to get and *add no value to your life*. They are the junk food. They give you bad karma, bad health, bad future but instant gratification.

Often things like praying to God, reading spiritual or self-help texts, planning great future become junk food or bad deeds because they are being done at the expense of better things to do that are more relevant in that context.

There is a mantra in Vedas where the soul promises to consistently evaluate what is not relevant at any point in time, ruthlessly eliminate it and embrace what is at least more relevant. Even though best is not known to the soul, she is determined to accept what is at least slightly better, given her knowledge.

The mantra promises that if one follows this habit, soon better and better options will become available to the soul, and success is guaranteed.

The implications are clear: All people who crib about good deeds giving bad results are actually completely wrong. What they have been hoping is that some divine force will count all the good deeds and give them magical rewards. Those who cannot explain it seeing lives and deaths of many people who could not get so-called success till death, postpone it to some heaven or hell after death. I am not here to argue against or in favour of heaven or hell. It's a matter of personal faith which we totally respect.

But the key point we want to drive home is that the only miracles that work in the real world we live in are those that are *driven by our efforts*. Nothing else is in our control. So don't expect great things are happening if your so-called good

deeds were irrelevant to your goal. They may help, but be dismally insufficient. If some stroke of luck comes in favour, don't consider it to be divine magic. It may be anything, but definitely not the result of irrelevant actions.

Law of Karma works 100% perfectly. Good deeds will bring good results. But deeds must be relevant. Always introspect what is best that you can do in a situation. Just do it. Don't analyse too much. Focus more on actions than analysis. *Else analysis becomes paralysis*. Act, and improve in the process. If hiccups come, consider them as a learning process, your brain preparing for better things. Persist, review, improve, and persist even more and so on.

If you are planning success in the exam, don't bother about competition, your current state of mind, what your peers say. Simply start working hard, find ways to work smarter and harder. Do meditate, do exercise, do thank God, but only as much as salt in food. These should help you in giving you strength for more efficiency and efforts. *These should not eat away time you have to direct preparation*. Similarly, whatever you want to achieve, plan a direct action plan. Get into it, persist, be shameless, be ruthless, and don't run away. Use all the laws you learnt so far to develop a state of mind that pushes you for action, action, action. Positive action, confident action, forceful action, enthusiastic action, smart action.

Trust that all forces of the world are making way to fulfil your dream and your dreams will come true- *no one can stop it*.

## 20

### **The Law of Bad People Get Success**

Now, coming to complain that bad people get more success. Actually, that is a myth. What happens is that so-called good people are busy wasting time in irrelevant actions and then expecting that divine powers must help them. At the same time, more cunning people are busy putting direct efforts towards their goals. While the cunning people lose marks in being spiritual, helping, charitable, and honest; they more than compensate through direct relevant actions. They think and dream only about their targets, and they get it.

They get material success because they were focused on it. But they lose on self-satisfaction and true happiness because they did nothing relevant to nurture these. That is why many celebrities end up coming suicides or in asylums. Further, while they get some success, they could have got much higher success, and happiness had they nurtured the core strength of character through selfless deeds, honesty and other timeless values. More one nurtures these, more their success.

So-called good people score high in good deeds that strengthen mind and body and spirit. Deeds like helping others, being honest, etc. *But they score very poorly in direct relevant actions.* Further, by expecting miracles to help them, or cribbing about God not helping them or they being unlucky, they lose a lot of whatever they scored through good deeds. So eventually they get lesser marks. Had they been a bit more relevant, they had all the ingredients to be super-heroes. They are like the barren deserts gone waste because they did not dig sufficiently to extract the gold beneath.

Hence, as per Law of Karma, the good ones lose and bad ones win in many cases. If one is indeed concerned about this, let him or her rise up to do good deeds, good relevant deeds, good relevant enthusiastic deeds, and good relevant enthusiastic, focused deeds and make the law of karma work wonders.

History is a testimony of many such heroes whose relevant good deeds brought success not for them but the entire world. So take the challenge to be one of them. Be one of the legends. Law of Karma is fully with you. Be Agniveer. Agniveer means Fire + Brave. Agniveer is derived from Yajurveda. Agni is formless, flexible, but always goes up. Suppress its progress, and it will burn its way through. Veer stretches the limits of potential to achieve the goal. Agniveer is a person who is as persistent as Fire to rise up. Who is resolved to take the upwards path like a brave warrior. Whose actions are always relevant, intense and upward alone. Be brave, be a warrior, be Agniveer, -and ruthlessly pursuit Moksha.

# 21

## **The Law of Immortality**

The concept of Relevance of Action is very intuitive and simple. That is what makes it so empowering. In general, truly powerful things are most intuitive to operate.

Doubt that sceptics of Law of Karma raise is that if only actions determine my reality, why do children and babies have to suffer? They never did anything wrong. They are most innocent. Still, many children suffer due to their parents, surroundings and host of other reasons over which they have no control. Why are some people born deformed or handicapped?

I would like not to get into philosophical aspects of the question because that would be a digression from objectives of this book. But the short answer is that existence does not begin with birth and death does not end our existence. Death merely disintegrates the physical objects that are needed for us to live. Birth brings these physical objects together so that we can start living. But we exist beyond the biochemical life.

All our cells in bodies have changed since birth. Our knowledge has changed, our way of thinking has changed, our body has changed - yet one thing remains unchanged - *the feeling of 'I'*.

When the source of I is unknown, when it is known that I am not any cell or atom, but something beyond it, then it is unreasonable to claim that I will be damaged because of some atoms making a different kind of noise called death. The death of the physical body is analogous to switching off the power supply of the computer.



If a new power supply is plugged in, the computer will start working again. This is the core foundation of all eastern philosophies. This is the essence of Gita and Vedas. Just as we replace old clothes with new clothes, soul or 'I' replace the old body with new body. The cycle continues until the cause of birth ceases to exist. This is what is termed as Salvation or Moksha or Mukti.

The meaning of life comes from the fact that there is no abrupt beginning or end to the story of life. The situations of every moment of our lives are determined by cumulative of our actions that we have performed till last moment. When our actions deserve us to quit this physical body and take new birth, we die and take a new birth. The situations of the new birth are what we deserve as per our actions till last moment of last life.

The concept of rebirth ensures that there is never injustice or favouritism in the world. If rebirth is not there and this life is the only life, then there is no way that one could justifiably claim that killing, raping, looting, cheating are crimes. Because if this the only life, then I better maximise my selfish desires than bothering about anyone else who also will eventually die. All I do by killing someone is that I prepone his death by a fraction of time compared to the age of the universe. And if there be no soul, then we all are chemical reactions and nothing more. So killing or raping is nothing more criminal than throwing a stone in a pool of water or mixing two chemicals in a lab.

The only way to reasonably justify crimes as crimes, and goodness as goodness - selflessness, compassion, and sacrifice for others - is through rebirth and immortality of the soul.

So don't worry if birth gave you some disadvantages. That was your journey so far. This moment gives you a choice to utilise the power of your intent to change your world. Utilize that gift. Adopt timeless noble virtues of non-violence, kindness, self-control, compassion, knowledge-seeking, purity, and welfare for all. Demonstrate these virtues through even noble vigorous actions. Don't give a damn to your current situations. Enjoy the timeless journey. Break free from bonds of frustration, grief, complaints. Free yourself and enjoy the power of freedom. Freer you are, the more successful, happier, and wealthier you become. The real wealth of utmost content and happiness become ingrained in you.

Know that this life is short. More is yet to come. Make best of this life to make best from the more that is yet to come. Become a Yogi, become a warrior and achieve Moksha.

## 22

### **The Law of Now**

Let us evaluate the Law of Karma from another interesting perspective. My present situations are determined by cumulative of all my intentions till last moment. All these past intentions of mine, good or bad or ugly, cannot be changed. They are hard coded into my destiny. Then how do I improve my situation? Well, the answer is obvious and simple - by making the best use of one and only one gift gifted to you - *The Present. The Moment Right Now.*

Law of Karma states that Present is most important in shaping your next moment. This Law of Karma forms the basis of Law of Weighted Average. However, you must clearly know that your present holds power to overwrite the entire history of the past just like the “Clear History” option in web browsers.

Technically it is possible to attain salvation - the ultimate powerful position - within the next moment. Yes, that power is already gifted to us. How much we can realise this power depends on the intensity of our intentions.

If I drown your face in the water, you will become desperate for breath after a while. If your desperation for overwriting entire history and getting the utmost power of freedom surpasses this, then welcome to the Club of super-legends.

Let intensity of intentions be stronger than they were last moment, as strong as you can make them, and see the wonders that happen. Steve Job once said that he lives each day as if it's the last day. *I would say live each moment as if that is the moment to break the previous best record of intensity.*

The beauty of the law of Karma is that the ball is completely in your court always. You play against not the world but against your own self - the self you

were just a moment ago. Play the best in this moment, and you get the opportunity to play even better. The new stadium would be better, the weather would be better, and the play would also be better. Make the best out of you in this moment, and keep improving every moment. Be consistent in beating your own records and luck would be consistent in smiling even more.

Remember the quote from Kungfu Panda – *“Yesterday is History, Tomorrow is Mystery. But today is a Gift. That is why it’s called Present.”* Present yourself with the greatest present of Present. Tomorrow will also be another Present.

This is the unchangeable law of super-success. So make best out of Present. Be as passionate, as desperate about making best out of the present, as you would be for water in a thirsty, hot burning summer noon under the sun, or food after several days of hunger. Let nothing be more important than being most active, most efficient, most aligned to timeless noble virtues, most dis-aligned with false ego, hatred, frustration, doubts, nervousness. Know that entire power of the entire universe; the God is with you as your manager, promoter, defender, investor, friend, mentor, father, mother, teacher, protector, supporter, everything. You need not give a damn to anything else, anyone else. Just you, your conviction, your timeless ideals, your resolve, your desperation, and your trust in God.

This is the sure shot recipe to be a legend.

## 23

### **The Law of No Punishment**

The typical approach to Law of Karma or justice, in general, is that good deeds give rewards and bad deeds give punishment. As per Law of Karma, we suffer because we are getting results of our bad deeds. We get happiness because we are getting results of our good deeds.

On the surface, it looks pretty good. It forms the foundation of several religious concepts as well. Heaven is the reward of good deeds, and Hell is punishment for bad deeds.

The problem with this simplistic model is that no one ever does either good or bad deeds. In reality, *we do mixed deeds*. Instead of a black and white notion of good and bad, we have a relative gradation from absolute bad to absolute good. We may have done a good deed, but we could have been a bit better. Compared to a better option, we are bad.

The same deed may be good or bad from different perspectives. It may be good for one and bad for someone else. Good and bad are thus extremely dynamic and relative - they vary as per time, situation, perspective, stakeholders.

In such a situation, giving an absolute hell to one set of people and absolute heaven to another set of the population cannot be considered reasonable. The concept of Heaven and Hell is good for beginners. But those who want to truly unlock the powers of Law of Karma must dig a bit deeper.

In reality, there is no concept of punishment or rewards. As we discussed earlier, *it is not deeds that matter but the intentions*. Life has a purpose. The whole creation - entire universe, your body, your mind, and everything you see or do

not see are there for a purpose. They have a purpose of making you reach your purpose. Your purpose is to break bonds of temporary and reach permanent happiness and success that transcends the barriers of even life and death.

The whole universe is designed to help you reach that purpose. The universe optimises itself to provide you best opportunity to achieve your purpose. As your intentions change, the universe readjusts itself to provide you the BEST environment so that you can achieve your purpose the fastest.

So your present summarises your entire past. There is no need for anyone to keep a separate book of accounts of your deeds in each moment. Your present is already a cumulative of our entire past of this as well as previous birth. Your intention at this moment adds to this cumulative to create the situation of next moment.

Now depending upon your cumulative score at any moment, the situation may be pleasant or unpleasant. Nonetheless, it is the best solution for you at any moment. This is like doing the workout. It may be painful, uncomfortable to do rigorous workouts. But still, an athlete would enjoy the workout because it gives him benefits. Similarly, sometimes we face pleasant and sometimes unpleasant situations. In fact, we face a huge variety of mixed situations every moment. But each such situation is the *best and fastest route* to achieving our purpose. Thus technically there are no punishments. They are just workouts to improve us further. In reality, there are only rewards.

Every moment is best for you. You could not have got anything better. The universe system is designed to optimise itself for your best continuously. *This is one of the most liberating thoughts.* Everything is the best for you. Now you need to use your intention at this moment to make things even better. If you cultivate malicious intentions, you would gradually move away from your purpose. Still, the universe would try to give you best that you can get, given your cumulative intents. It is like the GPS system that will automatically keep finding the best route for you to reach your destination. But GPS is not the driver. You are the driver. If you trust the GPS, you can reach your goal much faster. If you refuse to follow the GPS, you would roam around and waste your time.

Remember there is no past, no history, no heaven, and no hell. Every moment is a judgment day, and if you choose best of your intentions, you get a heaven (Moksha). If you deviate, you get hell (Miseries). Heaven and hell are in every moment. As you start intending for Heaven, life becomes more and more heavenly and you become a legend.

Thank God for giving you the best every moment. Cooperate with him to make the best out of the best.

Nothing bad ever happened to you. Whatever may appear as unpleasant in

short-term is actually the best for you on the long run. Medicines and injections may be unpleasant when you are in fever. But they are essential. Don't complain why I am getting bitter medicines and painful injections.

Introspect how you can improve your immunity so you do not fall sick again. Till you have not eradicated your sickness, avoiding medicines may even be lethal.

To simplify Gita succinctly sums up:

“You have right only to put best of efforts at this moment. You must not bother about what you face. Let not pleasant, and unpleasant feelings deviate you from your duties. Neither should you stop putting efforts at any moment.”

You must simply leave results and outcomes in best hands - hands of God or laws of the universe or Supreme Power - whatever name you may give and put your energies into improving your efforts.

Never ever must you complain or crib about not getting the desired results. *This crib itself is a negative act that will lead to further unpleasant things in future.* If you don't take medicines, you may have to take medicines even more in future. Let a professional doctor decide your medical regime. Don't put your own intellect in matters that are best dealt by a trained expert. Your duty must be to simply follow the regime given by a doctor in the best manner. Yes, choose doctor wisely.

In the case of life, we have chosen the one who has designed and is managing the whole universe affairs. There can be no better replacement. No human, no book, no superstition. We choose the ultimate one who talks to us through our inner voice, our moral compass, our sense of right and wrong, our intent. Follow Him, trust Him, and know that He is doing the best. Put best efforts. The results will astound you as if you witnessed a miracle.

Every time you crib or complain or feel you are being punished, *you act against* the operations of the universe that are trying to improve things for you. You are driving against the GPS recommendation. That only delays your success and dilutes your efforts. Instead, follow the GPS of your inner voice, trust it, ignore feelings of pleasant and unpleasant, enjoy the rewards, know that there are no punishments, and have fun through rigorous actions.

The power achieved from this insight will transform your life like forever.

# 24

## **The Law of Multiplier Effect**

This is the bonus round. Raining special offers and gifts in the festive season. Do you know how atom bomb works or the sun gives light? You must have studied in your high school. Let us review the essence. When atomic particles collide, they give rise to more atomic particles that cause further collisions. In each collision, energy is produced. Thus each collision not only produces energy but also produces the particles that will produce energy in next cycle. Thus it becomes a self-propagating process. *Once you reach a critical mass, a powerful process like nuclear reactions become chain reactions.*

Same is true with other aspects of life - business, society, development, violence, terror - everything. Everything has the potential to become a self-propagating chain reaction after reaching a critical mass.

In economics, there is this concept of the multiplier effect. If you are the owner of a factory and you give good wages to your employees, they will have more spending power. They will buy from others. These other people will get more income because their sales have increased. Hence these people will also buy more from some other people, and so on. Now since your factory also produces goods to sell to people, your sales will also increase. This is called the multiplier effect. Eventually, you can make more money by paying good salaries that far more compensate the expenses incurred due to extra salaries.

If everyone in an economy cooperates, this is the simplest and mathematically proven the way of streamlining and jump starting any economy. To create the critical mass of people who adopt this approach and don't play

spoilsport is the challenge of getting the critical mass to make this a success.

Thankfully in the realm of the law of karma, there is no scope of any foul play or match-fixing. It is a purely merit-based system. So you can bring great advantages for yourself by utilising the multiplier effect and chain reaction principles.

Simply start doing as much good as possible for as many people as possible. Spread your good deeds. Make it a commitment of your life that your goal is to rise above petty, stupid ego and “Me Me” mewing. Instead bring a significant change in the world around. Do it not only through helping others but through constantly positive vibes, positive attitude, enthusiasm, vigour, happiness. More you do, more you will get it. You will get it from different, unexpected corners in most unimagined ways. Don't practice it as a test - that I will try for a few days to spread positivity and if it doesn't work, I will revert back to the shell of an upset baby. You can fool the world and laws of humans. *But you cannot fool the immutable laws of the universe.* So delve into it unconditionally.

It will be difficult to explain how it works in this book. But broadly what happens is that you get people and situations that *share same frequency as your thought processes*. Remember that we talked about universe constantly optimising itself to give you best you deserve. It does so by matching your vibes. Your deeds or intents conducted years ago will come to help or protect you.

Just like vaccination taken in childhood prevents dreaded diseases like polio for entire life. Your good thoughts, good deeds, good intents are sure shot investments that give you multiple times of what you invested. Not only you get immediate results in the form of satisfaction and happiness, not only you get medium-term results in terms of success and prosperity, but you also get long term, lifelong returns of your past investments. *There is no better investment in the world than this.* The interest out of this investment is innumerable higher than the principal invested.

Remember that inverse is also true. As Murphy's Law states: If anything can go wrong, it will. If you are negative, Murphy's Law is bound to happen. If you are negative, pessimistic, full of hatred, anger, selfishness, narrow-minded, egoistic, it is like *burning your own house to get some heat*. Not only you will get asthma by burning poisonous products, but you are also losing your shelter. You make yourself unhealthy through negative thoughts; you make fewer benefits in short and medium run than you could by being positive. *In the long run, you are bound to be doomed.*

There is a mantra in Vedas which states that: When one makes a positive intent, laws of universe upgrade him a notch higher. When one makes a negative intent, laws of universe degrade him lower. Just by being consistent in positivity,



you can invoke a chain reaction that can make you reach even God in no time. By being negative or even fluctuating between good and bad, you are planning utmost miseries, troubles, pains, failures for yourself in ways unimagined. *Worst will happen to you from most unexpected places.*

The ball is totally in your court. Where would you invest your time and energy and efforts? In something that gives sure shot highest returns that surpass any other investment. Or you would rather gift your time and energy and efforts - your most precious possessions - to psychopath uneducated criminals with a notorious track record?

More you do, more will you get. What you do is your choice. Of course, a sensible person would go with investments that give highest returns. A fool will invest in notorious criminals just because they are standing next to you. Such mentally lazy people deserve only troubles.

We all have such a lazy person within us. Throw that moron out of your home ruthlessly. Value the potential of real you, that is YOU. Give him the Best. Invest in Best for him. Never compromise on anything less than Best and results will be better than what you thought was Best.

Make the multiplier effect work for you. Let it become a chain reaction. KEEP feeding fuel in the reactor. If it can create the sun that enlightens earth, gives life to every organism, is a source of our existence; it can also dazzle you and your future.

Stop wasting time on anything else except investing in positivity - nurturing positivity, spreading positivity, and aspiring positivity. Become ambitious about positivity. Set bigger goals for improving yourself and the world. Compromise not a bit on timeless values of peace, satisfaction, intellect, tolerance, patience, efforts, actions, purity, compassion, and stretching yourself for bigger and bigger goals to the ultimate goal-Moksha. Think Big, Act Bigger. Learn from Warren Buffet and apply in your life. Beat the best investors. You will create miracles. In ways you never imagined.

Law of Karma keenly awaits your arrival so that it can shower you with utmost happiness, prosperity, success.

## Section 5

# **The Laws of Transformation**

## 25

### **Law of Sanskars**

Once you do or even think, your probability to repeat increases exponentially. This is the principle to make or break habits.

Law of Sanskars states *that more you do something, more is the chance of you doing that more in future*. Sanskar is a Sanskrit term which has no English equivalent. A roughly similar concept would be “tendencies of mind”. These tendencies may be distinctly visible through habits, or be hidden but come out in certain situations. It is extremely rare for sanskaras to be completely destroyed. But that remains the goal of life - *to destroy distracting Sanskars from the very root to achieve Moksha*. In practical terms, we can interchangeably use habit and Sanskar to express the same concept.

In yoga, this is explained with the analogy of a seed. Sanskars or tendencies are like seeds. They may appear dormant, but they contain the *potential* to give rise to a tree of miseries, sorrows, failures and frustrations. More you feed the seed with water or soil, more the growth of tree inside the seed. Quicker will it germinate, come out, and become a tree that produces more fruits and each fruit will produce more seeds, which in turn will produce more trees and so on. This is how we get into the trap of worldly sorrows and troubles that rob away our happiness, success and growth.

Instead of focusing on what we are supposed to do, we are distracted by waste thoughts, intentions and efforts. More we waste our time in these worthless pursuits, more our Sanskars get stronger, more we get trapped, more failure we attract.

The only way to break away from the cycle of miseries and failures is to *destroy the seed*. Don't just crush the seed but burn it away. Just as a completely burnt seed cannot give birth to a plant, in the same manner, when sanskaras are burnt away, there is no way we can have miseries and troubles in life or beyond life as well.

The techniques of burning the seed include constant practice and enhancing wisdom. Let us not get more philosophical at this point and come back to the world we live and face daily. Let's learn some practical applications of the Law of Sanskars.

Suppose you are facing a block in your growth, career or success. We all face such blocks in varying intensities in different aspects of our lives. Now the law of Sanskar states that more you think about the block, more block will you get. More vulnerable you would become to these blocks coming up in most uninvited times in your life. *The best way to solve the block is to refuse even thinking about the block or obstacle*. Get rid of the last thought about the problem in your mind. *Simply focus on the solution*. More solution-oriented you become, more the Sanskars you develop to solve any problem. You would be able to solve many problems even before they emerge.

We talked about the multiplier effect of Law of Karma earlier. Law of Sanskars is the mechanics of the multiplier effect. In Gita, Arjun complains to the enlightened Krishna - how can one control the Sanskaras. 'The mind is as naughty as the wind.'

Krishna replies: Of course the mind is like the wind. Who is asking you to stop the wind? Simply practice doing or thinking things that you ought to do. Refuse to think about things that are crap. Give direction to the dynamism of the mind, and greatest wonders will be unlocked for you.

Arjun further asks: It seems like a tough challenge. What if I fail in controlling my Sanskars. Krishna answers: Don't worry about the results. The very effort that you put in trying to focus on relevant and ignore the crap from your mind, in itself will lead to lots of success and happiness. Even slightest efforts in this direction will not go waste and protect you from greatest of miseries.

*Law of Sanskars is the technology of Law of Karma*. To kill any habit - simply refuse to think about it. If you have that craving for cigarettes, don't feed your mind with just one more puff. Many psychologists recommend a slow approach to habit destruction. This may work for those situations where withdrawal symptoms can be lethal. Such cases are rare. What works the best is to do following:

[A] Whenever that craving for vice comes - start thinking about something

else which is worthwhile and good. For example, do exercise, deep breathing, think about national problems and how you plan to contribute towards solving them, what you plan to do to improve your personality, how will you help the poor children in your city and so on. Stick to any of these and involve your passion and emotions into the thinking. Act on them at earliest possible opportunity.

If you plan to help poor children, take that step to actually make a check for the non-profit organisation doing such noble work. Or call them up and talk to relevant people. *Don't simply think, convert thoughts into action at the earliest.* Write about it, speak about it, do something concrete. You will not realise how soon you will even forget about the bad habit.

[B] If there are stronger withdrawal symptoms, become even more ruthless. Tell yourself that you would rather face greatest sufferings like a hero than indulge in shit. Just as you would not eat shit from commode just because you are feeling hungry, you would not take that puff of cigarette or peg of wine even if you have to get hospitalised due to withdrawal symptoms. Remember you are not a chemical reaction. You are a soul. You have WILL POWER. Exercise it. The whole universe is waiting to act as per your will power.

[C] Declare a *war* against the bad habit. Resolve that not only will you yourself stop the bad habit, but you would also dig out two more bad habits from your life and throw them away. Not only will you clean yourself, but you would also influence at least two people in next 24 hours to stop the bad habit. If giving unsolicited advice is not something that you intend to give to individuals, decide to blog about it and publish. Post on your Facebook that you decided to throw away the crap of drinking or smoking or meat eating because it damages health, destroys the environment and causes poverty through wastage of natal resources. Instead of posting about that new dress of yours or photo of that puppy in your garden, this would be more meaningful to fight the bad sanskaras, create good ones and tune your deepest thought patterns for success.

Law of Sanskars demands that we be *ruthless* to any negative thought, habit, action, feelings within us. Don't give it time. Don't allow it to subside gradually. It never subsides. At best, it becomes dormant like dreaded infections which will come out in worst forms when mind or body is weak. Instead, fight with them the way army fights against terrorist infiltrators. Kill them. Do not budge even if they seem to overpower. Consider your willpower as the Border Security Force defending against Al Qaeda laced with dreaded weapons. Not one terrorist must enter. Make your will power your gun and gun them down.

The bad habits of mind and body are the real enemies against which full-fledged violence is permitted. But we as fools, allow these bad habits to infest

us, and under their influence show violence on other people.

Reverse this habit. Fight against depression. Fight against cigarette. Fight against meat. Fight against alcohol. Fight against hatred. Fight against the lack of confidence. Fight against negativity. Fight against fear. Fight against junk food. Fight against pornography. Fight against vulgarity. Fight against the lack of self-control. Fight against the habit of seeking enjoyment through means that are not productive or helpful in reaching your goals. Fight against being negatively sentimental. Fight against grudges. Fight against discomfort with seeking knowledge. Fight against selfishness. Fight against viewing oneself as a helpless ordinary mortal. Fight against refusal to realise that you are special. Fight against violence. Fight against Anger. Fight against bad health. Fight against lethargy. Fight against slow speed. Fight against ordinariness.

Fight ruthlessly. *In the fight, itself lies your great success.* This habit of fighting will guarantee greatest of wealth, success and happiness for you. This habit of fighting will make a legend out of you and pave the way to your Moksha.

Have zero tolerance for crap. Don't worry about consequences. Don't give any importance to short-term gratifications. Remember the law of visionary - the longer you can deny your short-term happiness for a larger goal, more success and happiness will you get.

Kill the bad Sanskaras and with the same intensity, nurture good ones. More you do, more you do in future - good or bad. So kill the bad and strengthen the good.

Even if you don't study anything else but master the law of Sanskaras, you are bound to be a superhero.

### **Keep in Mind:**

- You are what your sanskaras define you. Wage war against bad habits. Wage another war to acquire good habits.
- Your habits are defined by each act you perform, each word you speak, each thought you think. To destroy a bad habit, refuse to allocate any neurone of your brain, any cell of your body and any movement of your breath at all.
- To win a new habit, think, talk, act about it.
- To tackle withdrawal symptoms of any bad habit, simply distract your mind to something worthwhile.
- The emotions of hatred and anger were designed for bad habits. Use them liberally through your actions and thoughts on them and them alone. Do not use them on the person having the habits. Do

not use them even on you.

- As you start mastering your habits, you will get the ability to shape up your destiny. If you can simply master the Law of Habits, all other laws will eventually come to you.

## **26**

### **The Law of Fast Brain**

Law of Sanskars implies that consistent and dedicated efforts over a period of time are the foundation of any sustainable transformation or change of fortune or super-success.

The next question that pops into the mind of impatient ones would be “How long is the period of wait till I see tangible results?”

What if I want instant results? What if I don’t have enough time to wait for the long process of Sanskar transformation and then get results? What if I am already too late and can’t postpone my success to an undefined further long period?

Truly legitimate and valid questions. Unless there is the value of importance of time, no worthwhile results can be obtained. After all, we will not be living for an infinitely long time on this earth. The cost of delay is not only expensive for us but also for so many other lives. If good things must happen, it is always better that they happen as early as possible.

Law of Fast Brain provides answers to these questions and zeal to make best of every moment. It states that time is not absolute. Regardless of how much crisis you have, how much urgency you have, or how much free time you have, the world is designed to be same at all speeds. Work expands or shrinks to fill available space and time.

This is almost the Theory of Relativity. Theory of relativity states that speed of light is same in all situations. It is same irrespective of whether you are standing still or running fast in the direction of light or running fast against the



direction of light. Your speed does not matter. Howsomuch fast you may run, the speed of light will exactly be the same.

Light is the source through which we observe in the world. Its speed never changes. We make sense of the enlightened world through mind or brain. Its speed also never changes. The speed of mind is faster than the speed of light.

In other words, you can be as fast as possible in your thoughts. Your mind is designed to work at super-speed. Theoretically, it is possible to make any mental transformation within a fraction of a second. Now the world is a reflection of our inner reality, and our Sanskaras govern inner reality. Law of fast brain states that it is possible to change your sanskaras within a split second.

So there is no excuse for delay in making that transformation.

There is powerful Shiva Sankalpa Sukta in Vedas that detail the power of the mind. It begins with the assertion that mind can travel faster than light. It can convert any resolve into reality in no time. The ultimate wisdom is already embedded within the mind. The greatest of powers lay hidden in mind. *All one has to do is to make a resolve. Stronger the resolve, quicker the transformation.* The mind has the capability to make the infinitely strong resolve. When that infinite strength of resolve is achieved, you become an avatar.

What more! You can reach that level of infinity right now this very moment!

The delays we see in reaching that infinity are due to lack of resolve and doubt. Eliminate them and eliminate all miseries from life. Instead of wasting time in analysis, learn to act fast. *Not in haste, but in speed.*

Law of fast brain states that time constraints do not matter. You can keep thinking of the same problem for ages and reach nowhere. But it is also possible that you solve the same problem within a split second!

The mind is designed for super-fast speed. It is faster than light. It is more dynamic than anything else in the world. The problems in life emerge when *we deliberately slow down the speed of mind.* When we deliberately waste time in random thoughts or sluggishness.

The 5th gear is designed for high speeds. If you drive at 5 km per hour in 5th gear, it will destroy the gearbox. If you think and operate slow, you destroy your destiny. A rocket can travel faster than the speed of sound. But if you carry the rocket over shoulders of hundred men and ask them to run, it will be a joke. Not only will you misuse the rocket, but you also waste time and efforts of men who carry the rocket.

Learn to respect the rocket of mind. The fastest you run would still be slower than design speed of mind. So keep increasing speed of thought, keep increasing the dynamism, keep accelerating without assuming that you have reached your peak speed.

In cricket, technically it is possible to hit a six in each and every ball. In cricket of life, the same law applies. The only difference is that you do not retire from cricket of life. So until you have learnt to hit a six in every single ball bowled by any bowler of the world, keep practising. There is still more to learn and improve.

A normal human mind uses only a small fraction of its human mind. Some say It is 5%. Some say it is 10% for geniuses. Look, God has given you 90% buffer even if you become a genius. Don't waste the buffer. Stretch to reach the 100%. Whether you reach or not doesn't matter. The zeal to reach with the fastest speed will make you a hero and provide the best that you deserve.

A word of caution - *dynamism does not mean jumping the mind around like a monkey*. There is a difference in acceleration of car and brake-fail of a car. The difference is all about control. *Be fast but in control*. Spending energies in randomly and aimlessly doing or thinking of thousands of things is even more harmful than a slow mind.

If you have a fickle mind, learn to control it. Don't reduce your dynamism in the pretext of controlling your mind. Instead, for practice, decide to do one thing as fast as possible. When speed is increased to a reasonable level, add one more related task, and then one more, and so on.

Do ensure that speed is not compromised. Ensure that tasks are purposeful and lead to a systematic purpose. Remember the fundamental laws of growth, systematic and purpose? Don't transgress them.

Multitasking is extremely good. But you must be the controller.

Don't drive fast on roads. That is dangerous and irresponsible. Curb that euphoria for pseudo-adventure at the cost of lives of others. Instead, take the real challenge. Drive as fast as you can in the road of mind-mastery. Be as fast as possible in the speed of thinking, a variety of thinking, the purpose of thinking. There is no speed limit. Light travels at 300 thousand meters per second. Can you beat that? The mind is faster than that.

Can you quickly process hundreds of pieces of information intuitively and come to a decision in a split second? Can you complete your tasks with quality in the fastest time? Can you increase the energy you display? In whatever profession you are in, challenge yourself to speed up as much as you can without compromising on quality.

Make this addiction. Don't compromise on control. But keep challenging yourself and beating your own records.

There is one more important insight that emerges from Law of Fast Brain. That never ever believe that you are in a time crunch. Never believe that time is short and the crisis is too big. You are designed to act optimally in any crisis

regardless of a time crunch. Your mind can adjust itself to whatever speed is necessary to solve the crisis.

Even if you fail to solve, take it as a practice session. Don't take anything in life too seriously. The soul is immortal, and no one can do any harm to you whatsoever. Further, you will get the best you deserve irrespective of whatever rest of the world may conspire. All you need to do is to put the best foot ahead with best of enthusiasm. Whatever be the outcome, use it only to improve. Neither think about results, nor regret them, nor rejoice them. Simply use them to be faster and better.

Remember it is never too late. *The only cause of worry for you should be a delay in acting right now.* Even brooding about why you delayed in the past is something that is slowing you down right now. Don't destroy the rocket by pushing and pulling it around like a moron. Just shoot it to the sky. Don't think of anything else. *Nothing in life is worthwhile if it reduces your speed even by a fraction.*

If you have to work with others and bear with others' slow speed, find enough other purposeful tasks for you so that you do not slow down. If someone says, you must slow for a while and enjoy with him, politely say sorry. Life already gives several occasions of slowing down - like disease and sleep. Soon people will adjust to your speed. They may say anything, but they will respect you for your speed and accommodate the same.

So don't worry about peer pressures or your own habits. Simply get faster and faster. So fast that thinking translates into intuition, intuition morphs into the experience, and experience transforms into enlightenment.

Now you are in the zone of meditation. But remember that meditation is not about blanking the mind. It is about blanking the mind from uncontrolled crap and focusing on the purposeful and relevant. It is about hearing that inner voice by destroying the noise around and following it for super-speed. Just like servicing of your vehicle boosts the control, efficiency and speed, meditation takes you to all new level of speed.

In the current era, a lot of hoaxes is being sold in the name of meditation. To decide what is definitely a hoax, just test the people who meditate under that practice. Are they more energetic and faster than others? Are they better multitaskers? Are they able to solve more complex problems and challenges in life much faster? Are they more dynamic? Are they more energetic? If yes, you are in right direction. If not, you are perhaps getting into the trap of opium.

Anyways, coming back to the law of Fast Brain, remember that speed is your pursuit. Never feel that time was short. Always believe that you need to be faster. You can break all barriers of sorrow and failures within a split second and become a legend immediately. So think no further of past or future,

environment and internal conflicts or other self-created miseries. Simply jump into fast quality actions, thoughts and intuition. Be faster than you were ever before. Beat your own records. Have you decided to make that jump to the lane of no speed limit?

If yes, you need not pursue success and happiness anymore. Because you have already become success and happiness yourself.

### **Keep in Mind:**

- The speed of mind is faster than the speed of light. More the intensity in your intentions, faster the results will be in mind transformation.
- A split second is all that is needed to master all the laws and be a legend if we can commit to that intensity.
- So keep being faster and faster. Keep increasing your focus. Never believe that you are late or you have a time crunch.
- You must trust that destiny brings you the situations that are best suited for your developmental needs. So instead of cribbing about being late or being time-pressed, simply stretch to be faster and focused. Make this a habit and every nanosecond will greet you with yet another achievement.

# 27

## **The Law of Connection**

You cannot run away. You cannot get into a shell. You cannot draw boundaries. You cannot close the doors to rest of the world. You cannot think about yourself alone. The only way left is to extend your influence.

The world, by design, is one single cohesive entity where each component impacts every other component. When you move your finger, the entire world moves due to the law of gravity. What we call 'laws of physics' are actually our humble admission to the existence of certain connections that are perfect but inexplicable. We then create different conceptual models to understand them better.

The rope does not connect earth and the sun. But earth keeps moving around the sun through invisible connection, that we name as gravity. Electricity is generated when a wire moves between magnets. This electricity is observed as radio waves thousands of miles away. Light, electricity, gravity - all are names of these invisible connections between each and every object of the world. These connections determine the world we live in.

These connections make our bodies function. They allow us to think. They provide us food. They permit us to live. *We are merely tiny nodes in this infinite web of connections.*

It is like we are in a pool of water. Every movement of ours determine the ripples others face. And the ripples others create determine experiences we have.

Thus, it is futile to think of isolation. Your very survival depends on rest of

the world. Even if you pretend to be isolated, you can never be isolated.

In other words, *you were not designed to be selfish*. If you think only about yourself, you are treading the path of unhappiness and death. You are trying to do what you were not designed for. The universe has an automatic mechanism to ruthlessly eliminate those who isolate themselves and hence act against the design of the universe.

### **Keep in Mind:**

- You self-extends beyond you. You are connected with everything else in the world. So more you connect with more in a positive way, more positivity you bring in yourself.
- Just like in Law of Visionary where you stretch yourself to farther and farther time in future, spread yourself more and more beyond yourself. Become a source that generates light and positivity for the entire world like a sun. At the same time, strive to be a brighter and brighter sun. Settle for nothing less than best - best efforts, best ambitions, best thoughts.
- When you spread yourself beyond petty self in time, space and goals, you start nearing your true infinite potential.

# The Journey Ahead

We thank you for taking the journey so far. If you have read all chapters of the book carefully at least once, you are already programmed to super-success. Whether you realise or not, there are positive changes in your life that make you naturally tuned to success, wealth and happiness.

We recommend that you keep revisiting these chapters from time to time. More you revisit, the deeper you understand the laws of Moksha.

The laws explained in the book is actually a first critical step. But you must stretch yourself further to become a real superhero. Follow these tips:

- Keep putting whatever you learn in actions.
- Affirmations are very important. They hook your subconscious mind to success and bring deeper level repatterning of thoughts. Enjoy the affirmations, submerge in them, play with them, evolve your own affirmations.
- Consider entire humanity as your own family. Ignore manmade barriers of religion, race, caste, etc. Treat everyone as your own close family. Aspire to work as a team.
- Visit [agniveer.com](http://agniveer.com). You will get much deeper insights and a lot of wonderful contents.
- Join our Facebook page which has an ever growing community of success aspirants like you. Participate in discussions there. Debate, argue, collaborate and have fun.
- Make sure you always have a significant welfare perspective. We mean social, charitable, and selfless deeds whose value extends not just to you or your closed ones, but to the world that you are not formally introduced to, who may not be your blood relations. But they are humans, living beings. Get involved in meaningful social initiatives. *That way you accumulate the success from all directions.*
- We at Agniveer promote, start and support lots of such activities. Our mission is to change the world for better. So join us, be our volunteer, be our partners, be our friend, be our family. Let's do some good work together. You can join our Facebook page or visit or website to get details of our initiatives.
- Feel free to write to us at any time. Share your thoughts, your doubts, anything. After all, we are one family. You can write to us at [wisdom@agniveer.com](mailto:wisdom@agniveer.com).

Wait..wait...wait ..Most important thing:

Just as you benefited from these eternal laws, make sure you bring benefit in lives of at least 100 more people. It is not that big a number for a hero like you! You can do so by spreading the insights you learnt from this book; you can set right examples for people around you and become a role model. At the least, you can gift this book to others or inform them that this book exists and encourage them to benefit as well.

Remember - the beauty of truly wonderful laws of success is that *more you share more success you attract yourself. More you give, more you get.* So become the fragrance of goodness that brings well-being and happiness all around.

We salute the legend in you who is geared up not just to transform own life but transform the world. We keenly look forward to wonders in your life as well as wonders that you do to the world.

Thanks

Namaste (I salute the superhero in you)



## **Appendix - Affirmations**

# The Art of Affirmation

Positive affirmations will bring you closer to your goal of happiness. Sit in a comfortable position. Don't lie down unless you are sick or it is night time. Listen to the affirmation a few times, close your eyes and introspect. Start feeling happiness around. Start floating with the words of the affirmations. Start giving them your own interpretations. If your interpretations start getting negative, restart. Keep doing till you start feeling only positive interpretations. Get lost in that feeling, be submerged in your own thoughts now. You don't need the affirmation running in the background because you now have positive affirmations coming from *within* you. You are now connected to your *own positivity*. Enjoy being here for as long as you want. Do it for a few minutes daily after you wake up, before sleep and whenever you want in a day. After a few days, you may not need it anymore. But continue to give affirmations at least three times a day from your own mind. Visit this affirmation occasionally if required. Enjoy the positive changes happening in life. Ignore if occasionally something undesirable happens. Life is about ups and down. We are now programmed to be in bliss and happiness, come what may happen. Soon your happiness will decide what would happen.

# Affirmation 1: I Love I

I am my greatest possession. I am the most precious. I am the meaning of my life. Yet I see the world upset with I. As a child; life was so beautiful - no worries, no complaints, no frustrations, no grudges. But as I grew older, my happiness started evaporating. Smiles started giving way to tensions. Innocence started turning into deceit. Gratitude turned into complaints. I started feeling that the world is not fair to me. It does not appreciate my talents, does not empathise with my situations, does not reciprocate my sincere sentiments. It misunderstands me, cheats me, exploits me. I see so many individuals living in their own islands of complaints against rest of the world. I see myself always struggling to balance between flights of my dreams and harsh realities of rest of the world.

Then I realised - despite all the grief, all the complaints, all the unfairness - that life is still worth living. I love life more than anything else. This love makes me strive despite all the challenges. This love urges me to look up to next moment with hope. This love makes life more valuable than death even in most depressing situations.

And what is this life? *It is nothing but the feeling of 'I exist' - I observe, I feel, I act.* This 'I' is most precious, and I love this 'I' the most. *This love for 'I' gives meaning to everything else.* This is the source. This is the foundation. When I realised this, I also realised that this was just the beginning. The realisation goes way beyond.

I realised that the cause of all sorrows and miseries and tensions and frustrations are not what the world keeps doing to me or the way my destiny ridicules me. It is my own denial of what is the most obvious basis for life - that 'I' love 'I' more than anything else. Nothing apart from 'I' touches 'I'. So 'I' myself am the cause of my troubles or happiness. *What happens around me impacts me only to an extent 'I' decide them to impact 'I'.*

I realise that there is no option not to love 'I'. *Because my existence itself proves that 'I' love 'I'.* But I can choose to love 'I' and willfully embrace this reality and have love and happiness in life. Or I can choose to love 'I' but still not accept this reality and hence deny the love and happiness that is all around me and within me.

*I also realised that the world as I see around me is simply a reflection of my own inner realities.* I decide how the world appears to me. I decide how the world should behave with me. I decide the world around me. As I think, so the world changes. I see all individuals as separate islands of 'ego' competing with each

other to assert their own petty 'T's, and I hear a cacophony of empty vessels hitting each other. I see the same 'T' as I see in my own 'T', and suddenly there is harmony, rhythm and melody.

Just as 'T' love 'T', he loves his 'T', she loves her 'T', you love your 'T'. I appreciate and respect their 'T's as well. I go a step beyond, and realise that this 'T', that 'T', my 'T', your 'T', all 'T's are powered by same source that generates love and happiness of being 'T'. The source is same. The result is also same: 'T' love 'T'. In a stroke, *my 'T' expands beyond my body to the entire universe*. My 'T' now includes every 'T' that loves 'T'. My 'T' now includes everything in the world that 'T' use to showcase that love for 'T'. My 'T' includes entire universe - living or non-living, here or there, heard or unheard.

This is the most amazing realisation. When 'T' includes the entire world, there is no question of who do I hate or love more? Who do I compete with? Who do I complain against? Who do I snatch from? Who do I feel jealous against? Who do I hold culprit? Who do I call victim?

Since I love 'T', I need to extract nothing more from the world. I simply focus on giving more and more to strengthen my 'T' everywhere and in everyone. I now realise my goal. My goal is to keep increasing my love for 'T' continuously. To love 'T' this moment more than 'T' loved 'T' ever and love 'T' even more in next moment. To destroy whatever acts as an obstacle to the maximisation of this love for 'T' and strengthen whatever makes 'T' love 'T' more and more.

I don't want 'T' to get more rupees. I want 'T' to generate more 'wealth' that adds more love to 'T'. I don't want 'T' to become an island of egomania. I want 'T' to connect and cooperate with everything and everyone in this world. I don't want to take revenge against world's unfair treatment. My 'T' now includes the world. I want the world to be better and improved so that there is more love for 'T'. I don't want to take. I want to give. *Life is not a competition. Life is cooperation*. Life is Yajna. Life is all about going beyond limits and having a limitless love for 'T'. Love that transcends all petty desires, lust, cravings and expectations. Love that connects to the source - unconditionally, permanently. Love that brings satisfaction for being what I already am. Love that exists simply because 'T' exist. Love that exists because the source powers the 'T'.

Love that brings oneness with the source - full harmony with the entire universe. Love that includes the source in 'T'.

I now know what I have to do in life. I have to simply love 'T'.

*Through wonderful thoughts and even more worthy actions*, let's celebrate the 'T'. Let's love 'T'.

Yes, 'I' love 'I.'

## **Affirmation 2: Happiness**

I tried being selfish about myself, but I couldn't. I tried being scared of the ruthless world, but I couldn't. I tried creating a world of my own, but I couldn't. Because I saw you present in everything I could think of - as a father, as a mother, as a friend, as a teacher, as my everything! So, all I can do is to enjoy your love, protection and pamper every moment and share the same with the world!

Yes, I Love "I" so much.

## **Affirmation 3: Power and Purpose**

The outside world is nothing but my own inner realities. I cannot run away from that. I can *fool* myself that if I change outside world, inner reality will change. But that can never happen. I must change my inner reality to change the world around me. I must seek *unconditional* inner peace. I must seek complete surrender to Him and thank Him for whatever He gives me. I must destroy the last sign of my ego and be one with Him. Then alone I can merge my reality with the reality of Ishwar and get total bliss.

So now in life: - No ego- No complaints- Only thankfulness to Him- Only surrender to Him- No past, no future. Only Him in present

Life is a MISSION and duty is its law.

In fulfilment of this MISSION and performance of this DUTY lies the *essence of life*.

## **Affirmation 4: Courage and Success**

Your thoughts...rather intents become your reality. The world is nothing but a projection of your inner reality.

By choosing to act or think in a particular way, you can change everything. Simply change within, and the world will change. Use outside the world to practice the change within. That's all!

You cannot run away. If you run, same reality will follow you. This also means that what you give comes back to you, with a multiplier effect.

Don't complain, don't run away. Just conquer.

## **About Author**

Sanjeev Newar is a Yogic scholar of Vedas, Gita and Hinduism. He has written several popular books on Vedas, Yoga, spirituality and misconceptions on Hinduism. He is the founder of Agniveer - a spiritual movement that works for equality of castes, genders, regions and religions in India and abroad. He is pioneer of Hindu Ekta Yajna initiative to bring equality across all regions and castes . He is an eloquent poet, orator and motivational expert who works to address suicidal or depressive tendencies. He is an alumnus of IIT-IIM, and a noted data scientist specializing in Risk Management. He considers casteism or birth-based caste system as anti-Hindu and has a mission to replace it with Vedic system of merit.

# About Agniveer

Agniveer was founded by Shri Sanjeev Newar, an IIT-IIM professional, data scientist, and Yogi to provide a solution-oriented, spiritually driven, and honest approach to improving the world - within and outside an individual. Agniveer specialises in practical applications of the timeless wisdom of Vedas, Geeta, and Yoga to address the contemporary challenges of life. Thousands of testimonials of transformation - from people who were on the verge of committing suicide, fighting depression, confused about life, directionless, unable to address social injustice around - attest the massive change it has been able to bring.

Agniveer takes credit in bringing several ignored, uncomfortable but critical issues to public attention. Agniveer is the leading advocate of social equality in India and pioneer of 'Dalit Yajna' initiative to break caste and gender barriers. Agniveer spearheaded the Muslim women rights campaign facing a severe backlash from conservative and fanatic elements. Yet, it was successful in bringing details of disgusting practices like Halala, sex-slavery, polygamy, triple talaq and love jihad to the limelight and evolving a consensus against them. Agniveer women helpline deals with such cases and has brought many smiles.

Agniveer also introduced the concept of unarmed combat workshops across sensitive parts of the country to create a skilled team that is able to defend vulnerable from criminals. Agniveer is a prominent champion of de-radicalization and has brought innumerable youth to join the mainstream path. Agniveer's narrative on history has created a significant momentum to question the authenticity of populist history taught out of political compulsions.

Agniveer has published several books on social equality, caste equality, gender equality, human rights, the controversial religious rights and history, apart from books on self-help, Yoga, Hinduism, and life-hacks. Readers appreciate the books for straightforward, original, solution-oriented, practical, fresh, and mind-bending experience.

Everyone keen to live a meaningful life to fullest is welcome to join or support Agniveer mission.

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