**Meditation - The Secret Ingredient of My Life - From Reset Button to Supercomputer – Daaji**

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My dear young friends,

Today is Youth Day in India, and I wish you all a very inspiring and Happy Youth Day!

What is a common aspiration amongst us all, especially in our youth? I would think it is the pursuit of success - be it in our careers, personal lives, or in our journey of self-discovery. Everyone wants to be successful, isn't it? And the journey towards success is closely related to our desire for personal fulfilment, and achieving a sense of purpose. When I was young, I went to the USA with 20 dollars in my pocket. This was in the early eighties. Despite being the gold medallist in my Masters in Pharmacy from India, I had to appear for many certifications and exams before getting a licence to practise pharmacy there. Initially, I worked for someone else, but slowly the idea of starting my own pharmacy took shape and eventually, I started a chain of pharmacies over the years. I had many trustworthy partners and I shared my profits generously with them. That was a wise attitude which I learnt from my spiritual guide, Pujya Babuji Maharaj.

Now coming to the next point of satisfaction and fulfilment. Yes, I am satisfied with my professional life. So how can we find fulfilment, contentment, and the feeling of fulfilling our life purpose? Because, in the end, our success matters only if we have all these things. Otherwise, we become robots, machines, who just do something for money or for the allure of the societal fame bubble which will eventually burst if we are not careful.

Since a very young age, when I was a teenager, I was attracted to spirituality and I met my spiritual guide quite early in life. I learnt meditation from the Heartfulness Trainers of those times. They guided me well, and I used to invite my college friends and even professors to the Trainers homes. Everyone benefited from meditation. Well, that is about my youth.

I attribute not only my professional success as a businessman in New York, but also my sense of purpose and fulfilment to the practice of meditation. **I would call meditation as the secret ingredient of the recipe of my life!**

Nothing magical or mystical about it. It is just a very simple thing. To begin with, meditation helped me hit the reset button every time I needed a moment to clear my head, let us say, clear our mental cache, and sprinkle some good vibes on myself or on others. It's like that Antiviral protection that you install on your computers to begin with.

After you wake up, instead of jumping to your phone, if you spend a few minutes in meditation, maybe fifteen or thirty minutes, to begin with, meditation on the heart can have a lasting effect for the whole day. Individual experiences may vary, but generally, there are so many studies that say that beginning the day with meditation stress reduction, improved focus and concentration, enhanced emotional well-being, and even increased abilities of intuition and discernment. Now, if you go and google all these things, you will find hundreds of scientific journals and papers, peer reviewed and published in reputed publications.

But let me tell you how it all works.

Meditation causes neuroplasticity and brain changes. For example, the hippocampus, which is involved in memory and learning, may experience changes with regular meditation. A regular practice of meditation in the morning, or any time of the day, activates the parasympathetic nervous system and reduces sympathetic nervous system activity which is responsible for the fight or flight response. This helps in Autonomic Nervous System Modulation. There are also many changes that happen in the prefrontal cortex which are related to attention and cognitive improvement.

Now when all this happens in your brain, and your brain chemistry changes and the concoction of brain hormones improves in a positive way, what happens to you, your mind, your emotions, your reactions, your ability to process information? Now how do you understand your experiences, make sense of it, process it, and try to use it for the next steps in your life? Isn't there a difference now?

There are improved responses in almost all facets of life. Initial minor failures do not bog you down, you use them to fine tune your journey, and try to reach your goal. Your ability to use your discretion and discernment improves, because your perception has improved. You understand that there will always be ups and downs in life, but now that your brain is altered and you are significantly equipped to deal with it, not only do you handle the failures effectively, but you also capitalise on the successes. You condition yourself to repeat your success formulae and lessons learnt. You unlock an immense and infinite well of high potential.

Imagine if all the youngsters open up to such possibilities, how would the world be? Our world would be easily transformed within just one generation!

**Thus meditation to me began like a reset button or a mental cache clearing system. Slowly it evolved into the supercomputer of my entire system. It is one of the best tools that is underutilised.** Inner peace, stress relief, success in life, fulfilment, contentment, compassion, all these are but mere by-products.

This generation of youngsters can open up to such a high degree of precious potential. They have the potential to create an advanced race of human beings.

My message to all the young souls gathered here is this - embrace this secret ingredient - meditation into your lifestyle and witness how it transforms you and the future of humanity.