

# GEMS FROM OTHERS

## BASED ON ARTICLES BY VARIOUS AUTHORS

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## Notes from Naval Ravikant



# Stress

Stress happens when something wants to be in two places at one time. Like iron rod getting pulled from two ends.

Stress is an inability to decide what's important

You want to find peace from mind.



# Peace

Peace is happiness at rest.

Happiness is Peace in motion.

The ultimate goal is not happiness, even though we use that term a lot. The goal is peace.



## How do you get to peace?

Fundamentally, peace is inactivity; it's a sense that everything is fine.

If everything is fine, you're not doing any physical or mental activity to change it.

You're also not wishing you were doing something to change it, because that creates stress.



## How do you get to peace?

You cannot work toward peace, only understanding

“The name of God is truth.”

If/once you understand true nature of everything, then you are at Peace.



# Meditation

Free mind associates with things it sees, then imagines

Contemplating on a subject, various aspects related to them

Concentration is focusing on a topic

Most meditation techniques are of concentration with a hope that at one stage you will be free from the concentration subject.

Meditation is actually beyond concentration.

You cannot do meditation. It happens when you are not doing anything.

Be still 1 hr a day. On one day you will reach a state where no thoughts bubble up.



## Life Formulas

Happiness = Health + Wealth + Good Relationships

Health = Exercise + Diet + Sleep

Exercise = High Intensity Resistance Training + Sports + Rest

Diet = Natural Foods + Intermittent Fasting + Plants

Sleep = No alarms + 8–9 hours + Circadian rhythms

Wealth = Income + Wealth \* (Return on Investment)

Income = Accountability + Leverage + Specific Knowledge

Accountability = Personal Branding + Personal Platform + Taking Risk?

Leverage = Capital + People + Intellectual Property

Specific Knowledge = Knowing how to do something society cannot yet easily train other people to do

Return on Investment = “Buy-and-Hold” + Valuation + Margin of Safety





## Life Rules

Be present above all else.

Desire is suffering. (Buddha)

Anger is a hot coal you hold in your hand while waiting to throw it at someone else. (Buddha)

If you can't see yourself working with someone for life, don't work with them for a day.

Reading (learning) is the ultimate meta-skill and can be traded for anything else.

All the real benefits in life come from compound interest.

Earn with your mind, not your time.

99 percent of all effort is wasted.

Total honesty at all times. It's almost always possible to be honest and positive.

Praise specifically, criticize generally. (Warren Buffett)

Truth is that which has predictive power.

What is the most important habit? (A lot of "What is the most important habit?")



# Agenda

## 1 KEY HABITS

## Leo Babauta

Set your 3 MITs (Most Important Tasks) each morning

Single Task - focus your attention

Zero Inbox (Work In Progress mails ok)

Work while disconnected

Keep your desk de-cluttered

Stick to 5 sentences emails (make words powerful)

Say NO to any commitment outside your goals

Low information diet: emails + twice a day,

## Gut Health - Ben Warren's top 10 tips for a healthy gut.

Food/dairy intolerance causing Back pain, difficulty nose breathing,

IGG IGE test for whey protein, lactose/milk intolerance

Most of the immune system is in stomach as it has to protect from outside food.

It decides which protein to keep (food) and which to destroy (virus/bacteria are proteins too!!)



Gluten in some folks gets identified as virus and immune reactions happen.

Leaky gut affects body

Auto immune: immune system goes hyper and attacks good parts of internal body

Gut-brain axis : 3 way intersection of brain, gut and microbiome.

For digestion, mental relaxation is needed. Control breathing, diaphragmatic, while eating.

Chew food to liquid

Apple cider before meal (if there isn't strong acid, this will help. If you already have it, then you can stop and take bicarbonate soda) same in case acid reflux.

Start day with warm water + lemon. Gets stomach ready for the day

If at all you need dairy products, take as raw as possible.

Avoid if possible.



Gluten (wheat, maida, etc) and Lactose (dairy) are to be avoided.

Eat fermented food daily, probiotic

Chris Bailey

Schedule time to completely disconnect from work

Use visualizations to become more productive

Capture all of the open loops in your head

When you meet someone, shut off phone completely

Avinash Dharmadhikari

Know thy-self - Ongoing

Chose career of favorite topic - CAD

Excellence and Creativity in the chosen topic

The book of YOGA - Christina Brown

Yoga is a state of mind. Stillness fosters awareness.

Physical exercises still the body. Breath to focus the mind

Relaxation to quieten the body and mind

Chanting to arouse and then calm emotions



Meditation to center the spirits.

Yoga postures bring strength to the weak areas and soften the tight spots.

Frequently check your breathing

Finding the quietness that lies within yourself

Push your boundaries every time. Don't overdo it.

Start and End any activity with relaxation

Let it go, detachment. Tense and then relax parts one by one.

Stay Still and Don't worry

Blog Maria Popova

The secret of happiness: "Find something more important than you are" - philosopher Dan Dennett

Don't go after prestigious positions, HoD, on committees etc. Waste of time.

Steve Jobs: And the only way to do great work is to love what you do. If you haven't found it yet, keep looking.

Don't settle



The whole future lies in uncertainty: live immediately.

No activity can be successfully pursued by an individual who is preoccupied

7 Learnings:

Allow yourself the uncomfortable luxury of changing your mind.

Do nothing for prestige or status or money or approval alone. Have goal more than the promotion!!

Be generous. With your time.

Build pockets of stillness into your life. Sleep.

Don't believe what others say about you

Presence is far more intricate and rewarding an art than productivity.

Expect anything worthwhile to take a long time



Thanks ... [yogeshkulkarni@yahoo.com](mailto:yogeshkulkarni@yahoo.com)

