



The Beautiful Life



*May the new year
be filled with
Prosperity, Peace
and Happiness in life*



54,00,000 people Dies due to
smoking related causes every year.

That is 2000 times a 9/11(World Trade Center)

Maulik Bhuptani



MACRO WORLD SOFTWARES

44, Punit Nagar-3, Satellite, Ahmedabad.Guj-INDIA.
Phone: +91(79)6512 5678 Fax: +91(79)26765550
e-mail:info@tradsoft.com Web: www.tradsoft.com

Domain Management Hosting Solutions e-Mail Solution
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The Beautiful Life

Self Development

Family Care

Child Care

Laughter Time

Business Management

Natural Resources & Health Care

From Our Country

For Private Circulation Only.
Not for sale



Deepavali
November 9, 2007



Compiled by :



MACRO WORLD SOFTWARES

44, Punit-3, Satellite, Ahmedabad-380015. (Guj) INDIA.
Phone : +91(79) 6512 5678 Fax : +91(79) 2676 5550.
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PREFACE

A Long time ago, there was an Emperor who told his horseman that if he could ride on his horse and cover as much land area as he likes, then the Emperor would give him the area of land he has covered.

Sure enough, the horseman quickly jumped onto his horse and rode as fast as possible to cover as much land area as he could. He kept on riding and riding, whipping the horse to go as fast as possible.

When he was hungry, thirsty or tired, he did not stop because he wanted to cover as much area as possible. Came to a point when he had covered a substantial area and he was exhausted and was dying. Then he asked himself, "Why did I push myself so hard to cover so much land area? Now I am dying and I only need a very small area to bury myself."

The above story is similar with the journey of our Life. We push very hard everyday to make more money, to gain power and recognition. We neglect our health, time with our family and to appreciate the surrounding beauty and the hobbies we love to do.

One day when we look back, we will realize that we don't really need that much, but then we cannot turn back time for what we have missed.

Life is not about making money, acquiring power or recognition. Life is definitely not about work! Work is only necessary to keep us living so as to enjoy the beauty and pleasures of life.

Life is a balance of Work and Play, Family and Personal time. You have to decide how you want to balance your Life. Define your priorities, realize what you are able to compromise but always let some of your decisions be based on your instincts.

Happiness is the meaning and the purpose of Life, the whole aim of human existence. So, take it easy, do what you want to do and

appreciate nature. Life is fragile, Life is short. Do not take Life for granted. Live a balance lifestyle and enjoy Life!

In this book, we have tried to compile all the dimensions of life by various interesting stories and articles. Starting with the self development, we have tried to review the balance of life. Then the book focuses on family, as harmony within the family is one of the most important elements of life to make it successful. Future is youth. Some articles of this book are for youth readers to understand "All that glitters is not gold."

Ah! Then come the children. They make the life worth living. Isn't it? However, the child care is not a child's job.

Doing business in global arena becomes lucrative, if it is done with creativity and innovations. After reading the stories in this section, readers will agree that creativity and innovations can be (should be) learnt and developed. Last but important is priceless gift of God - The health and natural resources. The articles in this book are giving a sense of health care and preservation of natural resources - The Water and energy.

We, at Macro World Softwares, have always been celebrating deepavali by sharing our joy, warmth and varied experiences with all those who have directly or indirectly contributed to our journey to success. Earlier we used to send the book other publishers as greetings. However, from last two years we have started send the complied books like 'Pleasant moments' and 'Rays of Light'.

The credit of the compilation of this book to a great extent, goes to Mr. Dholakia (The proprietor of Manooshree Enterprises.), Mr. Chintan Bhuptani (My loving brother). I extend my gratitude to my family members for their greatest support.

We wish you all a very happy deepavali and a prosperous new year!

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Conversation with God

God: Hello. Did you call me ?



Me : Called you ? No... Who is this ?

God : This is GOD. I heard your prayers. So I thought I will chat.

Me : I do pray. Just makes me feel good. I am actually busy now. I am in the midst of something.

God : What are you busy at ? Ants are busy too.

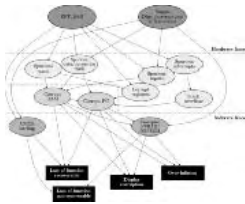
Me : Don't know. But I can't find free time. Life has become hectic. It's rush hour all the time.



God: Sure. Activity gets you busy. But productivity gets you results. Activity consumes time. Productivity frees it.

Me : I understand. But I still can't figure out. By the way, I was not expecting YOU to buzz me on instant messaging chat.

God: Well I wanted to resolve your fight for time, by giving you some clarity. In this net era, I wanted to reach you through the medium you are comfortable with.



Me : Tell me, why has life become complicated now ?

God : Stop analyzing life. Just live it. Analysis is what makes it complicated.

Me : Why are we then constantly unhappy ?

God: Your today is the tomorrow that you worried about yesterday. You are worrying because you are analyzing. Worrying has become your habit. That's why you are not happy.

Me : But how can we not worry when there is so much uncertainty

?

God: Uncertainty is inevitable, but worrying is optional.

Me : But then, there is so much pain due to uncertainty.

God: Pain is inevitable, but suffering is optional.

Me : If suffering is optional, why do good people always suffer ?

God: Diamond cannot be polished without friction. Gold cannot be purified without fire. Good people go through trials, but don't suffer. With that experience their life become better not bitter.



Me : You mean to say such experience is useful ?

God: Yes. In every terms, Experience is a hard teacher. She gives the test first and the lessons afterwards.

Me : But still, why should we go through such tests ? Why can't we be free from problems ?

God: Problems are Purposeful Roadblocks Offering Beneficial Lessons to Enhance Mental Strength. Inner strength comes from struggle and endurance, not when you are free from problems.

Me : Frankly in the midst of so many problems, we don't know where we are heading..

God: If you look outside you will not know where you are heading. Look inside. Looking outside, you dream. Looking inside, you awaken. Eyes provide sight. Heart provides insight.



Me : Sometimes not succeeding fast seems to hurt more than moving in the right direction. What should I do ?

God: Success is a measure as decided by others. Satisfaction is a measure as decided by you. Knowing the road ahead is more satisfying than knowing you rode ahead. You work with

the compass. Let others work with the clock.

Me : In tough times, how do you stay motivated ?

God: Always look at how far you have come rather than how far you have to go. Always count your blessing, not what you are missing.

Me : What surprises you about people ?

God: when they suffer they ask, “why me ?” When they prosper, they never ask “Why me” Everyone wishes to have truth on their side, but few want to be on the side of the truth.

Me : Sometimes I ask, who am I, why am I here. I can't get the answer.

God: Seek not to find who you are, but to determine who you want to be. Stop looking for a purpose as to why you are here. Create it. Life is not a process of discovery but a process of creation.

Me : How can I get the best out of life ?

God: Face your past without regret. Handle your present with confidence. Prepare for the future without fear.

Me : One last question. Sometimes I feel my prayers are not answered.

God: There are no unanswered prayers. At times the answer is NO.

Me : Thank you for this wonderful chat.

God : Well. Keep the faith and drop the fear. Don't believe your doubts and doubt your beliefs. Life is a mystery to solve not a problem to resolve. Trust me. Life is wonderful if you know how to live. “Life is not measured by the number of breaths we take but by the moments that took our breath away !

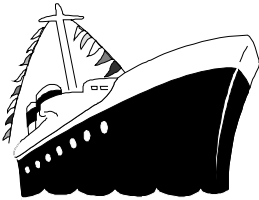


Trees that Wood

Once there were three trees on a hill in the woods. They were discussing their hopes and dreams when the first tree said, "Someday I hope to be a . I could be filled with gold, silver and precious gems. I could be decorated with intricate carving and everyone would see the **beauty**."



Then the second tree said, "Someday I will be a mighty ship. I will take kings and queens across the waters and sail to the corners of the world. Everyone will feel **safe** in me because of the strength of my hull."



Finally the third tree said, "I want to grow to be the tallest and straightest tree in the forest. People will see me on top of the hill and look up to my branches, and think of the heavens and God and how close to them I am reaching. I will be the greatest tree of all time and people will always **remember** me."



After a few years of praying that their dreams would come true, a group of woodsmen came upon the trees. When one came to the first tree he said, "This looks like a strong tree, I think I should be able to sell the wood to a carpenter" He began cutting it down. The tree was happy, because he knew that the carpenter would make him into a treasure chest.

At the second tree a woodsman said, "This looks like a strong tree, I should be able to sell it to the shipyard." The second tree was happy because he knew he was on his way to becoming a mighty ship.

When the woodsmen came upon the third tree, the tree was frightened because he knew that if they cut him down his dreams would not come true. One of the woodsmen said, "I don't need anything special from my tree so I'll take this one", and he cut it down.

When the first tree arrived at the carpenters, he was made into a feed box for animals. He was then placed in a barn and filled with hay. This was not at all what he had prayed for. The second tree was cut and made into a small fishing boat. His dreams of being a mighty ship and carrying kings had come to an end. The third tree was cut into large pieces and left alone in the dark. The years went by, and the trees forgot about their dreams.



Then one day, a man and woman came to the barn. She gave birth and they placed the baby in the hay in the feed box that was made from the first tree. The man wished that he could have made a crib for the baby, but this manger would have to do. The tree could feel the importance of this event and knew that it had held the **greatest treasure** of all time.

Years later, a group of men got in the fishing boat made from the second tree. One of them was tired and went to sleep. While they were out on the water, a great storm arose and the tree didn't think it was strong enough to keep the men safe. The men woke the sleeping man, and he stood and said "Peace" and the storm stopped. At this time, the tree knew that it had carried the **King of Kings** in its boat.



Finally, someone came and got the third tree. It was carried through the streets as the people mocked the man who was carrying it. When they came to a stop, the man was nailed to the tree and

Marble Story



There was this museum laid with beautiful marble tiles with a huge marble lady statue displayed in the middle of the lobby.

Many people came from all over the world just to admire this beautiful marble lady statue.

One night, the marble tiles started talking to the Marble lady.

Marble tile : Marble lady, it's just not fair, it's just not fair ! Why does everybody from all over the world come all the way here just to step on me while admiring you ? Not fair !

Marble lady : My dear friend, marble tile, Do you still remember that we were actually from the same cave ?

Marble tile : Yeah ! That's why I feel it is even more unfair. We were born from the same cave and yet we receive different treatment now. Not fair !

Marble lady : Then, do you still remember the day when the designer tried to work on you, but you resisted his tool ?

Marble tile : Yes, of course I remember. I hate that guy ! How could he use his tool on me, it hurt so badly.

Marble lady : That's right ! He couldn't work on you at all as you resisted being worked on.

Marble tile : So ? ? ?

Marble lady : When he decided to give up on you and start working on me instead, I knew at once that I

would be something different after his efforts. I did not resist his tool, instead I bore all the painful tools he used on me.

Marble tile: Mmmmmmmmm.....

Marble lady : My friend, there is a price to everything in life. Since you decided to give up half way, you can't blame anybody who steps on you now.

The moral of the story is :

- D The more hard knocks you go through in life, the more you'll learn and put them to use in the future.
- D Do not be discouraged by setbacks, challenges and failures.
- D No pain.....No gain
- D Past is past, you can't change it, but it is actually a blessing in disguise.
- D Past was good, present is better and the future will always be the best.



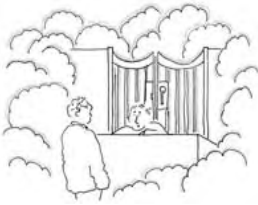
KEEP YOURSELF FOCUSED ON OUR HIGHEST VALUES,
YOUR GOALS, AND YOUR ASPIRATIONS IN LIFE.

* * *

“Once you start working on something, don't be afraid of failure and don't abandon it. People who work sincerely are the happiest.”

Chanakya quotes (Indian politician and strategist, 350 BC-275BC)

Heaven & Hell



A holy man was having a conversation with the Lord one day and said, "Lord, I would like to know what Heaven and Hell are like."

The Lord led the holy man to two doors. He opened one of the doors and the holy man looked in.

In the middle of the room was a large round table. In the middle of the table was a large pot of stew which smelled delicious and made the holy man's mouth water.

But the people sitting around the table were thin and sickly. They appeared to be famished. They were holding spoons with very long handles that were strapped to their arms and each found it possible to reach into the pot of stew and take a spoonful, but because the handle was longer than their arms, they could not get the spoons back into their mouths. The holy man shuddered at the sight of their misery and suffering. The Lord said, 'You have seen Hell.'

They then went to the next room and opened the door. It was exactly the same as the first one. There was the large round table with the large pot of stew which made the holy man's mouth water. The people were equipped with the same long-handled spoons, but here the people were well nourished and plump, laughing and talking.

The holy man said, "I don't understand."

"It is simple" said the Lord, "In this place the people have learned to feed one another."

* * *

Discover the 90/10 Principle

It will change your life (at least the way you react to situations). What is this principle ? 10% of life is made up of what happens to you. 90% of life is decided by how you react. What does this mean ? We really have no control over 10% of what happens to us.

Let's use an example.



You are eating breakfast with your family. Your daughter knocks over a cup of coffee onto your business shirt. You have no control over what just happened.

What happens next will be determined by how you react.

You curse.

You harshly scold your daughter for knocking the cup over. She breaks down in tears. After scolding her, you turn to your spouse and criticize her for placing the cup too close to the edge of the table. A short verbal battle follows. You storm upstairs and change your shirt. Back downstairs, you find your daughter has been too busy crying to finish breakfast and get ready for school. She misses the bus.



Your spouse must leave immediately for work. You rush to the car and drive your daughter to school. Because you are late, you drive 40 miles an hour in a 30 mph speed limit.

After a 15-minute delay and throwing \$60 traffic fine away, you arrive at school. Your daughter runs into the building without saying goodbye. After arriving at the office 20 minutes late, you find you forgot your briefcase. Your day has started terrible. As it continues,

it seems to get worse and worse. You look forward to coming home. When you arrive home, you find small wedge in your relationship with your spouse and daughter.

Why ? Because of how you reacted in the morning.

Why did you have a bad day ?

(A) Did the coffee cause it ? (B) Did your daughter cause it ? (C) Did the policeman cause it ? (D) Did you cause it ?

The answer is "D".

You had no control over what happened with the coffee. How you reacted in those 5 seconds is what caused your bad day. Here is what could have and should have happened.

Coffee splashes over you. Your daughter is about to cry. You gently say, "Its ok honey, you just need to be more careful next time". Grabbing a towel you rush upstairs. After grabbing a new shirt and your briefcase, you come back down in time to look through the window and see your child getting on the bus. She turns and waves. You arrive 5 minutes early and cheerfully greet the staff. Your boss comments on how good the day you are having.

Notice the difference and choose your suitable option.

* * *

It is not what we get. But who we become, what we contribute... that gives meaning to our lives.

– Anthony Robbins

THE ART OF LIVING : VIPASSANA MEDITATION

By **Shree S.N. Goenka**

The following article is based on a talk given by **Shree S.N. Goenka** in July 1980 in Berne, Switzerland.

Everyone seeks peace and harmony, because this is what we lack in our lives. From time to time, we all experience agitation, irritation, disharmony. And when we suffer from these miseries, we don't keep them to ourselves; we often distribute them to others as well. Unhappiness permeates the atmosphere around someone who is miserable, and those who come in contact with such a person also become affected. Certainly this is not a skillful way to live.

We ought to live at peace with ourselves and at peace with others. After all, human beings are social beings, having to live in society and deal with each other. But how are we to live peacefully ? How are we to remain harmonious within, and maintain peace and harmony around us, so that others can also live peacefully and harmoniously ?

In order to be relieved of our misery, we have to know the basic reason for it, the cause of the suffering. If we investigate the problem, it becomes clear that whenever we start generating any negativity or impurity in the mind, we are bound to become unhappy. A negativity in the mind, a mental defilement or impurity, cannot coexist with peace and harmony.

How do we start generating negativity ? Again, by investigation, it becomes clear. We become unhappy when we find someone behaving in a way that we don't like, or when we find something happening which we don't like. Unwanted things happen and we create tension within. Wanted things do not happen, some obstacle comes in the way, and again we create tension within; we start tying

knots within. And throughout life, unwanted things keep on happening, wanted things may or may not happen, and this process of reaction, of tying knots-Gordian knots-makes the entire mental and physical structure so tense, so full of negativity, that life becomes miserable.

Now, one way to solve this problem is to arrange that nothing unwanted happens in life, that everything keeps on happening exactly as we desire. Either we must develop the power, or somebody else who will come to our aid must have the power, to see that unwanted things do not happen and that everything we want happens. But this is impossible. There is no one in the world whose desires are always fulfilled, in whose life everything happens according to his or her wishes, without anything unwanted happening. Things constantly occur that are contrary to our desires and wishes. So the question arises: how can we stop reacting blindly when confronted with things that we don't like ? How can we stop creating tension and remain peaceful and harmonious ?

In India, as well as in other countries, wise saintly persons of the past studied this problem-the problem of human suffering-and found a solution: if something unwanted happens and you start to react by generating anger, fear or any negativity, then, as soon as possible, you should divert your attention to something else. For example, get up, take a glass of water, start drinking-your anger won't multiply; on the other hand, it'll begin to subside. Or start counting: one, two, three, four. Or start repeating a word, or a phrase, or some mantra, perhaps the name of a god or saintly person towards whom you have devotion; the mind is diverted, and to some extent you'll be free of the negativity, free of the anger.

This solution was helpful; it worked. It still works. Responding like this, the mind feels free from agitation. However, the solution works only at the conscious level. In fact, by diverting the attention you push the negativity deep into the unconscious, and there you continue to generate and multiply the same defilement. On the surface there is a layer of peace and harmony, but in the depths of the mind

there is a sleeping volcano of suppressed negativity which sooner or later may erupt in a violent explosion.

Other explorers of inner truth went still further in their search and, by experiencing the reality of mind and matter within themselves, recognized that diverting the attention is only running away from the problem. Escape is no solution; you have to face the problem. Whenever negativity arises in the mind, just observe it, face it. As soon as you start to observe a mental impurity, it begins to lose its strength and slowly withers away.

A good solution; it avoids both extremes-suppression and expression. Burying the negativity in the unconscious will not eradicate it, and allowing it to manifest as unwholesome physical or vocal actions will only create more problems. But if you just observe, then the defilement passes away and you are free of it.

This sounds wonderful, but is it really practical ? It's not easy to face one's own impurities. When anger arises, it so quickly overwhelms us that we don't even notice. Then, overpowered by anger, we perform physical or vocal actions which harm ourselves and others. Later, when the anger has passed, we start crying and repenting, begging pardon from this or that person or from God: "Oh, I made a mistake, please excuse me !" But the next time we are in a similar situation, we again react in the same way. This continual repenting doesn't help at all.

The difficulty is that we are not aware when negativity starts. It begins deep in the unconscious mind, and by the time it reaches the conscious level it has gained so much strength that it overwhelms us, and we cannot observe it.

Suppose that I employ a private secretary, so that whenever anger arises he says to me, "Look, anger is starting !" Since I cannot know when this anger will start, I'll need to hire three private secretaries for three shifts, around the clock ! Let's say I can afford it, and anger begins to arise. At once my secretary tells me, "Oh

look-anger has started !" The first thing I'll do is rebuke him: "You fool ! You think you're paid to teach me ?" I'm so overpowered by anger that good advice won't help.

Suppose wisdom does prevail and I don't scold him. Instead, I say, "Thank you very much. Now I must sit down and observe my anger." Yet, is it possible ? As soon as I close my eyes and try to observe anger, the object of the anger immediately comes into my mind- the person or incident which initiated the anger. Then I'm not observing the anger itself; I'm merely observing the external stimulus of that emotion. This will only serve to multiply the anger, and is therefore no solution. It is very difficult to observe any abstract negativity, abstract emotion, divorced from the external object which originally caused it to arise.

However, someone who reached the ultimate truth found a real solution. He discovered that whenever any impurity arises in the mind, physically two things start happening simultaneously. One is that the breath loses its normal rhythm. We start breathing harder whenever negativity comes into the mind. This is easy to observe.

At a subtler level, a biochemical reaction starts in the body, resulting in some sensation. Every impurity will generate some sensation or the other within the body.

This presents a practical solution. An ordinary person cannot observe abstract defilements of the mind-abstract fear, anger or passion. But with proper training and practice it is very easy to observe respiration and body sensations, both of which are directly related to mental defilements.

Respiration and sensations will help in two ways. First, they will be like private secretaries. As soon as a negativity arises in the mind, the breath will lose its normality; it will start shouting, "Look, something has gone wrong !" And we cannot scold the breath; we have to accept the warning. Similarly, the sensations will tell us that something has gone wrong. Then, having been warned, we can start

observing the respiration, start observing the sensations, and very quickly we find that the negativity passes away.

This mental-physical phenomenon is like a coin with two sides. On one side are the thoughts and emotions arising in the mind, on the other side are the respiration and sensations in the body. Any thoughts or emotions, any mental impurities that arise manifest themselves in the breath and the sensations of that moment. Thus, by observing the respiration or the sensations, we are in fact observing mental impurities. Instead of running away from the problem, we are facing reality as it is. As a result, we discover that these impurities lose their strength; they no longer overpower us as they did in the past. If we persist, they eventually disappear altogether and we begin to live a peaceful and happy life, a life increasingly free of negativities.

In this way the technique of self-observation shows us reality in its two aspects, inner and outer. Previously we only looked outward, missing the inner truth. We always looked outside for the cause of our unhappiness; we always blamed and tried to change the reality outside. Being ignorant of the inner reality, we never understood that the cause of suffering lies within, in our own blind reactions toward pleasant and unpleasant sensations.

Now, with training, we can see the other side of the coin. We can be aware of our breathing and also of what is happening inside. Whatever it is, breath or sensation, we learn just to observe it without losing our mental balance. We stop reacting and multiplying our misery. Instead, we allow the defilements to manifest and pass away.

The more one practices this technique, the more quickly negativities will dissolve. Gradually the mind becomes free of defilements, becomes pure. A pure mind is always full of love-selfless love for all others, full of compassion for the failings and sufferings of others, full of joy at their success and happiness, full of equanimity in the face of any situation.

When one reaches this stage, the entire pattern of one's life changes.

It is no longer possible to do anything vocally or physically which will disturb the peace and happiness of others. Instead, a balanced mind not only becomes peaceful, but the surrounding atmosphere also becomes permeated with peace and harmony, and this will start affecting others, helping others too.

By learning to remain balanced in the face of everything experienced inside, one develops detachment towards all that one encounters in external situations as well. However, this detachment is not escapism or indifference to the problems of the world. Those who regularly practice Vipassana become more sensitive to the sufferings of others, and do their utmost to relieve suffering in whatever way they can-not with any agitation, but with a mind full of love, compassion and equanimity. They learn holy indifference-how to be fully committed, fully involved in helping others, while at the same time maintaining balance of mind. In this way they remain peaceful and happy, while working for the peace and happiness of others.

This is what the Buddha taught: an art of living. He never established or taught any religion, any "ism". He never instructed those who came to him to practice any rites or rituals, any empty formalities. Instead, he taught them just to observe nature as it is, by observing the reality inside. Out of ignorance we keep reacting in ways which harm ourselves and others. But when wisdom arises-the wisdom of observing reality as it is-this habit of reacting falls away. When we cease to react blindly, then we are capable of real action-action proceeding from a balanced mind, a mind which sees and understands the truth. Such action can only be positive, creative and helpful to us and to others.

What is necessary, then, is to "know thyself"-advice which every wise person has given. We must know ourselves, not just intellectually in the realm of ideas and theories, and not just emotionally or devotionally, simply accepting blindly what we have heard or read. Such knowledge is not enough. Rather, we must know reality experientially. We must experience directly the reality of this mental-physical phenomenon. This alone is what will help us be free of

our suffering.

This direct experience of our own inner reality, this technique of self-observation, is what is called Vipassana meditation. In the language of India in the time of the Buddha, *passana* meant seeing in the ordinary way, with one's eyes open; but *Vipassana* is observing things as they actually are, not just as they appear to be. Apparent truth has to be penetrated, until we reach the ultimate truth of the entire psycho-physical structure. When we experience this truth, then we learn to stop reacting blindly, to stop creating negativities and naturally the old ones are gradually eradicated. We become liberated from misery and experience true happiness.

There are three steps to the training given in a meditation course. First, one must abstain from any action, physical or vocal, which disturbs the peace and harmony of others. One cannot work to liberate oneself from impurities of the mind while at the same time continuing to perform deeds of body and speech which only multiply them. Therefore, a code of morality is the essential first step of the practice. One undertakes not to kill, not to steal, not to commit sexual misconduct, not to tell lies, and not to use intoxicants. By abstaining from such actions, one allows the mind to quiet down sufficiently in order to proceed further.

The next step is to develop some mastery over this wild mind by training it to remain fixed on a single object, the breath. One tries to keep one's attention on the respiration for as long as possible. This is not a breathing exercise; one does not regulate the breath. Instead, one observes natural respiration as it is, as it comes in, as it goes out. In this way one further calms the mind so that it is no longer overpowered by intense negativities. At the same time, one is concentrating the mind, making it sharp and penetrating, capable of the work of insight.

These first two steps, living a moral life, and controlling the mind, are very necessary and beneficial in themselves, but they will lead to suppression of negativities unless one takes the third step: purifying

the mind of defilements by developing insight into one's own nature. This is Vipassana: experiencing one's own reality by the systematic and dispassionate observation within oneself of the ever-changing mind-matter phenomenon manifesting itself as sensations. This is the culmination of the teaching of the Buddha: self-purification by self-observation.

It can be practiced by one and all. Everyone faces the problem of suffering. It is a universal malady which requires a universal remedy, not a sectarian one. When one suffers from anger, it's not Buddhist anger, Hindu anger, or Christian anger. Anger is anger. When one becomes agitated as a result of this anger, this agitation is not Christian, or Jewish, or Muslim. The malady is universal. The remedy must also be universal.

Vipassana is such a remedy. No one will object to a code of living which respects the peace and harmony of others. No one will object to developing control over the mind. No one will object to developing insight into one's own nature, by which it is possible to free the mind of negativities. Vipassana is a universal path.

Observing reality as it is by observing the truth inside-this is knowing oneself directly and experientially. As one practices, one keeps freeing oneself from the misery of mental impurities. From the gross, external, apparent truth, one penetrates to the ultimate truth of mind and matter. Then one transcends that, and experiences a truth which is beyond mind and matter, beyond time and space, beyond the conditioned field of relativity: the truth of total liberation from all defilements, all impurities, all suffering. Whatever name one gives this ultimate truth is irrelevant; it is the final goal of everyone.

May you all experience this ultimate truth. May all people be free from misery. May they enjoy real peace, real harmony, real happiness.

MAY ALL BEINGS BE HAPPY

* * *

Family

I ran into a stranger as he passed by,
"Oh excuse me please" was my reply.



He said, "Please excuse me too;
I wasn't watching for you."

We were very polite, this stranger and I.
We went on our way and we said goodbye.

But at home a different story is told,
How we treat our loved ones, young and old.

Later that day, I was arranging books,
My son stood beside me very still.

When I turned, I nearly knocked him down.
"Move out of the way," I said with a frown.

He walked away, his little heartbroken.
I didn't realize how harshly I'd spoken.



While I lay awake in bed,
God's still small voice came to me and said,

"While dealing with a stranger,
common courtesy you use,
but the family you love, you seem to abuse.

Go and look on the studyroom floor,
You'll find some flowers there by the door.

Those are the flowers he brought for you.
He picked them himself: pink, yellow and blue.

He stood very quietly not to spoil the surprise,
you never saw the tears that filled his little eyes."

By this time, I felt very small,
And now my tears began to fall.

I quietly went and knelt by his bed;
"Wake up, little one, wake up," I said.

"Are these the flowers you picked for me?"
He smiled, "I found 'em, out by the tree.

I picked 'em because they're pretty like you.
I knew you'd like 'em, especially the blue."

I said, "Son, I'm very sorry for the way I acted today;
I shouldn't have yelled at you that way."

He said, "Oh, Dad, that's okay.
I love you anyway."

I said, "Son, I love you too,
and I do like the flowers, especially the blue."



* * *

"God is not present in idols. Your feelings are your god. The soul is your temple."

Chanakya quotes (Indian politician and strategist, 350 BC-275BC)

God and Baby

Conversation Between God and baby in heaven :

God : You are going born in the earth tomorrow.

Child : (Cried) How i will talk to people ?

God : I sent an angel to earth, she will teach you.

Child : (Cried) How i will pray you ?

God : Angel will teach you to pray.

Child : (Cried) How i will learn good words ?

God : Angel will teach you.

Child : (Cried) If i suffer from sorrow ?

God : Angel will be there to listen and understand your feelings.

Child : (Cried) Who is that angel ?

God : She is your MOTHER ! ! ! ! ! ! ! ! ! !

Mother is Gift of god. So Please Love your Mother.



* * *

Beautiful Love Story



He met her on a party. She was so outstanding, many guys chasing after her, while he so normal, nobody paid attention to him.

At the end of the party, he invited her to have coffee with him, she was surprised, but due to being polite, she promised. They sat in a nice coffee shop, he was too nervous to say anything, she felt uncomfortable, she thought, please; let me go home.... suddenly he asked the waiter. "Would you please give me some salt ? I'd like to put it in my coffee."

Everybody stared at him, so strange ! His face turned red, but still, he put the salt in his coffee and drank it. She asked him curiously; why you have this hobby ? He replied: "when I was a little boy, I was living near the sea, I like playing in the sea, I could feel the taste of the sea, just like the taste of the salty coffee.

Now every time I have the salty coffee, I always think of my childhood, think of my hometown, I miss my hometown so much, I miss my parents who are still living there". While saying that tears filled his eyes. She was deeply touched.

Then the story was just like every beautiful love story , the princess married to the prince, then they were living the happy life... And, every time she made coffee for him, she put some salt in the coffee, as she knew that's the way he liked it.

After 40 years, he passed away, left her a letter which said: "My dearest, please forgive me, forgive my whole life lie. This was the only lie I said to you—the salty coffee. Remember the first time we dated ? I was so nervous at that time, actually I wanted some sugar, but I said salt It was hard for me to change so I just went

ahead. I never thought that could be the start of our communication ! I tried to tell you the truth many times in my life, but I was too afraid to do that, as I have promised not to lie to you for anything..

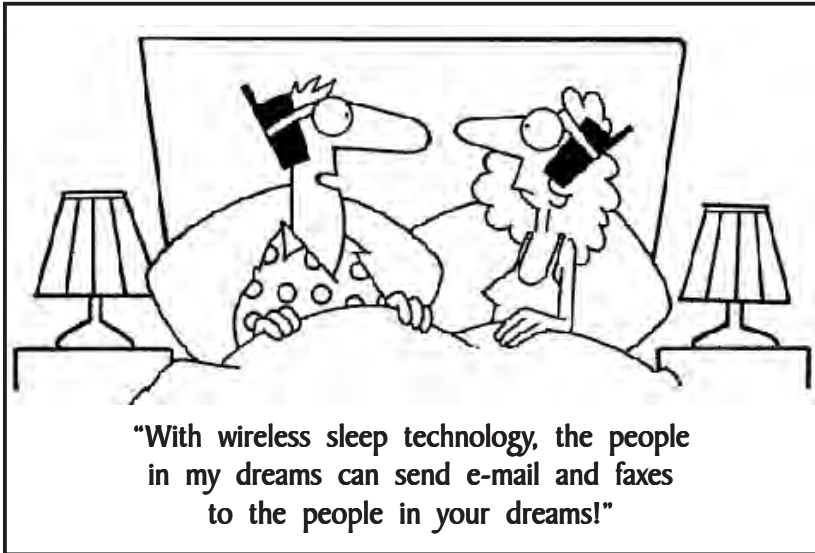
Actually, I don't like the salty coffee, what a strange bad taste.. But I have had the salty coffee for my whole life ! Having you with me is my biggest happiness for my whole life. If I can live for the second time, still want to have you for my next life, even though I have to drink the salty coffee again”.

Her tears made the letter totally wet. Someday, someone asked her: what's the taste of salty coffee ? It's sweet. She replied. Love is not to FORGET but to FORGIVE, not to SEE but to UNDERSTAND, not to HEAR but to LISTEN, not to let go but to HOLD ON ! ! !

Forget the things make you SAD.

Remember the things make you GLAD.

* * *



Respect your Parents



An 80 year old man was sitting on the sofa in his house along with his 45 years old highly educated son. Suddenly a crow perched on their window.

The Father asked his Son, "What is this ?"

The Son replied "It is a crow". After a few minutes, the Father asked his Son the 2nd time, "What is this ?"

The Son said "Father, I have just now told you "It's a crow".

After a little while, the old Father again asked his Son the 3rd time, "What is this ?" At this time some expression of irritation was felt in the Son's tone when

he said to his Father with a rebuff. "It's a crow, a crow".

A little after, the Father again asked his Son the 4th time, "What is this ?" This time the Son shouted at his Father, "Why do you keep asking me the same question again and again, although I have told you so many times 'IT IS A CROW'. Are you not able to understand this ?"

A little later the Father went to his room and came back with an old tattered diary, which he had maintained since his Son was born. On opening

a page, he asked his Son to read that page. When the son read it, the following words were written in the diary :-

"Today my little son aged three was sitting with me on the sofa, when a crow was sitting on the window. My Son asked me 23 times what it was, and

I replied to him all 23 times that it was a Crow. I hugged him lovingly each time he asked me the same question again and again for 23

times. I did not at all feel irritated I rather felt affection for my innocent child”.

While the little child asked him 23 times “What is this”, the Father had felt no irritation in replying to the same question all 23 times and when today the Father asked his Son the same question just 4 times, the Son felt irritated and annoyed. So..

If your parents attain old age, do not repulse them or look at them as a burden, but speak to them a gracious word, be cool, obedient, humble and kind to them. Be considerate to your parents.

* * *



US Visa

In a poor zoo of India, a lion was frustrated as he was offered not more than 1 kg meat a day.

The lion thought its prayers were answered when one US Zoo Manager visited the zoo and requested the zoo management to shift the lion to the US Zoo.

The lion was so happy and started thinking of a central A/c environment, a goat or two every day and a US Green Card also.

On its first day after arrival, the lion was offered a big bag, sealed very nicely for breakfast.

The lion opened it quickly but was shocked to see that it contained few bananas.

Then the lion thought that maybe they cared too much for him as they were worried about his stomach as he had recently shifted from India.

The next day the same thing happened. On the third day again the same food bag of bananas was delivered.

The lion was so furious; it stopped the delivery boy and blasted away at him "you know I am the lion...king of the Jungle..., what's wrong with your management ?

What nonsense is this ? Why are you delivering bananas to me ?'

The delivery boy politely said, 'Sir, I know you are the king of the jungle but ... did you know that you have been brought here on a monkey's visa !!!

Better to be a Lion in your own country than a Monkey elsewhere.. !

* * *

E-mail



A jobless man applied for the position of “office boy” at Microsoft.

The HR manager interviewed him then watched him cleaning the floor as a test. “You are employed” he said. “Give me your e-mail address and I’ll send you the

application to fill in, as well as the date when you may start.”

The man replied “But I don’t have a computer, nor an email.”

“I’m sorry”, said the HR manager, “If you don’t have an email, that means you do not exist. And who doesn’t exist, cannot have the job.”

The man left with no hope at all. He didn’t know what to do, with only \$10 in his pocket. He then decided to go to the supermarket and buy a 10Kg tomato crate. He then sold the tomatoes in a door to door round. In less than two hours, he succeeded to double his capital. He repeated the operation three times, and returned home with \$60.

The man realized that he can survive by this way, and started to go every day earlier, and return late. Thus, his money doubled or tripled every day.

Shortly, he bought a cart, then a truck, and then he had his own fleet of delivery vehicles. 5 years later, the man is one of the biggest food retailers in the US. He started to plan his family’s future, and decided to have a life insurance. He called an insurance broker, and chose a protection plan. When the conversation was concluded, the broker asked him his email.

The man replied, “I don’t have an email.”

The broker answered curiously, "You don't have an email, and yet have succeeded to build an empire. Can you imagine what you could have been if you had an email ? ! !"

The man thought for a while and replied, "Yes, I'd be an office boy at Microsoft !"

Moral of the story

1. Internet / email is not the solution to your life.
2. If you don't have internet / email and work hard, you can be a millionaire.
3. If you received this message by email, you are probably already an office boy/girl, and not any close to being a millionaire...

* * *



Second Richest man of the world



There was a one hour interview on CNBC with Warren Buffet, the second richest man who has donated \$31 billion to charity. Here are some very interesting aspects of his life:

- 1) He bought his first share at age 11 and he now regrets that he started too late !
- 2) He bought a small farm at age 14 with savings from delivering newspapers.
- 3) He still lives in the same small 3 bedroom house in mid-town Omaha that he bought after he got married 50 years ago. He says that he has everything he needs in that house. His house does not have a wall or a fence.
- 4) He drives his own car everywhere and does not have a driver or security people around him.
- 5) He never travels by private jet, although he owns the world's largest private jet company.
- 6) His company, Berkshire Hathaway, owns 63 companies. He writes only one letter each year to the CEOs of these companies, giving them goals for the year. He never holds meetings or calls them on a regular basis.
- 7) He has given his CEO's only two rules. Rule number 1: do not lose any of your share holder's money. Rule number 2: Do not forget rule number 1.
- 8) He does not socialize with the high society crowd. His past time

after he gets home is to make himself some pop corn and watchtelevision.

9) Bill Gates, the world's richest man met him for the first time only 5 years ago. Bill Gates did not think he had anything in common with Warren Buffet. So he had scheduled his meeting only for half hour. But when Gates met him, the meeting lasted for ten hours and Bill Gates became a devotee of Warren Buffet.

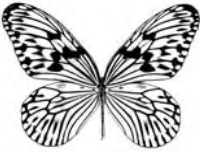
10) Warren Buffet does not carry a cell phone, nor has a computer on his desk.

11) His advice to young people: Stay away from credit cards and invest in yourself.

* * *



A Butterfly



A man found a cocoon for a butterfly. One day a small opening appeared, he sat and watched the butterfly for several hours as it struggled to force its body through the little hole. Then it seemed to stop making any progress. It appeared as if it had gotten as far as it could and could go no farther. Then the man decided to help the butterfly.

He took a pair of scissors and snipped the remaining bit of the cocoon. The butterfly then emerged easily. Something was strange. The butterfly had a swollen body and shriveled wings. The man continued to watch the butterfly because he expected at any moment, the wings would enlarge and expand to be able to support the body, which would contract in time. Neither happened. In fact, the butterfly spent the rest of its life crawling around with a swollen body and deformed wings. It was never able to fly.

What the man in his kindness and haste did not understand, was that the restricting cocoon and the struggle required for the butterfly to get through the small opening of the cocoon are God's way of forcing fluid from the body of the butterfly into its wings so that it would be ready for flight once it achieved its freedom from the cocoon. Sometimes struggles are exactly what we need in our life.

If God allowed us to go through all our life without any obstacles, that would cripple us. We would not be as strong as what we could have been. Not only that, we could never fly.

* * *

Puppies for sale



A farmer had some puppies he needed to sell. He painted a sign advertising the pups and set about Nailing it to a post on the edge of his yard. As he was driving the last nail into the post, he Felt a tug on his overalls. He looked down into the Eyes of a little boy.

Mister," he said, "I want to buy one of your puppies."

"Well," said the farmer, as he rubbed the sweat off the back of his neck, "these puppies come from fine parents and cost a good deal of money."

The boy dropped his head for a moment. Then reaching deep into his pocket, he pulled out a handful of change and held it up to the farmer. "I've got thirty-nine cents. Is that enough to take a look?"

"Sure," said the farmer.

And with that he let out a whistle, "Here, Dolly !" he called. Out from the doghouse and down the ramp ran Dolly followed by four little balls of fur. The little boy pressed his face against the chain link fence. His eyes danced with delight.

As the dogs made their way to the fence, the little boy noticed something else stirring inside the doghouse. Slowly another little ball appeared; this One noticeably smaller. Down the ramp it slid. Then in a somewhat awkward manner the little pup began hobbling toward the others, doing its best to catch up....

"I want that one," the little boy said, pointing to the runt.

The farmer knelt down at the boy's side and said, "Son, you don't want that puppy. He will never be able to run and play with you like these other dogs would."

With that the little boy stepped back from the fence, reached down, and began rolling up one leg of his trousers. In doing so he revealed a steel brace running down both sides of his leg attaching itself to a specially made shoe. Looking back up at the farmer, he said, "You see sir, I don't run too well myself, and he will need Someone who understands."

The world is full of people who need someone who understands. Is your child one of them ? If we need to be with our child... we need to understand the child psychology by being like them. If we can't understand our child. It will go out of our reach.

* * *

"Treat your kid like a darling for the first five years. For the next five years, discipline them. By the time they turn sixteen, treat them like a friend. Your grown up children are your best friends."

Chanakya quotes (Indian politician and strategist, 350 BC-275BC)

NON-VIOLENT PARENTING:



Dr. Arun Gandhi, grandson of Mahatma Gandhi and founder of the M.K. Gandhi Institute for Non-violence, in his June 9 lecture at the University of Puerto Rico, shared the following story as an example of “non-violence in parenting”:

“I was 16 years old and living with my parents at the institute my grandfather had founded 18 miles outside of Durban, South Africa, in the middle of the sugar plantations. We were deep in the country and had no neighbors, so my two sisters

and I would always look forward to going to town to visit friends or go to the movies. One day, my father asked me to drive him to town for an all-day conference, and I jumped at the chance. Since I was going to town, my mother gave me a list of groceries she needed and, since I had all day in town, my father ask me to take care of several pending chores, such as getting the car serviced. When I dropped my father off that morning, he said, ‘I will meet you here at 5:00 p.m., and we will go home together.’

After hurriedly completing my chores, I went straight to the nearest movie theatre. I got so engrossed in a John Wayne double-feature that I forgot the time. It was 5:30 before I remembered. By the time I ran to the garage and got the car and hurried to where my father was waiting for me, it was almost 6:00. He anxiously asked me, ‘Why were you late?’ I was so ashamed of telling him I was watching a John Wayne western movie that I said, ‘The car wasn’t ready, so I had to wait,’ not realizing that he had already called the garage. When he caught me in the lie, he said: ‘There’s something wrong in the way I brought you up that didn’t give you the confidence to tell me the truth. In order to figure out where I went wrong

with you, I'm going to walk home 18 miles and think about it.'

So, dressed in his suit and dress shoes, he began to walk home in the dark on mostly unpaved, unlit roads. I couldn't leave him, so for five-and-a-half hours I drove behind him, watching my father go through this agony for a stupid lie that I uttered.

I decided then and there that I was never going to lie again. I Often think about that episode and wonder, if he had punished me the way we punish our children, whether I would have learned a lesson at all. I don't think so. I would have suffered the punishment and gone on doing the same thing. But this single non-violent action was so powerful that it is still as if it happened yesterday. That is the power of non-violence.

* * *

When I despair, I remember that all through history the ways of truth and love have always won. There have been tyrants, and murderers, and for a time they can seem invincible, but in the end they always fall. Think of it—always.

Fairy & 30 years younger

A couple had been married for 40 years and also celebrated husband's 60th birthday .

During the celebration, a fairy appeared and said that because they had been such a loving couple all these years, she would give them one wish each.



Being the faithful, loving spouse for all these years, naturally the wife wanted for herself and her husband to have a romantic vacation together, so she wished for them to travel around the world.

The fairy waved her wand and boom ! ... the wife had the tickets in her hand.

Next, it was the husband's turn and the fairy assured him he could have any wish he wanted, all he needed to do was ask for his heart's desire.

He paused for a moment, then said, "Well, honestly, I'd like to have a woman 30 years younger than me."

The fairy picked up her wand and booom ! ... he was 90 years old.

So, Do not compete with your wife
Knowingly or unknowingly.



* * *

HOW TO ASK YOUR BOSS FOR A SALARY INCREASE.. ?

One day an employee sends a letter to his boss asking for an increase in his salary !!!

Dear Bo\$\$

In thi\$ life, we all need \$ome thing mo\$t de\$perately. I think you \$hould be under\$tanding of the need\$ of u\$ worker\$ who have given \$o much \$upport including \$weat and \$ervice to your company .

I am \$ure you will gue\$\$ what I mean and re\$pond \$oon.

Your\$ \$incerely,

Norman \$oh

The next day, the employee received this letter of reply:

Dear NORman,

I kNOW you have been working very hard. NOWadays, NOTHING much has changed. You must have NOTiced that our company is NOT doing NOTiceably well as yet.

NOW the newspaper are saying the world's leading ecoNOMists are NOT sure if the United States may go into aNOther recession. After the NOVember presidential elections things may turn bad.

I have NOthing more to add NOW. You kNOW what I mean.

Yours truly,

Manager

ISM

INFOSYSism :

You have a 1000 poor cows. You put them on a nice campus, & send them one at a time to the US for milking.

DELLism :

Intel has a Goat. Samsung has a Camel. Buy milk from both & sell it as Cow's milk.

IBMism :

You have old stubborn cows. You sell them as pet dogs to innocent small businessmen.

MICROSOFTism :

You have a cow. Force the world to buy milk from you. Spend a million dollars to feed poorer cows.

ORACLEism :

You have a cow. You don't know which side to milk, so you sell tools to help milk cows.

SAPism :

You don't have a cow You sell milking solutions for cows implemented by milking consultants.

SONYism :

You have a cow. You spend \$50 mn to develop the world's thinnest milk.

CITIBANKism :

Welcome to Citibank. If you have a cow, press 1. If you have a bull, press 2...stay on line if you'd like our customer care to milk it for you.

RELIANCEism :

You don't yet have a cow. You sell empty cans to people for Rs. 501, because The father wanted everyone to have milk.

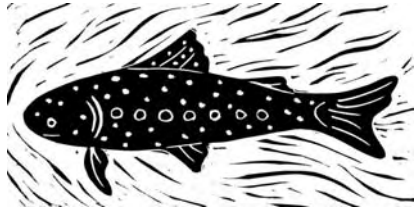
TATAism :

You have a very old cow. You re-brand it as TATA Indicow.

* * *

Fresh Fish

The Japanese have always loved fresh fish. But the waters close to Japan have not held many fish for decades. So to feed the



Japanese population, fishing boats got bigger and went farther than ever. The farther the fishermen went, the longer it took to bring in the fish. If the return trip took more than a few days, the fish were not fresh. The Japanese did not like the taste.

To solve this problem, fishing companies installed freezers on their boats.

They would catch the fish and freeze them at sea. Freezers allowed the boats to go farther and stay longer. However, the Japanese could taste the difference between fresh and frozen and they did not like frozen fish.

The frozen fish brought a lower price. So fishing companies installed fish tanks. They would catch the fish and stuff them in the tanks, fin to fin.

After a little thrashing around, the fish stopped moving. They were tired and dull, but alive. Unfortunately, the Japanese could still taste the difference. Because the fish did not move for days, they lost their fresh-fish taste. The Japanese preferred the lively taste of fresh fish, not sluggish fish.

How Japanese Fish Stay Fresh:

To keep the fish tasting fresh, the Japanese fishing companies still put the fish in the tanks. But now they add a small shark to each tank. The shark eats a few fish, but most of the fish arrive in a very lively state. The fish are challenged.



Have you realized that some of us are also living in a pond but most of the time tired & dull, so we need a Shark in our life to keep us awake and moving ? Basically in our lives Sharks are new challenges to keep us active and lively.....

* * *

The only limitation on your abilities is the level of your desires.
If you want it badly enough, there are no limits.

Hammer

Ever heard the story of the giant ship engine that failed ? The ship's owner tried one expert after another, but none of them could figure how to fix the engine. Then they brought in an old man who had been fixing ships since he was a youngster. He carried a large bag of tools with him. He inspected the engine very carefully, top to bottom.



Two of the ship's owners were there, watching this man, hoping he would know what to do. After looking things over, the old man reached into his bag and pulled out a small hammer. He gently tapped something.

Instantly, the engine lurched into life. The engine was fixed ! A week later, the owners received a bill from the old man for ten thousand dollars.

"What ? !" the owners exclaimed. "He hardly did anything !"

So they wrote the old man a note saying, "Please send us an itemized bill."

The man sent a bill that read:

Tapping with a hammer \$ 2.00

Knowing where to tap \$ 9998.00

Effort is important, but knowing where to make an effort in your life makes all the difference.

Many a times in my starting business... I was asked the same question. You had spend only few minutes and played with the computer. And now you are charging so much... so, they do not understand the value of applied brain and their time and resources saved within few minutes. So, I was simply telling above story to them.. and now you may do the same.

A story on Time Management

Once a man saw in his dream, that a lion was chasing him. The man ran to a tree, climbed on to it and sat on a branch. He looked down and saw that the lion was still there waiting



for him. The man then looked to his side where the branch he was sitting on was attached to the tree and saw that two rats were circling around and eating the branch. One rat was black and the other one was white. The branch would fall on the ground very soon. The man then looked below

again with fear and discovered that a big black snake had come and settled directly under him. The snake opened its mouth right under the man so that he will fall into it. The man then looked up to see if there was anything that he could hold on to. He saw another branch with a honeycomb. Drops of honey were falling from it. The man wanted to taste one of the drops. So, he put his tongue out and tasted one of the fallen drops of honey. The honey was amazing in taste. So, he wanted to taste another drop. As he did, he got lost into the sweetness of the honey. Meanwhile, he forgot about the two rats eating his branch away, the lion on the ground and the snake that is sitting right under him. A fter a while, he woke up from his sleep.

To get the meaning behind this dream, the man went to a scholar. The scholar said “The lion you saw is your death. It always chases you and goes where ever you go. The two rats, one black and one white, are the night and the day. Black one is the night and the white one is the day. They circle around, coming one after another, to eat your time as they take you closer to death. The big black snake with a dark mouth is your grave. It's there, just waiting for you to fall into it. The honeycomb is this world and the sweet honey is the luxuries of this world. We like to taste a drop of the luxuries of this world but it's very sweet. Then we taste another drop and yet another. Meanwhile, we get lost into it and we forget about our time, we forget about our death and we forget about our graves.”

Lessons in Leadership

- THE LAGAAN Way -

THINK OF PROBLEMS AS OPPORTUNITIES:

Captain Russell's challenge to Bhuvan to play the cricket match was taken up by Bhuvan as an opportunity to bring happiness into the lives of his village folk.



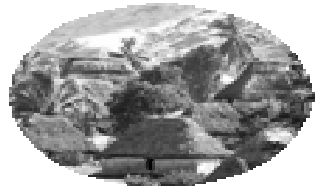
DREAM BIG AND DEFINE THE GOAL:



Bhuvan accepting the challenge to play the cricket match, as winning it meant 3 yrs of 'TAXFREE' happiness. But he did not just dream 'BIG', he also chalked out a strategic plan of action to win the match. He then put it before eyes of those, whose involvement was of importance in the match.

PUT COMMUNITY BEFORE SELF:

Bhuvan did not dream for himself, he dreamt for the good of his village folk. Not once did this man of character put his self-interest before that of others. It was this that made him win the support of his villagers... after some initial resistance.



BE DETERMINED IN FACE OF OPPOSITION:



Right from the start when the entire village opposes Bhuvan's having taken up the challenge to the time when the rest of his team refuses to play because he wants to take in an untouchable in the team.

We face this situation many times in our organisations. Many a time, we give up and accept what we feel is perhaps a lesser decision. It is at times like these that we need to speak up- as long as we know we are fighting for the right issue, and not against an individual.

GIVE EXAMPLES TO ENHANCE UNDERSTANDING:

Bhuvan simplified the challenge of learning cricket by portraying it as something similar to gilli-danda.

Analogies have that effect and can be powerful in helping tame the seemingly difficult.



As managers and leaders, we too have this task of motivating the team members to take up challenges in the projects.

MAKE A BEGINNING:

Bhuvan did not wait to start. He did not see around. He made bat and a ball, got the kid interested and started.



Only when we close the door behind us, we will see the doors in front start opening.

SMALL VICTORIES ARE IMPORTANT AT THE START

Bhuvan hitting the ball for the first time in full public view and inculcating a feeling of participation among them.

When starting any project it is important to have small wins at the start to motivate the team.



BUILDING THE TEAM:



Building the team is like recruitment. One needs to select the right people and motivate them.

He understands the pressures and the soft points of people, and uses this knowledge to make them part of his team.

Each one of his team members is treated as special, as being different.

ALLOCATING ROLES:

Bhuvan also assigns responsibilities to each of his people.

Just getting the people in the team is not good enough. They have to be told what the goal is.

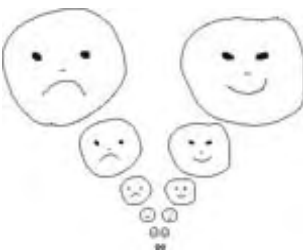


A team consists of different individuals. The objective is to make them all work together like a fist, like a team.

Bhuvan backs his team members to the hilt, even when they make mistakes.

It is indeed important in any team that the captain backs the right person, at the right time, for the right job.

PASSION AS THE DIFFERENTIATOR:



Bhuvan and his team members played for the hopes & aspirations of their villagers. It was their passion that made all the difference.

As leaders we all have to be careful of what we say and do, for the slightest sign of weakness can get magnified within the team.

LEAD FROM THE FRONT:

Never Give Up... that was Bhuvan's winning mantra. This attitude of his also enabled him to give his best shot even at the last ball and thus win the match.



In sport, in business and in life.....always be alert, because you never know when opportunity may knock on your door.

DEFINE THE ENEMY:



To the British it was just a game but for Bhuvan it was fight against the British oppressors and a win against them would bring 3 years of 'TAXFREE' life for his village folk.

For Bhuvan the enemy was defined as bad, oppressors and merciless British overlords.

This clear definition helped him to fight towards a specific goal.

In any case, having a clearly defined enemy works as a rallying point for the team.

OVERCONFIDENCE DESTROYS:

Captain Russel and his team members thought that the match would be a cake walk for them because they were a lot of good experienced.

But was here that they committed a mistake, they were overconfident and overlooked the ability of the enemy and this is what made them lose the match.



Anyone can take a lesson from here, to never **OVERESTIMATE** oneself and **UNDERESTIMATE** others.

TRAIN AND PRACTICE:



There are no shortcuts for physical and mental fitness. Bhuvan and his team strongly believed it and never compromised on it.

There is only one mantra: To be well trained and have good enough practice.... which is **HARD WORK !**

CELEBRATE SMALL WINS:

Small celebrations help in motivating and encouraging the team. It also helps to lift the spirits of the team members. This well projected by Bhuvan's team.



Ever wondered how many of us actually celebrate small wins in our workplace ?

NEVER GIVE UP:



Even the last ball of the match was played with hope. 5 runs to win out of 1 ball, but Bhuvan played it great expectations as though it could win the match for the team and that is exactly what happened.

He never gave up on his ability and this is what made him win the match.

In sport, in life or in business always be alert and keep giving your best to situations, because you never know when opportunity strikes.

FAITH IN SELF:

The mantra helped Bhuvan... and trust me... it always helps.

When everything else seems lost, God shows the way... of course, as long as you are on the right side.

MAKE THE BEST OF LIMITED RESOURCES:

Bhuvan made the best out of his limited resources. The tools for the game were all made by the village folk and were made out of the best that they could lay their hands on.

As entrepreneurs we too must be innovative. The focus should be on getting the work done and not on the availability of resources.

TAKE THE UNEXPECTED IN YOUR STRIDE:

One after the other all the good batsmen in Bhuvan's team fell, but he did not lose heart, he played on his best shot and gave the team its victory.

Similarly one should not look at defeats on the path as setbacks. One has to learn to take the unexpected in one's stride and move on.

ITS ABOUT TEAM SPIRIT:

No matter how well Bhuvan played in the match, nothing would have been possible if all the team members did not put in their efforts.

Bhuvan showed how an average team filled with team spirit can overcome a group of talented, experienced but under-motivated individuals.

ITS ABOUT PEOPLE:

The film 'Lagaan' is all about how ordinary people can do extraordinary deeds. Its about bringing out something from within us. Something which has been hidden and long forgotten. Something whose existence we didn't know. As we go about our lives, we need to be reminded that each one of us matters, that each one of us has it within us to make a difference.

* * *

Donkey



Once upon a time a Washerman was bringing up two donkeys.

Let us say Donkey-A and Donkey-B.

Donkey-A felt it was very energetic and could do better than the other. It always tried to pull the washerman's attraction over it by taking more load and walking fast in front of him.

Innocent Donkey-B is normal, so it will walk normal, irrespective of the washerman's presence. After a period of time, Washerman started pressurizing Donkey-B to be like Donkey-A. But Donkey-B unable to walk fast, got continuous punishment from washerman. It was crying and told personally to Donkey-A "Dear friend, only we two are here, why to compete with each other....we can carry equal load at normal speed ".

That made Donkey-A all the more energetic and next day it told to washerman that it can carry more load and even it can run fast also.

Obviously happier washerman looked at Donkey-B.., his BP raised and he started kicking Donkey-B. Next day with smile, Donkey-A carried more load and started running fast. But it was breathtaking for Donkey-B and it couldn't act that way...But the washerman was frustrated, so he harassed Donkey-B terribly, and finally it fell down hopelessly.

Then Donkey-A felt itself as a supreme and happily started carrying more load with great speed. But now the Load of the Donkey-B is also being carried by Donkey-A., and still it has to run fast. For some period it did, finally due to fatigue it got tired and started feeling the pain. But washerman expected more from Donkey-A. It also tried best, but couldn't cope up with his owners demand. The Washerman got angry with Donkey-A also and started harassing to take more load... Donkey-A was crying for long time and then tried its best... But it couldn't meet the owner's satisfaction. Finally the day came when due to frustration the washerman killed Donkey-A and went for searching some other Donkeys.

Its an endless story.....

But the moral of the Story in Corporate and social life is.....,

“Think all colleagues are same and that everyone is capable.... Always Share the Load equally.... Don't ever act smart in front of your Boss and never try for getting over-credit. ..

Don't feel happy when ur colleague is under pressure.. “

It doesn't matter if you are A or B, for the Boss u shall be always DONKEY.

And most importantly, Never Work like a donkey, Work Cleverly....
“Success is a journey not a destination.”

* * *

Success is 20% skills and 80% strategy. You might know how to read, but, more importantly, what's your plan to read?

– Jim Rohn

Chale chalo



Hard working Executives, often ignore their own health under the pretext of time.

Are they doing justice to your company, your work, yourself, your family ?

Heart Disease is one of the most common diseases afflicting today's executives.



Caused by Excessive stress, Smoking, High calorie diet, Sedentary lifestyle, this disease is the no 1 killer of today's executives.'

Sedentary life, Smoking, High Calorie diet, Stress, Alcohol

Results to

High Cholesterol, High Blood Pressure, Over Weight

Results to

Blockage in Coronary Arteries OR Clot in Coronary Arteries OR Constriction of Coronary Arteries cause to Angina, Heart Attack, Cardiac Arrest, Heart Failure...

What about Family ? Job ? Expenses ? Peace of Mind ?

Only you can do something about it ! ! ! ! After all, it's your life, it's your family ! ! !

You can start with a simple step. TODAY .

Take a brisk walk for 20 minutes per day, every day.

IN SHORT, WE CALL IT 'CHALE CHALO'

WALKING is

SIMPLEST, CHEAPEST, EASIEST



EFFECTIVE & SAFE

Reduces Stress.....Helps quit smoking

Strengthens the heart.....Massages the legs

Strengthens the muscles.....Reduces cholesterol

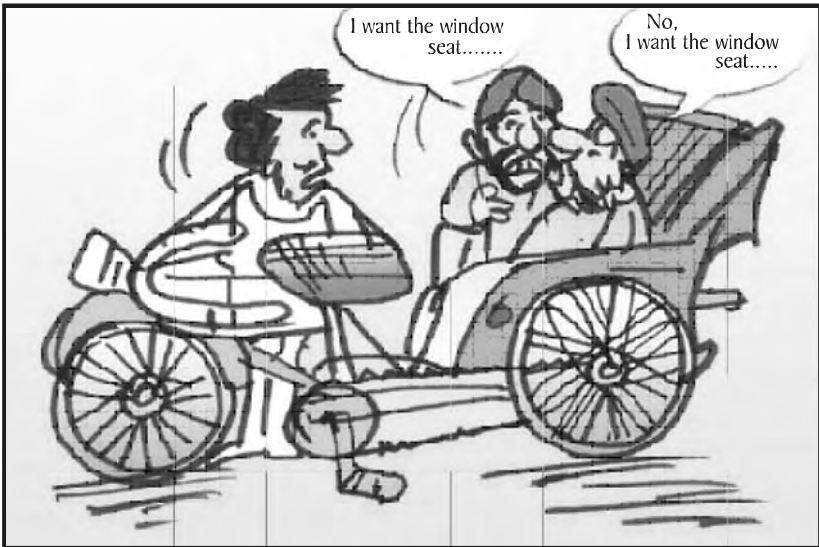
Improves blood circulation

BUILD IT IN YOUR DAILY ROUTINE

'CHALE CHALO'

20 MINUTES EVERY DAY

* * *



Year 2070

This is the year 2070



I have just turned 50, but my appearance is of somebody of 85.

I suffer from serious kidney problems, because I do not drink enough water.

I'm afraid I do not have much time left to live.

I am one of the oldest people in this society.

I remember when I was a child of 5.

Everything was very different then.

There were lots of trees in the parks, houses with beautiful gardens, and I could enjoy having a shower for half an hour.

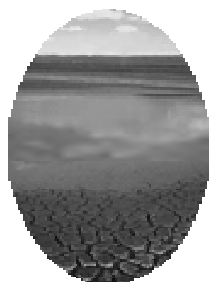
Nowadays we use towels with mineral oil to clean our skin.

Before, women had beautiful hair.

Now, we have to shave our heads to keep them clean without the use of water.



Then, my father washed his car with water coming out of a hosepipe.



Now, my son does not believe that water could be wasted that way. I remember there were "SAVE WATER" warnings" on outside posters, radio and TV, but nobody paid attention. We thought that water was to last forever.

Now, all the rivers, lakes, dams and underground water beds are either dry or contaminated.

Industry came virtually to a standstill and unemployment reached dramatic proportions.

Desalination plants are the main source of employment and workers receive part of their salary in drinkable water.

Assaults at gun point on the streets for a jerry can of water are very common.

Food is 80% synthetic.

Before, the recommended quantity of water to drink for an adult was 8 glasses a day.

Nowadays, I am only allowed half a glass.

We now have to wear disposable clothing, and this increases the amount of litter.

We are using now septic tanks, because the sewerage system does not work for lack of water.

The outside appearance of the population is horrible: wrinkled, emaciated bodies, due to dehydration, full of sores caused by ultra violet radiation, now stronger without the protective shield of the ozone layer.

Skin cancer, gastrointestinal infections and of the urinary tracts are the main causes of death.

Due to the excessive drying of the skin young people of 20 look like 40.

Scientists investigate, but there's no solution to the problem.

Water cannot be produced, oxygen is also degraded due to the lack of trees and vegetation, and the intellectual capacity of the new generations is severely impaired.

The morphology of spermatozoa in many men has changed.

As a consequence, babies are born with deficiencies, mutations and physical deformities.

Government makes us pay for the air we breathe, 137 m³ per day per adult person.

People who cannot pay are expelled from the “ventilated zones”, with huge mechanical lungs driven by solar power.

The air is not of good quality, but at least people can breathe.

The average life expectancy is 35 years.

In some countries, where there are still some green zones crossed by rivers, these are guarded by heavy armed soldiers.

Water became a very coveted treasure, more precious than gold and diamonds.

Where I live, there are no trees, because it seldom rains.

When it happens to register some precipitation, it is of acid rain.

The seasons have been severely affected by the atomic tests and by contamination from the 20th century polluting industries.

We were warned to look after the environment, but nobody cared.

When my son asks me to talk about my youth, I tell him about the green fields, the beauty of the flowers, the rain, how pleasant was to swim and fish in the rivers and dams, to drink all the water we could, and how healthy people was.

He asks: Daddy ! Why there is no water ?



Then, I feel a lump in my throat !

I cannot help feeling guilty, because I belong to the generation who contributed to the destruction of the environment or simply did not take into account all the warning signs.

Now our children pay a very high price !

I sincerely believe that within a short time life on earth will not be possible, as the destruction of nature reached now an irreversible stage.

How I would like to go back and make mankind understand... .. that we still had time to save our Planet Earth.

PROUD TO BE AN INDIAN !



Years ago, footage emerged from a remote village in India. The video shows a young girl receiving surgery to separate her fingers, which were badly burned and fused together. Why did this operation make headlines around the world ? The surgery was performed

by a 7-year-old boy named Akrit Jaswal.

Now 13 years old, Akrit has an IQ of 146 and is considered the smartest person his age in India—a country of more than a billion people. Before Akrit could even speak, his parents say they knew he was special.

“He learned very fast,” says Raksha, Akrit’s mother. “After learning the alphabet, we started to teach him joining of words, and he started writing as well. He was two.”



At an age when most children are learning their ABCs, Akrit was reading Shakespeare and assembling a library of medical textbooks. When he was 5 years old, he enrolled in school. One year later, Akrit was teaching English and math classes.

Akrit developed a passion for science and anatomy at an early age. Doctors at local hospitals took notice and started allowing him to observe surgeries when he was 6 years old. Inspired by what he saw, Akrit read everything he could on the topic. When an impoverished family heard about his amazing abilities, they asked if he would operate on their daughter for free. Her surgery was a success.

* * *

We've got gift of love, but love is like a precious plant. You can't just accept it and leave it in the cupboard or just think it's going to get on by itself. You've got to keep watering it. You've got to really look after it and nurture it.

