

AUTHOR'S PREFACE

It has been 9 years; I have been coaching and training. Out of which I have coached and trained in Australia along with my job for three years. At the end of every program some of the participants will be asking for books or CD's which they can carry for further studies. Since then, I started thinking to put something in the book form. When the thought of book came into my mind, the other thought also came in my mind, 'what kind of book it should be?' I realised my programmes are totally experiential and very few books are available in the market explaining in detail to conduct such a programme. So I thought why can't I make a manual which anyone is interested in training can use as a reference point.

The other observation came to me; most people are talking about effectiveness; but effectiveness in terms of what? People feel successful if they are earning a handsome salary and driving a luxurious car. But underneath their success lie tension, fear, worry fatigue and stress in their personal relation and at workplace also.

It gave me an idea to do something towards happiness. A mental happiness for the corporate; then I reflected back to my past years in Australia also. In Australia it looks everything is fine from outside. But as you go deeper, you find people are on artificial luxury, but living a terrible life inside; full of insecurities and mental tension. Australia has the highest percentage of suicidal case in relation to population. Then I realised, if I have to do something then it must be with the mind to get back to their happiness.

Happiness is the state of mind. What kind of thought we are having on the basis of which our body reacts. Our body is the medium of expression. The happiness is within us but we keep looking outside for happiness i.e., outside our body. Let's understand our body and mind are two different entities, but most of us are unaware of that and we start to identify ourselves with our mind. We are living an unconscious life. I am not going to give you anything new in this book. I will make you aware of what you got within yourself. The Life Management Academy caption says, "Rediscover yourself through awareness". We didn't say invent or discover or rather rediscover which is within you. Fire of knowledge i.e. awareness can take away your suffering.

Anyone or everyone can be happy and live in peace, if he or she is living in a conscious state of living. But most of us are living in an unconscious state of living identified with our mind i.e. ego. Our mind continuously produces thoughts what we call 'compulsive thinking'. It's very difficult to stop our thought process. There is a saying "If you can stop your thought process for more than 3 seconds when you are awake, you become "Buddha". It's very difficult to stop our thought process but we can change our thought process through some

mental exercise daily. I will discuss about those in relevant chapters. It is not a mere book, it is a manual. Please read each chapter and complete all the exercises and you will be on the path of your happiness. That's the assurance from my side.

As I have mentioned earlier, happiness is a state of mind and everyone can be happy by changing thought process about themselves. We play different roles at different times. If we are aware of our role and consciously play our role well (accepting whole heartedly), we will live in the present rather than past or future. Most of us are living in the past or future.

If you want to play a game, you need to be aware of the rules of the game. Then only you can play the game well and enjoy. You have to accept your role that you have been given to play. Life itself is the biggest game and we came on this earth to play the game or you can take it as an adventure. Do you accept life is a journey (or an adventure) from birth to death; and you get opportunities to play different games at different times? When you accept your role and know the rule of the game, you start to enjoy. If we resist and are not willing to accept the roles, which comes during our life journey, we suffer. Even we suffer if we don't know the rules. E.g. When you are working in a corporate world, there are certain unwritten rules to be followed, what we call etiquette. When you are in different social circle, there are some unwritten rules to be followed in different societies called culture, tradition or social etiquette.

There is a strong connection in between mind and body. Mind produces thought and on the basis of thought body acts. It can be put in mathematical equation as:

Thought x Knowledge x Action=Attitude. On this I have discussed in detail in a chapter.

There are three stages in communication. First we communicate with ourselves then we communicate to people around us and sometimes we will have to communicate to a group. Sometimes internal communications and external communications are not aligned. Let's take some examples: Communication in between receptionist and customer. The receptionist will speak very nicely to the customers who come to the organization. She will speak so nicely outside but internal communication may not match. "Good Afternoon Madam. How are you? Nice to see you again" But internal communication may be different "Again this idiot came to irritate me when is she going to leave this place?"

But she can think in a different way and express her gratitude from the heart if she thinks "I am grateful to all these customers. These people come from far places. I don't have to go to places in this hot weather. As these people are giving us business, the company is running well and I have got this secure job". Her attitude towards the customer will be genuine,

there will be no duality. The customers also can feel the warmth in the behaviour of the receptionist. The customer will leave the place with satisfaction and the receptionist will also have a fulfilment and satisfaction towards her job.

Initially we struggle hard to get a good job but after some years we forget about it. Instead of expressing our gratitude towards our employer we express our frustration and dissatisfaction towards our job and towards our employer. The research shows that currently 90% of the patients admitted in corporate hospitals are suffering from psychosomatic health disorders.

To make the above point clear let's take an example. Suppose I have got a boss who will always give new and responsible assignment to me first. Our office gets over at 6 p.m. Its now 5 p.m. and our boss is coming towards us with a new assignment in his hand, I know he is going to give it to me only, though there are other eight people in my team and now I cannot get out before 7:30pm. I will speak so nicely to my boss, "Good Evening Sir, how are you?"

The boss gave the assignment and said, "Can you get it done, it's urgent"

I said, "Yes Sir" But my internal communication may be different. "Why this idiot has to give me the task. There are other people around me. Today I can't get out of office before 8; I can't reach home before 9."

I am physically present in the office but am I mentally there? Am I truthful to myself? Will the quality of work be that good? I am harming myself and I will be a victim of psychosomatic health disorder. If I can have a positive thought about my boss. "I am grateful to my boss. He always gives me the first opportunity to learn new things. What I am today is because of his support." Then I will have a different attitude. I will enjoy my work and my life.

If I really need to go home urgently, I can speak out the truth. If I am truthful to my boss he will trust me. He will believe and let me go home. But, if he is taking me for granted, he will lose me. There is a saying, "People join company and leave the boss". If you are trustworthy and keep on improving your skills, and willing to contribute your skills and knowledge to your organisation; you are welcome everywhere.

You need to be in the University of Life to talk about life. I got that experience at an early stage as I lost my father and I had to take care of myself and our family at a young age. Some people may feel sorry and sympathetic that I lost father at my early age though it gave me an opportunity to experience life from close angle.

You have been in the University of Life and some of you must have been in the University of Life more longer than me. Unless you have gone through the experience of life you can't talk about life, but how to use your learning experience is the issue; it is about putting your own experience in a systematic way for leading a successful and happy life. This manual will guide and support you to systematise yourself; otherwise all the ingredients are with you to be a successful person. So I don't have to give anything new to you, it's already there within you. Only you need to take a conscious effort to use your infinite intelligence. This book is just a reminder.

I am sure you will enjoy your life to many folds. Please do write to us for any queries and post us your success stories. **Welcome to rediscover yourself.**

*Sometime I have used 'he' to represent both genders.

