

## OUR MIND IS THE ROOT CAUSE OF ALL CHALLENGES

Whenever anything goes against our interest we feel unhappy as we are attached to our views and beliefs. We can't bear any criticism and are not willing to accept that others may have different views. If someone does something wrong or speaks bad about us, we use all our effort to prove that he/she is wrong. Even we try to destroy others when it goes beyond our tolerance limit. But how many people can you change or control or destroy. You may have to spend more energy to change or control others. But if you look towards you, you will be spending time and energy to control one person only. That's you. Which is better?

There is nothing wrong in blaming and everyone is right according to their perception. But at the end of the day who is suffering? How many people or situations can you control? Can you have total control on outside people or situations? 'The only person you can have total control is you, if you want'. But do you have?

Let's take an example that we face daily in our life, traffic jams. You want to reach your destination in time but got stuck in a traffic jam. Most of us feel frustrated and angry, as we are not able to reach in time. It's the truth that you cannot be in time to your destination. Suppose you are to make a presentation when you reach your school. Will you be able to make a good presentation? You will be carrying all the anger & frustration with you. It's going to affect your presentation. Instead of being reactive you can be observant. You can call your institute or friend to let

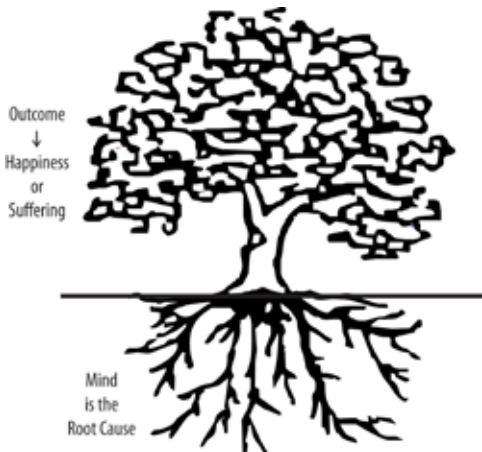


them know that you will be late and apologise for the delay. Promise yourself and to other members that next time you will start earlier to be in time. That's under your control. Otherwise you will be out of the team.

Now, you can observe what's happening in you and around you at the traffic signal. You can observe the situation and other people around you, how they are reacting to the situation. We go to watch movies like **'Traffic Signal'**\* by paying for the ticket; now you are watching a live movie with out a ticket. Next time when you get stuck in a **traffic signal** if you can practise what is mentioned above, you have already got more than enough value of this book. "Can you be more observant than reactive from today?" (\*"Traffic Signal" is a Bollywood Hindi movie directed by Madhur Bhandarkar)

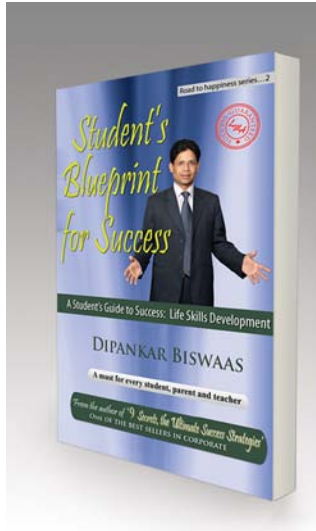
If you want to score good marks in the examination and pass out with flying colours, all the facilities are available to you if you look around. But some time we blame teachers, parents, friends and others for our mistakes and in the long we become victim due to our own justification.

If you want to control a situation or your life, you need to control and manage yourself. The root cause of all challenges is the mind. If you can conquer your mind, you can conquer the world. This book will give you a crystal clear picture to control your mind, control your thoughts, control your actions and control your destiny.



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