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Introduction

Mindfulness is observing yourself without judgment, all you are doing is observing yourself, iam an internet entrepreneur, mindfulness has helped me a lot in terms of emotional intelligence, iam aware what is causing a certain thought; it helps in emotional maturity now to large extent i am not a slave to my emotions.

The reason i'm writing this book, i am a normal guy who wants to have and do more things in life, i am not preaching meditation for enlightenment, nor salvation.

The book written by yogis, yogis have different purpose in life, nor me or you are going to sacrifice worldly pleasures in life, infact we need more of them.

I joined gym just to exercise and have good strong muscles; I don't go to gym to be bodybuilder, that's an extreme.

I practice meditation and mindfulness to have more worldly pleasures in life, not to be a yogi, to be yogi, that's an extreme.

I Am writing this book to help you more achieve in life, with mindfulness you will be aware of what you want in life, what is causing you happiness or sadness and you can do something to fix it when you know exactly what is causing it.

Most people's lives are cap on spinning wheel, which goes round and round, but never moves forward, they are caught up in routine, doing things without knowing why they are doing and what they want from it.

The biggest benefit from mindfulness is emotional intelligence, which I have experienced myself; it tells you why you are thinking a highly irritating thought again n again.

It helps you understand your thought process, mindfulness is proven to be stress reducer and life improver.

Animals behave with instincts, they don't practice mindfulness, they can have sex on the road in full public view if they just feel like.

As humans we control our animal instincts and that's how our society was possible.

Religion has helped humans by setting rules in our behavior; rules are needed for society to be possible, without religion there would have been no fear of sin, and people would have robbed, raped each other.

A dog snatch another dog food, if he finds him eating, but we humans don't snatch each other food, we control our animal instincts.

Books written by yogis are extremely irrelevant for common lives, yogis don't do a job, they have all the time in the world, although they got wisdom which can help, but lot of their wisdom is irrelevant in our day to day lives.

In one book I read around 2-3 pages on women, respect women, not to insult her, not to say ill words in front of her, respect her like she is your mother, treat her like queen, and so on its indirect message was to worship women, that is way too extreme. Respect women is ok, but worship women that's no, no.

Women from their lover expect to get pampered not to be treated like mother, respecting wife as a mother will be totally devastating, women themselves won't like it.

That book also added so many responsibilities on a man to be an ideal man, that it will drive that man to suicide, man is limited by his ability; expectations are not limited at all.

Men and women are created equal, women has almost the same intelligence like men, but in some religion their intelligence level is questioned, only difference between men and women is physical strength, women have slightly less strength than men.

i am also going to raise some points, which is causing problems in your life, if you are living in a developed world or developing world, which has peace and stability, and your life still sucks, it is definitely because of your emotional instability or lack of emotional awareness, well if you are staying in syria, afghanistan, saudi arabia, north korea than 90% of problems in your life are due to external factors which you have no control.

in this book i have raised points which might be contradictory to my earlier points, this is because of principle of relativity, no laws are universal and timeless, they change according to the situation, even time is relative, we have different time zones on earth, we have different time on moon, saturn , near the black hole, etc, etc.

i am just trying to tell you the truth, which is important, even if it hurts you, truth is truth, it will popup with nagging screen, you know what it means, its a software terminology, when you use a trial or unregistered version of software, it will constantly nag you to pay and register the software, that's because you have not paid for it, truth is truth it will popup with nagging screen.

Some thoughts about God

There is definitely some intelligent machine which is designing us humans and all other living creatures, and the design is not perfect, that's why everyone is given limited time, so that evolution gets a chance.

In human babies 50% of dna comes from father and other half from mother but each baby has more than 70 point mutations, that means at least 70 points in its genetic code is new, not from father or mother, that's how evolution takes place.

evolution kills the old one and designs a new one; every living being seems to have a self-destructive genetic code in itself, and the primary purpose of every species is to have babies and pass on its genes, that's why love romance is given so much importance, almost all songs are love songs, and most Indian movies are about love and romance, because that is very important part, primary purpose of every living being is to pass on its genes.

scientist says All life is supposed to be evolved from a single cell, but at some point they went haywire and become altogether a unique separate species, that means rat, fish, sheep, tiger, elephants are all our brothers and sisters.

Someone out there is creating such unique species and bringing changes to them, how cells assembled together and form separate unique body parts to make a body function as a whole, this is all intelligent design. Seems like magic how everything works so accordingly.

And we all are connected to that greater intelligent, some spiritual scientist says that consciousness creates mind, and we are driven by some purpose which we are not aware of.

Humans are trapped in daily routine, they are thinking what they feel, driven by external stimulus, like if they win lottery they are happy, and their feelings creates their thoughts, if they are sad for example if they lost job, they are feeling bad and that bad feelings are creating bad thoughts. Our decisions will be bad if you are in an extreme end of some feeling, like feeling happy or feeling very sad, it is said, don't make any decisions when you are mad.

Although I have not got to an extreme end of meditation, so cannot say it in full proof way, as I have not experienced it myself.

nobody has answers for everything, so we look religion for answers, and we choose to believe what we believe.

there is a new finding came up about life, scientist its thermodynamics, life is just a thermodynamics, when things are heated, overtime they vibrate and self assemble and thus life is formed.

Evolution of God & Religion

There is definitely god, but it is not a person, life of ancient man was very difficult, disease and sufferings, avg life expectancy was very low, people used to die of old age in their 30s or 40s, infant mortality rate was very high.

in short death and suffering was easy for an ancient man

we glorify our past in movies and stories, but it was not so.

before christianity, judaism, islam during ancient times every man in the world, worshiped sun and the sky.

people had no control over the weather, they were very dependent on the sky for rain, they thought sky is a person, so to please the sky they started to write poems to please the sky god, and also wrote poems to please sun god.

they used to sing songs, poems, loudly in praise of sun, sky, water, etc, etc. thinking god will be pleased by that and will grant them wishes.

they thought what pleases them also pleases god, so to please god they started animal sacrifices, virgin sacrifices, offering wine, milk etc.

according to them when they kill goat, goat soul will meet the creator and narrates the plight of the people who sacrificed him, goat soul will tell the creator that people there are very faithful to you and in great pain, please have mercy upon them.

actually priest invented the concept of offerings to god, to benefit from it, priest work was considered as charity and priest had no way of earnings, people were not easy to share food. so they invented technique to charge people in some way.

priests played the game, they studied weather and they knew when it was going to rain, they offered sacrifices just before that, if the rain didn't come, they simply used to repeat the process over and over until it rained, even if it still didn't rain, he used to blame devotees for not giving offerings in full faith and having sins in their mind.

god is not a person, he doesn't need animal sacrifices nor does he drink milk or wine, it is all waste to offer it.

in ancient times it was considered that disease was caused by demons, by sins, by bad karma no one knew what was causing disease and suffering, priests were doing animal sacrifices again and again and suffering never stopped so they started killing men to please god, then they started to offer virgin kids to

god, sometimes problem got fixed automatically and priest got the credit, and when problem did not get fixed priest used to blame the devotee for not having full faith in god and sin in the society has increased that's why god is not accepting the sacrifice.

it was easy to blame society for the sin and kill goats, priests at that time had no idea of virus and bacteria.

gautam buddha and jesus christ opposed animal sacrifices, at one time jesus and his men fought to rescue some animals which jews were going to sacrifice.

because of gautam buddha, hindus stopped animal sacrifices, they turned vegan, they started to offer clothes, milk in yagna.

now we know that offering is pure waste of goods, cause of pollution.

countless hours are wasted in singing poems, bhajans, prayers to please god it is pure waste, god is not a person and what pleases human does not please god.

millions of animals are killed during bakri id, this is the most sadistic approach to please god.

during ancient times people were surprised by childbirth, they thought it is magical as women have powers to create one of their own, so they started worshipping women and vagina, they did not know that's because of sex when penis enters vagina and release the seed child is born.

after some millennia they found out, that penis is also responsible for childbirth because it has seed, so they started worshipping penis as well, even now in japan there are penis temples.

it is surprising none of the enlightened prophet knew about virus and bacteria to be the cause of diseases.

people follow blind faith and superstition even now, without knowing why they were invented in the first place and what is their purpose.

even einstein, ramanuj, newton, galileo, and thousands of legend mathematician who played a significant part in improving human life, they had ideas from nowhere but they never claimed that god came and spoke with them, nor they claimed to be the son of god.

prophets claimed to be son of god, that way it was easy to ensure that people follow them and their ideas, no scientific explanation required.

people were searching for answers, they thought god to be human being, who can grant wishes if you sing praises for him. we might laugh at some false things they assumed, but that was the best answer they could come up with, they did not have the luxury of internet like we do.

during that time religion started to evolve, concept of god came into existence, there were so many questions and nobody had proper explanation. human race had to start from somewhere, it started with god and religion and virgin sacrifices.

Ancient Scriptures all Changed

before writing was invented, wisdom was passed from word of mouth, from father to son, or from guru to his pupil, and so on.

when the wisdom was passed from word of mouth, it got exaggerated, humans like to exaggerate things and add stories to existing stories to make them more exciting.

after writing was invented, ancient scripts were written on banyan tree and hence would have to get copied every year to keep them from getting destroyed by decay, and while copying these priests added their own views and also edited stories.

few added latest physics concept into their scriptures, and claimed their forefathers knew it, since then. this was all done to make them appear superior than others, lot of stories are way too exaggerated.

almost all religious books are modified and they are not original. priests were only people in control of holy books, according to them god spoke to them in thoughts, so their thoughts are gods thoughts, so they modified scripts at their will.

whenever some major event occurs, they are some who claim that that event was already mentioned in nostradamus book, now tell me what major event will happen in next two years, tell me what is going to happen in 2019, and let it happen then i will believe it.

but it is only after event has already happened, few cracks claim that it was already mentioned in nostradamus book.

if they are so sure about nostradamus book, they should declare openly all the events which are going to occur, publicly on tv, what's going to happen next month.

prophecies were written after the events happened.

Talking with God(Alone Time)

it is said when you are alone, god talks with you, your mind speaks to you, this is most likely what happened with prophets they had lot of alone time, so that they can analyze theories and understand what works the best.

Spending time alone with a loved one provides the opportunity to truly come to know that person. Spending time alone with God is no different. When we're alone with God, we draw closer to Him and get to know Him in a different way than we do in group settings.

you sit down and shut up. Find a place to be quiet and sit still in silence. Don't read anything. Don't pray. Just take some deep breaths, sit before God and say, "God, I'm just going to wait on you." It's amazing what a calming ability this has on your heart and mind. "Those who wait on the Lord will find new strength. ... They will run and not grow weary. They will walk and not faint.

this might not be true for me, but alone time made me lot of money, i was able to get new ideas to run my business, just by having alone time.

occasional solitude gives your body and, perhaps more importantly, your mind space and time to just be in the moment, experiencing it with your full attention and focus. It turns out alone time of this sort is highly rewarding.

if you seek god and spend alone time with him, you will get god, this is what bible said

lord jesus gave lot of importance for alone time,

This is what Jesus told the disciples to do: "Find a quiet, secluded place so you won't be tempted to role-play before God. Just be there as simply and honestly as you can manage. The focus will shift from you to God, and you will begin to sense his grace" (Matthew 6:6-7 MSG). That's the power of a quiet time.

according to me have at least 30 minutes of alone time everyday, if you want to have great mind, you need to have lot of alone time.

some companies ceos and MD do this, they take a day or two off, no cellphones, no tv, nothing, no external stimuli, just alone time and that helps them with ideas and productivity.

Drugs for Enlightenment

in the past there was not much pharmacy, even though marijuana and mushrooms were there, but still lot of enlightenment work was hardcore, people used to fast heavy, do heavy meditation, ritual dancing, all this heavy lifting stuff and hard work just to get visions, which can be easily achieved with today's modern day pharmacy.

On tv I have watched a program, in some tribes there is a custom to smoke frog poison, that frog poison is extremely poisonous, an individual collects it from frog skin and puts it on a glass, it is dried and then smoked, quantity is just 8-10 pins, the quantity which can be placed on pin head, and when that person smoked that thing, he got into almost like dead state, white saliva was rushing out from his mouth, and he was almost unconscious but could feel everything, he said he was able to feel the moon, he was able to feel the earth and after that state he felt very relaxed and fresh.

5 meo DMT is the synthetic version of that frog poison, people who consumed it said that they had god like experience, like they became one with the universe, everything was them they could feel it, they are air, they are sun, they are moon, they are earth, they are everything, universe is them.

it is said that you need 20mcg of 5 meo dmt, to get a breakthrough and enlightenment, lot of people have done it and they claim to have religious experience, they become one with the universe, they no longer afraid of death, because they are 100% sure of afterlife.

i myself have not tried 5 meo dmt, so cannot say for sure, it is very difficult to get 5 meo dmt and very risky to consume, you can actually die from it.

Some people are hardwired, and they refuse to change, it maybe because of their hard wiring they are suffering, new wiring is required, which can easily be done with modern pharmacy, LSD is said to alter mind forever, you become a complete different person for life, that's what "beatles" (famous music band) used to say, they become more spiritual and vegan after lot of LSD. 5 Meo DMT is said to kill ego, ego is the major cause of sufferings in life.

there is one warlord in somalia, who is forgiven by UN, just because he accepted christianity, the warlord name is "butt naked" he and his soldiers used to fight enemy naked, without wearing any clothes, they sacrificed kids before going to war, kids hardly 6 months old, alive they used to insert knife in his chest and remove his live pumping heart and then shout and sing a song, and then everybody eat a piece of that heart while it was still pumping.

that war lord "Butt Naked" claims to have sudden religious experience, one day while he was walking a speeding car tried to kill him, there he got religious experience, god spoke to him, maybe fear of death altered his mind, or maybe both drugs and fear for life.

marijuana and other drugs, these drugs disconnect you from everyday life, and some people get extreme clarity in their thoughts.

If you want extreme change in life, that may not be possible with current old ways and current level of thinking, sometimes life itself brings radical changes in your life and turns you into something very new not at all related to the past.

In the below video url, the person is a man, police commissioner, but says he is female "Radha" lord Krishna's lover

https://www.youtube.com/watch?v=eY5zxw_RvJI

This person has gone completely haywire, his thinking has changed completely. He is man but considers himself to be female in love with "Lord Krishna"

I have seen some of his videos; he seems to be in some kind of trance state, he is very happy, his brain is completely rewired by extreme bhakti, or maybe drugs marijuana or LSD.

We may consider him fool and a laughing stock, but look at him, he is very happy; he is in some kind of trance state.

LSD, Marijuana, Psychedelics seems to give meditation like effect; I have heard stories of some people who noticed clarity in their thought process after taking LSD.

Meditation with psychedelics may help you reach spirituality lot faster, this type of Meditation where you disconnect from your current world to reach god, is slightly risky and should be approached slowly, person can lose sanity entirely.

i will tell you my experience with marijuana which i tried, below is my experience

I heard from some sources that marijuana is good for health, heard so many benefits of it, so I searched the internet and found lot of articles, telling so many good benefits of marijuana, so I decided to try it.

I have a separate bungalow which was kept for bachelor life, it had gym, drinks, marijuana, first time I tried marijuana I felt good, then the second time I tried more, I did not smoke it, I chewed it, then I went to the office.

while working on computer all of a sudden I got hit, felt like a blow on face I got shaken, I knew it was marijuana taking effect, to avoid doing scene at the office i immediately went out, started my bike and tried to reach home as fast as I can, hallucination started happening, while driving I was in dreams, it was like 2-3 minutes of dream and 5-10 seconds of awareness, back to the dreams and then back out again, none of the dreams I can remember except one, in one dream I was like cutting woods, and I have a family, it was whole big episode of daily life, then when I came out of that dream, it felt like years have passed, I have been driving bike since many years and still not reaching home, somehow I managed to call my friend and told him that I cannot drive, my friend came and he took me home, and in the meantime hallucination started more and more, back in the dreams and back out, 2-3 minutes in dream

and back out just for 2-5 seconds. Somehow I managed to reach home, at home hallucination reached at peak, my parents got confused what has happened to me, they started beating me, and I was so stoned that I could not speak or even move my finger. I was conscious and paralyzed, I knew this will go away after few hours, but got worried what if it didn't go, this scene lasted for big 3-4 hours and finally it went away.

I tried it once again some other day and lost sanity once again, for 3-4 hours I was mad and I created a scene.

Psychedelics are bad, that's why government ban them, only few people manage to benefit from them, rest go mad.

If marijuana and other drugs are available openly, then there will be accidents, riots on the road.

Practicing spirituality can change your thought process entirely, and make you look insane to others but spirituality also has some outstanding benefits, even some highly intelligent people were considered fools, because they were so intelligent nobody could understand them.

Gautam Buddha achieved enlightenment in few years, just closing eyes, meditating and asking question to himself why is he not happy, why is so much suffering, what is the reason for sadness.

nobody knows the entire truth, it is just what we choose to believe.

Fasting

according to ayurveda bad gut is the root cause of all the diseases, in ayurveda all medicines target gut, stomach is always at work, sometimes overwork when we eat just too much.

what people assume that more we eat, more healthier we are, but it's not true, in korean martial art there's a vow to fill only 80% of your stomach capacity, allow it some space to digest, overeating causes acidity, disturbs our pH levels and can cause tumors and ulcers in gut, 90% of the time we overeat.

what fasting does it gives holiday to stomach (time to heal), when we are hungry we become more alert, our brains work much better and there is clarity in thoughts. this is what happens with animals too, when they are hungry, their senses work better, better smell, better vision and that helps them to hunt.

there are guys who do 7-10 days fasting, and they say it has helped them spiritually, they have become more compassionate.

there is a scientific research, which claims if we don't eat, it has anti-aging benefits, our biological clocks stop ticking, in fact it gets reverse, nature allows us more time, ask why?.

primary goal of species is to ensure its survival, since we are hungry and cannot reproduce, so survival of our species is at stake here, nature grants us more time to ensure our species survival, whole hormonal change takes place in our body, you must have noticed a poor person looks a lot younger than his actual age, and well fed people look more older than their actual age, this is the living proof, notice it.

when we don't eat we don't get energy from food, body then burns fat for energy process called ketosis, which gives ketones which gives a spike in your mental ability, people have become smarter after consuming ketosis diet. there's a whole lot of science to it.

according to lord shiva books (hindu religion), lord shiva has given dates for fasting, it is said that cosmic radiation is high during that time, and person gets energy directly from cosmos.

what we do is we eat sun, actually everything is created from sun, plants get energy from sun, animals eat plants and get indirect energy from sun. when we don't eat, we get energy directly from sun.

i saw on tv a program, which showed a pond trapped in a mountain, no external source, just one isolated pond, all fish eaten by jellyfish, so no more fish there, but these jellyfish found a new way to survive, now they don't eat, they get energy directly from the sun.

science fiction idea: if we inject chlorophyll in our skin, we don't need to eat then, we will create energy directly from the sun, that's what plants do. this will end our food problem.

You are Not in Full Control of Your Destiny

Even god like personalities like lord jesus did not have full control over his life, jesus was crucified and died extremely painful death.

when god like personalities don't have full control on their life, how can normal humans.

no matter how much we try to control our life, we are never in 100% control.

there is saying by saints, holy gurus that we create our own reality, by changing the frequency we vibrate, true, but so far no one is able to change their vibrating frequencies not even holy saints, because our vibrations depends on the external factor, radiation , heat.

life is actually thermodynamics, when particles are heated, they vibrate and self assemble and become a life form.

even president of USA is not in full control of his life, with all the security, he will still be insecure, disease can struck him, lightning can struck him.

chicken can not do anything about saving itself even if she knows she is going to get cut, i wonder why god has not given any ability to chicken so that she can defend herself or at least fight back.

sometimes we never had right information at the right time, or simply not in position to do something about, then after that situation has passed, we wonder we should have done this, we should have done that, that's what usually happens, we were not in the position during that time, only latter we had the solution, when the situation has passed.

we find solutions to our problems, a way to fix it, but then new problems occur due to that solution, or entirely new problem appears from nowhere, for we had no solution.

no matter how able we are, we will always have situation where we will be helpless, that's why man created god to go to him during problems, man can now rely on blind faith for solutions, which may work sometimes.

when someone gets into a big problem which he has no clue of what to do about, he will immediately say "oh God".

we only think of god, when we have problems, remember i told you "god is not a person", pleasing god with gifts and goat sacrifices, won't solve your problem, that is just a concept invented by priests to make money.

even thoughts we have is not in our control, they appear randomly based on external stimulus, harder we try not to think of something, more those thoughts will appear.

we have no control over our body our body responds to the external stimuli, it adjusts itself according to the environment. when it's cold weather body automatically raises heat or shiver to generate heat. when very warm our body automatically sweats to cool down.

you must have heard lot of religious bullshit, you are responsible for everything in your life, your life is all about choices you made in the past, and so on. but it is totally wrong.

everyone likes to do right thing, if they know what is the right thing to do, decisions they make are based on information they have, they might not be having all the information required to make the right decision at that time.

when we were kids, parents made decisions for us, which shape our future, they put us in school they think is best for us, because as a kid we are not well informed and lack ability to make rational decisions for ourselves, parents make decisions for us, our parents are also limited by their abilities. you see here our parents did the most what they can do.

government can change laws and might make your buisness illegal or very less profitable, then how can be responsible for your misery.

we live on earth, we go wherever earth goes, earth can go and smash sun, here we are not responsible for our death.

why religion preaches you are responsible for your life, to make individuals responsible for their actions , so if one kills another person and says i killed him, because he made me angry, that individual will rub of his action responsibility, saying he was not in control and that other person made me do so, and can now get away with the murder.

we are responsible for everything that happens in our life, is a concept invented by religion, so that we are accountable for our actions, and they can punish us. society has a order.

Having Good life and avoid sufferings

this is a good tip, which help you have good friends and have emotional stability.

sometimes lot of suffering comes our way, because of others, since we are in relation with them, we cannot choose our family, but we can choose our friends.

there are some principles to live in society, but we must know where to use them, that's wisdom. when you use these principles to connect with knowledgeable individuals, you have good life, if you use these principles to connect with lowlives, you will have lot of suffering in your life.

check from where suffering is coming from, can you do something about it, if yes then do it, if you can't do anything about it, find a way to escape.

humans are all about themselves, thinking about themselves all the time, humans also love to talk about themselves.

when you want to do friendship with other human being, listen to them, don't put your issues in front of them, they will avoid you.

iam rich and quite a knowledgeable guy, but when people approach me with their problems which they want me to solve financially or other way, i avoid them, what they are trying to do is dump their shit on me.

if i have human shit on my hands, will you want to be with me?, No, you will immediately start running away from me. that's what happens when you approach a relationship based on your need, people will reject you.

if you want to have relationship with someone, don't approach them with your need, listen to them, be friendly with them, genuinely be interested in their lives, once you become their friend, they will automatically think about you, and will be eager to help you.

Uneducated people approach relation based on their immediate need, when people approach to someone, with their need, frankly speaking no one is interested in you, no one wants to hear your fukin life story or interested in helping you, unless you are a very beautiful women.

what educated people do is, if they want to have relation with someone, they give, give first and ask later. thats a way to make friends.

Avoid toxic people and toxic relations, the reason why some people have shit in their whole life, it's because they are surrounded by low lifes who always dump their shit in front of them, einstein used to ignore low lifes, avoided arguing with them, that saved his energy and he could focus more on physics.

always keep surrounded by people who are knowledgeable and can help you with issues, avoid individuals who are less knowledgeable and just wants to feed their egos, they just want to prove how they are right, they will continuously dump their ideas or holy shit, puritism in front of you and expect you to follow that.

i had such individuals got around me through friend of friend, who were complete low lifes, and kept on repeating old ideas since they had nothing new, i beat them up.

what these low lifes do, they will continuously monitor you, and will find holy shit faults of you and then come up with those faults to argue with you.

when you are surrounded by low lifes, they will bombard you with their holy shit ideas and will expect you to follow them, they will control major part of your life and you will get tied because of your relationship, my advice beat them up.

i have seen many relations who were dominated by low life, and the other person suffered because that low life has dominated that other person's life, mostly women who get married to person because of his swag or his attitude, not by his aptitude, swag doesn't pay your bills, egoistic person cannot find solutions to problems.

low lifes create a prison around you, they have rules for you, which they want you to follow, they will constrain you from excellence.

anyone can expect anything from you, but you as a human being is limited by your abilities, there's only so much you can do, you can stretch a little bit, but when you try to do something which is beyond your ability, that will bring you misery.

the good quotes, love unconditionally and all the other relationship quotes are just to sell ebooks. don't take them seriously.

constructive criticism is welcomed, i welcome criticism, that helps us improve, i even take insults cooly, but criticism just to argue with is not welcome, that wastes my time.

i have evolved myself, by studying books, querying internet, youtube videos, but they haven't done that so lacks knowledge, and unwilling to accept that they lack something, they continue to bullshit people.

there can be genuine arguments in relationship, make sure you don't have any relationship with low life, check out what is causing pain in your life, if it is from a relationship, check if it is frequent, check how much knowledgeable you are, and how much knowledgeable other person is, if you do search on internet or youtube, you will most likely get solution to your problem, don't dump your true friend if it is causing pain, it just might be temporary phase.

if you surround yourself with able and educated people who are also compassionate, they will help you and encourage you in bad situations.

if you have a friends who are very compassionate but not able, they will only pity you, they want to help but they cannot help.

what you have to do is surround yourself with right people.

in this chapter i explained you how can you avoid lowlifes and also have right people around you.

Society Effect

i saw map of IQ, and it showed that chinese people to be having the highest IQ, most intelligent, and just below chinese people were people from west.

people from Ethiopia, Somalia and rest of the africa, had the lowest IQ. people from africa had the lowest IQ level less than 65. normal IQ level required to be considered human is 75, so people from africa has the IQ level lot lower than what is considered to be human level IQ.

people from middle east has the second lowest IQ, the IQ level is considered around 80, just enough to be considered as humans.

and there is some truth to it, you can see more the person is intelligent less violent he is, Tibet is considered to be place where the kundalini shakti flows, people living in that area are supposed to be very spiritual and non violent, and they are a living proof. millions of tibetans migrants are staying in india since 60-70 years, and till now not a single tibetan is involved in any crime, not even petty crimes.

you can easily notice, chinese people go anywhere and they become rich, they bring prosperity to that region too. it's because they are like this only, they work hard for everything, there culture is like that, they consider making money by doing something productive, lot of inventions were made in china first and then they were rediscovered in the west.

you can easily notice, people in africa how violent they are, they look like humans, but very close to animals, in spite of being oil rich country, nigeria is still very poor. because there culture believes, that to become rich they need to kill someone, exploit someone, loot someone.

wars fought by africans are not even human levels they eat their enemy, rape torture women they capture in unbelievable ways, they are always high on cocaine, if you compare Taliban with Somali fighters you will say Taliban is like "Gautam buddha", that kind of difference there is.

society cannot produce scientist, musicians, mathematicians, business person, because that requires peace and security, a person cannot practise maths if his life is constantly threatened. even aid workers who pumped millions of dollars in africa to lessen poverty and bring good life for women and children, but condition did not change there even with millions of dollars, because when the women received money or any help men used to take it. people constantly stay in fear, especially weaker people and gender.

the reason why these african countries are poor, because there is so much violence built into their culture.

how can you think, when you are busy trying to stay alive.

Religion Effect

if you are born as women in afghanistan, then nothing you can do, you are born in shit, and if you decide to stay in that shit for your whole life, you will always have the problem, no matter how intelligent women you are, how smart you are, there are absolutely no opportunities for you there. if you want to excel you got to move out of afghanistan and settle somewhere else.

all humans all over the world, almost are the same, we all have around 100 billion neurons, the reason there are so many inventions from the west, because society is open there, people are ok with people with different ideas, people are ready to try out new things. there are liberals and scientific thinkers.

Christianity in general give lot of freedom, or people have become larger than their religious beliefs.

you can easily notice, middle east(Greeks) they were all scientific, there was democracy in greece, you see how smart people from middle east were, they had idea about democracy, 1000s of years before west adopted it. they invented Zero, which was revolutionary.

many inventions in maths, physics, philosophy came from middle east(Greece), but after adoption of islam inventions from middle east suddenly stopped. what happened there?.

once society of progressive, scientific thinking liberals, are now forced to follow strict sharia laws, which restricts society, that's why there are no more scientist and mathematicians from middle east.

you see people are forced to follow strict laws, have to pray 5 times, no alcohol, no parties, no fun, imagine staying in such society and expecting them to be liberal, scientific, and progressive thinking. not possible.

middle east only have oil money, depends completely on west for science and technology, west even fight their wars.

when society allows religion to take over their country, economy and everything else in there lives, they are heading towards misery for themselves, and whole lot of others.

religion restricted banking, but jews were the only one who eagerly started banking, and that helped society, mankind to prosper, without banking we would have not seen any progress.

if you are new thinker, and have good ideas for betterment of individuals and society as whole, but if you are living in restricted society, no matter how good your idea is, you will be executed.

you can change society, but only after when you are executed, after that people will know your worth and will build temples of you, but you gotta die first.

you can change society with strong religious beliefs, but it's very hard, easy way is to move out of it. many social reformers got killed in the past, when they tried to change the society for good.

in a society where blind faith, takes over the sanity, that whole society is doomed, people living in that society will not prosper and won't let others prosper.

their restricted religious beliefs have tied themselves, and also tied others who are near them. these people who have strong religious beliefs wherever they go they try to change that society, they try to implement their ideas of justice, sharia law. they favour sharia even in west.

lot of educated muslim guys argued with me, that wearing burqa is necessary to please god, and only her husband has the right to see her beauty, now tell me how can you not say this is oppressive.

these people are given religious teaching from their childhood and have their values deeply ingrained, it will take decades for them to change.

they think something is wrong in the west, and they should change it, so they blow themselves up.

Success formula

it is a belief among hindus, if you take credit for your success, you will lose it immediately, always give credit to someone else for your success, it will keep you successful, if you cannot credit your success to any person, credit it to god or even stone, but don't take credit. even muslims follow this idea, they always give credit to allah.

the above para can be labelled as superstitious, wealthy muslims every now and then on tv, credited allah for his generosity.

you must have heard some extraordinary success stories, how someone born in extremely poor family got rich because of his hard work, his consistency, because of his ideals and so on. complete bullshit.

even though he has made efforts and got successful, but it was not his efforts alone, check out things around him, you will find out that things around him were just right for him to be successful, a series of events occurred which helped him to be what he is.

now don't use above passage as a lame excuse for you to stay loser.

in the above passage, we might shrug off his success by giving credit to his circumstances, but when you seek god 24/7 you will get god. that man was searching for success 24/7 and picked up opportunities which eventually let him to succeed.

take example of cricket legend sachin tendulkar, and vinod kambli, sachin tendulkar was highly successful, but vinod kambli in spite of being more talented than sachin tendulkar, hardly made any money, sachin tendulkar was devoted to cricket, eat, sleep cricket, but vinod kambli was busy chasing women, was busy in his swag, his style, which diverted his attention from cricket and made him less successful, in spite of having more talent.

90% of decisions we make are subconscious, we rarely make conscious decisions which shape our life. it was always subconscious mind which made him do, what he did. when we change our mindset or program it for success, we automatically get it.

although there are some exceptional cases where someone got enormous success just because of circumstances.

there are exceptions to all the principles, no principle is 100% true, all the time, it's all relative.

the other way is to help others succeed in return they help you succeed, this technique is mostly used in politics, they favour certain candidates, that candidate favours them in return, this technique works.

you succeed faster when you help others succeed, when you help others they became your admirers and supporters, the more supporters you add to your list, they are now obligated to return your favour back, all these supporters gang up and they all push you towards your success.

now the era is of decentralization, open source, they are not created by corporates but by single individuals who collaborate and contribute to the project, helping each other.

some of the big projects, like robots development cannot be created by corporates, or even NASA, it is quite big and complex, so there is open source robotics project, where individual contributes mutually

wikipedia has information about many things, no corporates can hire people to have that kind of information, it is open source, anyone can contribute, create or edit pages, and people are adding information voluntarily.

facebook owner mark zuckerberg, is super rich, because millions of people are creating content on his website, he built something which millions of people are using, he is bound to be rich, he has highest moments of time, moments of time means, more time people invest on you or your product, you make money, google has lots of moments of time, every day we use google maps, gmail, android , when you have highest moments of time, you are bound to be super rich.

if you want to have your project succeed fast, key is to have supporters as much as you can or build something which everyone uses.

Critical Thinking

Mindfulness encourages critical thinking, seeing the things as it is, without our filters, prejudices, a not so educated(educated person means awareness of reality as it is) person like to think just to please himself, like for example this girl is really interested in me, even if she is not interested in me, i will pickup evidence pointing to it, even though that was coincidence. i was victim of such thinking, and also many of my friends, who always said that this and that girl is so interested in me, and they really believed it, they always collected evidence pointed to it.

Don't have assumptions and then collect evidence to support it, instead check evidence what it leads to, don't make decisions just because it feels right, universe doesn't work based on your feelings, your feelings could be wrong. instead analyse it, check for the truth.

Positive thinking is very close to being Narcist, where we collect all evidence to please ourselves, even though everything is pointing another direction. it is sometimes useful to make us happy during downtime.

we have filters when we talk about our friends, we exaggerate our loved ones ability, this is normal, everyone does that. notice how every mom says how great their kids are , how special they are, how intelligent they are, but if you check every kid they all are almost the same.

we all are built from same material, carbon, more or less we have the same abilities, we can master any ability by practising it, it also depends on the food we eat, you are what you eat, and also environment around us.

we think someone special mostly because they are our loved ones, and we are biased towards them.

we have filters which help us fast decision making, that's stereotyping which leads us to make up decisions fast, actually it's a way to reduce our mental load.

but if we follow critical thinking, we will find out, how our prejudices were wrong, in some cases and what we would have missed if not into critical thinking.

we are bombarded with information and have to make too many decisions, critical thinking does put extra load on our mental computing power, you can ignore critical thinking for less important stuff, but use critical thinking on the important stuff,

there are some tips, which can help you critical thinking

- know what you are looking for

this is so true, most of the time we don't know what we are looking for, we just get carried into the flow, most buying decisions are based on ego, emotional appeal, buying decisions based on emotions or ego rather than need, are bad for us, that puts strain on our income, we now have less to spend on things which are important to us, and are in need, when you are buying expensive thing, check why you need that expensive thing, you will know that it is just an emotional impulse, analyze it reject or accept it.

- Gather information

this is now very easy thing to do, even if doctors or some experts or your friends tell you to try something, do google search, most likely you will get some people who have already tried it, check their reviews, if you can ask them, ask them of the results, whatever you are trying, you are not the only one, most likely there will be 1000s who have already tried it.

- Apply the information

no 1 is expert on everything, we make decisions based on assumptions, we take loans assuming that we will have job or steady income in the future, there are lot of assumptions in everything, we assume that tomorrow will be the sunrise, just like it happened today, we assumed that oil prices will continue to rise, but alternatives came and oil lost its price. when someone tells you something check out his assumption, apply your research to it, and see how likely it is to be true.

- Consider the implications

when politicians offers freebies, we immediately jump and vote those candidates, without checking how is he gonna do it, and is it good or bad for the society. in india many politicians offer money, for every vote their is a note(currency), but people vote for him, without even thinking how is he gonna come up with so much money, they just vote him because they are getting money, when that corrupt politician gets into power, he is going to recover all the money spent with profit.

business and economies run on the based of efficiency, americans voted for trump, because he promised them to build wall, to stop migrant workers, because he is going to stop outsourcing and give americans the job, even if he do so american business won't be that efficient, this is global economy, one who is not efficient will be kicked out, we just cannot force our will into anything. american workers charge high, there will always be someone from china, india, pakistan, philippines who would do the same work for a fraction of the cost of american workers. that's what make product cheaper and business profitable.

Americans are no fools, they just voted to trump, because other was hillary who was lot worse than trump, she was pushing her social agenda on business, which is hard to do, business are for profits, they are not charitable organisations. social agendas sound good and feel good, but who will pay the price.

- Explore other point of View

before coming to the decision, check other point of views, for example if you are very bullish on bitcoin value, also check articles and people who are not bullish on bitcoin, that will help you in making better informed decisions. sometimes our point of view is wrong, also check others why they are doing it.

make critical thinking your way of life, but that's a lot of work, you cannot implement critical thinking on every decision making, it will just take too much time. but when you are going to make big decisions take your time, save this five critical point on your computer and mobile phone, go through these steps and help yourself.

Minimalistic Living

Mindfulness encourages minimalistic living, most of our buying decisions are based on emotions, we buy stuff just to show others, how cool we are, most stuff we buy, we don't need it.

things you buy will consume your time, they will seek your attention from time to time, when we buy only things we need, and don't care of showoff, we allow ourselves to have more time for important things.

critical thinking and being aware of everything around you, requires you to have mental space to observe everything and analyze it, when we are busy with our gadgets, cars, our loans, our job, public opinions, our hair style, our face, now tell me where is the mental space required, your mental space is all used up.

In india people buy land, farm house, flats and other things to invest their money, but once they buy it, they have to visit that place at regular intervals to see if it is still there, in india land grabbings occurs, if your land is vacant, people will start to build houses on it, then you will have to fight in court to get back your land. see how it has increased your workload.

real estate is not a good investment now, if you buy a flat of one crore(10 million), if you give it on rent, you will be getting rent somewhere between Rs/- 10-15000, depending on the area where your flat is. and you will also be paying society charges, which will be somewhere around Rs 5000/- per month depending on the facilities you have, and you will also have to do maintenance and repairing regularly, while renting you have to check the person's background, make sure he doesn't do any criminal activity from your house and gets you into trouble. see how much workload you have added for yourself just by adding a single property to your wallet.

return of investment from property has always been less than 5%, if you invest that 10 million as bank deposit, you get interest of 7% per year, lot more than real estate, the tremendous hype that real estate got was , due to easy credit, banks gave loans to almost everybody, to attract customers they gave loans at 1% per annum, but the loan rates were flexible, after hooking customer at a very low rate of interest they increased rate of interest, and the customers who bought those property were unable to pay the EMIS, and housing bubble crashed.

it was smart investment that time, people bought property with low rate of interest and they used to get at least 10% appreciation, they made money by leveraging.

when you buy anything, check if it is really useful, and how much time of yours it's gonna consume.

i had 3 cars, 4 bikes, i bought them, because i wanted to drive them, after few months, i got bored of them, but i still need to remember to pay their insurance, puc, which i forget all the time, although i use siri to remind me, but still it takes some of my time, i also got myself busy in selling my bikes and cars

and buying new one, see how i'm wasting my time on unnecessary things, which i could have used otherwise.

if you have very big house, it will take your time in cleaning it, maintaining it, now say you are super rich, and employ helpers to do your house maintenance, but you still need to remember to pay their salaries, maintain employee details, you see how much work you have added for yourself.

I Deserve a Throne

You only deserve what cows, animals, insects deserve, free earth to stay, free sun, and free air, that's it, if you want more, then you need to earn it.

highly enlightened individual "Swami Vivekananda" said, we all are kings and deserve a throne according to ourselves.

everybody likes to eat, but nobody is willing to hunt, most people want it, but won't take any efforts to get it, they want others to take efforts for it, or according to them they simply deserve it. or they expect order of society to change to benefit them.

when we expect, which we don't deserve, we suffer.

this is quite common and reason for some sufferings, when we expect too much for too little and when our expectations gets trashed, we feel injustice has been done to us, we deserve more, there is no clear cut formula on how we can value ourselves correctly but there are some guidelines.

everybody thinks the work they do is very important and deserves to be get paid more.

recently i saw on news, macdonald workers were demanding \$15 per hour, some were demanding \$25 per hour wages, this is extreme, macdonald workers have overvalued themselves, higher wages of mac workers will make mac food costly, bad for their business.

these types of demand will eventually replace workers with machines, some of the low grade workers are already replaced by machines.

in india farmers demand free electricity, loans that need not be repaid and so on, freebies are political tools which politician use to get power, but eventually those freebies are going to be paid from taxpayers money, politician doesn't pay it from his pocket. he can promise freebies as much he wants.

farmers sell land to companies, and then again come up with other demands, like partnership in company. they will bargain hard and demand everything.

women searching for boyfriends, who will love them for who they are, and will spend their entire life earnings on them, this is unreasonable, well some women manages to find such guy, but 99% won't be.

the secret of having more is you solve a problem, the bigger the problem you solve , bigger the pay you get, singers, dancers, sports person entertains millions, so they get paid millions.

companies make services which are useful for millions of people, owners of these companies deserve to get paid more.

it also depends on demand and supply

if everyone demands \$1000 per hour for their work, that will just reduce the value of the dollar.

you must have noticed so many people crib about, they will say, they did such and such thing, and they only got this much for it, always whining, sometimes their complaints might be true, in that case the person who they served thinks "he deserves it", he must be unthankful person.

unreasonable expectation or super high expectation of returns, for some very small contribution, is also a cause of suffering.

Look carefully, observe society around you, why everyone seems to be so unhappy, worker will expect managers salary, manager will expect CEOs salary, they all are using their energy in wrong direction, instead of whining they should focus on their energy on what it takes to get more.

come out of your comfort zone, don't just stay there and whine, and expect society and others to change to benefit you.

you cannot demand respect, you command it, when you deserve a throne, throne will come to you.

evaluate your principle of fairness, is it really fair.

Forgiveness

this is a major factor in mindfulness, and little hard to do at first, some research was done on the cognitive ability of tibetan monks, and they seem to have higher cognitive abilities.

the reason stated for their higher cognitive ability was their unconditional forgiveness, when we forgive others we free our mental resources for productive work, we free our neurons who were busy in hating someone.

no matter how much wrong someone has done to you, pray for his good, when you pray for his good, you have released yourself from the anger and revenge mentality you have for that person.

in earlier chapter i explained, how we suffer because of our unreasonable expectations, mindful also encourages critical thinking, analyse the situation, were you expecting too much?, also see situation from another person's perspective.

Focus

We humans have the same body since 1000s of years, since Homo sapiens, our body is designed to survive so we are constantly look out for danger, fear is the main thing in human, fear helps humans to stay alive.

But fear is exaggerated by our mind, we live in cities there are no tigers around, back then when we used to stay jungle fear was necessary since there were tigers around.

Mind is a crazy monkey, which jumps from one thought to another, constantly running around, always frantic and searching for something new, what it does it examines the past events and tries to anticipate future ones.

If you are an avg guy, who daily travel the same road, but never noticed that tree on the road, that bench, that building around, because your mind was never in the present, it was lost in its own thoughts, its own worries.

When you walk on the road, try to notice things around you, read the car number plates, count number of people, count number of trees, check out clothing of the people around you, what you are trying to do here is taming your mind to focus on present thing, rather to dwell in past or future.

Feel the air, feel the touch, feel the muscles moving, feel the food, feel the sound around.

Why people can't solve their problem is because they are focusing on the problem, rather than solution, most thoughts in your brain will be repeat thoughts, thinking same thing again and again.

Once you start doing this, you will notice how many things you never noticed before and how much you missed.

Mindfulness is actually simple form of meditation, simply observe without criticism

You can also sit on a computer whole day, and type it in WordPad whatever thought occurs to you, after few days doing this, check out that word file, you will be able to analyze your thought process; you will be able to better understand yourself.

Quick start guide will be, start it right now, do this right now

- notice where you are sitting right now
- Feel your clothes, feel the touch of your clothes on your body
- Check the colors of clothes you are wearing
- Watch colors on your screen and around you
- Check how are you feeling today, cold, warm?
- Watch out people around you, what clothes they are wearing and what are they doing

Meditating for Focus

Technique one

Find an isolated place, tell people staying with you that you are going to meditate so please don't disturb you.

Sit straight on chair, or sit in a way which is comfortable for you, sit straight that is necessary otherwise you will sleep.

Close your eyes and watch your breathing, in your mind say "om" when you inhale say "shivay" when you exhale. Try to do this for at least for 20 minutes, if you can do this great!.

Distractive thoughts when you are meditating are normal, just observe them and go back to your task of concentrating on breath.

Technique two

Sit and do nothing, absolutely nothing, sit on chair comfortably and stay still like a statue and do nothing, no scratching your nose, or moving your arms, just sit still and do nothing, if you can do this for more than 20 minutes that will be great.

Technique Three

Chocolate meditation, be alone and isolated pick your favorite chocolate, then unwrap it, notice the chocolate wrapper, its inner wrapper, appreciate the wrapper, check its color, check what's written on chocolate wrapper when it was made, its manufacturing date, content in it.

Notice if the writing's on the wrapper or the wrapper itself brings any feelings, acknowledge the feelings

Open it slowly, observe everything while opening, smell the chocolate, feel the smell of chocolate, check does it bring back any memories or any feelings.

Put the chocolate in your mouth, don't chew it, and let it dissolve, does it bring any memories?, how does it feel?, check how the chocolate feel on the tongue on your teeth, on the side of mouth, move it from one part of your mouth to another, taste the flavors coming out of the chocolate, how does it taste, keep doing that until chocolate dissolves into nothingness.

Enjoy every second of the chocolate dissolving in your mouth.

These three techniques will be more than enough for your practice

Understanding Urges and Meditation for controlling it

It is quite normal for a person to crave for certain thing, even if that is not good for him, for example a very huge urges to smoke, urge to eat food when you are dieting.

People are susceptible to temptations, urge be like a wave, it may overwhelm you, it may often lead you to switch back to old habits even if it is negative or bad for you, all that planning gone in the dustbin.

Whenever you get urge, acknowledge the urge, check out which part of body is causing that urge, check out what external stimuli is causing that urge.

I am not a smoker, but one of my staff member and also my friend was a smoker, and whenever he smoked I felt the urge to smoke, and because of him I started to smoke sometimes, I told him not to smoke in front of me, if I find you smoking I will cut Rs 500/- from your salary, and that controlled the urge to smoke, my urge to smoke was because of external stimuli, I was the boss and I could dictate the terms.

If any external stimuli are causing you the urge, you can always remove it if it is in your control.

There is no specific meditation required; meditation techniques mentioned in this book will help you control the urges.

When you are meditating ask yourself why this urge comes to you, what are the benefits which body have when you fulfill, why your body needs it.

I have noticed the urge to smoke or chew tobacco is at the highest when I was overwhelmed, when you are overwhelmed it urges you to smoke or chew tobacco, It sometimes help you can get bright idea after smoke. But you can still get that bright idea if you just stay and do nothing about the urge you got.

I have a friend who chews tobacco 24/7, one after the other; he does it because he is suffering from depression and hyper anxiety, he doesn't seem to understand things around him, so he gets overwhelmed and chews tobacco continuously.

He just cannot focus enough time to understand things clearly, he can't even focus for one minute, that's hyper anxiety, but he and his parents are all going wrong direction and nothing helps.

That fellow will require exercise and supplements to improve his cognitive ability, exercise and supplements will increase his cognitive ability at least 30-40%, lack of education and understanding is a problem here, they just refuse to accept new ideas, they still follow old path which doesn't work, he is on medication since 10-15 years but nothing has changed.

Even after been so long trying methods which have not worked, they still continue those same old methods, it is difficult to convince someone who is so close and refuse to listen.

Cure for depression is available on the internet, it is actually a nutrient issue, unless he has physical damage, even physical damage to brain is curable by amino acids and some supplements, if depression is just a software problem it is easy to cure, just by exercise and supplements.

Doctors say depression is incurable, but I can say with 100% guarantee if it is just software problem of the brain, it can be cured easily by meditation, exercise and supplements. It is also lack of emotional intelligence, understanding the urges, emotions.

Cure for any medical problem is available on the internet, it is said that one can cure any disease in 3 months if he just search in pubmed database.

Emotional intelligence is very important; awareness will help you not to succumb to your emotion and achieve more.

Some of the urges are because of thinking pattern, which can be rewired through meditation by thing I mentioned "thought about god".

Why oath to not to smoke always fails, because you have constructed a prison around yourself, and you constantly feel the urge to break it, when you break it you will feel free and also the guilt that you have broken the oath, the reason why oath fails, because you failed to understand why you get urge to smoke in the first place.

I got urge to smoke and chew tobacco when I Am overwhelmed, flooded with too many things to do, and not sure what to do.

Meditation to connect God

In some meditation we monitor our thoughts and we ask questions to our mind and such question links us to the greater intelligent design, that's how enlightenment takes place, we close our eyes so that we don't create thoughts based on external stimuli and talks to ourselves and search within.

Some individuals like Einstein, dr Bose, Ramanuj, were all way ahead of time; they had ideas which no normal individual can have, they managed to prove something which people hardly understood, and there concepts were out of the blue, they were not based on past understandings, they were entirely new.

These people managed to escape daily routine, like feel what they think and think what they feel, based on external stimuli, these people somehow managed to connect to that greater intelligent design and got concepts out of the blue.

For example is someone is low life, he thinks like a low life, and his thinking of low life, makes him low life, this is endless cycle, you think like a poor because you are poor and you are poor because you think like poor.

If you want to change you have to break down the daily routine, what people try to do is that they try to do the same thing and expect different results, no matter how many times you do, 2+2 will always be four.

If you are suffering in life and don't know what to do, you must meditate and ask to the greater intelligent design questions, some new ideas may come up and it will alter your life.

if you are suffering in life and is stuck in life where no change seems possible, then this type of meditation is required, if you are riding a bike and wants to reach from Mumbai to Delhi in the shortest possible time, no matter how much you tune your motor bike it will take 10 days, but when you want to get to it the fastest way, you will need an airplane, that is a radical change, if you want radical change in your life, then you will have to practice this kind of meditation to connect to god.

modern day spiritual gurus use drugs like marijuana, dmt,lsd, ketamine along with meditation, results get faster.

Mindful Eating

If you are trying to lose weight, this technique surely will help, monitor your cravings, and acknowledge it. You will be able to understand your cravings for food and will also know after few minutes it will go away.

While eating you will notice all tastes which you never tasted before, you will notice that this curry is more chilly and spicy but you never noticed before, you will start noticing how it tastes and how it feels.

Notice the chewing of the food, observe how your teeth crush the food, notice it travelling to your stomach.

Notice how the water flows from your mouth to stomach, while drinking water, enjoy every bit of it.

Starting and Ending Your Day

When you wake up, notice your bed, notice all the things around you, check the time what it is, check the roof, check the fan spinning, be thankful to god, that you have roof over your head and you got such a good bed to sleep.

Appreciate the fact that you slept and wake up, appreciate that you are alive, appreciate people around you, check out your body parts, how they are, are they good or their any pain, stretch your muscles and yawn, scientifically it is proved that prayers help, they are good for your health, if you have any morning prayer you can do it.

At the end of the day, while you are going to sleep, appreciate that you are alive be thankful for the day, it is good time to meditate before going to sleep, best meditation that will help you to sleep fast is, lay on bed close your eyes and reverse count from 1000-1, that will tire your mind and aid you sleep well and faster.

Love and Relationship problem

If you have a breakup and cannot stop thinking about it, mindfulness has solution for it, thank the person with whom you had relations, how that was wonderful, forgive the person if he has hurt you, and pray for his good, you may ask why pray for his good, you cannot pray for his good, he has hurt you so much how can that be that I pray for his good, that's because unless you pray for his good, you have not completely forgiven him, his thoughts will recur in your mind again and again, that's will waste your mental energy and you won't be at peace with yourself.

Primary objective of every living being is to reproduce, that's why you are in so much pain, because you lost your mate and chance to reproduce, now again you have to do hard work finding another mate.

Old theory on which love and marriage are based upon is called romanticism, it no longer works, people hardly maintain love relationship to their entire lifetime.

The old romantic books which people still follow were written in the 18th century, where lifespan was around 35 years, if you are 35 it was like you are 80, but now if you are 40 it's like 20, because life span has increased to around 80, avg life span is somewhere between 75-80, so that's plenty of time.

These romantic books were written by people who did not have any job and had plenty of free time, most of it is poetic, water fall, flowers, jungles with only deer and birds no tigers, one women, one love and one life, and love of a lifetime, you love only once and that too forever and ever after.

This thing is unnatural, after a certain period plateau effect takes place, people lose interest in relationship, they find reasons and faults to breakup, but the real reason is their relationship is plateaued, it is no longer exciting to be with each other and they begin to find ways to get out.

Both of them are bored with each other and want out, but don't want to take blame for breaking the relationship.

When you breakup you will feel free and fresh, you no longer have to maintain those constraints when you were in relationships.

In the past there were not much careers, life was very simple, eat, drink and sleep, such simple life is still found in remote villages, but now life has become fast, we have to focus on career or else you will be left out, relationship is time consuming and will affect your career.

Girls still follow old rules, even if she is interested in you, she will still make you chase her, and will make you do all the hard work to get her, but boys have also evolved they don't chase girls which they are unlikely to get.

We also have so many choices now, even if I have the most beautiful girl with me, I will still look around, and will think, wow that girl is so beautiful than my girlfriend; i wish I had that girl to be my girlfriend.

Celebrities' relationship never works too many choices.

Even common people's life have become just like in Hollywood, there is always some new handsome guy with a big motorbike around.

I am not moving forward, can mindfulness help

People generally overestimate what they can achieve in limited time, they think they are putting so much effort but they are not getting results.

If you are eating sandwich after sandwich, you eat 10 sandwiches and still your stomach is not getting full, then you eat just one burger and you suddenly feel full, and you think it's the burger which made your stomach full. But it was also the sandwich which you have eaten before you eat that burger which helped your stomach to be full.

People don't see that, they will say it's an overnight success, he is the lucky guy, looks like he is instant millionaire, but they don't see the all those efforts he took in the past to reach that goal.

Some people claim, they worked so hard last week and still they are not rich, it's just that they were sleeping all these years and worked only last week.

Some people may say, oh my god I worked so hard yesterday and still i am not rich.

You do not deserve to be rich, unless you bring some value to the society, some people proudly say that they walked 200 meters yesterday and they tell it to everybody as if they have done something great, and they really expect a reward for it. You walked 200 meters yesterday, so what, shall I pay you millions of rupees for doing that?.

Although there are exceptions like inheritance, lottery and other things, 90% of lottery winners lost their money within 3 months, a sudden flow of money got them confused about what to do about it, and they blew it away. Earned money is always the best it's secure and stable and most of all you deserve it.

You know the song "gangam style", that was a huge success it seems it came out of nowhere and suddenly a hit, but nobody ever noticed that he was singing songs since many years, and his success was because of all the efforts and songs he did in the past, it was all built up on years of practice.

Even if you did not work hard but able to create some kind of value within minutes, you deserve to be rich.

"Poonam pandey" doesn't do any hard work, she just announces a date when and why she will get naked does she deserve to be rich?, yes she deserves to be rich.

By announcing the date she is going to get naked, news channels get the news and people watch eagerly giving them eyeballs and lots of ad revenue, people buy newspaper to know more about her.

People rush to their computers do Google search to find out more about her, Google also makes money because of her, websites which shows information about her also makes money. Look she has created

value for so many people. In return she also benefits, since that announcement had made her famous, now she can charge premium prices to work in serial, movie or just appear to an event.

Path to growth for normal people is not linear it is exponential, it seems at first you are doing things, putting all the efforts but are not going anywhere, then all of a sudden the “boom” you will notice success, it was the success which was built upon those past efforts.

You can see that “gangam style” guy, whatever song he makes now will always go hit, because now he is famous and his songs gets more exposure naturally.

Whenever you start a new project, in the start you will be overwhelmed because so many new things will come at you, which you were not even aware of, but you have to continue and carry forward, first steps are the hardest, this is where most people break.

Always check out is your method correct, sometimes it might be that you are using wrong methods to achieve your goals, things around you are changing rapidly, watch them.

Practicing mindfulness will add awareness; will make you notice things which you were previously not aware of, that will raise your emotional intelligence which will add wisdom and help you achieve goals

This is not end of this book, it is the beginning, new content will be added to it, continuously and more chapters will be included.

Please review and provide feedback, so that I know what is lacking or what needs to be added more

About Me



I am Amin b Nagpure, web developer and web marketer, made lot of money building web systems which work

You can follow me

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I Am also director of software company

I am a programmer, web developer skilled in asp, asp.net, meteor, node, sql server, MongoDB.