

AN INSIGHT TO READING SELF • KNOWING SELF • LEADING SELF

Leading Self & Beyond

Raghuram Ananthoj



LEADER

is a person who has no time, place or energy
for negativity...



Great leaders are like ever flowing rivers;
there is no one way or the other, all paths
are their paths. They flow -> come trees,
turns, twists, boulders, mountains, hot sun,
rain, storms until they reach
the sea
(/ become a process, flow, continuity) ...





Leading Self & beyond...

2021 Edition

RaghuRam Ananthoj

CLEVER FOX PUBLISHING
Chennai, India

Published by CLEVER FOX PUBLISHING 2021

Copyright © RaghuRam Ananthoj 2021

All Rights Reserved.

ISBN: 978-93-90850-64-8

This book has been published with all reasonable efforts taken to make the material error-free after the consent of the author. No part of this book shall be used, reproduced in any manner whatsoever without written permission from the author, except in the case of brief quotations embodied in critical articles and reviews.

The Author of this book is solely responsible and liable for its content including but not limited to the views, representations, descriptions, statements, information, opinions and references [“Content”]. The Content of this book shall not constitute or be construed or deemed to reflect the opinion or expression of the Publisher or Editor. Neither the Publisher nor Editor endorse or approve the Content of this book or guarantee the reliability, accuracy or completeness of the Content published herein and do not make any representations or warranties of any kind, express or implied, including but not limited to the implied warranties of merchantability, fitness for a particular purpose. The Publisher and Editor shall not be liable whatsoever for any errors, omissions, whether such errors or omissions result from negligence, accident, or any other cause or claims for loss or damages of any kind, including without limitation, indirect or consequential loss or damage arising out of use, inability to use, or about the reliability, accuracy or sufficiency of the information contained in this book.



Leaders don't live like a switch which
any person / situation can turn on & off!





Doing one thing at a time wholeheartedly
with commitment, much can be
accomplished; doing many things at a time,
one is bound to accomplish nothing...

Is success all about 3i's - Intent,
Independent Thinking (intelligence / ideas /
innovation) & Investment (time & resources),
just think?

...know the value of 1 grain of food, 1
drop of water, 1 sec, 1 opportunity, 1
possibility, "I" self, doing 1 thing at a
time to become #1 in any field you chose...





**Your mind is your greatest asset; if you
don't
nurture and protect, it will become your
greatest liability...**



Humbly dedicate this book to my Grand Mother, Father (Late Shri. A Shyam Karan Chary), Mother (Smt. Padmavathi), Family, Team LS, Friends, Colleagues, Gurus, all the Authors books I have read, all the People & Entities who taught me and Mother Nature (Guru of all Gurus) for being a source of inspiration & support.

– **RaghuRam Ananthoj**



**Birds of different feathers should flock
together for creativity and success to
happen...**



AUTHOR'S NOTE

What makes a nation progressive & Prosperous?

Who are the key forces that shape a society?

What makes a society evolve? And what impedes the growth of a nation most?

Teacher & Leader are the two most significant influences.

It is indeed the quality of teachers & leaders that determines the prosperity, harmony and growth of a nation. It's the culture of openness to newness with reason (/ independent thinking) and inclusiveness makes a nation progressive.

Therefore, evolution of a society directly depends on its ability to produce and chose quality leaders. Hence, it's imperative that countries put in place an "Education System" which is capable of continuously churning out quality teachers and leaders in quantity.

Quality Teachers = Quality Leaders = Progressive Society. If we dig deep, it's the underlying quality of the education system that builds a society. *Root cause of all failed, underdeveloped, disharmonious societies is a failed or inefficient education system.

Hence, educators have the biggest role in shaping the humanity and must realize that **in teaching the teachable there is utility but it's in teaching the unteachable, the real value add** which students carry forward for an eternity!

*The measure of an education system is in how well
the system aligns and keeps pace with changing
times and needs of a society!*

Leading Self education is an endeavor to enhance the education system. It's an effort to define the indefinable and teach the unteachable. As part of its social experiment to introduce "Leading Self Education" into academics for High School & College students, Leading Self organization (www.leadingself.net) in the last 7 years has conducted 175+ workshops attended by over 25,000 participants from various walks of life including multiple pilots with Commissioner of School Education, Andhra Pradesh & Commissioner of Intermediate Education, state of Telangana.

->> What is the worth of education if it does not teach students independent thinking, happiness and behavior?

Though no definition, size, form, shape fits happiness and leadership, efforts to sow, enhance, nurture happiness and leadership at high school and college levels should be taken seriously & included as part of academics.

This course of 10 - 15 hours called "***Leading Self 2 Leading Others***" is now in implementation at a couple of institutions. ***It's about teaching the process, the gateway to that experience & independent thinking.*** Information without experience / knowing is like a flower without any fragrance. It's about making students experience and live that journey makes "Leading Self" education valuable.

How do you teach students to protect their freedom & human essence from technological invasions and divisive beliefs if not independent thinking and happiness?

Nothing can be certain about how, where and when leadership can blossom, but one thing can be said that leadership can come from anyplace, anytime, anywhere!



**Path to success begins from aspiration,
necessity, problems, failure, adversities,
love, passion, rejection, learning & ...**



CONTENTS

<i>Author's Note</i>	<i>xvii</i>
1. WHY LEADING SELF FOR “HAPPINESS, SUCCESS AND BEYOND”?	1
2. WHAT IS THE ESSENCE OF A “LEADING SELF”?	6
3. INTRODUCTION TO LEADING SELF	10
4. FOUNDATION OF SUCCESS AND HAPPINESS	17
5. SELF-BELIEF / SELF-TRUST	26
6. CREATIVITY, HUMAN POTENTIAL & NON-LOGICAL THINKING	31
7. PURPOSE AND DIRECTION IN LIFE	48
8. HAPPINESS	53
9. POSITIVE AND HEALTHY	72
10. LISTENER AND LEARNER	76
11. GURU OR TEACHER	79
12. TEMPTATIONS	81
13. ANTIVIRUS FOR THE INFINITE MIND	89
14. ELEMENTS OF SUCCESS AND LEADERSHIP	107
15. FAILURE AND REJECTION:	173
16. TIME AND TEAM ARE SECOND TO NONE	184
17. LAMP POSTS	196



**Two types of people in this world,
educated and uneducated; knowing on which
side of the coin we are, makes all the
difference!!**



1



WHY LEADING SELF FOR “HAPPINESS, SUCCESS AND BEYOND”?

.....

Who is the driving force in you? “Self” the “I”

Why Leading Self is important? and How is it tied to the purpose of education?

Purpose of education is not just to help people earn a living or acquire new skills but to

- Enable independent thinking
- Help people realize the power of happiness, value of complementing non-logical with logical thinking
- Enable people set direction & purpose in life (i.e. what one wants to do, why & how (use power of compounding)?
- Help people understand the power of self-trust, self-reasoning, self-effort, continuous learning & unlearning
- Enable people to realize the significance of time and team (air, water, earth, trees, animals, people etc.)
- Understand the difference between futility & utility, use and abuse of resources i.e. nature, money, technology etc.

- Finally, help people understand the value & joy of knowing and being “Self” to realize their true potential!

**What is the outcome of education if not independent thinking, behavior, happiness & gratitude?*

Measure of education is not in academics, grades or skill but in how one thinks, behaves & lives...

What is Leading Self education about?

It’s about enabling independent thinking to know “Self” and the “Power of Happiness” to realize one’s true potential!

Here are the key objectives of this course...

Obj1: Make students realize the true potential of their own “Self”.

Focus of “Leading Self” is on making people aware of their inherent potential / value. Emphasis is on how to effectively guide students to their inner power and help cultivate the infinite “Self” using the power of creativity, independent thinking, self-trust & self-remembrance to stay progressive.

Obj2: Make students understand the significance of setting direction and purpose in life.

Most students lack clarity on what they want in life & why? They don’t clearly know their strengths, interests, likes & priorities. TEL is to enable students to dig deep & explore within to help them know / find the direction and purpose of their choice.

Obj3: Help students appreciate the significance & value of knowing fear, failure, rejection and openness to newness.

Knowing fear, failure and rejection is a pre-requisite for success. Most schools / colleges are not teaching students what fear is? and how to convert fear, failure and rejection as means to success with the mantra called openness to newness. Unless a person can navigate fear, failure and rejections effectively, growth & success is not possible.

Only true understanding of “Self” can lead to realization of infinite potential within

Students don't seem to realize that failure and rejection are part of the package called success & leadership. **Students don't seem to understand that the path to success *always* begins from fear, failure, rejection, adversities, problems & openness to newness.** The focus is to help students understand fear & accept failure and rejections as enablers of success rather than deterrents!

Obj4: Educate students on value of cultivating positivity, teamwork, happiness & leadership skills.

Educate students on what positivity, happiness, teamwork, success means to the journey of life.

**Education which cannot enable people to live in happiness & positivity is devoid of something fundamental?*

Obj5: Educate students about human mind, value of learning, unlearning, essence of “Self”, relationships, utility & futility of things, mental virus & antivirus for mind

Emphasis of Leading Self is to make students understand the nature of *mind and its ability to induce forgetfulness about self and its infinite potential*. Educate whether a thought is a choice? Whether mind has a beginning / end? Train students on how to prevent negative energy / virus from entering one's

mind. Educate how to deal with the virus accumulated in the mind. Finally, enable students build antivirus so that their freedom is not invaded. ****Antivirus is to take students out of the machine mode.***

Both success & leadership is a journey of many wheels coming & staying together; even if one loses balance, the journey gets derailed



Only education can help balance and sustain prosperity; without education - fame, material prosperity & success will soon turn regressive and eventually wane...



2

WHAT IS THE ESSENCE OF A “LEADING SELF”?



Essence of a “Leader” is in “Leading Self” and the basis to leading “Self” is knowing and being “Self”.

What are the tools available to knowing “Self”?

- Independent Thinking, Creativity, Power of Self-Trust?
- Setting a Direction and Purpose in Life?
- Happiness, Success and Failure?

- Discrimination between **utility & futility of things; doing things & doing things well?**
 - Role of Learning, Unlearning, Time, Team and Openness to Newness?
-

All possibilities arise out of actions...? (learning while doing / watching?)

Can we say...

- Leader knows how to be happy in life and builds a culture of openness to newness i.e. embracing diversity and inclusiveness in thought and action?
- Leader realizes that learning & knowledge *is a personal journey for every individual* and borrowing information even from the greatest masters will never lead a person to real learning or understanding?
- Aligns learning & living with changing times in the information age. Understands the value of learning to unlearn in sustaining success as new leaves can only happen when the old are let go?
- *Understands tricks of the mind, the forgetful nature of mind.* Realizes the value of training mind so that mind becomes a vehicle we drive in life rather than a vehicle which drives us?
- Safeguards freedom and protect mind from invasions / infiltrations / virus beliefs?
- Recognizes that life is **not a problem to solve** but a journey of mystery, evolution and celebration!
- Realizes that million thoughts cannot give way to a single possibility but a single, committed action can make way for millions of possibilities?

Finally, a leader must be willing to play the role of a Guru, Friend, Mother, Father, Grandparent, Doctor, Cop, Child etc. as needed, to empower people??

*Greatest learning is also unlearning, letting go
old (beliefs) for new flowers (ideas, thoughts) to
bloom...*



**Path of conscious and continuous learning
and unlearning is the way to connect with
the infinite potential within!**



3



INTRODUCTION TO LEADING SELF

.....

Fundamentally, Leading “Self” program is...

- **Education about education**
- Teaching the **value of staying aware and balanced** in life which comes from knowing the difference between believing and independent thinking
- Teaching the role of heartwork, gyan and courage in success
- It is experiential & explorational, for all understanding happens through experience & witnessing.
- About teaching students how not **live like a switch** which any person or event can turn on/off in an instant

It's a course which can change the course of life...

Before getting started, let's once again thank our Parents and Teachers for laying the foundation for our lives. Without good foundations, no building can stand the test of time therefore we are forever indebted to them. Always remember their sacrifices and have highest regards for parents and teachers. Those who do not respect parents and teachers can never become successful in life.

Sun gives us light during day, moon / electricity in the night but “Gyan / Vidya” alone has the power in this world to give us light for life (i.e. 24/7 *365). Without “education / vidya” our lives would be filled with darkness even in the brightest of sun. Always remember, your “GYAN”, EFFORTS and COURAGE are the 3 biggest determining factors in creating your path to success.

***Leading Self is education for life not education
in life...***

There can be many contributors to your success but the “I” in you is the only roadblock hence the premise that the path to happiness, success and beyond begins with leading “Self”.

***Success is in knowing the difference between doing
things (0-99% effort) & doing things well
(100% effort).***

Let us look at some of the questions before we begin....

What is the most important thing in your life?

That which is at the center of your life all the time?

That which is with you everywhere you go & everything you do?

Some of the answers (from the “Leading Self” attendees):

Family, Money, Power, Education, Values, Country, Patriotism, Relationships, Friends, Dedication, Self-effort, Hard Work, Mind, Heart, Self, Honesty, Integrity etc.

Where do all these elements reside? It’s your own “Self” Your own “Self” is at the center of your life, driving you all the time (wherever you go and whatever you do) and that is why “Leading Self” is so important. Good thing about leading

self is that it is easy to relate and understand since everybody is “Leading Self” in one way or the other!

This book / course takes a simple 5 step approach i.e.

1. Help people discover their priorities and interests
 2. Help people identify their strengths
 3. Spot their weaknesses & opportunities for growth
 4. Get people on the path of conscious & continuous learning
-

*Light the lamp of positivity in mind to make way
for happiness & success*

5. Help people build Antivirus for Mind
-

*The path of continuous learning through happiness,
experience, awareness, experimentation and self-
reasoning is the only way to growth and cherishing
one's life.*

Remember, it's not just getting on the path of conscious & continuous learning but also staying course all thru life. It's about having an eye for observation all the time. The moment we stop learning, we slide on to the path of decay from growth. It's a thin line and we keep crossing it often. Unless we are observing our own “Self” all the time, we may not realize when we cross the line. Self-observation and self-reasoning are key to staying on the path of growth.

This book is an attempt to make people understand one's own “Self – Body, Mind, Intellect, Emotions and Energy”. It's an effort to make people aware of their energy, actions, feelings,

thoughts & learning. It's an attempt to make people think & reflect on their own "Self".

It's important to know where you are, to be able to get to where you want to. From a known, you can reach the unknown, never the other way around!

The path of conscious & continuous learning combined with right actions (actions guided with right motive) is the only way for growth. Goal is to get consciously & continuously better from current state, even if it's 0.01% every day. Who else is the best judge for knowing your strengths, passion, likes, priorities, weakness, aka your true inner "Self"??

Drop of knowledge added happily everyday leads to ocean of wisdom one day

Listen & take suggestions from your friends, elders, parents, gurus and people you trust but always make your decisions with self-reasoning considering your inner voice and instincts.

Good qualities and values can be learnt from any being, form or entity, living or non-living which is part of the creation and not just human beings. Keep your eyes, ears open and start taking your own decisions based on Self-Reasoning (/ Independent Thinking). Put yourself at the center and analyze where you stand and what you should focus & cultivate?

Let's look at the list of examples and see what stands out in these famous personalities who yielded considerable influence one way or the other. The list below is not in any order or consideration nor the intention is to rate them based on their influence. Also, you do not have to confine your selection to this list. You can choose any person; famous or otherwise, for their

unique qualities (e.g. mother, father, teachers, siblings, uncles, friends, gurus, people known, unknown to you or crowds who you think are worth learning from).

It's not about the name, color, shape or form but the essence, qualities and values one wants to cultivate in "self". The goal of this book is to make people know, understand and realize essence of the everlasting leader within. ***In the least significant you may find found the most valuable!*** It is not about agreement or disagreement with the views of the book or elsewhere. In fact, the author would be happy if people disagree with the views expressed here in earnest contemplation instead of simply disagreeing or agreeing without any review. Agreement or disagreement doesn't matter but what matters is to know why the "I" in you agrees / disagrees!

Examples: Gautama Buddha, Adi Guru Shankara Acharya, Guru Nanak Dev, Mahavir Jain, Ramakrishna Paramhansa, Swamy Vivekananda, Lao Tzu, Dalai Lama, Jalaluddin Rumi, Emperor Ashoka, Chanakya, Jhansi Lakshmi Bhai, Alluri Seetarama Raju, Bhagat Singh, Mahatma Gandhi, Sardar Patel, Rabindranath Tagore, Dr. B.R. Ambedkar, Lal Bahadur Shastri, Dr. Rajendra Prasad, Dr. Sarvepalli Radhakrishna, Mother Teresa, C V Raman, Abdul Kalam, Sri Sri Ravi Shankar, Baba Ramdev, Sadguru Jaggi Vasudev, Swami Rama, Osho, Aurobindo & Mother, Annie Besant, Anna Hazare, Atal Behari Vajpayee, Jawaharlal Nehru, Indira Gandhi, Sonia Gandhi, Dr. Manmohan Singh, L K Advani, Narendra Modi, Rahul Gandhi, Bal Thackeray, JRD Tata, Ratan Tata, Azim Premji, Dheeru Bhai Ambani, G. D. Birla, Godrej, Yusuf Khwaja Hamied, Munjal's, Mittal's, K. M. Birla, Abraham Vergese, M.S. Swaminathan, Charles Correa, Dr. Devi Shetty, Dr. S. S. Badrinath, Dr. Bindeshwar Pathak, Fali Nariman, E, Sreedharan, Dr. Verghese Kurien Amul, Venkatraman Ramakrishnan, Narayan Murthy,

Jamuna Lal Bajaj, Indira Nooyi, T.N.Seshan, Shiv Nadar, Satya Nadella, Arunachalam Muruganatham, Ela Bhatt, Aruna Roy, Ramlinga Raju, Dhyan Chand, Pele, Jeev Milkha Singh, Kapil Dev, Sunil Gavaskar, Sachin Tendulkar, Mahinder Singh Dhoni, Anil Kumble, Virat Kohli, Rahul Dravid, V.V.S. Laxman, Leander Paes, Diego Maradona, Zinedine Zidane, Ronaldo, Michael Jordan, Magic Johnson, Michael Phelps, Tiger Woods, Oscar Pistorius, Usain Bolt, Asafa Powell, Carl Lewis, Vishwanathan Anand, Marion Jones, P.T.Usha, Ashwini Nachappa, Saina Nehwal, David Beckham, Yogi Adityanath, Martina Navratilova, Roger Federer, Steffi Graf, Serena Williams, Nikolai Andrianov (Russian gymnast who won 15 Olympic gold medals highest till date); Nadia Comaneci, Warren Buffet, Bill Gates, Steve Jobs, Martin Luther King Jr., Che Guevara, Abraham Lincoln, Barak Hussain Obama, Mao Zedong, Winston Churchill, Napoleon Bonaparte, Nelson Mandela, Adolf Hitler, Saddam Hussain, Osama Bin Laden, Fidel Castro, Gaddafi, Yasser Arafat, Thomas Edison, Eckert Tolle, Jiddu Krishnamurthy, Jack Welch, Michael Dell, David Packard, Sam Walton, Charles Coffin, Sam Goldwyn, George Eastman, Walter Lippmann, Horace Mann, Susan B Anthony, Jones Salk, Albert Einstein, Walt Disney, Alexander, Tughlak, Jalaluddin Akbar, A. Graham Bell, Wright brothers, Andrew Carnegie, Henry Ford, John D Rockefeller, Thomas Jefferson, George Washington, Sir Isaac Newton, Socrates, Aristotle, Plato, Leonardo Da Vinci, William Shakespeare, Charlie Chaplin, Khalil Gibran, Hazrat Inayat Khan, Shiv Nadar, Narayan Murthy, Larry Page, Mark Zuckerberg, Pablo Picasso, John Locke, Epicurus, Avicenna, Ustad Amjad Ali Khan, Girija Devi, Pandit Jasraj, Hari Prasad Chaurasia, L Subramaniam, Aurangajeb, Lata Mangeshkar, Asha Bhosle, Mohd. Rafi, Kishore Kumar, Ghantasala, N.T. Rama Rao, Jyothi Basu, Mamatha Banerjee, Jayalalitha, Y.S. Rajashekahr Reddy, Chandra Babu Naidu, Kalvakuntla Chandrashekar Rao, Raj Kapoor, Dilip

Kumar, Amitabh Bachchan, Kamal Hassan, Ranjikanth, Hrishikesh Mukherjee, Bimal Roy, Guru Dutt, Rajender Singh, Kailash Satyarthi, Shyam Benegal, Mani Ratnam, R. K. Laxman, Vikram Seth, Salman Rushdie, Tom Hanks, Dustin Hoffman, Robert De Niro, Clint Eastwood, Al Pacino, A R Rahman, Aamir K, Akshay K, Shahrukh K, Ajay Devgan, Salman K*The list above is only an abstract reference of famous people who yielded influence one way or the other.

Knowing and trusting “Self” is the first step on the path of success

4

FOUNDATION OF SUCCESS AND HAPPINESS



Success is a package, not just a few qualities...

Look at the picture above for a minute? What forms the core and foundation of successful people?

- Foundation of Success - Be yourself with right motives & resolve!

Question: What in your view is the most fascinating aspect of this world? World has produced thousands of leaders and successful people but not a single duplicate. All successful people are originals; hence never ever compare yourself or copy someone or try to be like someone. Always, be yourself. *Being self is staying with one's inner instincts, interests, priorities, purpose (passion) and taking actions by self-reasoning & trust. No self-trust, no success.* Every being is unique, and this very uniqueness is the essence of the whole creation (world). To be yourself, you must know yourself. You must know what your priorities, strengths, purpose and weaknesses are. When you discover, focus & fire (energy) should be on being aware of it all the time. *With a learning mindset, everything (i.e. all situations, people, experiences, entities, acts, events etc.) become a tool / ladder for growth.*

Learn positives from everyone you come across, known or otherwise, every incident and experience that happens, but never lose your "Self". *Conscious and continuous learning* is the key to one's growth. Learn something good and new every day. Even if you learn something equal to the size of a drop of water each day, you can mark that day of your life as successful.

From a known you can go to unknown, never the other way around hence be mindful of your priorities, strengths, weakness & interests all the time for success to happen.

Never ever imitate others even the greatest leader or role models, always act from the center of your inner intelligence (your purpose, self-reason & strengths). If you are learning something new every day and so long as all your actions & decisions are guided with right motives, you will be on the path of continuous

growth and success. The moment you stop learning and deviate from inner purpose, right motives, self-reasoning, you inherently move onto the path of degradation. You may still become famous while you deviate but you will be known for wrong reasons e.g. Hitler was famously known for wrong reasons. It's ok to not guide people instead of misguiding and setting a wrong example. It is better not to become famous for wrong reasons as our actions have personal consequences. Success is happy, healthy and harmonious living irrespective of the name, fame and material wealth a person acquires in life. Life is a journey and so is success, leadership and happiness.

What is success? And why, it means different things to different people?

Success is a relative term and means different things to different people. Success doesn't end when one achieves the goal of becoming a teacher, doctor, bureaucrat, policeperson, engineer, lawyer, cricketer, athlete, singer, technologist, actor, businessman etc. Success is a way of being not becoming. It's about keeping things simple and clear. Simplicity (state of being) is the city where all successful people & leaders live. When it comes to success and happiness, one definition does not fit all but there is one commonality about success that ***“success is a flow, a moving wheel with journey & destination as its two sides / faces”***. Also, ***for success, 1% or 99% doesn't matter, only 100% effort, every time, matters!***

It is for a great reason that success means different things to different people. Also, nobody else can buy / give you success. If success were to mean the same to all the people, the whole world will be plunged into crisis because everyone would be running after the same thing.

Can you imagine a world with only engineers or doctors or lawyers or farmers or industrialists or singers or athletes etc.?

*Hard work without heartwork is like a flower
without any fragrance!*

This world will be a disaster if success meant the same to everyone. For some, making a positive difference to self and others with happiness, good health and wealth could mean success but it need not mean the same to others. Is success all about having more, chasing more or doing what one wants to do? Though it's hard to define, success is a selfie. ***Success is a way of life, a journey with clarity & purpose. Success is equally about knowing one's needs (size) i.e. what one wants in life, why? And what fits!!*** Dig deep in your heart and mind to know what success means to you personally. All fame and wealth of the world put together without a state of happiness, inner fulfillment and harmony inside is of no use. Having said, the irony is most people tend to live in perceptions than reality. ***Success is also relaxation & joy in effort!***

Success and happiness is a conscious journey and a choice similar to some of the other choices one makes in life like the choicest color, food, sport etc. Remember, we cannot find something we don't know or understand hence it's very important to know what success means to you personally. **Key to happiness is in knowing how much is enough, and how much is more? Reasoning and knowing what success mean to yourself matters more than success itself else you will end up making futile attempts in trying to be successful all life. For success to happen, one needs to live life i.e. make conscious decisions, heartfelt effort with clarity & purpose.**

We happen to like a sport, type of clothes, food and music for a reason we don't know but when it comes to success you have

to be sure about what success means else you will not be content and happy even if you are the most famous, healthy and wealthy person in the world.

***Success is elimination of fear through purposeful
action***

Success is a continuous journey, a daily affair to keep things simple & clear and can be as simple an act of a student playing in the ground happily, eating food with joy & gratitude, watching a movie, teacher enjoying teaching, student enjoying studying with focus & purpose, listening to music, doctors treating patients, lawyers delivering justice, grandparents teaching morals, gurus sharing wisdom, leader of a company sharing insights with teams, watering a plant, reading a book, musicians, singers entertaining people, workers laying roads, labor building homes, maid helping with house work, playing with kids, spending time with family & friends, helping someone, playing the sport you love etc. **with 100% heart, focus, commitment and sincerity.**

Life is the biggest miracle and it has already happened to you and there is nothing precious than life itself. ***Success in simplest terms is doing one thing at a time in totality.***

Do not simply go by other's definitions or interpretations on success because every person's thinking, priorities, feelings, instincts are different. Know & live your own understanding of success. ***Success is giving 100% in everything, every time and yet be relaxed @same time hence difficult to put in words!***

If you can find happiness in everything you do, success will find you but if your happiness is linked only to the outcome of your actions then your success and happiness will be like flashes in the pan. It's the intent, purpose, focus and heartwork (happiness) of a person in the act that drives success. Having said that, there

is a distinction between a successful person and a leader - "All leaders are successful people but not all successful people make good leaders".

Journey called "Success" is flowing with and against water and begins if you make happiness the boat!

The key traits in leadership is clarity of purpose, fire (passion), learning, courage, gyan, focus, self-awareness "Self-commitment" and an unwavering "Self-trust". The real foe of success is doubtfulness, fear, worry, unhappiness & wrong motives. We may take decisions based on wrong motives at times but when we realize we have, it's about acknowledging and getting back to the path of right motives & purposeful action. When a person stops worrying and doubting, journey called success begins. **Success which cannot make a person better human being is good for nothing!*

It's all about learning the lessons thru self-reasoning, experience and moving on by not wasting time & energy neither criticizing self nor others. **Remember, success rides on many wheels, all moving together.** Heart is happiness. Where heart flows, mind follows. With fire inside, for success to follow, doing everything wholeheartedly with clarity, simplicity & total focus should become a way of life.

**Realize the value of 1 grain, 1 drop of water, 1 Sec, for 1 Sec is what we get to live at a time for as long as we live!*

Doing one thing at a time in totality should become an inherent habit, a way of being. When there is fire (passion in heart) in the belly, when the heart and mind is focused on a single purpose, all energy gets positively channelized. Successful are the

lot who have fire in belly, hunger for achieving one's goal; a thirst for continuous purposeful action to make things happen and that fire becomes a constant source of energy & light inside which shows the path rather than turn into ego which burns "self".

Openness to newness (i.e. independent thinking, diversity of thought & action) is "fashion for being"

*A divided mind, divides focus and hence the energy. Note, there are many elements to leadership, but the key is balance & harmony of heart and head. It's about knowing that the visible is driven by the invisible. ***It's the being in the doing that matters more than what you have or do!***

Be yourself (with right motives) to begin the journey of your evolution...

Whatever manifests (behavior, acts, emotions etc.) outside of a person or whatever people see outside is driven by what a person thinks and cultivates inside hence being self with right motives & purpose forms the core of success.

Disclaimer: Author does not intend to equate happiness and success with fame and material riches. ***There is a lot of difference between doing things and doing things well, living & living well.*** Success and leadership are not just marked by fame, material richness and recognition. Reiterating, success is a selfie. There could be hundreds of people who may be known only to a handful but could be far more successful than those who are known to millions of people.

Success is not synonymous to reputation. A guru can produce one student who may be known to millions of people in the world but guru himself could be known to a handful. In

reality - happiness, success & leadership are hard to define and explain! Author is only trying to give pointers. Also, it is just an attempt by the author to put some images and personalities against each of the traits described in the book to help people reason and connect.

All acts performed being “SELF” without fear & doubt equals success, irrespective of outcomes!

Reiterating again, success is a package and not just a few qualities hence there should be no room to think that illustrated people possess only those qualities described under the respective chapters and not others described elsewhere / untold. It is very much possible that the author has missed describing many leadership traits.

Whatever be the act or outcome, only right motive can ensure happiness, peace & success!

Also make no mistake; hundreds of others, living or otherwise are suitable for a study. *Is success in realizing the value of one drop of water, one grain of food, one second? since life can only be lived one second, at a time?

Understand vidya is the basis for success and avidya or ignorance for failure & self-destruction. Operating from ignorance is like a tiger ride, blissful until the face-off happens and eventually the tiger called ignorance consumes the rider. Wise is the one who knows the ignorant side in self.

How many understand the mysterious nature of life? Why is it said that greatest knowing is in knowing what one doesn't know? Paradoxical as it may seem - Know what you don't know to be happy & successful.

Finally, what is life if one can't experience all emotions & feelings? What is success if one does not learn how to be happy & harmonious from within and without?

Though success means different things to different people, it's a flow, a journey, a way of being

5



SELF-BELIEF / SELF-TRUST

.....

What is self-belief? Where to find this self-belief? Self-belief is one the most essential elements to be successful in life. Can we buy self-belief from any market or store in the world? ***Life is all about what one thinks and believes.*** The quality of our actions is an outcome of our thoughts & understanding. Unless we understand & believe in self, we cannot achieve anything in life. If we don't believe in our self, nobody else will. Leaders and successful people never doubt their own self no matter what circumstances they pass through.

Look at any successful person and you will see this element called Self-Belief in every act they perform. Not having the skill or knowledge to deliver something is different from not having the potential and doubting one's self. *Remember, success is always a teamwork and if you don't believe in yourself, the team (parents, teachers, friends, colleagues, forces of nature, corporates etc.) won't back or invest their time in you.* If at all you must believe anything in this world, it must be your own existential self. All other beliefs & systems only lead you to conflict & chaos unless you are fully convinced from within. Remember, any skill and subject can be learned by practice.

If a person wants to walk to a destination which is 5 kilometers away but doesn't believe can walk, he or she will not

make it because the decision is already conveyed to the command center which is one's mind. If the control center (human mind) is clear & convinced of something, way forward comes from the command center, be it positive or otherwise. Self-trust is taking self-belief a step ahead!

***Gyan is the knowledge (of objects / subjects / self)
while Vidya tells us whether we have it or not and
what to acquire / not.***

Similarly, if the same person wants to and believes can walk even 50 kilometers to reach a destination then the chances are that he or she will make it to the destination because the mind has already made the decision and is clear and prepared for the journey. *Remember, the mind should be backed 100% by the heart and vice versa. Research proves that if a person lacks belief in self for accomplishing a task, the chances are 9 out of 10 times, he or she will not accomplish that task. Similarly, whatever action the human mind and heart performs with trust (zero% self-doubt) can be accomplished 9 out of 10 times. Human beings are all about how they see, listen & understand things. *We believe in what we don't know hence element of doubt is inherent to self-belief whereas trust is absolute - without doubt & fear. Trust is taking self-belief one step higher. Power of self-trust is the greatest enabler of human potential.* ****Self-trust is doing what one wants to do wholeheartedly without any doubt or fear of outcomes.**

Question: Did you ever face a situation where you doubted your own ability to do something? If yes, how often do you get into such situations? What do you do in such situations?

Reflect on your thoughts, whenever you get thoughts of self-doubt. Analyze objectively the reasons why you are not able to do what you want to do as a 3rd person and list out 2 - 3 actions that

can address such thoughts and beliefs. Actions could be learning a new skill, professional training, acquiring knowledge through books, getting practice or experience, doing things differently etc. Consciously work on the actions for a reasonable time (i.e. 4-8 weeks or so) depending on the need and watch your thoughts thereafter. ***We may fail our actions, but actions never fail us if we trust our self.***

If you don't trust in yourself, nobody else will

Even if the thoughts of self-doubt reduce by 1% in a span of time, you will realize that the myth “I cannot do” will fade.

Always remember, any skill, capability, experience and knowledge can be acquired using training and practice. Some people learn faster while some may take time but there is nothing a person with self-trust and self-effort cannot achieve or learn. *Not having the skill, capability, experience or knowledge has nothing to do with your potential but everything to do with your mindset and belief system. Leadership is not just about leading people, it's about inspiring human spirit in people. ****Evolution of human essence in a person is the real measure of success & leadership!***

Nelson Mandela – Well and truly an icon of Self-Belief, Courage, Determination and Inner Strength.



Nelson Mandela needs no introduction in the world. He was the face of the Anti-Apartheid movement in South Africa. He was also the first democratically elected President of South Africa. ****Great leaders have this ability to teach the unteachable without teaching!***

He stood for human values and waged a relentless fight against racial discrimination all through his life. Compassion, politeness & patience is a reflection of a person's true inner power which comes from deeper self-connect & awareness!

*If not me, who else? If not now, then when?
“We are what we think and act”*

He served extensive prison sentences for his actions, but nothing deterred him in his fight for justice and equality. He emerged as a true champion and led South Africa to freedom and democracy. When you don't believe in your own self, how can others? It takes extraordinary amount of Self-Trust (aka Atma Vishwas), courage, resolve, inner connect and inner strength to fight even after 30 years of imprisonment for what one thinks is right. **No trust, no leadership!!**

*Drop of awareness added every day leads to the
ocean of consciousness one day.*

Remember, all limitations belong to thoughts and beliefs otherwise the body; mind & life energy combination is boundless. There are no two ways to success, either we persist in action or perish. Understand success never happens at the beginning of the journey; never has it come without its share of pain, strife and suffering for they are the wrappers, guardians and tutors of success. We do not know when the results will knock our doors but surely for the one who doesn't give up, the doors have no choice but to open. Great leadership is not about outcomes / results / winning, it's about inspiring human essence in people & winning hearts.

Path to leading others begins with leading “Self”.

So long as a person continues the march with "Self-Trust" without giving up, the journey is bound to be converted to success for there is no power on earth which can defeat a person of "Self-Trust", higher purpose and determination.

***No two ways about journey called success, either we
persist in action or perish in fear or doubt!***
